

White Rice and Brown Rice

This recipe makes 1 medium tray *

[Live Life Simple's: Freeze Dried Brown Rice](#)

Ingredients:

White Rice

Brown Rice

Water



Directions:

1. Rinse your rice
2. Add rice and water to instant pot (1:1 ratio) (This is the same for brown and white rice) (if using the stove top, cook according to directions on package)

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

Brown Rice: Cook On high pressure in the Instant Pot for 22 minutes. (if using the stove top, cook according to directions on package). Do a quick release on the instant pot

3. Line your trays with parchment or silicone
4. Add rice to trays (3 cups uncooked equals approximately 1 medium tray after cooked)
5. Pre Freeze if time allows
6. Freeze Dry
7. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: 35 Hours 51 Minutes In Medium Freeze Dryer

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



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Cycle times & rehydration for reference only

* Large Tray = 8 Cups/tray Medium = 6 Cups/Tray Small = 4 Cups/Tray