

Short Grain Brown Rice (Pressure Cooked)

3 cups organic short grain brown rice
4 1/2 to 5 cups water
1/2 teaspoon sea salt

1. Measure the rice and place in the pressure cooker for washing.
2. Add enough water to cover the rice. Pour off any hulls or dust floating on the surface, then pour off the remaining water, catching the rice in a strainer.
3. While the water is poured off, gently 'scour' the rice by curling your fingers under to make a loose fist. Rotate the back of your knuckles in a circular rhythmic motion through the strained rice. (This is much like rubbing your hands together when you wash your hands and the rice will have a clean fresh taste.) Cover the grain with water, strain off and repeat the above 'scouring' until the water is fairly clear. This usually takes 3-5 repetitions.
4. For the final rinse, cover the rice with water and strain off without 'scouring'.
5. Now add the cooking water to the pressure cooker. For the 'finger method' of measurement, touch the tip of your finger to the top surface of the rice. Add water to a depth measuring halfway between the first and second knuckle of your index finger.

Each pressure cooker cooks a little differently. Some have a tighter seal and retain more water. Some have a looser seal and release more water in the form of steam. Using your finger to measure the amount of water that stands above the top surface of the rice is an easy way to measure the water. Of course you can also measure the water with a measuring cup as well. The cup measurement will vary as well, depending on the seal of your pressure cooker.

6. Slowly bring to simmer with the lid off until the water begins to steam.
7. Add the sea salt. *(It is generally recommended to soak the grain 3 to 6 hours or overnight. If the grain is soaked, just add the salt, place the lid on the pressure cooker and bring up to pressure.)
8. Place the lid on the pressure cooker and bring up to full pressure.
9. Place a heat deflector under the pot. Reduce the heat to a medium low.
10. Cook an additional 55 minutes. *(If the grain is soaked, cook for 40 to 45 minutes.)
11. Remove pressure cooker from stove and let the pot rest for 10 minutes. The pressure and steam will sink to the bottom of the cooker and loosen the bottom rice from the cooker.
12. Release any remaining pressure from cooker and remove lid.

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13. Place in a serving bowl, mixing top and bottom rice by slicing and folding with a rice paddle.
14. Cover with a bamboo mat before and after serving. This will allow excess steam to pass through the mat so the rice does not become soggy or to dry out too quickly on the surface. The rice may be stored overnight in a bowl covered with a mat on the counter. The mat allows the rice to breathe and it will not spoil so quickly. It can also be stored in the refrigerator during warmer weather.