

PARBOILED RICE



PORTLAND PUBLIC SCHOOLS
Nutrition Services

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

INGREDIENTS

1 cup Uncooked Rice
2 cups Water

1 pinch salty (optional)

PROVIDES 4 SERVINGS

RICE COOKER

Cook: ~30 minutes

STOVE TOP

Cook: 25-30 minutes

Directions:

1. Place ingredients into pot
2. Bring to a boil (without lid)
3. Simmer for 20 minutes (with lid on)

4. Let rice sit for 10-15 minutes before serving



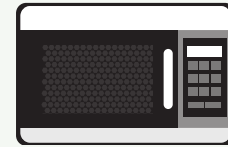
MICROWAVE

Cook: 15-20 minutes

Directions: **Be sure to use a microwave safe container**

1. Combine and place ingredients in in a microwave safe container
2. Choose the setting "medium-high," "high," or power level 10
3. Adjust the timer for 10 minutes or until the uncooked rice is brought to a boil

4. Reduce the heat by adjusting the settings to medium or power level 5. At this setting, the allow the rice to cook for 12-15 minutes.
5. Let the rice rest for about 10 minutes.



OVEN

Cook: 45 minutes

Preheat to 325 °F

