

ATK Brown Rice

- 1 ½ cups long-grain brown rice
 - 2 teaspoons salt
1. Bring 3 quarts water to a boil in a large pot.
 2. Add rice and salt; cook, stirring occasionally, until rice is tender, 22 to 25 minutes.
 3. Drain rice in a colander.

The Benefits of Boiling Brown Rice

When rice is cooked on the stovetop via the absorption method, the grains absorb almost the entire small amount of liquid that's in the pot early on in the cooking process. This can lead to uneven results, since only the grains that fully hydrate at the start will completely soften, while the grains that didn't initially absorb enough liquid will remain firm.

ATK found that boiling brown rice in an abundance of water not only cooked it more evenly but also shaved a good 25 minutes off the usual 50 minutes needed for the absorption method (i.e., simmering the rice in a set amount of liquid). With a large volume of boiling water in the pot (which is drained off when the rice is done), the liquid can penetrate the grains evenly from all sides, so their starches gelatinize more uniformly as well as more quickly. Boiling the rice (versus simmering it) also speeds up cooking because boiling water contains more energy than simmering water. All in all, boiling is an excellent way to cook brown rice.