

Prep Guide

UNCLE BEN'S® Whole Grain Brown Rice



MEASUREMENTS

Servings <i>(cups of cooked rice)</i>	4	6	12
Rice <i>(cups)</i>	1	1½	3
Water <i>(cups)</i>	2	3	5
Butter <i>(optional)</i>	2t	1T	2T

FOR BEST RESULTS

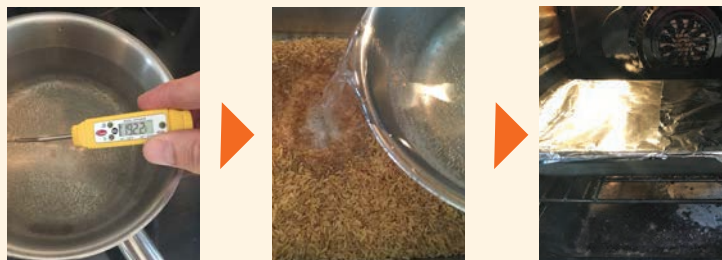
- For firmer rice, use less water and reduce cooking time.
- For softer rice, use more water and increase cooking time.
- Optimal holding of rice after cooked (before service): cover with a layer of plastic wrap, then a layer of foil over the plastic to maintain and capture the most moisture/evaporation.
- To refrigerate cooked rice: Cover tightly to keep grains from drying out and absorbing odors from other foods.
- To reheat cooked rice: Add a small amount of water and cover. Heat in an oven or steamer, or on a stovetop. Fluff rice and serve.

STOVETOP METHOD



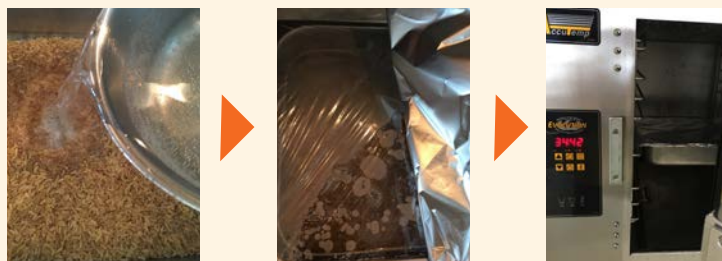
Bring water to a boil. Add rice, salt and butter (optional). Stir. Cover tightly and simmer over a low heat until most of the water is absorbed (about 25 minutes). Transfer to serving pan and keep warm (160°F). Fluff with fork before serving.

OVEN METHOD



Combine rice, HOT water (190°F), salt and butter (optional) in a shallow pan. Stir. Cover and bake in a 350°F oven until most of the water is absorbed (about 35 minutes). Remove from oven and keep warm (160°F). Fluff with fork before serving.

STEAMER METHOD



Combine rice, HOT water (190°F), salt and butter (optional) in a steamer table pan. Stir. Cover and steam until most of the water is absorbed (about 35 minutes). Remove from steamer and keep warm (160°F). Fluff with fork before serving.

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