

# How to Cook Rice

**Basic Skills – Boiling, Simmering,** Using the Hob safely and hygienically

HA To identify the key points to remember when cooking serving and storing rice

– *store in fridge, reheat only once, 48 hours max storage*

**No Allergens** except milk in the butter if used

**NB Use a heavy based pan**



Measure 1 cup of rice, put in a pan



Add a knob of butter



Add 2 cups of water



Bring to the boil, put on a lid, turn down and simmer for 15 minutes



Turn off the heat. Leave to stand for 15 minutes



Fluff up with a fork.

If you like, you can use your rice to make egg fried rice. Watch the video. I added mixed vegetables too, increase your vegetables, eat your 5 a day!





Chop

the



onion



Remember to use your Bridge and Claw grip



Whisk

the



egg

in

a

measuring jug



Wok

the



onion ,



add rice ,



Stir fry



Add

the



egg



Add

soy



sauce