



# RICE

## Arborio

Starchy Italian short-grain rice with a creamy, chewy texture. Used in risotto.

## Basmati

Aromatic long grain rice. Originally from India and Pakistan, this light and chewy rice is excellent for pilafs. Although less nutritious, white basmati is great for quick, easily digestible dishes. Brown basmati is a flavorful substitute for long grain brown rice.

## Black

Black rice has a deep black color and fades into a purple color when cooked. The hull contains the highest amounts of anthocyanin antioxidants of any other food. A new study shows that 10 spoonfuls of cooked black rice has the same amount of antioxidants as a spoonful of fresh blueberries. This rice is also rich in iron, protein and fiber. Great steamed, plain, in a pilaf, salad or pudding.

## Brown

Short grain brown rice is a chewy, sticky variety, excellent in soups, stews and dishes that require a cohesive texture. The medium grain is a good choice for stuffings. Long grain is drier, fluffier and has a nutty flavor. Long grain is great for summer salads.

## Semi-Brown

Partially milled to scratch the bran layer remove a part of the bran layer. This rice cooks like white rice, but retains most of the health benefits of brown rice.

## Red

The heirloom red rice in the Bulk department is grown in Ceylon by small family farmer co-ops. This nutty, fragrant rice is higher in protein than brown rice and cooks quicker. The Burgundy Red rice from Lundberg is also higher in protein, and cooks similarly to brown rice. Red rice makes a colorful side dish and is great for cold rice salads.

## Jasmine

Soft, slightly sticky rice originally from Thailand that has a delicate flowery aroma. Similar to basmati, this rice is commonly used in Southeast Asian cuisine. Usually available in the very white polished grain. A whole grain brown variety is sometimes available as well.

## Sushi

Sticky and sweet, this semi-polished rice is most often used for nori rolls.

## Sweet Rice

Also called glutinous rice, this is the brown rice version of sushi rice. Used in amasake and mochi. Good for puddings.

## Wehani

Created by the Lundbergs, this reddish long grain rice has a chewy texture and a buttered popcorn aroma. Tastes similar to short grain brown rice with a hint of basmati. Great for colorful salads and pilafs.

## Wild

An aquatic native grass seed (not really rice), wild rice is particularly high in B vitamins. The striking, shiny dark kernels of wild rice add a distinctive chewy, nutty, smoky flavor. Delicious in stuffings, pilafs, soups, salads and baked goods. When cooked properly, wild rice splits and is fluffy.

## White Rice

Stripped of its germ and bran layers, white rice is mainly comprised of starch.

## Sizes

**Long** grain rice has long, slender grains. It cooks up dry, light and fluffy with the grains well separated. Use in salads, pilafs, stuffings and side dishes.

**Medium** grain rice is not as fluffy as long grain or as sticky as short grain. It is a good choice for pancakes and rice puddings.

**Short** grain rice is fat and stubby. When cooked, it becomes tender, sticky and chewy. Best used in breakfast cereals, risottos, croquettes, rice balls, Japanese-style foods, casseroles and puddings.



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## STORAGE TIPS

Store all grains in an airtight container in a cool, dry place out of direct sunlight.

Bay leaves in your grain storage cupboards will help deter bugs.

Freezing for 72 hours immediately after purchasing helps prevent infestation.

Because it has such a lowfat bran layer, brown rice is subject to rancidity faster than other grains. Use within 1 to 3 months after purchasing or store in the freezer.

## NUTRITION FACTS:

Whole grains are the edible seeds of plants that are complex carbohydrates consisting of an inedible outer husk (the hull), a protective layering (the bran), the kernel's life force (the germ) and the carbohydrate-filled center (the endosperm).

Rice (in its whole form) is low in fat and packed with nutrients. The bran is an excellent source of fiber as well as minerals and B vitamins. The germ is rich in protein and enzymes. The endosperm is loaded with complex carbohydrates.

Brown rice is known for its calming, balancing effect on the nervous system. It is a strengthening food, healing to the internal organs and especially helpful to those with deficiencies related to stress.

## Arsenic in Rice

Rice and rice products may contain varying levels of arsenic. For now, arsenic levels in drinking water—but not in food—are regulated. Rice absorbs arsenic much more effectively than most plants because growing conditions allow arsenic to be more easily taken up by its roots and stored in the grains.

Lundberg Family Farms supplies most of the rice and rice products available at the Co-op. Lundberg is working with others to understand and address the concerns raised regarding arsenic in food.

Learn more at [www.lundberg.com](http://www.lundberg.com)



# RICE

RICE 1 cup dry	LIQUID Cups	COOKING TIME Minutes	YIELD Cups	NOTES
ARBORIO	2 ½	30–40	2 to 2 ½	Don't rinse. Stir continually during cooking.
BASMATI				
Brown	2 ¼	45	3 ⅓	Rinse several times to prevent splitting.
White	1 ¾	15–20	3 ⅓	Rinse several times to prevent splitting.
BLACK				
Forbidden	2	30	2 ½	
Japonica	2	40-50	2 ½	
BROWN				
Long	2	45	2 ¼ to 3	Great rice for summer salads.
Medium	2	45	2 ¼ to 3	Good for breakfast cereals and stuffings.
Short	2 ¼	50	2 ¼ to 3	Good in soups and puddings.
Semi-Brown	1	15-20	1 ½	Rinse until water runs clear before cooking.
RED				
Rural Returns	2	15-20	2 ½	
Burgundy	1 ½	40-50	2	
JASMINE				
Brown	2 ½	50	3 ⅓	Sometimes available. Can replace brown basmati.
White	1 ¾	15–20	3 ⅓	Serve with stir-fry dishes.
SUSHI	2	45 (let sit 10)	2	Rinse & drain 3 times, soak 40 mins., cook.
SWEET RICE	1 ½	45	2	High in carbohydrates. Use for puddings.
WEHANI	2	45	3 ⅓	Mix with long-grain rice with a ratio of 1 to 3.
WILD	4	50–60	3 to 4	Cooked wild rice can be frozen up to 3 months.
WILD BLEND	3	60	3 ½	A blend of 5 types of rice, it is great in stuffings.
COUNTRY WILD	3	50	3 to 4	Wehani Black Japonica and brown rice blend.

## The Perfect Pot Of Brown Rice

1. Use a heavy pan with tight-fitting lid.
2. Rinse 1 cup of brown rice quickly under cold water.
3. Put rice in pan and cover with 1 ¾ cups water. Bring to a boil. Stir and let boil for 5 minutes. Reduce heat and cover. Simmer for 40 minutes.
4. Take the covered pan off the heat and let stand 10 minutes. Fluff rice with a fork before serving.

Important: Do not stir the rice or peek during the simmering time. This lets the steam escape and rice will not cook fully.

## Salt, Sea Vegetables & Seasoning

Adding salt to the water when cooking rice is optional. Some cooks think that salt takes away from the natural sweetness of brown rice. If salt is desired, add 1/8 – ½ teaspoon of sea salt to the water when rice is added.

Adding a strip of kombu while the rice is cooking is believed to improve digestibility; it also adds minerals to the meal.

Simple seasonings for a bowl of cooked brown rice: Sprinkle with soy sauce (tamari or shoyu) and sunflower seeds or gomasio.