






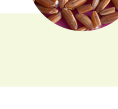






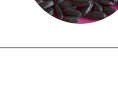


Getting the Most From Your Grains

Take the guessing out of the game. For perfectly cooked rice every time refer to this chart with no-fail guidance on water-to-rice ratios, cooking times and ideal preparations.

	Rice		Parts liquid to 1 part rice (by volume)	Cooking time (minutes)	Common Cooking Method	Description	Common Uses
Long Grain Rices	Basmati		2	18 - 20	Boiling or Pilaf	Slender, separate grains; popcorn-like aroma	Indian dishes, pilaf
	Texmati (Della)		2	18 - 20	Simmering	Slender, tender, separate grains; mild popcorn aroma	Pilaf, steamed rice
	Jasmine		2	18 - 20	Boiling or Pilaf	Fluffy, long, tender grains; floral aroma	Thai dishes, rice bowls
	Carolina		1 ¾	18 - 20	Simmering	Fluffy, tender, separate grains; mild aroma; creamy color	Steamed rice, rice pilaf, rice and beans
	Converted (parboiled)		2	25	Simmering	Fluffy, firm, separate grains; mild aroma; yellowish color	Steamed rice, baked rice, pilaf
	Brown, long grain		2 ½	40 - 45	Simmering	Nutty, chewy, separate grains; tan color	Pilaf, simmered, salads, soup
	Wehani		2 ½	40 - 45	Simmering	Long, plump, terra-cotta-colored whole grains; popcorn aroma; bursts during cooking	Pilaf, simmered with vegetables
	Himalayan Red (Bhutanese Red)		2 ½	40 - 45	Simmering	Chewy, separate grains; nutty aroma; mahogany red color	Simmered with vegetables
Medium Grain Rices	Black Japonica (Mahogany Japonica)		2	40 - 45	Simmering	Slightly chewy grains; aromatic, mushroom-like flavor; pale pink to dark purple-brown color	Pilaf, stir-fries, simmered with vegetables
	Brown, medium-short grain		2 ¼		Simmering	Tender, separate grains; nutty aroma; tan color	Casseroles, rice cakes, whole grain sushi
	Paella Rice (Valencia, Bomba, Granza)		1 ¾	18 - 20	Paella	Wide, tender grains; slightly sticky	Spanish dishes, such as paella
Short Grain Rices	Risotto Rice (Arborio, Carnaroli, Baldo, Roma, Vialone nano)		4 ½	20 - 30	Risotto	Fat, ivory colored grains; creamy texture	Risotto, rice pudding
	Sushi Rice (Calrose, Kokuho Rose)		1 1/3	18 - 20	Rinsing and Steaming	Bright white, small, tender slightly chewy grains; sticky texture	Sushi, rice pudding
	Thai Purple (Thai black, Forbidden rice)		1 1/3	20 - 25	Soaking and Steaming	Mildly sweet grains; purple-color; sticky texture	Thai desserts, rice cakes
	Glutinous (sweet or sticky)		1 1/3	18 - 20	Soaking and Steaming	Mild, sweet grains; very sticky	Pudding, rice cakes, desserts