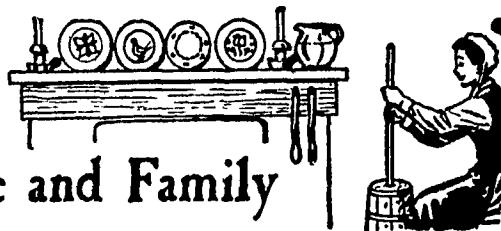


For the  
Farm Wife and Family



## Rice - A Menu Delight

by Mrs. Richard C. Spence

RICE has many features which make it a welcome and valuable addition to the menu.

RICE is blessed with a bland flavor which combines well with almost every type of food.

RICE has excellent absorbent qualities which make it an admirable carrier and extender of more highly flavored foods.

RICE is inexpensive and economical. There is no waste in a package of rice. Every bit that you pay for is good food that can be cooked and served. If too much is prepared, it may be stored in the refrigerator or freezer for use at future meals.

RICE is a convenience food, ready to be cooked just the way it comes from the package. And it cooks in a matter of minutes.

RICE knows no limitations. It can be served in the plainest of budget dishes at one meal or in the most

festive gourmet creation at another.

### KINDS OF RICE ON THE MARKET

Because recipes call for different kinds of rice, it is important to understand the difference.

**MILLED RICE** — This is the white rice usually referred to in a recipe calling for "rice." It is rice from which hulls, germ, outer bran layers, and most of the inner bran are removed in the milling process.

**BROWN RICE** — This is rice from which only the hulls have been removed. It still retains the bran layers and most of the germ.

**PAR-BOILED RICE** — This is rough rice which has been subjected to steam or water treatment prior to milling. It

retains more vitamins and minerals because of the process.

**PRE-COOKED RICE** — This is milled rice which has been completely cooked and the water removed. It needs only to stand in boiling water to be ready for the table.

### SOME HELPFUL COOKING HINTS

1. Don't wash the rice.
2. Do not blanch rice after cooking.

3. Milled rice will triple during cooking. Pre-cooked rice approximately doubles when you prepare it. Par-boiled rice expands nearly four times.

4. To test for doneness, press a kernel of rice between two fingers. It should feel soft all the way through.

5. To reheat cooked rice, add a little water and heat gently until the water is absorbed.

### METHODS OF COOKING RICE

Measure 1 cup of uncooked regular white rice into a

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saucepans and add 2 cups of water and 1 teaspoon salt. Then place over high heat

until it comes to a rolling boil. Stir several times, then cover with a tight-fitting lid. Turn heat low and simmer 14 minutes. Then look at the rice to see that the water has been absorbed and test it to be sure the rice is tender. If you wish, you may add 2 tablespoons of butter or margarine before serving.

**TO BAKE:** Measure 1 cup of uncooked regular white rice into a baking pan or dish which has a cover. Add 2 cups water and 1 teaspoon salt. Cover and bake at 350 degrees for 20 to 25 minutes. (For the faster baking time, use hot liquid.)

Combine rice, boiling

water and salt in a large sa-

pan; cook for 5 minutes

milk and 1/2 cup sugar

covered, over slow heat

one hour. Beat egg

slightly. Stir into rice

ture and cook for 3 min-

Chill.

Beat egg whites until

but not dry. Gradually

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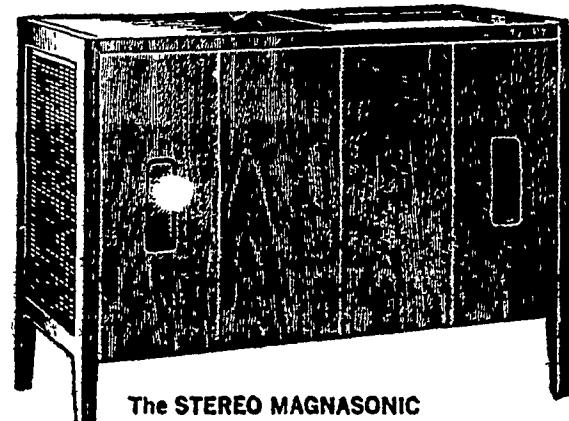
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