

# 7 TIPS FOR MAKING PERFECT RICE



## USE A THICKER POT

When cooking rice, use a heavy-bottomed pot to prevent burning or scorching. It's harder to control a heated surface that is too thin.

## USE OLIVE OIL

Saute rice in a little bit of olive oil until lightly toasted. Toasting kicks up the flavor of the rice and the oil coats the grains, allowing them to slide past each other without developing starchiness.



## RATIO, RATIO, RATIO

Use a ratio of 2 cups of water or broth to 1 cup of rice. Too little liquid results in partially cooked rice stuck to the bottom of the pot. Too much liquid results in gloppy rice.





## ADD A LITTLE SALT

Add salt when the broth or water is stirred into the rice. Don't wait until the rice is cooked. This ensures an even flavoring throughout the rice. For extra flavor, add more spices like cardamom or cinnamon with the salt.

## COVER THE POT

Make sure to cover the pot while the cooking liquid is simmering. Be sure to keep it at a low simmer and don't be tempted to stir it.



## KEEP COVERED AND TOSS

Once the rice is done, remove from heat and keep covered for 10 minutes before tossing it with a fork. This gives the rice time to more evenly distribute moisture. Otherwise the rice on top will be dry and the rice on bottom will be wet.

## USE BROTH

Using chicken or vegetable broth instead of water adds extra flavor to plain rice. Make sure to use low-sodium broth and not use extra salt to limit sodium intake.

