Perfect Basmati Rice

Here are two ways to make Perfect Basmati Rice. Sometimes you may prefer to put it in the oven, as you can have your burners free and there is less chance of it burning. Also, this is a great way to scale it up to make a lot of rice and keep it in a casserole until needed. If you want to make ahead, this is great, because you can return it to the oven to reheat. If you are reheating, you may need to add a little more water to the casserole dish, so it does not dry out.

1 ½ cups basmati rice   1 Tablespoon canola oil

1   Preheat the oven to 325° for Oven method and begin to boil 8 cups of water in a deep pot. Rinse rice in several changes of cold water until water runs clear and put it in a heavy saucepan. Add 3 cups cold water. Soak the rice for 20 minutes.

Steamed Method

1   Place the saucepan with the rice and water over high heat, add the oil and bring to a boil, stirring occasionally. Decrease the heat to simmer and cover the pot for 15 minutes. Remove from the heat and let the rice rest, covered and undisturbed for 5 minutes before removing the cover. Fluff with a fork and serve immediately.

Oven Method:

1   Drain rice after soaking. Bring a large quantity of water, about 8 cups to a boil in a deep pot, as stated in the first step. Add the drained rice and bring back to a boil, stirring occasionally. Cook for exactly 2 ½ minutes. Drain the rice and put it in an ovenproof casserole with a lid. Add the oil, mix carefully, cover and bake on the middle rack for 25 minutes at 325°. Remove from the oven and let the rice rest, covered and undisturbed for 10 minutes. Fluff with a fork and serve immediately.

Servings: 4
Preparation Time: 2 minutes
Cooking Time: 18 minutes
Inactive Time: 20 minutes
Total Time: 40 minutes

Oven Temperature: 325°F

Nutrition Facts

Nutrition (per serving): 293 calories, 33 calories from fat, 3.8g total fat, 0mg cholesterol, <1mg sodium, 62.9mg potassium, 58g carbohydrates, 0g fiber, 0g sugar, 4.8g protein.

Source

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