MIXES & KITCHEN GUIDES

Grain Cooking Chart

Water, cooking times, and yields for a cup of dry rice.

Rice (1 cup dry)	Water (cups)	Cooking time	Yield (cups)
Arborio	2½	30 min, stir continually	2–2½
Brown basmati	2	25–45 min	3½
White basmati	1¾	15–35 min	3½
Long-grain brown	2	35–45 min	3½
Short-grain brown	2	35–45 min	3¾
Forbidden rice	1¾	30 min + 5–8 min rest	2¾
Golden Rose	2	30–45 min	2½
Jasmine	1½	15 min + 10 min rest	2
Lundberg Old World Pilaf	2½	50 min	3½
Sushi	2	15–35 min	2
Sweet	2	25–40 min	2
White	2	15–35 min	2½

Directions

1. Rinse grains in cold water until clear and drain. Soaking whole grains overnight in the refrigerator can shorten cooking time.

2. To simmer, boil the liquid, stir in the grain, cover, and lower the heat. For Arborio rice, stir continually. Check tenderness about 5 minutes before the shortest time listed.

3. When tender, take simmered rice off the heat and fluff with a fork. Cover again and rest for 5–10 minutes unless a different rest is listed.

4. For a hot cereal cooked from cold, combine grain and cold water, bring to a boil while stirring, then cover and cook on low to the desired thickness. To steep a grain, pour boiling water over it and cover until tender.