



Culinary Foundations I

Class 6: Rice & Rice Cookery



Rice

Rice

- ▶ **Cultivated for Thousand' s of Years**
- ▶ **Second only to Corn in worldwide production**
- ▶ **Most important staple grain to humans**
 - ▶ Provides 20-50% of needed calories to people worldwide (Most corn is grown for animal fed)
- ▶ **For Many Cultures, a Sacred and Daily Ritual**
- ▶ **Labor intensive to cultivate**
- ▶ **Needs abundant water sources**

Rice, Con' t.

- ▶ The Seed from a Semi-Aquatic Grass
- ▶ Thousands of Varieties: 2 Main Cultivars, “Indica” & “Japonica”
- ▶ “Indica” produces long-grain rice and is grown in tropical areas such as South-East Asia
- ▶ Short-grained “japonica” is cultivated in temperate areas including Japan and northern China
- ▶ Wild rice is an entirely different and is harvested from wild plants in North America.

Rice, Con' t.

- ▶ **All rice starts out as brown rice.**
 - ▶ The Husk is Removed, the Bran and Germ are intact
- ▶ **White rice, the fibrous bran layer and underlying germ are milled off—along with nutrients and natural oils**
 - ▶ Less nutritious
 - ▶ more shelf-stable than the brown stuff.
- ▶ **Long grain, medium grain, and short grains**

Rice, Texture

- ▶ Fluffy, sticky, or in between.
- ▶ Texture of cooked rice depends on the ratio of two starch molecules: amylose and amylopectin.
- ▶ High-amylose rices (longer Grains) cook up firm, fluffy, and distinct; high-amylopectin (Short Grains) rices come out tender and sticky and require more water (and cooking time) than the latter.

Long-Grain vs. Short-Grain Rice

Long-Grain Rice

- ▶ For Most Savory Dishes
- ▶ Dry, Separate Grains
- ▶ In India, the aromatic basmati rice is very popular; the word basmati means fragrant.

Short/Medium-Grain Rice

- ▶ creamy when cooked
- ▶ used in milk puddings and risottos
- ▶ Japan and Korea, glutinous “sticky” rice is preferred because it is sticky when cooked and is easier to eat with chop-sticks.

Cooking Rice (and Other Grains)

1. Absorption Method

1. Aka steamed or simmered

2. Oven Method

1. Absorption Method for larger Quantities

2. **Add boiling liquid to rice, cover**

3. Pasta Method

1. Boiled and Strained

4. Pilaf Method

5. Risotto Method



Perfectly Cooked Rice

Safe Handling of Cooked Rice

- ▶ **Cool Properly**
 - ▶ Spread out on sheet pan
 - ▶ Hold refrigerated 7 days Max



Pilaf Method

1. **Sweat Aromatics** (shallots, spices, etc.) in a little fat.
2. **Saute Grain**
3. **Add hot liquid** (water, stock, etc) to grain, stir, season, and bring to a simmer
4. **Cover (DO NOT STIR) and finish on low heat**
5. **Fluff Grain and Serve**

Rice Pilaf

- ▶ Light and Fluffy
- ▶ “Al dente”, and with separate grains
- ▶ Indian and Middle Eastern Cuisines



Classic Risotto Method

- ▶ Same as Pilaf EXCEPT
- ▶ Add Liquid in stages (often beginning with a little wine)
- ▶ Cook uncovered and stir occasionally adding additional hot liquid as needed
- ▶ “Mantecato”, to finish with butter and grated cheese
- ▶ Served warm and creamy

Classic Risotto

- ▶ Rich and creamy
- ▶ “Al dente”, and with separate grains
- ▶ Italian



Modern Restaurant Risotto

- ▶ Par-cook the rice about 6 minutes. (Boil and Drain)
- ▶ Spread the rice in a thin layer on a cold (frozen) sheet pan to cool
- ▶ Cover tightly with plastic wrap and hold (1 week Max.)
- ▶ At service, finish cooking on the stove top adding liquid as needed until desired texture is achieved, about 3 minutes.
- ▶ Add final seasonings and flavorings, finish “*mantecato*”

Left Over Risotto: Arancine



Faux Risottos

- ▶ **Other Non-Arborio Rices**

- ▶ Bomba Rice

- ▶ Sticky Rice

- ▶ Wild Rice

- ▶ Barley

- ▶ Sunflower Seeds

- ▶ Pine Nuts

- ▶ Steel Cut Oat

- ▶ Fine Brunoise of Hard Root Vegetables, ex. Carrots



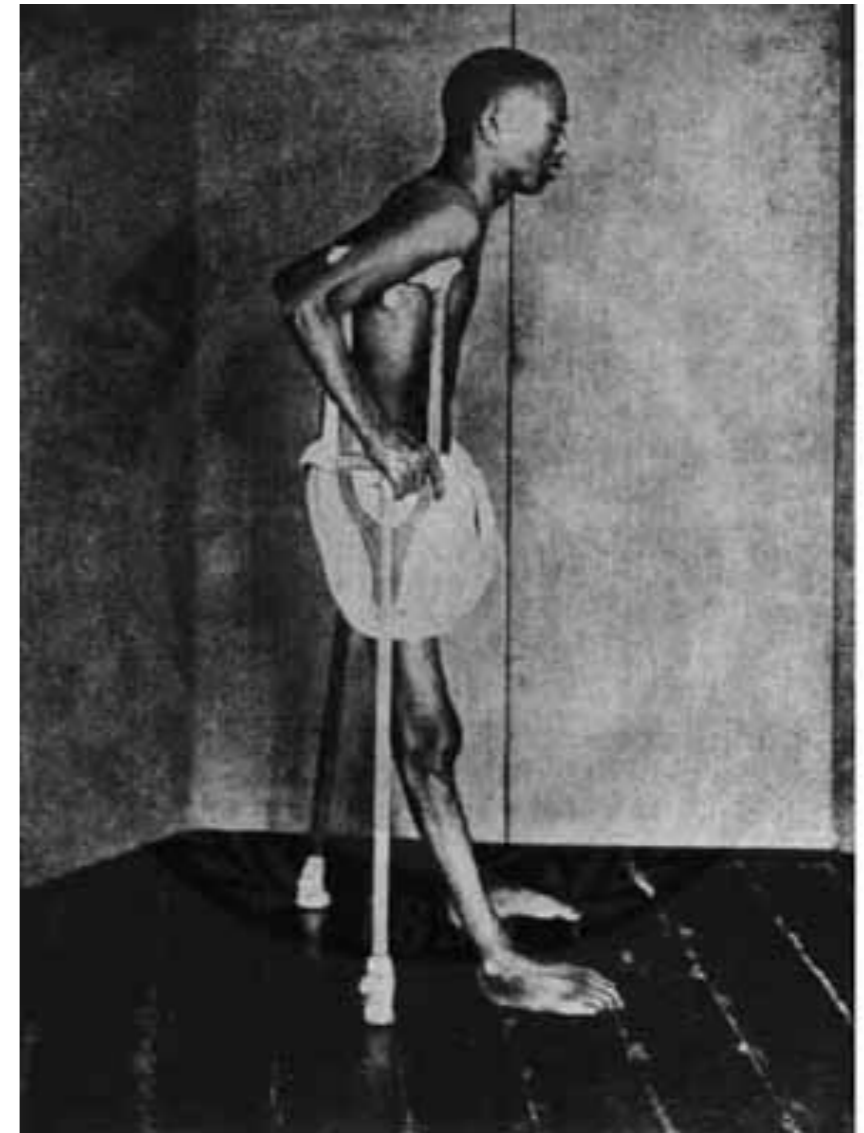
Sweet Pea & Barley Risotto

White Rice

- ▶ Milled rice with Husk, Bran, & Germ Removed.
- ▶ Prevents spoilage & Extends Storage life
- ▶ After milling, the rice is polished, resulting in a seed with a bright, white, shiny appearance

White Rice, Con' t.

- ▶ Polishing removes important nutrients.
- ▶ A diet based on un-enriched white rice leaves people vulnerable to the neurological disease beriberi, due to a deficiency of thiamine (vitamin B1).
- ▶ Enrichment of white rice with B1, B3, and iron is required by law in the United States.



Brown Rice

- ▶ **Un-milled or Partly Milled Rice**
- ▶ **Mild nutty Flavor, Chewier**
- ▶ **Superior Nutrition (Compared to White)**
 - ▶ Fiber
 - ▶ B Vitamins
- ▶ **Becomes Rancid More Quickly-Store Refrigerated**



Parboiled Rice

- ▶ Rice cooked in the husk
- ▶ Improved Nutrition, 80% similar to Brown Rice
- ▶ Less Time to Cook
- ▶ Firmer and Less Sticky



Converted or Minute Rice

- ▶ Precooked and Dehydrated
- ▶ Cooks Quicker
- ▶ More Expensive
- ▶ Bland
- ▶ Sacrifices Texture, Flavor & Nutrition



Jasmine Rice

- ▶ “Thai Fragrant Rice”
- ▶ long-grain & Nutty Aroma
- ▶ Grains will cling when cooked, though it is less sticky than other rices (less amylopectin)



Basmati Rice

- ▶ Aged
- ▶ Very Fragrant
 - ▶ “Pandan Leaf” Aroma
- ▶ Longer Grains
- ▶ Free-Flowing, less Sticky)
- ▶ India and Pakistan



Forbidden Black Rice

- ▶ Short-Grained, Heirloom Rice
- ▶ Purple when Raw
- ▶ Dark purple cooked



Spanish Rice

- ▶ Granza & Valencia
- ▶ Medium-Grain
- ▶ Used for Spanish Paella and “Arroz Con Pollo”
- ▶ Not as Starchy (Sticky) as other Short-Medium grain rices



Arborio, Carnaroli and Vialone Nano

- ▶ Considered the Best Rices for Risotto
- ▶ High-starch (amylopectin), low-amylose round medium grain
- ▶ “Superfino”, Semifino” and “Fino” refer to the size and shape (narrowness) of the grains, not the quality.

Class 6 Lab

Mise en Place

Knife Skills

Rice Cookery, (Pilaf and Risotto Methods)

Brown Rice Pilaf with Broccoli

Dirty Rice

Rice Pudding

Risotto all Milanese

Fried Rice

White Rice