

# Food skills

## Rice

Rice grains are seeds from a species of grasses. There are many varieties of rice available. They are divided into three basic groups, long grain, short grain and medium grain. Long grain rice grains are separate and fluffy when cooked. These tend to be used in salads and to accompany curries and stews. Short grain and medium grain rice has short grains which are soft and moist with grains that stick together when cooked.

Within each group there are aromatic (basmati and Jasmine) and speciality (risotto and pudding rice) rices. Rice is the most widely eaten staple food, especially in Asia.

### Did you know

Over 90,000 different types of rice and wild species are stored at the International Rice Gene Bank and these are used by researchers all over the world.

## How to cook rice using the absorption method



1 Place 1 cup of brown rice into a bowl and pour over cold water.



2 Let it stand for a minute. Then rinse under cold running water.



3 Drain the rice using a sieve.



4 Place the rice into a large pot.



5 Add 1½ cups of cold water.



6 Mix the rice and water.



7 Cover the pot with a lid. Bring water to the boil. Then turn the heat down to low.



8 Cook for 13-15 minutes until the water is below the level of the rice. Turn the heat off and leave covered for 10 minutes.



## Stir-fried rice (serves 4)

### Ingredients

1 cup dried brown rice  
2 cups water  
2 tablespoons vegetable oil  
2 carrots, sliced  
1 cup green beans, sliced  
2 cups cabbage, chopped finely  
2 cloves garlic, crushed  
4 eggs  
3 tablespoons soy sauce, reduced-salt  
2 spring onions, diced

### Method



1 Prepare the rice using the method on the front of this card. Set aside.



2 Heat a wok or large frying pan. Add the oil and vegetables along with the garlic. Stir-fry until nearly cooked.



3 Lightly beat the eggs. Add the eggs to the vegetables and cook until egg is lightly scrambled.



4 Add the rice and heat through. Then add the soy sauce and spring onions. Mix through. Serve.

For more recipe ideas and cooking tips visit  
[heartfoundation.org.nz/recipes](http://heartfoundation.org.nz/recipes) and [vegetables.co.nz](http://vegetables.co.nz)

  
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