

## STEAMED RICE

### EQUIPMENT

COLANDER, SMALL TRAY, FOIL

### INGREDIENTS

200GMS LONG GRAIN RICE,  
300GMS WATER, SALT

### METHOD

WASH RICE UNDER COLD RUNNING WATER UNTIL THE WATER RUNS CLEAR

PLACE RICE IN A FLAT TRAY AND POUR OVER COLD-WATER COVER TIGHTLY WITH FOIL

PLACE INTO A PRE-HEATED OVEN ON STEAM SETTING 100 DEGREES FOR 18 MINS

LET STAND COVERED FOR 5 MINS

REMOVE FROM OVEN STIR THROUGH SOME SALT AND SERVE

### HINTS & TIPS

- THE KEY TO GOOD RICE IS RINSING IT UNDER COLD WATER WHEN YOU THINK IT'S CLEAN WASH IT SOME MORE
- PRE HEAT YOUR OVEN THIS ENSURES THE RICE STARTS TO COOK IMMEDIATELY AND GETS UP TO TEMPERATURE QUICKLY.

(NEVER BEGIN COOKING IN A COLD OVEN!)