

White, Brown & Wild Rice

This recipe makes as much as you wish to prepare



Ingredients

white rice
or
brown rice
or
wild rice

water

Directions:

1. Rinse your rice
2. Add rice and water to the instant pot. 1:1 ratio for brown and white rice and 2 parts water 1 part rice for wild rice. If you are using the stove top, cook according to the directions on the package.
3. White Rice: Cook on high pressure in the Instant Pot for 4 minutes. (if using the stove top, cook according to directions on package) Do a quick release on the instant pot
4. Brown Rice: Cook on high pressure in the Instant Pot for 22 minutes. (if using the stove top, cook according to the directions on the package). Do a quick release on the instant pot
5. Wild Rice: Cook on high pressure in the Instant Pot for 30 minutes. (if using the stove top, cook according to the directions on the package). Do a quick release on the instant pot
6. Line your trays with parchment or silicone
7. Add rice to trays (3 cups uncooked equals approximately 1 medium tray after cooked)
8. Pre Freeze when possible
9. Freeze dry (my cycle time was 36 hours)
10. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

White Rice: 1 Cup FD Rice and 1 Cup water. Microwave for 3 minutes. Stir at each minute.

Brown Rice: 1 Cup FD Rice and 1 Cup water. Microwave for 4 minutes. Stir at each minute.

Wild Rice: 1 Cup FD Rice and 1 Cup water. Microwave for 4 minutes. Stir at each minute.

Notes:

Why freeze dry rice? It takes significantly less time to make meal-ready than starting rice from a bag.

Nutritional Value Per 1 cup White Rice

Calories: 205 Protein: 4 g Fat: 0.5 g Carbohydrates: 45 g Sugar: 0 g Fiber: 0.5 g

Nutritional Value Per 1 cup Brown Rice

Calories: 218 Protein: 5 g Fat: 1.5 g Carbohydrates: 45 g Sugar: 0.5 g Fiber: 3.5 g

Nutritional Value Per 1 cup Wild Rice

Calories: 285 Protein: 11 g Fat: 1 g Carbohydrates: 59 g Sugar: 2 g Fiber: 4 g