

## **PRESSURE COOKED SHORT GRAIN BROWN RICE WITH “HATO MUGI”**

3 Cups short grain brown rice  
1/2 Cup hato mugi  
4 1/2 Cups spring water or filtered water  
1/2 tsp. sea salt

1. Measure rice and hato mugi into a bowl.
2. Wash grain by covering with water. Strain off water and gently "scour" grain. Cover grain with water, strain off and repeat above until water is fairly clear (usually 3-5 repetitions).
3. Add water or use finger method\* for measuring water (see note at bottom of recipe)
4. Place over a medium low flame until water steams.
5. Add salt.
6. Put lid on pressure cooker.
7. Increase flame to a medium high, bringing up to full pressure.
8. Place a heat deflector under pot.
9. Reduce flame to a medium low and cook an additional 50 minutes.
10. Remove rice and pressure cooker from stove.
11. Allow to stand 10 minutes.
12. Release any remaining pressure by tilting the weight slightly or running cold water over the pressure cooker.
13. Remove lid.
14. Place rice in a serving bowl, mixing top and bottom rice by slicing and folding with the rice paddle. Cover with a bamboo mat until serving.
15. Serve with your favorite condiment, such as gomashio, powdered shiso, etc.

\*To measure rice using "finger method", rest the tip of your index finger on top of the rice. The height of water standing above the rice should fall approximately between the first and second joint of your finger.

### **What is Hato Mug?**

Hato Mug is sometimes called “Job’s Tears” or “pearl barley”. It is not “pearled barley” which is a form of refined barley sold in many regular supermarkets.

Hato mug has been found helpful in supporting the liver, and through this, to help cleanse the body of the consequences of long-term animal protein, cholesterol, and animal fat consumption.

Hato Mug can be purchased from many oriental markets or ordered from one of the mail order catalogs listed in the Resources Booklet.