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Using and Storing Rice

Michigan State University Cooperative Extension Service

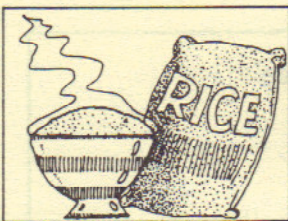
Collette Couchman, Judith V. Anderson, Foods and Nutrition

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# RICE

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**Rice is a nutritious addition to the diet. When rice is combined with milk, cheese or legumes, it provides a low-cost source of protein. Rice is a good source of B-vitamins, iron and starch. One cup of cooked rice is about 200 calories.**

## How to Use Rice

There is no waste with rice; every bit can be eaten. It is easy to digest.

Rice is available in short, medium and long grain varieties. Short and medium grain rice are best for puddings, casseroles, and molded rice dishes because the rice grains tend to stick together. Long grain rice is often preferred for fluffy rice when served as a side dish and in salads, soups and main dishes.

Types of rice available to consumers are brown, enriched white, parboiled (converted), and instant. Brown rice has only the outer hull removed, leaving most of the bran and germ. Brown rice has slightly more oil, fiber and minerals.

Enriched white rice has the hull, bran and germ removed. The iron and B-vitamins lost in processing are added back during the enrichment process. Processed, parboiled or converted rice has been steamed under pressure, then dried. Instant or precooked rice cooks in about half the time of regular white rice. It is the most expensive form of rice and often is packaged with salt and other seasonings added.

One cup of uncooked white rice will make 3-6 servings, depending on whether it is served as a side dish or the basis of a one-dish meal. One pound of rice equals 2 to 2½ cups uncooked rice.

## How to Store Rice

Uncooked white rice should be stored in a tightly closed container. If moisture is kept out, the maximum storage time for good flavor is one year. Rice will keep up to two years, however the quality will not be as good.

Cooked rice can be stored for one week in the refrigerator. It will keep for up to six months in a tight container in the freezer.

Uncooked brown rice keeps a shorter time, because it contains more oil than white rice. It will keep for up to 6 months on the shelf, and longer in the refrigerator.

## Rice Do's and Don'ts

### DO

- store rice in airtight containers, at room temperature.
- measure rice and liquid carefully, so all liquid will be absorbed.
- try flavoring rice with other foods (e.g. onions, mushrooms, nuts, parsley, cheeses).
- try cooking rice on range top, in oven, or microwave.
- try rice pilafs: cook rice in juices of meats and/or vegetables.

### DON'T

- wash rice before using—this washes away nutrients.
- cook rice in excess of liquid, throwing out extra water and nutrients.
- rinse rice after cooking, again this wastes nutrients.

