

Rice (Plain, Egg Fried and Mushroom)

Rice has been a staple food for hundreds of years and is not only an accompaniment to many dishes but can form the basis of a wide variety of easy, quick and delicious meals. This is a fail-safe method to cook perfect fluffy rice to serve with a variety of dishes including curry, chilli or casserole.

Nutritional information per portion (282g):



of an adult's guideline daily amount,
(taken from an average of the recipes below)



Egg (in Egg Fried Rice) and soy

Equipment

- Weighing scales
- Large saucepan
- Metal colander or sieve
- Wooden spoon
- Pan stand
- Pan lid or foil
- Chopping board
- Large sharp knife
- Small bowl
- Large frying pan or wok

Ingredients

Serves 4 as a side

Plain Rice

- 350g basmati rice
- OR brown rice

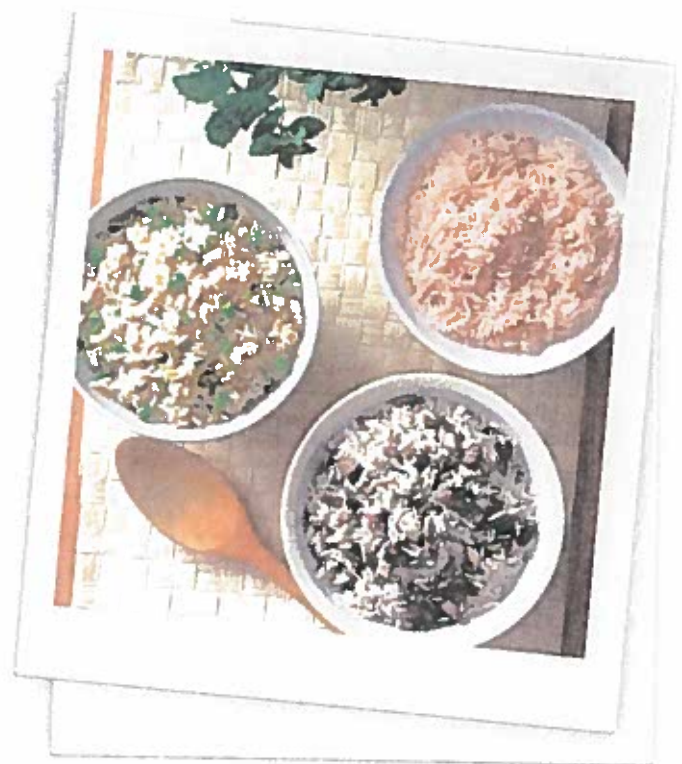
Egg Fried Rice

- 1 quantity cooked plain rice (above)
- 4 spring onions
- 2 eggs
- 1 x 15ml spoon vegetable oil
- 100g frozen peas (defrosted)
- 2 x 5ml spoons light soy sauce

- Ground black pepper (optional)

Mushroom Rice

- 1 quantity cooked plain rice (above)
- 200g mushrooms
- 1 x 15ml spoon vegetable oil
- 1 x 5ml spoon dried oregano
- 1 x 5ml spoon Dijon OR wholegrain mustard
- Ground black pepper (optional)



Top Tips

- Only stir the rice once or twice at step 4 to prevent it sticking to the bottom of the pan. Don't be tempted to stir the rice too much as the grains are easily broken.
- Make sure the colander or sieve does not touch the simmering water at step 7 so that the rice steams rather than boils.
- When making Egg Fried Rice, use rice that has been cooked but is cold and as dry as possible so that it does not become sticky when fried.



Rice (Plain, Egg Fried and Mushroom)

Method

Plain Rice

1. Fill a large saucepan three-quarters full with water and bring to the boil over a high heat.
2. If using brown rice, follow the instructions on the packet as the method will be different to basmati rice.
3. Weigh the rice and pour into the sieve or colander. Rinse the rice under cold running water for a minute or until the water runs clear.
4. Add the rice to the boiling water and stir once or twice with a wooden spoon.
5. Once the water is boiling again, leave the rice to cook for 5 minutes.
6. Carefully drain the rice through the colander or sieve in the sink. Leave the rice in the colander or sieve.
7. Put the empty pan back on the hob, add 2–3cms of water and bring to the boil.
8. Cover the colander or sieve containing the rice with a lid or some foil and place it over the pan.
9. Reduce the heat so the water is simmering and steam the rice for about 10 minutes – it should be light and fluffy.

Egg Fried Rice

1. Cook the rice as above. Leave to drain thoroughly so that the rice is as dry as possible.
2. Wash, trim and chop the spring onions, including some of the green tops.
3. Break the eggs into a small bowl and beat well.
4. Heat the oil in a large frying pan or wok, add the cooked rice and gently stir for 3–4 minutes until very hot.
5. Add the peas and spring onions and continue to stir-fry for another 2–3 minutes.
6. Using the wooden spoon, move the rice to create a space in the centre. Add the eggs, and as they start to set toss them around with the rice.
7. Season with the soy sauce and black pepper (to taste, if using).
8. Serve as soon as the egg is set.

Mushroom Rice

1. Cook the rice as above and whilst it is steaming prepare the rest of the ingredients.
2. Wipe the mushrooms with kitchen paper, trim the stalks and slice finely.
3. Heat the oil in a large frying pan or wok and add the mushrooms.
4. Stir-fry over a medium heat for 4–5 minutes, stirring. Add the oregano, mustard and black pepper (to taste, if using) followed by the hot rice. Gently stir together until very hot and serve.



Something to try next time

- Add 100g frozen peas or sweetcorn to the Egg Fried Rice at step 5. Vegetables are delicious in both the Egg Fried Rice and Mushroom Rice.
- Add garlic to the Mushroom Rice by adding a chopped clove of garlic at step 3.

Prepare now, eat later

- Rice is best eaten as soon as it is cooked, but any left over rice should be cooled as quickly as possible and stored straightaway in the fridge for no longer than 24 hours. When you reheat any rice, always check that the dish is steaming hot all the way through and never reheat it more than once.
- Use the cold rice to make a rice salad by adding chopped leftover cooked vegetables or salad ingredients, cold chicken, ham or prawns and some of your favourite dressing. Eat straight away.