
BROWN RICE FOR SALAD

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Makes about 5 cups.

WHY THIS RECIPE WORKS:

Brown rice salad often features grains that are gummy or tough, with a dull heavy dressing. We cook the rice using the pasta method, which ensures evenly cooked grains in half the usual amount of time. To season the rice, we dress it with vinegar or citrus juice while it is still warm. We then add bold mix-ins that contribute contrasting flavors and textures.

We like the flavor of brown basmati rice, but any long-grain brown rice is acceptable. Use the same vinegar or citrus juice called for in the salad you plan to make.

INGREDIENTS

- 1 1/2** cups long-grain brown rice
- 2** teaspoons salt
- 2** teaspoons vinegar or citrus juice

INSTRUCTIONS

Bring 3 quarts water to boil in large pot. Add rice and salt; cook, stirring occasionally, until rice is tender, 22 to 25 minutes. Drain rice, transfer to parchment paper-lined rimmed baking sheet, and spread into even layer. Drizzle rice with vinegar or citrus juice and let cool completely, about 15 minutes.

The Benefits of Boiling Brown Rice

When rice is cooked on the stovetop via the absorption method, the grains absorb almost all of the small amount of liquid that's in the pot early on in the cooking process. This can lead to uneven results, since only the grains that fully hydrate at the start will completely soften, while the grains that didn't initially absorb enough liquid will remain firm.

We found that boiling brown rice in an abundance of water not only cooked it more evenly but also shaved a good 25 minutes off the usual 50 minutes needed for the absorption method (i.e., simmering the rice in a set amount of liquid). With a large volume of boiling water in the pot (which is drained off when the rice is done), the liquid can penetrate the grains evenly from all sides, so their starches gelatinize more uniformly as well as more quickly. Boiling the rice (versus simmering it) also speeds up cooking because boiling water contains more energy than simmering water. All in all, boiling is an excellent way to cook brown rice.



**ABSORPTION
APPROACH**

Simmer rice, covered, in small amount of water.

COOK TIME: 50 minutes

RESULTS: Uneven. A small amount of water can't penetrate all of the grains at the same rate.

BOILING METHOD

Cook rice in lots of boiling water; drain.

COOK TIME: 25 minutes

RESULTS: Every grain absorbs the same amount of water, so the whole pot cooks evenly.



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