

Healthy & Delicious Brown Rice

Swick

Makes 2.0 cups | Active Time: 10 minutes | Total Time: 1 hour

Step 1: Rinsing the Rice (optional)

- 1 cup short-grain brown rice

Rinse the rice under cold water, if desired.

Note: We often soak our brown rice overnight. To do this, simply cover the rice with double the amount of water. Let sit overnight, or for at least 6 to 8 hours.

Step 2: Cooking the Rice

- 2 1/2 to 3 cups stock (or water)*
- 1 tsp sea salt

Place the rice, salt, and stock into a medium-sized pot. Bring to a boil over medium-high heat, stirring occasionally to prevent sticking.

Note: If you have soaked the brown rice beforehand, then drain the rice first and use only about 1 1/2 to 1 3/4 cups of stock. You may also need to reduce the cooking time slightly.

Once the liquid comes to a boil, cover with a tight-fitting lid and turn the heat down to the lowest setting. Let cook for approximately 45 minutes, or according to the manufacturer's instructions.

Step 3: Resting & Serving the Rice

- freshly ground black pepper (to taste)

Once done, remove from the heat, fluff with a fork and let the rice rest for approx. 10 minutes.

Lastly, taste for seasoning — adding salt and pepper to taste. Gently fluff the rice one last time with a fork before serving.

Chef's Notes

This rice can also be cooked using the oven method or the rice cooker method.