

Steamed Rice cooked in Microwave Oven

I discovered this method for cooking rice when I remodeled my kitchen. For two months, I had only the barbecue and microwave oven to cook with, so I experimented. I've never gone back to cooking rice on a stovetop. Using the microwave guarantees you will never burn the rice or your pot if you forget to turn the heat off at the right moment.

Adding oil to the rice prevents the rice from sticking. If you want sticky rice for asian meals, skip the oil and use a medium grain rice. Brown rice takes a little longer; give it 20 minutes to begin.

Microwave ovens have different wattages, so some ovens may take longer to cook the rice.

1 cup long-grain rice
1 tsp olive oil

1 ¾ cups water

- 1 Measure rice into covered microwave-safe dish. Add olive oil and stir until all grains of rice are coated.
- 2 Microwave on high for one minute to heat oil into the grains of rice (this prevents rice from sticking)
- 3 Add water. Cover dish and heat in microwave on High for one minute.
- 4 Next program your microwave to 30% or Low Power for 15 minutes. Generally, you press 15.00, then Power, then 3, then Start. Consult your manual for specific directions if this does not work.
- 5 After 15 minutes, remove dish from microwave with hot pads. Open carefully, so steam does not burn your face. If water still remains, microwave on 30% or Low Power for another 5 minutes until water is absorbed. When done, fluff the rice and taste it. If it's still crunchy, add more water and go for another 5 minutes. Keep rice covered until served.

Servings: 4

Preparation Time: 1 minute

Cooking Time: 16 minutes

Total Time: 17 minutes

Nutrition Facts

Nutrition (per serving): 179 calories, 12 calories from fat, 1.4g total fat, 0mg cholesterol, 5.5mg sodium, 54.2mg potassium, 37g carbohydrates, <1g fiber, <1g sugar, 3.3g protein.

Source

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