

Rice Serves 2

Ingredients

1 cup Uncooked rice
2 cups Water
½ t Salt

Rinse your rice: its good practice to rinse rice in a strainer before cooking. This will rinse off any dusty starch on the surface of the rice.

Absorption method

In a saucepan with a good fitting lid bring water and salt to the boil. Add rice and stir for 1 minute. Cover and reduce heat to medium low and cook for 15-18 minutes. When done, the rice will be firm but tender. Remove from heat and fluff with a fork.

Microwave method

Place the rice and water in a microwavable bowl and microwave high for 13-15 minutes. Rice is done when it's no longer crunchy and the liquid is absorbed.

