



Cooking 14 Most Commonly Used Varieties of Rice



	Type of Rice	Liquid by volume for 1 part rice (except boiling method)	Approx. Cook time on medium heat (mins)	Commonly used cooking method (See steps below)	Common Uses
Long Grain	Basmati	2	18-20	Boil or Pilaf	Indian dishes, pilaf
	Texmati	2	18-20	Simmer	Steamed & pilaf
	Jasmine	2	18-20	Boil or Pilaf	Rice bowls, Thai dishes
	Carolina	1.75	18-20	Simmer	Fried rice, pilaf, stir-fry
	Parboiled	2	25-30	Simmer	Baked rice, Indian dishes, steamed, pilaf
	Brown Basmati	2.5	40-45	Simmer	Pilaf, Indian dishes, salads
	Wehani	2.5	40-45	Simmer	Rice stuffing, pilaf
Medium Grain	Himalayan Red	2.5	40-45	Simmer	Casseroles, fried rice, salads, pilaf
	Black Japonica	2	40-45	Simmer	Thai desserts, salads
	Brown, medium grain	2.25	45-50	Simmer	Rice cakes, wholegrain sushi
Short Grain	Paella: Bomba, Valencia etc.	1.75	18-20	Paella	Paella
	Risotto: Carnaroli, Arboria etc.	4.5	20-30	Risotto	Risotto
	Sushi Rice	1.33	18-20	Rinse & Steam	Sushi, pudding
	Glutinous: sticky/sweet	1.33	18-20	Soak & Steam	Rice cakes, pudding, desserts



Cooking Method	Simmer/Steam	Boil	Pilaf	Paella	Risotto
Steps	Rinse rice & soak if intended. Measure liquid and rice. Bring liquid to boil & add rice. Season and stir. Reduce to simmer, cover & cook till liquid is absorbed. Remove from heat & rest for few minutes. Fluff & serve.	Rinse & soak rice, if intended. Add 4 times liquid & rice to large pot & season. Cover & bring to a boil on medium heat. Uncover & cook till grain is cooked through. Strain excess liquid. Let rice stand for few mins. Fluff & serve.	Saute rice in fat till toasted, can add aromatics at this point. Add hot liquid and season. Stir, cover, and simmer until rice is tender & liquid is absorbed. Remove from heat; let stand. Fluff & serve.	Saute aromatics, veg & meat in a paella pan. Add rice & season. Add liquid, simmer & cover. When rice is almost tender, add seafood. Cover & cook until the seafood is cooked through & rice forms a light crust across the bottom of the pan.	Saute onion in butter. Stir in rice to coat. Add wine & simmer till most of the liquid is absorbed. Stir often. Add stock in increments & stir until each addition is absorbed. Just before the last part of liquid has been absorbed, add herbs, or veg, or poached seafood. Add grated cheese and/ or butter. Serve immediately.