

RICE COOKING GUIDE



LONG GRAIN WHITE RICE

METHOD	RICE/WATER RATIO	COOK TIME
STOVE TOP	1:2	18-20 MINUTES
INSTANT POT	1:1	3 MINS+ 10 MINS NATURAL RELEASE
MICROWAVE	1:2	10 MINS (HIGH) + 10 MINS (50%)

JASMINE OR BASMATI RICE

METHOD	RICE/WATER RATIO	COOK TIME
STOVE TOP	1:1.5	15-18 MINUTES
INSTANT POT	1:2	4 MINS+ 10 MINS NATURAL RELEASE
MICROWAVE	1:1.5	10 MINS (HIGH) + 10 MINS (50%)

BROWN RICE

METHOD	RICE/WATER RATIO	COOK TIME
STOVE TOP	1:2.5	40-45 MINUTES
INSTANT POT	1:1.25	20 MINS+ 10 MINS NATURAL RELEASE
MICROWAVE	1:2	10 MINS (HIGH) + 15 MINS (50%)