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Rice

Utah State University Extension

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NEP

Nutrition Education Program

RICE



Utah State
UNIVERSITY
EXTENSION

Department of Workforce Services





RICE

Rice is a versatile, economical food for family meals. It can be used in almost any cuisine. Because of its bland flavor, it blends easily with other foods and seasonings. It is available in many convenient forms. All are nutritious, delicious, and can be an important part of any meal.

Things to Know

- ♦ Rice is found in the grain group in the Food Guide Pyramid.
- ♦ A diet should include 6-11 servings from this group daily.
- One serving consists of $\frac{1}{2}$ cup cooked rice.
- ♦ Rice is a good source of energy and can supply vitamins and minerals to the diet.
- Rice cakes, plain brown and white rice are examples of rice that could be included in a diet daily. An "occasional" choice would be fried rice because of the added fat.
- ◆ In a menu rice can be used as a:
 - cereal:
 - vegetable, such as a substitute for potatoes or a base for meat;
 - dessert, such as puddings or custards.
- ♦ There are three lengths of rice grain. Each one has different results when cooked.

Long grain rice is clear and translucent. The grains are distinct and separate after cooking.

Medium grain rice is plump in shape but not round. When cooked, these grains are more moist and tender than long grained.

Short grain rice is usually the least expensive of the three lengths. It tends to be more moist and tender and will cling together when cooked.

♦ Types of Rice

<u>White</u> rice is rice from which hulls, germ, outer bran layers and most of the inner bran are removed in the milling process. The grains are bland in flavor and are fluffy and distinct when cooking directions are followed.

<u>Brown</u> rice is the whole, unpolished grain of rice with only the outer fibrous inedible hull removed. Brown rice requires more water and longer cooking time than white rice. It has a delightful, chewy texture, with a distinctive nut-like flavor. Brown rice shelf life is very short, about six months.

<u>Precooked</u> rice is completely cooked. It needs only to stand in boiling water to be ready for serving.



Skills

Some rules are a must in preparing rice. Nutrients are lost if the product is not handled properly.

- ♦ Do not wash rice before cooking or rinse it after cooking. Nutrients on the surface of the rice are washed away if this is done.
- ♦ Do not use too much water when cooking rice. Some vitamins dissolve in water. Any water drained off means wasted food value.
- ◆ Cooking rice in too much water makes soggy rice. Too little water results in a dry product.
- ◆ Do not stir rice after it comes to a boil. This breaks up the grains and makes the rice gummy.
- ◆ Do not leave rice in a pan in which it is cooked for more than 5-10 minutes or the cooked rice will pack.
- ♦ Cooking directions:

For best results, always follow package directions. When directions are not available, use this easy method:

- 1. Combine 1 cup rice, liquid (see chart below), 1 teaspoon salt (optional), and 1 tablespoon butter or margarine (optional) in 2-3 quart saucepan.
- 2. Heat to boiling; stir once or twice. Lower heat to simmer; cover with tight fitting lid.
- 3. Cook according to time specified on chart. Do not stir.
- 4. At the end of cooking time, taste the rice to see if it is tender and tilt pan to see if the water is absorbed. If not, replace the lid and cook 2-4 minutes longer. Fluff it with a fork.

1 cup uncooked rice	Liquid	Cooking Time
White long grain	1 3/4 - 2 cups	15 minutes
White medium or short grain	1 1/2 cups	15 minutes
Brown	2 - 2 1/2 cups	45 to 50 minutes
Parboiled	2 - 2 1/2 cups	20-25 minutes



Storage

- ♦ Once opened, rice should be stored in containers that keep out moisture, dust and pests.
- ◆ Cooked rice can be stored in a tightly covered container in the refrigerator for up to one week.
- ♦ Cooked rice can be frozen for up to six months if kept in a tightly covered container.



Fried Rice

Ingredients:

2 Tbsp. oil 4 cups rice, cooked 1 onion, chopped 2 Tbsp. soy sauce 2 eggs 1/4 tsp. pepper

Directions:

Cook onion in oil until tender. Beat eggs and add to onion; stir. Add remaining ingredients. Cook until warmed through.

Yield: 4 servings

	tion	Rice Facts	cup 4	
Amount per servicalories 300	-	ies from Fat	97	
% Daily Value				
Total Fat 13g			17 %	
Saturated Fat 5g			7%	
Cholesterol 30 mg			41%	
Sodium 660 mg			66%	
Total Carbohydrate 5g			14%	
Dietary Fiber 0g)		4%	
Sugars 5g				
Protein 5g				
Vitamin A	4%	Vitamin C	4%	
Calcium	5%	Iron	13%	



Spanish Rice

Ingredients:

1 lb. lean ground beef 2 tsp. salt

1 cup chopped onion 1 cup uncooked rice

1 cup cut-up green peppers 2 cups water

1 Tbsp. chili powder 2 cups whole tomatoes

Directions:

Sauté ground beef, onion and green peppers until meat is brown and onions are tender. Add chili powder and salt. Lightly brown uncooked rice in hot pan. Combine with hamburger mixture, water, and whole tomatoes. Pour into 2 quart casserole. Bake at 350 for 30 to 45 minutes.

Spanish Rice Nutrition Facts					
Serving Size 1 Servings Per Container		cup 8			
Amount per serving Calories 267 Calories from Fat 96					
		% Daily	Value		
Total Fat 13g			17%		
Saturated Fat 5g		21%			
Cholesterol 30 mg		15%			
Sodium 660 mg		33%			
Total Carbohydrate 5g		9%			
Dietary Fiber 0g		6%			
Sugars 5g					
Protein 5g					
Vitamin A	16%	Vitamin C	57%		
Calcium	4%	Iron	17%		



Rice Pudding

Ingredients:

4 cups milk 1/3 cup uncooked rice 1/2 cup sugar 1/2 tsp. salt 1/4 cup raisins 1 tsp. vanilla 1/4 tsp. nutmeg

Directions:

Combine all ingredients in a two-quart casserole. Stir well. Bake at 250° for about 2 hours or until rice is tender and pudding thickens. Stir every 30 minutes.

Rice Pudding Nutrition Facts					
Serving Size Servings Per Con	ntainer	1/2	cup 4		
Amount per se Calories 303	_	ies from Fat	44		
% Daily Value					
Total Fat 13g			7%		
Saturated Fat 5g		15%			
Cholesterol 30 mg			%		
Sodium 660 mg			17%		
Total Carbohydrate 5g		19%			
Dietary Fiber 0g		2%			
Sugars 5g					
Protein 5g					
Vitamin A	10%	Vitamin C	4%		
Calcium	31%	Iron	6%		