

PRESSURE COOKED SHORT GRAIN BROWN RICE

Below are instructions for just one of the many ways you can pressure cook short grain brown rice.

3 C. short grain brown rice
3 3/4 Cup spring water or filtered water
1/4 teaspoon sea salt

1. Measure rice into pressure cooker or bowl.
2. Wash rice by covering with spring water or use filtered tap water for washing if you have a filtered water system. Strain off water and gently "scour" rice by stirring with your hand in a rhythmic motion, "one, two, three" circles around the the bowl, then push your knuckles into the rice. Repeat the rhythmic scouring three times. Add more washing water to the rice, and strain off water and repeat the process until rinse water is fairly clear. (usually about three rinses). This method of "scouring" the rice removes a small amount of bran that may be old, thereby freshening the taste. It results in truly clean rice for cooking.
3. Add spring or filtered water to the pressure cooker and soak rice for 3 to 6 hours, or overnight in a cool place.
4. When you are ready to cook the rice, place the pressure cooker on the stove, add the salt, and warm the rice over low heat for 20 minutes.
5. Turn heat to high and bring to full pressure.
6. Place a heat deflector under the pressure cooker. Reduce heat to medium low, and pressure cook for 45 minutes.
7. After 45 minutes, turn heat to high and take 2 deep breaths. Turn off the heat and let the pressure come down naturally for 10 minutes. Release any remaining pressure following the instructions for your pressure cooker. Remove lid.
8. Set lid on pressure cooker but do not seal it. Let the rice stand in the pressure cooker for another 10 minutes. Remove lid.

9. Wet a rice paddle and slide the paddle around the sides of the pressure cooker to loosen the rice. Cut the rice into quarters and move all of the rice to a large serving bowl, mixing the top and bottom rice with a "slicing" motion and taking care not to smash the rice.
10. Serve immediately or cover the bowl with a bamboo mat until serving.