

PARENTS:

# HOW TO COOK PARBOILED BROWN RICE

## INGREDIENTS

1 CUP RICE  
2 CUPS WATER  
1 PINCH OF SALT  
(OPTIONAL)

## PROCEDURE

- Step 1      Bring 2 cups water and (optional) pinch of salt to a boil
- Step 2      When the water comes to a boil, add 1 cup rice
- Step 3      Cover and simmer for 20 to 25 minutes
- Step 4      Turn off heat. Fluff the rice with a fork. Serve with orange chicken!