

## Brown Rice, Pressure Cooked

*Brown rice is a dietary staple with endless versatility. A quick method for preparing batches of any grain or bean from a dried state is to invest in a pressure cooker.*

### Ingredients

2 cups organic (short, medium or long grain brown rice)  
3 ½ cups spring water  
2 pinches of sea salt or 1-inch square piece of kombu seaweed

### Instructions

1. Wash the rice gently until the water is clear. Put the rice with the water in a stainless steel pressure cooker and soak overnight in 3 ½ cups spring water.
2. The next day add a pinch of salt or kombu and close the lid. Place on the stove and bring up to pressure and cook the rice for 20 minutes. After 20 minutes turn off the flame and allow the pressure to go down. Remove the lid and serve warm.

Makes 4 servings

