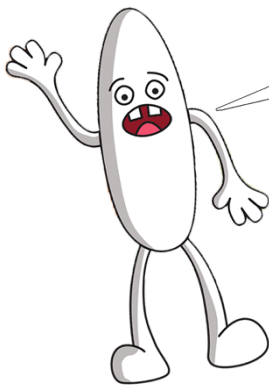


DID YOU KNOW one rice plant can produce 50 to 300 grains of rice?

## Try out this recipe!

1. Open the search function
2. Type "Taste the World"
3. Pick [Rice](#)
4. Read about the history of rice.
5. Find the [perfect white rice](#) recipe.
6. Make the recipe and use the white rice to make [Nasi Goreng](#) on Page 23.



rice

272 search results found for rice

**Taste the World! Rice**  
Did you know that in some Asian languages, the word for rice means eat as well as eat rice? And that in Korea, rice is a form of currency? Or that...

**COOKED TO PERFECTION!**

Some people are hesitant to make rice because if not made correctly, it can become mushy and lumpy! But if prepared properly, rice can be the start of a delicious dish.

It is a good idea to rinse your rice before cooking to get rid of dust and impurities. Recipes using some types of rice, such as basmati rice, sometimes call for soaking and rinsing the rice before cooking. Always check the recipe instructions as well as the package instructions.

**TRY THIS!** Use this recipe for perfect rice!

**PERFECT WHITE RICE**

**INGREDIENTS**

1 cup long grain white rice	1/2 tsp. salt	1 1/4 c. water
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**STEPS**

1. In a heavy saucepan, combine rice, salt, and water. Stir to mix. Bring to a boil. Reduce heat to low. Cover and simmer for 18-20 minutes. Do not stir. Cook until water is absorbed.
2. Remove pan from heat. Keep the cover on and do not lift the lid for 5 minutes.
3. Remove the lid and, using a fork, fluff the cooked rice. Serve immediately or chill.

**TRY THIS!**

**NASI GORENG** Serves 4

**INGREDIENTS**

3 cups cooked long grain white rice	2 tbsp. fish sauce
2 tbsp. vegetable oil	1 tsp. sugar
2 medium white onions, finely sliced	2 scallions, finely sliced
2 cloves garlic, minced	1/2 tsp. salt
2 red chili peppers, seeded and sliced	1 tsp. soy sauce
2 large carrots, peeled and shredded	1/2 cup fresh cilantro and scallions, chopped into large pieces
3-4 tbsp. ketchup	


**STEPS**

1. In a large wok or skillet, heat the oil until hot over moderate heat. Add onion, garlic, and chilies, stir-fry for 2-3 minutes.
2. Add carrots and rice, stirring well. Continue to cook over a slightly reduced heat for 4-5 minutes, tossing and stirring, until rice is piping hot.
3. Stir in ketchup, fish sauce, lime juice, scallions, and salt and pepper to taste. Toss well and cook for 1-2 minutes.
4. Beat the eggs together with salt and pepper. Heat 1 tbsp. oil in a large skillet. Fry the eggs until they are cooked through.
5. Add beaten eggs to pan and stir to spread out to edges. Cook until set, about 2 minutes. Flip and cook for a further 1-2 minutes until golden all over.
6. Turn out onto a serving board and cut into thin strips. Quickly reheat rice mixture over a high heat for 1-2 minutes.
7. Divide rice and egg between serving bowls. Garnish with lime wedges, cilantro, and scallions. Can be served with grilled shrimp or chicken.

*\*Wear gloves and be careful while handling the hot chili peppers. Juice from the chilies can irritate the eyes and skin.  
\*\*If you cannot find ketchup, mix 2 parts dark soy sauce with 1 part brown sugar and the sugar dissolves.*

**TASTE THE WORLD!**

**RICE**



## Food Facts:



The Great Wall of China is held together with sticky rice.

In some Asian languages, the same word means *eat* as well as *eat rice*.

More than 3 billion people worldwide depend on rice as their staple diet.

White rice is just brown rice that has had its outer layers removed. Some vitamins are lost by removing the bran layer.