

## **JASMIN of BASMATI RICE**

### *Pilaf Method*

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This method of cooking rice is known in France as “pilaf”, as the rice is sautéed in fat before any liquid is added. It works extremely well for most grains as it allows them to absorb the liquid and any aromatics more fully producing a flavorful dish with a fluffy texture. Using the “brown” rice variety provides more whole grain benefits.

## **WHITE JASMINE OR BASMATI RICE**

Makes approximately 4 servings

Prep Time: 10 minutes | Cook Time: 25 - 30 minutes | Rest Time: 5 - 10 minutes

### **INGREDIENTS**

1 tablespoon olive or avocado oil

1 cup white jasmine or basmati rice (rinsed in cold water in strainer; thoroughly drained)

1 ½ cups water (chicken or vegetable broth may also be used)

### **DIRECTIONS**

1. Heat oil over medium heat in a 4 qt saucepan. Add the rice, stirring to coat well. Toast the rice grains while stirring frequently until they begin to look slightly translucent, but not turning brown, about 1 minute.
2. Add the broth or water and stir gently. Raise heat and bring to a boil and stir. Cover pot tightly and reduce heat to low (gentle simmer) - do not remove lid or stir. Cook for 25 - 30 minutes. The rice should be tender and the liquid absorbed.
3. Remove from heat and allow rice to rest, covered, for 5 - 10 minutes. If liquid remains and rice is tender, drain rice in strainer before serving. Fluff the rice with fork and transfer to serving bowl. Serve immediately.

Cooked rice can be cooled and refrigerated for up to 5 days, or frozen for up to 3 months.

## **BROWN JASMINE OR BASMATI RICE**

Makes approximately 4 servings

Prep Time: 10 minutes | Cook Time: 30 - 35 minutes | Rest Time: 5 - 10 minutes

### **INGREDIENTS**

1 tablespoon olive or avocado oil

1 cup brown jasmine or basmati rice (rinsed in cold water in strainer; thoroughly drained)

1 ¾ cups water (chicken or vegetable broth may also be used)

### **DIRECTIONS**

1. Heat oil over medium heat in a 4 qt saucepan. Add the rice, stirring to coat well. Toast the rice grains while stirring frequently until they begin to look slightly translucent, but not turning brown, about 1 minute.

2. Add the broth or water and stir gently. Raise heat and bring to a boil and stir. Cover pot tightly and reduce heat to low (gentle simmer) - do not remove lid or stir. Cook for 30 - 35 minutes. The rice should be tender and the liquid absorbed.

3. Remove from heat and allow rice to rest, covered, for 5 - 10 minutes. If liquid remains and rice is tender, drain rice in strainer before serving. Fluff the rice with fork and transfer to serving bowl. Serve immediately.

Cooked rice can be cooled and refrigerated for up to 5 days, or frozen for up to 3 months.

NOTE: Regular brown rice (not Jasmine or Basmati variety) may need to cook longer - approximately 35 - 40 minutes until tender.