

Cooking information

Most grains these days are cleaned at the processor, but you may still want to rinse them. Most white or enriched rices don't need to be washed, while sushi rice should be washed until the water runs clear. You can also cook rice in a large pot of boiling water, like pasta.

1. Pick over the rice to remove any pebbles, twigs, or dirt. Put the rice in a bowl or pot and cover with cool water, massage gently, then pour off any chaff or floating grains.
2. Add the indicated amount of water for the rice you are cooking. You can also boil the water first and add the rice, for a firmer end result. Return to a boil, reduce heat to low, and cover tightly. Cook for the indicated amount of time, don't uncover or stir.
3. Check the rice by uncovering and tipping the pot to see if all the water is absorbed. If not, cover and cook for a few more minutes. When all is absorbed, let stand, covered, off the heat, for at least five minutes.

COOKING TIMES & YIELDS

Rice (one cup)	Water (cups)	Time (minutes)	Yield (cups)
White Basmati	1¾	15	3
Brown Basmati	2	30–45	3
Brown	2½	30–45	3
White (enriched)	2	15	3
Wild	2½	45	3

NUTRITIONAL INFO

Rice	Cal.	Carb.	Fat	Fiber	Protein
White Basmati	103	23.8	0.0	0.2	2.0
Brown Basmati	102	21.4	0.5	1.6	3.0
Brown	116	24.8	0.8	2.3	2.5
White (enriched)	113	25.6	0.3	0.1	2.0
Wild	92	18.9	0.2	2.6	3.6

Information for one half-cup of cooked rice.
Calories, carbohydrates, fat, fiber and protein measured in grams.

Provided by your food co-op

FLORIDA

Ever'man Natural Foods
315 W. Garden St., Pensacola
New Leaf Market
1235 Apalachee Pkwy, Tallahassee

GEORGIA

Life Grocery & Cafe
1453 Roswell Rd., Marietta
Sevananda Natural Foods Market
467 Moreland Ave. N.E., Atlanta

KENTUCKY

Good Foods Market & Cafe
455-D Southland Dr., Lexington

MAINE

Blue Hill Co-op Community Market & Cafe
4 Ellsworth Rd., Blue Hill
Rising Tide Community Market
323 Main St., Damariscotta

MARYLAND

Silver Spring Co-op
8309 Grubb, Silver Spring
Takoma Park Co-op
201 Ethan Allen, Takoma Park
The Common Market
5728 Unit B-I Buckeystown Pike, Frederick

MASSACHUSETTS

Berkshire Co-op Market
42 Bridge St., Great Barrington
Green Fields Market
144 Main St., Greenfield

Harvest Co-op Markets
581 Mass Ave., Cambridge
57 South St., Jamaica Plain

McCusker's Market
3 State St., Shelburne Falls

River Valley Market
330 North King St., Northampton

Wild Oats Co-op Market
320 Main St., Williamstown

NEW HAMPSHIRE

Concord Cooperative Market
24 South Main St., Concord
Hanover Co-op Food Store
45 South Park St., Hanover
Hanover Co-op Market
43 Lyme Rd., Hanover

Kearsarge Cooperative Grocer
52 Newport Rd., New London

Lebanon Co-op Food Store
12 Centerra Resource Park, Lebanon

NEW YORK

Abundance Cooperative Market
62 Marshall St., Rochester
Flatbush Food Cooperative
1415 Cortelyou Rd., Brooklyn

GreenStar Cooperative Market
215 N. Cayuga St., Ithaca
701 W. Buffalo St., Ithaca

Honest Weight Food Co-op, Inc.
484 Central Ave., Albany

Hungry Hollow Co-op
841 Chestnut Ridge Rd., Chestnut Ridge

Lexington Cooperative Market
807 Elmwood Ave., Buffalo

Syracuse Real Food Co-op
618 Kensington Rd., Syracuse

NORTH CAROLINA

Chatham Marketplace
480 Hillsboro St., Pittsboro

Deep Roots Market
3728 Spring Garden St., Greensboro

French Broad Food Co-op
90 Biltmore Ave., Asheville

Hendersonville Community Co-op
715 Old Spartanburg Hwy., Hendersonville

Tidal Creek Cooperative Food Market
5329 Oleander Dr., Ste. 100, Wilmington

Weaver Street Market
101 E. Weaver St., Carrboro
716 Market St., Chapel Hill
228 South Churton St., Hillsborough

PENNSYLVANIA

East End Food Co-op
7516 Meade St., Pittsburgh

Weavers Way Co-op
559 Carpenter Ln., Philadelphia
2129 72nd Ave., Philadelphia

Whole Foods Cooperative
1341 West 26th St., Erie

TENNESSEE

Three Rivers Market
937 North Broadway, Knoxville

VERMONT

Brattleboro Food Co-op
2 Main St., Brattleboro

City Market/Onion River Co-op
82 S. Winooski Ave., Burlington

Hunger Mountain Co-op
623 Stone Cutters Way, Montpelier

Middlebury Natural Foods Co-op
9 Washington St., Middlebury

Putney Food Co-op
8 Carol Brown Way, Putney

Springfield Food Co-op
335 River St. (Rt. 106), Springfield

Co-op Food Store
209 Maple St., White River Junction

Upper Valley Food Co-op
193 N. Main St., White River Junction

VIRGINIA

Roanoke Natural Foods Co-op
1319 Grandin Road S.W., Roanoke

ALL ABOUT

Rice



www.strongertogether.coop

Printed on elemental chlorine-free, 10% post-consumer recycled paper using soy ink.

12/10

COOP
stronger together

Rice

is one of the most versatile grains. Rice is often teamed with legumes, and used in everything from soup to desserts. In Southeast Asia, rice is used in soups, curries and vegetable dishes. Rice pilafs are well known in Middle Eastern cuisine, and in the Mediterranean, rice goes into classic dishes such as stuffed grape leaves, risottos and paellas.

There are hundreds of varieties of rice grown around the world. In general, all rice falls into the categories of long-grain or medium/short grain. Longer grain rice contains a larger amount of a firmer, more absorbent starch called amylose, and requires more water to cook than short grain rice, which has more sticky amylopectin starch. All rice starts out as brown or whole rice, but most is polished to remove the bran layer. In many recipes that traditionally call for white rice, whole rice can be used, as long as you adjust the cooking time.

Basmati rice is an aromatic, creamy white, long-grain rice grown in the Himalayan foothills of India and Pakistan, and more recently, in California. The preferred rice for Indian cooking, its special fragrance and nutty flavor is delicious in Western dishes as well. Texmati, or brown basmati rice, is a cross between long-grain brown rice and basmati rice.

Brown rice is more nutritious than polished white rice, supplying more fiber, B-vitamins, calcium, phosphorus, iron, vitamin E, protein and linoleic acid. When cooked, the plump, rounded kernels of short and medium-grain brown rice are soft, moist and slightly sticky. This tendency to cling makes short or medium-grain rice an appropriate choice for croquettes, rice puddings, molded rice rings and sushi.

Enriched white rice is sprayed with a solution of vitamins after milling then coated with protein powder. This replaces a few selected nutrients, but polished rice still comes up short when compared to whole grain brown rice.

Japonica is a variety of rice originating in Japan, characterized by a short grain and a

sticky texture. Whole black Japonica and brown Japonica are close relatives to sushi rice, a polished Japonica rice. When sushi rice is properly cooked, it retains its shape while becoming sticky enough to mold into sushi.

Long-grain rice has long, tapered kernels that cook up separate, light, and fluffy, and work well in pilafs, paellas, stuffings, salads, casseroles and fried rice.

Refined white rice is rice that has been dehulled, refined (the bran and germ removed) and “polished” to a smooth sheen.

Risotto rice is usually one of these varieties: Arborio, Carnaroli, Vialone Nano or Baldo. These rices are polished to free the starches that thicken the broth in a traditional creamy risotto. Risotto rices are similar to sushi rices in their starch composition. Risotto is often made with whole rice and other whole grains.

Sweet rice, also called glutinous rice, has a high starch content that makes it very sticky when cooked. It is not an everyday table rice. Traditionally it is served at weddings and New Year’s celebrations, and



used in a variety of sweets and snacks, including dumplings, molded rice puddings, and the chewy Japanese rice cake called mochi. Sweet rice can also be used in soups.

Wehani rice, a product of Lundberg Farms in California, was developed from seed that came originally from India. Its huge amber grains are similar to wild rice in texture, to brown rice in flavor, and smell much like popcorn when cooking.

Wild rice is dark brown, slender, and even longer than long-grain rice. Wild rice isn’t a rice at all, but the seed of an aquatic grass related more closely to corn than to rice. Minnesota, Wisconsin, Michigan, California and the Rocky Mountain regions all produce wild rice. Much of the rice is now grown in paddies and harvested by machine. Most of Minnesota’s crop grows wild in northern lakes and is harvested by Native Americans using traditional hand harvesting methods.

Wild rice is substantially more nutritious. It has twice the protein, four times as much phosphorus, eight times as much thiamin, and twenty times as much riboflavin as other rice varieties.

Its nutty, earthy flavor complements game and fowl. Mix wild rice with brown rice or white rice for pilafs and cold salads, and add it to soups or stuffings.

STORAGE TIPS

To keep rice indefinitely, store uncooked rice in an airtight container in a cool, dry place. Before cooking, pick over rice and remove pebbles, bits of chaff, and other foreign objects.