



## Brown Rice

Unlike white rice, brown rice has all bran layers intact and thus contains all of its naturally present nutrients. These layers of bran act to protect the grain and to help maintain its fatty acids. Brown rice contains the highest amount of B vitamins out of all grains. Additionally, it contains iron, vitamin E, amino acids, and linoleic acid. Brown rice is high in fiber, extremely low in sodium, and is composed of 80% complex carbohydrates.<sup>1</sup>



### Characteristics

- Promotes good digestion
- Quenches thirst
- Balances blood sugar and controls mood swings

### Buying & Storing

Look for quality brown rice that contains a small amount of green grains. We recommend buying high quality organic brown rice and storing it in airtight glass jars in a dark cupboard.

### Basic Brown Rice (yields 3 cups)

*Prep Time: 5 minutes*

*Cook Time: 45-60 minutes*

*Serves 4*

#### Ingredients:

- 1 cup brown rice
- 2 cups of water or broth
- seasonings to taste

#### Directions:

- Rinse rice in a bowl of cool water and strain.
- Place all ingredients in a pot with a tight fitting lid.
- Bring to a boil, then reduce heat.
- Cover and let simmer for 50 minutes. If you are not experienced with cooking rice, you'll want to check the rice 10 minutes before the anticipated finish time so you don't burn the rice. (If you do burn it, it is okay, just try it again!)
- Remove from heat and let stand 10 minutes.
- Fluff with fork and serve.

### Versatile Rice Pilaf

*Prep Time: 5 minutes*

*Cooking Time: 55 minutes*

*Serves 8*

#### Ingredients:

- 2 cups brown rice
- 2 tsp oil or butter
- 4 cups broth or water

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<sup>1</sup> "Brown Rice." WHFoods. [www.whfoods.com](http://www.whfoods.com)



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5 cup nuts or seeds  
2 cups fresh vegetables, chopped  
herbs and seasonings to taste

Directions:

- Heat oil/butter in a heavy skillet with a tight fitting lid on medium heat.
- Add rice, stirring for 5 minutes or until grains are lightly roasted.
- Add broth/water, cover tightly, and cook for 45 minutes.
- Stir in vegetables, nuts, and herbs; cover and continue to cook for 5 minutes.

*Pilafs involve sautéing the raw grains to add a nutty, toasted flavor. Always use a wooden spoon to stir rice to avoid breaking the grains.*

### **Creamy Rice Pudding**

*Prep Time: 5 minutes*

*Cooking Time: 10-20 minutes*

*Serves 4*

Ingredients:

- 1 cup amasake (creamy sweetener found in refrigerated section of health food store)
- ½ cup water or apple juice
- 2 cup cooked (leftover) rice
- 3 tablespoons chopped raisins
- 3 tablespoons sunflower seeds or chopped nuts
- 1 teaspoon cinnamon or grated lemon peel
- 1 teaspoon vanilla

Directions:

- Combine all ingredients.
- Heat and simmer for 10-20 minutes; the longer you cook it, the softer it will get.
- Serve warm or cool.

### **Congee**

Congee is the product of cooking rice for an extended period over low heat. It enables the body to assimilate and to absorb the medicinal properties of rice. Congee is an excellent first food for infants, convalescents, people under stress, or those with a weakened digestive or immune system. Congee is extremely beneficial for someone with an inflamed digestive tract or extreme diarrhea.<sup>2</sup>

Simmer 2 tablespoons of rice in 2 cups of water over the lowest possible heat, or in a crockpot, for 4 to 6 hours. Add seasonings, beans, vegetables, or spices and enjoy.

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<sup>2</sup> The Government of the Hong Kong Special Administrative Region. <http://www.cfs.gov.hk>