

Special Cooking Instructions

Sushi Rice

Bring 3 cups water and 2 cups sushi rice to boil in a heavy-bottomed pot. Reduce heat, cover and simmer until all liquid is absorbed, about 15 minutes. Place 2 Tbs. rice vinegar, 2 Tbs. sugar, and 1 tsp. salt in a small saucepan. Heat slowly until salt and sugar dissolve.

Place hot, cooked rice in a wide, shallow non-metal bowl. Toss rice gently with vinegar mixture using a wooden spoon. When cool, use to make homemade sushi rolls.

Arborio Rice

Heat 1 Tbs. olive oil in a heavy-bottomed pot. Sauté 1 large chopped onion in oil until translucent. Add 1 cup arborio rice and stir until grains are coated with oil. Add ½ cup white wine (optional) and stir constantly on medium heat until wine is absorbed.

Meanwhile, heat 5 cups stock in a small pot. Add 1 cup hot stock to the rice, stirring until liquid is absorbed. Continue cooking for about 20 minutes, adding the remaining liquid 1 cup at a time. This rice creates its own creamy sauce. Add additional liquid if creamier texture is desired. Remove from heat, stir in ¼ cup grated Parmesan cheese and serve immediately. For variety, add fresh herbs and chopped vegetables during the last 5 minutes of cooking.

Thai Purple Sticky Rice

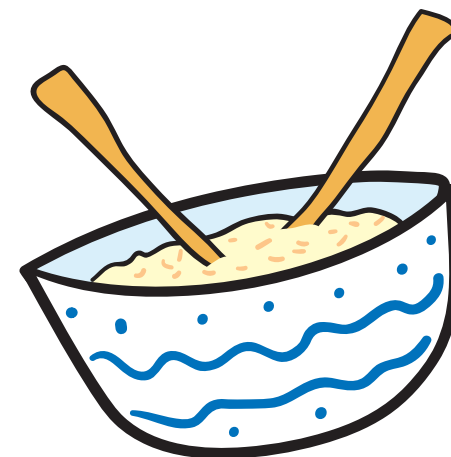
In a heavy-bottomed pot, soak 1 cup rice in 1 cup water for 20 minutes to an hour. Then add 1 more cup of water plus ¼ tsp. salt and 1 Tbs. brown sugar. Stir well.

Gradually bring to a gentle boil (stirring occasionally), then partially cover with a lid. Turn the heat down to medium-low. Allow to cook for 10-20 minutes, or until the water has been absorbed by the rice. Don't worry if the rice still seems a little undercooked when the water is gone. Just remove the pot from the heat, place the lid on tight, and set aside for 10-15 minutes. The heat within the rice pot will finish cooking the rice. Put the covered rice in the refrigerator until cool and sticky. Serve with warm, sweetened coconut milk and fresh sliced mango.

About City Market, Onion River Co-op

City Market, Onion River Co-op is a consumer cooperative, with over 10,800 Members, selling wholesome food and other products while building a vibrant, empowered community and a healthier world, all in a sustainable manner. Located in downtown Burlington, Vermont, City Market provides a large selection of local, organic and conventional foods, and thousands of local and Vermont-made products. Visit City Market, Onion River Co-op online at www.CityMarket.coop or call 802-861-9700.

Rice



Your Community-Owned Grocery Store
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Rice is a versatile and easily digested grain eaten throughout much of the world. In recent years, rice producers and co-ops have brought many new varieties to shoppers. The key to making any variety of rice is patience. Follow the cooking times, don't lift the lid, and you will be rewarded with a tender and sweet-smelling pot of rice in whatever variety you choose - from fragrant basmati to nutty brown and beyond.

Rice Varieties in BULK

BROWN RICE - *short, medium, long grain, and Golden Rose*

Choose **short-grain brown rice** for a sweet, slightly sticky rice to use in pudding, croquettes, or risotto recipes. **Medium-grain brown rice** is the most versatile and will work well for most recipes. **Long-grain brown rice** is fluffy and the least sticky, so it's a good choice for a side dish, pilaf, or rice salad. **Golden Rose brown rice** is a medium-grain brown rice with a pleasant taste and aroma.

White Rice - *long-grain white rice*

The classic white rice with long and slender grains; we stock both **organic** and **conventional long-grain white rice**.

Basmati Rice - *white, brown; Kalijira rice (baby basmati)*

Basmati rice is a fragrant rice with a fluffy texture that is originally grown in India; it comes in both **white** and **brown** varieties. **Kalijira rice**, also called baby basmati, is a tiny aromatic rice variety that cooks up in just 10 minutes. It can be eaten as an everyday plain rice or as an alternative to basmati, especially in a pilaf. Traditionally served using aromatic spices like cinnamon sticks, cloves and cardamom pods, it is also the traditional rice used in Indian rice pudding, or *kheer*.

Jasmine Rice - *white and brown*

Jasmine rice is another aromatic rice that is native to Thailand. It has a delicate scent and moist and tender texture. We carry both **white** and **brown** varieties.

Sushi Rice - *sushi rice and sweet brown rice*

Sushi rice is a sticky, glutinous rice that is easy to prepare for homemade sushi rolls. Choose classic **white sushi rice** or substitute **sweet brown rice** for brown rice rolls.

ARBORIO RICE (RISOTTO RICE)

Arborio rice, native to Italy, is used for a classic Italian dish called risotto. For a brown rice risotto, substitute **short-grain brown rice** or **sweet brown rice**. Check out the recipe in this brochure!

Whole Grain Rice Blends - *Volcano rice, Country Wild Rice Blend, Olde World Pilaf*

Rice blends taste best cooked in broth and have a pretty color that people like for stuffings or pilafs. Volcano rice is a blend of aromatic brown rice and red rice from Indonesia. Country Wild Rice Blend is a mixture of Wehani brown rice, long-grain brown rice, and Black Japonica rice. It has a fluffy texture and is good as a side dish or a summer salad. Olde World Pilaf is a combination of brown rice, Wehani rice, Black Japonica rice, black-eyed peas, brown lentils, red lentils, green split peas, and yellow split peas. Cook with broth, herbs and spices, plus 1 Tbs. olive oil for a tasty and complete protein.

Wild Rice - *Minnesota cultivated and Canadian wild harvested rice*

Wild rice is not strictly a member of the rice family, although it is a species of grass native to North America that grows in water. It has a nutty flavor, and when cooked, the rice bursts open to reveal a white interior. Wild rice cooks in triple the amount of water and expands quite a lot in cooking. **Canadian wild harvested rice** is harvested by Native American tribes in a delicate process. It is delicious as a side dish cooked with celery and onions and topped with nuts and dried fruit.

Far Eastern Varieties - *Forbidden rice, Bhutanese red rice, Thai purple sticky rice*

Forbidden rice is an heirloom rice with a deep, nutty taste and a rich, purple color when cooked. High in nutritional value, forbidden rice is rich in iron. It pairs beautifully with roasted sweet potatoes in a rice salad. **Bhutanese red rice** is a medium-grain rice grown in Bhutan in the eastern Himalayas. It is the staple rice of the Bhutanese people. It is "semi-milled" with some of the reddish bran left on the rice. Because of this, it cooks faster than an unmilled brown rice. When cooked, the rice is pink, tender, and slightly sticky. **Thai purple sticky rice** is a very glutinous, dark purple rice that is usually served as a dessert in Thailand topped with sweetened coconut milk.

How To Cook Rice

Rinse and drain the rice in a strainer under running water. Measure cold water and place water, rice, and salt in a heavy-bottomed pot. Bring to a boil. Stir once, reduce heat to its lowest setting, and cover with a lid. Cook for the specified cooking time (below). Resist the urge to lift the lid so steam doesn't escape! Remove from heat, stir once to check for doneness, and keep covered for 5-10 minutes before serving to improve the texture. Fluff with a fork before serving and add more salt if necessary.

1 cup uncooked rice (serves 2)	Quantity of water + ½ tsp. salt	Cooking time
Brown Rice (all, including basmati & jasmine)	2 cups	45-50 min.
White Rice (all, including basmati & jasmine)	1½ cups	15-20 min.
Kalijira (baby basmati)	1½ cups	10 min.
*Sushi Rice	1¾ cups	15 min.
*Arborio Rice	4-5 cups broth	20-30 min.
Volcano Rice	2 cups	30 min.
Country Wild Rice Blend	2 cups	45 min.
Olde World Pilaf	2½ cups	50 min.
Wild Rice	3 cups	40-45 min.
Forbidden Rice	1¾ cups	30 min.
Bhutanese Red Rice	1½	20 min.
*Thai Purple Sticky Rice	2 cups	20 min.

* Special cooking instructions (see next page)