



# SIMPLY GOOD FOOD

## Rice

**Rice Products:** Rice grains are classified as long grain, medium grain, and short grain, according to varieties. Medium and short grain rice have a higher proportion of amylopectin than long grain rice and therefore the grains cling together after cooking. Brown rice is the grain from which only the hull has been removed. White rice has the bran layers removed and is the starchy endosperm of the grain. Wild rice is not a true rice. The seed comes from a strictly American plant and needs its own recipes.

**Aromatic rice** has a natural aroma when cooked. Special varieties of rice are aromatic; nothing is added to the grains. Basmati rice and jasmine rice are imported aromatic rices. Aromatic rice is also grown in the U.S.

**Enriched rice** contains thiamin, riboflavin, niacin, and iron. Over 90 percent of milled rice in the U.S. is enriched. Enriched rice should not be rinsed before cooking.

**Imported rice** includes arborio rice from Italy which is used to make risotto, a creamy rice dish. U.S. medium or short grain rice may be substituted for arborio rice.

**Precooked rice** is packaged long grain rice (brown or white) that has been cooked, rinsed, and dried by a patented process. This rice needs to be rehydrated during preparation.

**Parboiled rice** has been steeped in warm or hot water, drained, steamed under pressure, and dried before it is hulled and milled. This steaming process causes vitamins and minerals present in the outer coats to migrate to the interior of the kernel. Parboiling gelatinizes some of the starch, which results in translucent golden grains.

**Rice bran** consists of bran and germ. It is a smooth brown powder with a faintly sweet taste; it is rich in nutrients and fiber.

**Rice polish** consists of inner bran layers and some endosperm. It is a smooth yellow powder with a sweet taste.

**Rice flour** is made from white or brown rice ground into flour. It is gluten-free and can be used by those who are allergic to wheat flour.

**Waxy rice flour** is made from waxy rice. It is composed almost completely of amylopectin with little or no amylose. It acts as a stabilizer in sauces and gravies and is especially useful in preventing separation in these products when they are frozen.



**Nutrition:** Rice products provide food energy through carbohydrates. Other nutrients include calcium, phosphorus, iron, potassium, B-vitamins and fiber.

**Preparation:** To keep rice white when cooking in hard water, add 1 teaspoon lemon juice or 1 tablespoon vinegar to the cooking water.

One cup raw rice equals 3 cups when cooked. One cup brown rice yields 3 to 4 cups cooked rice. If using preprocessed rice, the volume will be less, about 1 to 2 cups cooked for 1 cup uncooked. This is also true for recipes in which rice is browned in a skillet, with or without fat, prior to cooking it with moisture. But this browning helps to keep the grains separate and does contribute to good flavor.

#### Cheese Rice

6 to 7 Servings

A good dish to serve with a cold supper.

Boil:

1 cup rice

When the water is nearly absorbed, add:

$\frac{1}{2}$  to  $\frac{3}{4}$  cup or more shredded cheese

$\frac{1}{4}$  teaspoon paprika

A few grains cayenne

Add:

1 cup condensed tomato or mushroom soup

Stir the rice over low heat until the cheese is melted.

#### Fruit, Nut and Rice Casserole 10 Servings

Cover with water and soak for  $\frac{1}{2}$  hour:

2 cups dried apricots

1 cup white raisins

In the meantime, boil:

1 cup rice

Preheat oven to 375 degrees

In a skillet, melt:

$\frac{1}{2}$  cup butter

Saute':

1 cup minced onion

$\frac{1}{2}$  cup chopped green pepper, seeds and membrane removed

( $\frac{1}{2}$  teaspoon curry powder)

Add:

(1 cup toasted almonds)

and the drained, chopped apricots and raisins and cooked rice.

Season to taste

Put into a greased baking dish to bake covered about 30 minutes.

#### Chinese Fried Rice with Pork

$\frac{1}{2}$  cup canned or cooked pork, shredded

2 large eggs or 5 tablespoons dried egg mix plus 5 tablespoons water

1 clove minced garlic or  $\frac{1}{4}$  teaspoon garlic powder

(Optional:  $\frac{1}{4}$  teaspoon hot red pepper, crushed)

4 cups cooked rice - avoid overcooking

$\frac{1}{4}$  cup onion, sliced

3 tablespoons soy sauce

1 tablespoon cooking oil

In a large skillet, cook eggs in oil until firm. Push to one side of pot. Add onion, garlic, and additional oil, if needed. Cook until onion is tender. Stir in cooked rice, pork, soy sauce, and red pepper. Continue stirring until cooked. Makes 6-8 servings.

Sources: *Joy of Cooking* by Rombauer and Becker, *Down Home Cookin'* flyer from Potter-Randall County.

### Supporting State Extension Goal: Health, Safety and Well Being

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