RICE

For most rice, use a 1:2 ratio of one cup of rice to two cups of water. Bring the water to boil in a small sauce pan. Rice expands as it cooks, so use a saucepan large enough to accommodate. When the water has come to a boil, stir in the rice, salt, and a dab of butter (if using), and bring it back to a gentle simmer. Cover the pot and turn the heat down to low. Don't take off the lid while the rice is cooking — this lets the steam out and affects the cooking time. Approximate cooking times: White Rice: 18 to 25 minutes Brown Rice: 30 to 40 minutes Wild Rice: 45 to 60 minutes. Start checking the rice around 18 minutes for white rice and 30 minutes for brown rice. When the rice is done, turn off the heat and take off the lid. Fluff the rice with a spoon or a fork, and let it sit for a few moments to "dry out" and lose that wet, just-steamed texture.

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