

RICE HANDOUT

3 month supply of rice (10lbs. Per Person)

WHY STORE RICE:

Rice is an important grain and a staple ingredient in many meals our families cook on a regular basis. Rice is a main source of nourishment for over half the world's population. Rice is by far one of the most important commercial food crops. It's annual yield worldwide is approx. 535 million tons. Fifty countries produce rice, with China and India supporting 50% of total production. Rice is great to store because it can be stored long term (10-30 years depending on how it is stored), can be cooked in numerous ways, is relatively inexpensive to purchase, and is easy to digest.

SHELF LIFE OF RICE:

White rice will store for a very long time if kept in a cool, dry place and kept away from moisture. White rice is the processed form of brown rice that has had it's outer shell and fats removed. For this reason, it will store much longer than brown rice. Brown rice will only store 1-2 years if kept in a cool, dry place (the colder the temperature the longer the rice will store-under 40°F is ideal. Some people keep their brown rice in the freezer or fridge to extend the life of the rice). Rice can be purchased in bulk for less expensive than small packaging. These large bags of rice can be kept in food safe buckets or totes to keep cool, dry and away from rodents/mice. You can also store rice in mylar bags or cans. Adding an oxygen absorber to the can will help protect from insect infestation.

DIFFERENCE BETWEEN BROWN RICE & WHITE RICE:

Brown rice is simply white rice that has not had the brown colored bran covering removed. Brown rice is considered a whole grain. Why remove the bran? Because most people prefer white rice since it is fluffier and cooks faster than brown. Since brown rice still has the bran intact, it has more fiber than white rice.

HEALTH BENEFITS OF RICE:

One cup of brown rice has 3 1/2 grams of fiber while the same amount of white rice has less than one gram of fiber. Brown rice also contains nutrients like magnesium, manganese and zinc. White rice has reduced levels of these nutrients, but is often fortified with iron, and some B vita- mins. Because brown rice has more of it's natural oils it tends to go rancid more quickly than white rice.

HOW TO COOK & USE YOUR RICE:

Rice can be easily cooked in a pan on your stove, in a rice cooker or in a pressure cooker. Each method will use a slightly different ratio of water to rice, depending on what temperature the rice will be cooked at. Generally the ration is 1 c. rice to 1 1/2-2 c. water.

TYPES OF RICE YOU CAN STORE:

Types of Rice: Long Grain, Short Grain, Medium Grain, Calrose, Basmati, Rissotto, Jasmine, Wild Rice, Brown Rice, etc.

Recipes on Deals to Meals you can make with rice (www.dealstomealsblog.com):

*Ham Fried Rice *Spanish Rice *Homemade Teriyaki Sauce *Homemade Sweet & Sour Sauce *Mexican Black Beans & Rice *Rice Pudding *Breads made with rice flour And MUCH more!!

Easy Baked Rice Pudding

2 eggs, beaten (can use powdered eggs)
1/2 c. white sugar
1/4 t. salt Short Grain Instant Rice
2 c. milk (can use powdered milk)
1 1/4 c. cooked white rice, cooled
1/2 c. raisins (optional)

Cinnamon & nutmeg to taste Preheat oven to 325o F. Mix all the ingredients together and pour into a greased 1 qt. bowl. Set the bowl in a shallow pan. Pour hot water into the pan about 1 inch deep. Put pan into the oven and bake for 1-1 1/2 hours.



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