

## Perfect Brown Rice

8 cups water  
1 cup brown rice  
Salt



Place rice in a small mesh strainer and rinse thoroughly under cold water, about 30 seconds.

Bring water to a boil in a large covered pot.

Add rice, stirring once or twice; cover.

Fast simmer for 30 minutes; if simmering bubbles threaten to boil over, leave lid slightly askew but keep fast simmer.

Pour cooked rice into strainer to drain off excess water.

Return drained rice back to original pot with heat turned OFF.

Add salt, to taste.

Cover and let rest for 10 minutes.

Fluff with fork and enjoy!

❖ *Makes 3 cups of cooked rice.*