

White Rice

From Nelson's Kitchen
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White rice is an everyday dish in Brazil. In many parts of Brazil garlic is added to white rice. But not in the South. Thus we will follow the South tradition and leave the garlic out. The recipe here is for one cup of rice which serves three people. When scaling up the recipe, scale the water and rice amount linearly, but do not scale the salt linearly. You also will have to experiment with the cooking time for larger amounts.

Ingredients:

- 1 cup of rice
- 2 cups of water
- 1 1/2 Tbs of Canola oil
- 1 tablespoon of salt

Procedure:

1. Sautee and boil the rice

- Heat the water in the microwave until it is boiling — four to five minutes.
- Meanwhile in a small saucepan put the cooking oil and the rice and cook under high heat stirring constantly until the grains of rice start turn opaque.
- Reduce the fire to the slowest simmer.
- Pour the hot water over the rice stirring.
- Cover the pot and simmer for 20 minutes. Do not open the pot.
- After 20 minutes, turn off the fire and keep the pot closed for another five minutes.
- Do not stir the rice. You can gently fluff it up with a fork.