

How to make Pot and Pressure Cooker Rice



Basic recipe for beginners in the kitchen. Do you know how to make rice? Those who are entering this world of cooking will leave here today making the best rice possible!

There are two types of rice you can make. Regular pot rice and rice cooked in a pressure cooker.

Pot Rice



Ingredients

- 1 cup of white rice;
- 2 cups of water;
- 1 tablespoon oil or olive oil;
- Salt to taste.

Instructions

In a pan, heat the oil or olive oil over medium heat.

Add the rice and stir for about 1 minute so that the grains are lightly browned.

Baking

Add the water and salt to the pan. Stir lightly.

Bring the mixture to a boil over high heat.

Reducing the Fire

As soon as the water starts to boil, reduce the heat to a minimum.

Low Fire Cooking:

Cover the pot with a lid and let the rice cook over low heat for about 15-20 minutes, or until the water is absorbed and the grains are tender.

Rest:

After cooking, let the rice rest covered for a few more minutes before serving. This helps to loosen the grains.

Extra Ingredients

Rice can have several extra ingredients or none at all. A little bit of your creativity. See what extra ingredients you can because it will also make your rice delicious.

Rice with Vegetables Add chopped vegetables such as carrots, peas and corn to create a more colorful and nutritious rice.

Greek style rice Add vegetables such as carrots, green beans and peppers, as well as raisins and nuts. This variation brings a bittersweet and crunchy touch to the rice.

Oven rice: Once ready, place the rice in a refractory, cover with grated cheese and take it to the oven to brown.

Pressure Cooker Rice

Ingredients

- 1 cup of white rice;
- 1.5 cups of water;
- 1 tablespoon oil or olive oil;
- Salt to taste;

How to prepare

Browning Rice

In a pressure cooker, heat the oil or olive oil and sauté the rice for about 1 minute.

Adding Water and Cooking

Add the water and salt to the pressure cooker.

Close the pan and place over high heat until pressure is reached.

Pressure Cooking

Once the pot reaches pressure, reduce the heat to medium-low and cook for about 5 minutes.

Cooling and Opening

Remove the pan from the heat and let it cool naturally before opening.

Rest and Serve

Once you open the pot, let the rice rest for a few minutes before serving.

Extra Ingredients

Beef Rice:Add pieces of meat or chicken before cooking to create a complete meal.

Bean Rice:Add cooked and seasoned beans to rice, creating a protein-rich dish.

Pepper Rice:Sauté colored peppers along with rice for a touch of flavor and color.

Remember to adjust the amounts of water, oil and salt according to the desired number of servings. Rice is a versatile base that can be adapted to many variations and ingredients, allowing you to create flavorful dishes according to your preferences.



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