

Boiled Brown Rice

Ingredients:

1 cup rinsed and soaked brown rice

1 ½ cup spring water

1 pinch of sea salt

Still rinse and soak the rice but instead of a pressure cooker, use a saucepan with a tight fitting lid. Add the rice and the water and bring to a boil, add the sea salt, cover with the lid, lower the flame, place a flame deflector under the pot and cook for 1 hour.

Note: Whatever other grain, whole or cracked, or bean cooked with brown rice will cook in the same amount of time. A ratio of 2/3 rice to 1/3 grain or bean works well. If you want fluffier boiled rice, add the rice after the water boils.