

WHITE RICE RECIPE

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A white rice recipe is a simple and fundamental method for preparing fluffy, versatile rice that can complement a wide range of dishes. Typically, it involves rinsing the rice to remove excess starch, boiling it in water (with optional salt and oil or butter for added flavor), simmering until the grains absorb the water and become tender, and then fluffing it with a fork before serving. This basic yet essential recipe forms a delicious side dish or base for various cuisines, from Asian stir-fries to Latin American beans and beyond.

INGREDIENTS

- 1 cup white rice
- 2 cups water
- 1/2 teaspoon salt (optional)
- 1 tablespoon butter or olive oil (optional)

INSTRUCTIONS

1. **Rinse the rice:** Place the rice in a fine-mesh strainer and rinse it under cold water until the water runs clear. This helps remove excess starch from the rice.
2. **Boil the water:** In a saucepan or pot, bring the 2 cups of water to a boil. You can add salt to the water at this stage for salted rice.
3. **Add rice:** Once the water is boiling, add the rinsed rice to the pot. Stir briefly.
4. **Simmer:** Reduce the heat to low and cover the pot with a lid. Let the rice simmer for about 15-20 minutes without opening the lid.
5. **Check for doneness:** After 15-20 minutes, check if the rice has absorbed all the water and is tender. If needed, cover and cook for a few more minutes.
6. **Fluff and serve:** Remove the pot from heat and let it sit covered for a few minutes. Use a fork to fluff the rice gently. Add butter or olive oil if desired for extra flavor and fluffiness.