

recipes for contribution, & suggestions, are welcomed. (if you want credit noted, please make that clear)

rev: November 25, 2016

Rice - Brown (it is easy and quick)

line #	qty	units	ingredients	notes
1	2	cups	BASMATI brown (or Jasmine) rice	the rice you choose makes a difference
2	4	cups	water	you may go a little less, maby 3 3/4 cups
3	2	TBLS	coconut oil or olive oil	helps to not stick to pan use what you like
4	2 - 4	TBLS	Billy Goat Mountain blend # 12, or 4 or Zesty	or simple butter and salt
-			salt	depending how you will use/eat the rice
-			black pepper	depending how you will use/eat the rice
-			butter	
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1 Having researched the matter of white versus brown (or other) rice, I have concluded that it makes a difference in TASTE,
2 but nutritional value is not significant to justify selecting brown over white.

- 1 Use a large diameter pot (10"-12") (more surface area is better)
- 2 Set pan on high heat.
- 3 Pour in the oil
- 4 Add rice to the pot
- 5 Stir a couple minutes (not critical) maybe till you smell "popcorn"
- 6 Add all the water.
- 7 Cover and let boil (maybe 10 minutes), the time is not critical but you do not want to boil away the water. Stir maybe once during this.
- 8 Reduce heat to minimum and keep lid on pot. Stir maybe once during this.
- 9 Steep (let sit to absorb water) about 20 minutes (till water nearly absorbed)
- 10 During steeping, fluff/toss/stir and add butter if desired (while still hot to melt it).
- 11 Add spice
- 12 Add butter, salt, as desired

Contributed by ... Rocky

approximate serving size = 4 - 8 people

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