

Sprouted brown rice

[Ingredients]

*For the rice cooker for 2-3 go (1 go = Rice:150g)

Sprouted brown rice 0.5 go (=75g)

Polished rice 1.5 go (=225g)

[Recipe]

1. Wash sprouted brown rice and polished rice, put it in colander to let the water drain, and put it into the rice cooker.
2. Pour water up to the 2-go line, add two tablespoons of water (water totals 400 ml), and leave it for an hour.
3. Heat it on high. When the whistle begins to blow, wait for one minute, and turn off the heat.
4. Let it sit for 20 minutes.

When you increase the quantity of sprouted brown rice, add three tablespoons of water per 1 go of it to the usual quantity of water.