

Tasty Toasty Brown Rice

Ingredients:

2 cups organic (short, medium or long grain) brown rice
3 ½ cups spring water
2 pinches of sea salt

Instructions:

1. Place the rice and water in a heavy saucepan. Rinse rice with fresh water until water runs clear (usually three times). Soak overnight in 3 ½ cups of spring water. Do not add sea salt until the next day.
2. Discard soaking water and place wet rice on stove (without any added water).
3. Cook rice over medium-high flame, stirring occasionally, to allow all the water to evaporate and the rice to begin to toast.
4. Popping sounds indicate you are ready to add 3 ½ cups of water. When water is boiling, stir and cover with lid. Lower flame and simmer for 30 minutes.
5. Fluff rice immediately and return lid to pot until you are ready to serve. Rice should stay fluffy when done.

Makes 4-6 servings

