

Brown rice (Grains and Seeds)

Interesting facts: Only the outer layer, the *hull*, is removed to produce what we call brown rice. This is the least damaging to the nutritional value of the rice. If brown rice is further milled to remove the bran and most of the germ layer, the result is whiter rice, but also rice that has lost many more nutrients. Brown rice features a nutty flavor and chewy texture. It takes longer to cook than many other grains

How to select: Organic Brown, red and black rice all are more flavorful and nutritious than white rice. In fact, refined white rice has less protein and only half the nutrients of. One thing to look for when shopping for good quality brown rice is the presence of some green grains. The green color indicates the presence of natural chlorophyll, a desirable nutrient; rice kernels with chlorophyll come from the bottom of a stalk, where they mature more slowly than kernels at the top.

What to avoid: Brown rice without any green means it was gassed to eliminate the chlorophyll.

How to clean and store: Brown rice should be refrigerated or kept in a cool pantry in a tight-lidded container. Before cooking, pick out discolored or shriveled grains and rinse your rice thoroughly. Rinsing your rice before cooking washes away any grit or dirt that may have gotten mixed in during production.

How to prepare and cook: Before cooking grains, soak them in pure water overnight then rinse them thoroughly. To cook the grain, combine it with water in a heavy steel pot. Do not use aluminum cookware. You may add a pinch of salt, ghee, oil or spices. Bring the grain to a boil, cover the pot, reduce heat, and simmer without stirring until the water is absorbed. Remove from heat and allow the grain to stand, still covered, for ten minutes before serving.

For brown basmati: Use 1 cup of rice and 2 cups of water or broth. Cook for 45 minutes. Yields 3 ½ cups.

For sweet brown rice: Use 1 cup of rice and 1 ½ cups of water or broth. Cook for 45 minutes. Yields 2 cups.

For short grain, brown rice: Use 1 cup of rice and 2 to 2 ½ cups of water or broth. Cook for 45 to 55 minutes. Yields 3 cups.

For medium and long grain brown rice: Use 1 cup of rice and 2 ½ cups of water or broth. Cook for 45 to 55 minutes. Yields 3 cups.

Recipe idea:

Better Brown Rice: Sauté 1 cup rinsed brown rice in 2 tablespoon olive oil or avocado oil for about 5 minutes. After toasting add 3 cups water; cover and cook over medium heat for 45 minutes; let your rice rest off the heat with the lid on for about 10 minutes. This pause before serving helps the rice absorb the last of the moisture in the pot. If you skip it, the rice can be a little sticky and gummy when scooping it from the pot instead of light and fluffy.