



## **TASTIC RICE** **(Parboil Rice Instructions)**

### **Rapid boil method**

Place 8 cups water in large saucepan, bring to boil. Slowly add 1 cup Parboil add salt to taste (optional). Boil rapidly, uncovered 12-15 minutes stirring several times with fork. Drain into colander and serve.

### **Absorption Method**

Bring 1 ½ cups of water to boil. Slowly add 1 cup Parboil. Add salt to taste (optional). Stir several times with a fork. Cover saucepan, lower heat and simmer for 20-25 min. Toss with fork, stand for a few minutes and serve.

### **Microwave Method**

Wash 1 cup Parboil in sieve under cold water. Place in deep casserole dish or bowl. Add 1 ½ cups boiling water and 2 teaspoons butter (optional). Cover with lid or plastic film leaving a small gap for steam to escape. Microwave on high for 12-14 mins. Stir well after 5 min. Allow to stand covered for 5 min. or to tenderness required. Toss with fork before serving.

### **Cook in Fridge Method**

Place 1 cup Parboil in container. Add 1 cup boiled water. Cover container and place in refrigerator for 1 hour.

THIS IS ONLY A GUIDE.

**PANTRYMAN**