



# Types of Rice

## Long Grain: Plain, Jasmine, Basmati

- Long, slender kernel
- Cooked grains are separate, light and fluffy



## Parboiled

- Parboiled, also known as Converted rice is a long grain rice that has been steamed before the outer bran layer is removed. This allows the rice to retain more of its nutrients, making it a bit more nutritious than white rice.
- The steaming process creates resistant starch making the rice digest slower than white rice, which is **good for Diabetes**.

## Medium grain: Arborio, Calrose

- Shorter wider kernel than long grain rice.
- Cooked grains are moist and tend to cling together more than long grain.
- Has a creamy texture so works well for risotto or rice pudding.

## Short grain: Sushi, Sticky rice

- Short, plump almost round kernel
- Cooked grains are soft and cling together (sticky) so good for foods that hold their shape like rice balls. Can also be used to make rice pudding.

## What is Brown Rice?

- All rice starts out as brown rice. When rice is milled, the bran and the germ portions of the grain are removed, and it becomes white rice.
- Brown rice takes a bit longer to cook and has a chewier texture and a nuttier flavour than white rice.
- **Brown rice is more nutritious. It has more B Vitamins, magnesium and fibre** than white rice.

**Whole grains like brown rice can be a healthier option for people living with Heart Disease and Diabetes**

## Basic Rice Cooking Instructions:

Type of Rice	Rice to Water ratio	Cook time
Long and Medium grain	1 cup (250 mL) rice + 1 ½ cups (350 mL) water	15 to 20 min
Parboiled	1 cup (250 mL) rice + 1 ½ cups (350 mL) water	20 to 25 min
Short grain	1 cup rice (250 mL) rice + 1 ¼ cup ( 300 mL) water	15 to 20 min
Brown	1 cup rice (250 mL) + 2 cups (500 mL) water	40 to 45 min

1. Follow the instructions on the rice package if you have it or use the guidelines above.
2. Rinse rice in a fine strainer under cool running water to remove some of the starch.
3. Add rice and water to a pot.
4. Bring to a boil on med-high heat, stirring once or twice as it comes to a boil.
5. Cover with a tight fitting lid and reduce heat to low.
6. Simmer gently for the time indicated in the chart below.
7. Turn off the heat and move the pot off the heat.
8. Let the rice **stand for 5-10 minutes** before serving to help the rice finish cooking evenly and avoid clumping.
9. Ideally, don't remove the lid until the time is up! (including standing time). If it is your first time cooking a particular type of rice, you may need to peek close to the end to see if you need more or less time. Pots and stoves vary so you have to get to know yours. Rice to water ratios can vary slightly so you may need to adjust.