

Microwave Rice Cooking

1 INGREDIENTS

Water	Salt	Rice	Time
$\frac{3}{4}$	1/8 Tea Spoon	$\frac{1}{2}$ Cup	8-10 min
1 $\frac{1}{2}$	$\frac{1}{4}$	1	10-14
3	$\frac{1}{2}$	2	12-16
4 $\frac{1}{2}$	$\frac{1}{2}$	3	15-18

2 METHOD

Wash Rice (rinse in cold water)

Microwave on high for required time – stir about halfway through cook time

Brown rice may need extra 4 to 6 min

Note – 3 cups of rice feeds approx. over 6 persons - it over triples in volume (max can be done in rice cooker)