

## **White Rice** (Grain and Seeds)

**Interesting facts:** Rice is the second highest worldwide production after corn. Rice is the most important grain for human consumption. Most rice is consumed in Burma: 500 pounds of rice per person each year. Americans consume 20 pounds of rice per person per year.

**How to select:** Basmati: long grain with a unique flavor profile. Long Grain White: refined white rice with a neutral flavor. Arborio: short grain white rice, which cooks up sticky. Jasmine: long grained variety of rice and it is 'perfumy', giving a natural fragrance to a meal. Always buy organic.

**How to clean and store:** Most effective: Just make sure you have food grade containers. Keep it in a moisture free area and try to keep an average temperature under 70 °F. If you follow these simple steps, your white rice can last up to 30 years.

**How to prepare and cook:** Bring 3 cups water to a boil with a pinch of salt. Stir in 2 cups of long grain white rice, cover with a tight-fitting lid and turn the burner down to the lowest setting on your stove top. Set the timer for 20 minutes. When done, take off heat and let sit for 5 minutes before fluffing with a fork.