

Rice

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RICE TYPES

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METHODS

900W

MICROWAVE BASIS

RINSE → SOAK → COOK → REST

Stovetop, rice cooker, or microwave. Risotto rice is not included; the toast-and-gradual-stock method is a different technique and gets its own card.

RINSE & SOAK ALL METHODS

RICE TYPE	RINSE	SOAK TIME
Basmati (white)	Yes, until water runs clear	20–30 min
Jasmine	Yes, until water runs clear	15–20 min
Long-grain white	Yes	15–20 min
Brown rice	Yes	30–60 min
Sushi rice	Yes, until water runs clear	20–30 min

Applies to every rice type and every method below. Rinsing removes surface starch; soaking shortens the cook time and gives a more even grain.

STOVETOP

RICE TYPE	RICE : WATER	COOK TIME	REST TIME
Basmati (white)	1 : 1.5	10–12 min, covered, low heat	5–10 min, lid on, heat off
Jasmine	1 : 1.5	12–15 min, covered, low heat	5–10 min, lid on, heat off
Long-grain white	1 : 1.75	15–18 min, covered, low heat	5–10 min, lid on, heat off
Brown rice	1 : 2	30–35 min, covered, low heat	10 min, lid on, heat off
Sushi rice	1 : 1.2	12–15 min, covered, low heat	10 min, lid on, heat off (then season)

Method: bring to a boil, reduce to a low simmer, cover with a tight lid, cook undisturbed (no lifting the lid), then rest and fluff with a fork.

RICE COOKER

RICE TYPE	RICE : WATER	COOK TIME	REST
Basmati (white)	1 : 1.25	Auto cycle (approx. 15–20 min)	10 min
Jasmine	1 : 1.25	Auto cycle	10 min
Long-grain white	1 : 1.5	Auto cycle	10 min
Brown rice	1 : 1.75	Auto cycle (approx. 40–50 min), or the brown rice setting	10 min
Sushi rice	1 : 1.1	Auto cycle	10 min

Method: add rinsed and soaked rice with the measured water to the cooker bowl, close the lid and select the cycle. The cooker switches to keep warm on its own. Rest 10 min with the lid on, cooker off or on warm, then fluff.

MICROWAVE 900 W

RICE TYPE	RICE : WATER	COOK TIME	REST TIME
Basmati (white)	1 : 2	10 min high, then 5 min at 50%	5–10 min, covered, power off
Jasmine	1 : 2	10 min high, then 5 min at 50%	5–10 min, covered, power off
Long-grain white	1 : 2	12 min high, then 5 min at 50%	5–10 min, covered, power off
Brown rice	1 : 2.5	10 min high, then 20 min at 50%	10 min, covered, power off
Sushi rice	1 : 1.75	8 min high, then 5 min at 50%	10 min, covered, power off

Method: use a large microwave-safe dish (rice expands and can boil over) with a lid or vented cling wrap. Cook on high to bring to the boil, then drop to 50% power to finish gently. Rest covered before fluffing.

Check your appliances: microwave times are based on 900 W. School units running 700 W or 1100 W will need the times scaled. Rice cooker cycles self-regulate, so the minute ranges given are a planning guide only.