



**GOOD
FOOD**

S T O R E

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How to Prepare Bulk Rice

Cooking instructions for preparing the varieties of rice found in the Good Food Store bulk department. One cup of raw rice yields approximately 3 cups cooked.

(Updated 06-December-2019)

Arborio Rice

Codes 1250, 1273

Boil 2 1/2 to 3 1/2 cups water and pinch of salt. Add 1 cup rice. Cover, reduce heat and simmer 45 minutes.

Basmati Rice, Brown

Codes 1251, 1252

Rinse 1 cup rice. Bring 2 cups water to boil. Add rice. Return to boil, cover, reduce heat and simmer for 50 minutes. Remove from heat and let sit, covered, for 10 minutes. Fluff with a fork and serve.

Basmati Rice, White

Codes 1254, 1256

Rinse 1 cup rice. Boil 1 1/2 cups water and pinch of salt. Add rice. Cover, reduce heat and simmer 20 minutes. Remove from heat and let sit, covered, for 10 minutes. Fluff with a fork and serve.

Calrose Medium White Rice

Code 1253

Boil 2 cups water and pinch of salt. Add 1 cup medium white rice. Cover, reduce heat and simmer for 20 minutes.

Countrywild® Rice

Code 1275

Rinse rice. Add 1 cup rice to 2 cups water and 1 tablespoon margarine or butter. Bring to a boil, reduce heat, cover and simmer 45 minutes. Do not remove lid. Remove pot from heat and let sit, covered, for 10 minutes.

Forbidden Black Rice

Code 1255

Boil 1 3/4 cups water and pinch of salt. Add 1 cup forbidden black rice. Cover, reduce heat and simmer for 30 minutes. Remove from heat.

Golden Rose® Brown Rice

Code 1259

Boil 2 cups water and pinch of salt. Add 1 cup Golden Rose® rice. Cover, reduce heat and simmer for 50 minutes. Remove from heat and let sit, covered, for 10 minutes. Fluff with a fork and serve..

Harvest Pilaf

Code 1263

Add 1 cup pilaf to 2 1/2 cups water. Bring to boil, reduce heat, cover and simmer 50 minutes.

Jade Pearl Rice

Code 1268

Rinse 1 cup rice. Boil 1 1/2 cups water. Add rice. Cover, reduce heat and simmer for 20 minutes. Do not remove lid. Remove from heat and let sit, covered, for 10 minutes. Fluff with a fork and serve.

Jasmine Rice (White)

Codes 1269, 1276

Rinse 1 cup rice. Boil 1 1/2 cups water. Add rice. Cover, reduce heat and simmer for 20 minutes. Do not remove lid. Remove from heat and let sit, covered, for 10 minutes. Fluff with a fork and serve.

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Jasmine Rice (Brown)

Code 1277

Rinse 1 cup rice. Boil 2 cups water. Add rice. Cover, reduce heat and simmer for 45 minutes. Do not remove lid. Remove from heat and let sit, covered, for 10 minutes. Fluff with a fork and serve.

Jasmine Rice (Purple)

Code 1274

Combine 1 cup of purple rice with 2 cups of water or broth. Reduce heat and simmer for 25 minutes. Remove from heat and let stand 5 to 10 minutes. One cup of uncooked rice yields approximately 2 3/4 cups of cooked rice.

Long Brown Rice

Codes 1257, 1258

Boil 2 cups water and pinch of salt. Add 1 cup rice. Cover, reduce heat, and simmer 50 minutes. Do not remove lid. Remove from heat and let sit, covered, for 10 minutes. Fluff with a fork and serve.

Long White Rice

Code 1267, 1278

Rinse 1 cup rice. Boil 1 1/2 cups water and pinch of salt. Add rice. Cover, reduce heat and simmer 15 minutes. Remove from heat and let sit, covered, for 10 minutes. Fluff with a fork and serve.

Red Rice

Code 1264

Rinse red rice in water. Heat oil in a pot, add rice and stir for 2 minutes. Add 2 to 1 water ratio and bring to a boil. Lower heat and cover pot. Cook for 45 minutes or until liquid is absorbed. Remove from heat and let rest for 10 minutes.

Short Brown Rice

Codes 1260, 1261

Boil 2 cups water and pinch of salt. Add 1 cup rice. Cover, reduce heat and simmer 50 minutes. Remove from heat and let sit, covered, for 10 minutes. Fluff with a fork and serve.

Short Brown Rice, Sprouted

Codes 1266

In a medium saucepan, bring 1 3/4 cups water and 1 cup rice to boil. Cover with a tight-fitting lid, reduce heat to low simmer, and cook 30 minutes. Remove from heat

(with lid on) and let steam for 10 minutes. Fluff with fork.

Sushi Rice

Code 1265

Place 2 cups rice into a mixing bowl and cover with cool water. Swirl the rice in the water, pour off and repeat 2 to 3 times or until the water is clear.

Place the rice and 2 cups of water into a medium saucepan and place over high heat. Bring to a boil, uncovered. Once it begins to boil, reduce the heat to the lowest setting and cover. Cook for 15 minutes. Remove from the heat and let stand, covered, for 10 minutes.

Combine 2 Tbs. rice vinegar, 2 Tbs. sugar and 1 tsp. salt in a small bowl and heat in the microwave on high for 30 to 45 seconds. Transfer the rice into a large wooden or glass mixing bowl and add the vinegar mixture. Fold thoroughly to combine and coat each grain of rice with the mixture. Allow to cool to room temperature before using to make sushi or sashimi.

Sweet Brown Rice

Code 1262

Combine 1 cup rice, 2 cups water, and 1 tablespoon butter in a pot with a tight-fitting lid. Bring to a boil. Stir once. Cover with lid. Reduce heat to simmer and cook 50 minutes. Remove from heat, let stand in covered pot for 10 minutes. Fluff with fork, salt to taste.

Wild Rice

Codes 1270, 1272

Combine 8 oz. rice, 2 1/3 cups water, and butter (optional) in a pot and bring to a boil. Cover with a tight-fitting lid, reduce heat to low-simmer, and cook 45-50 minutes. Remove from heat (do not remove lid) and steam for 10 minutes. Fluff with fork. If rice is crunchy at the end of cooking time, it may be necessary to add 1-2 tablespoons. liquid and cook longer.

Wild Blend®

Code 1271

Rinse rice. Add 1 cup rice to 2 cups water and 1 tablespoon margarine or butter. Bring to a boil, reduce heat, cover and simmer 45 minutes. Do not remove lid. Remove pot from heat and let sit, covered, for 10 minutes.