

Brown rice <Heating twice>

[Ingredients]

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

Brown rice 2 go (=300g)

[Recipe]

1. Wash brown rice, put it in colander to let the water drain, put it into the pot, and soak it in an ample amount of water overnight.
2. Drain the water, return the brown rice into the pot, and add water up to the line of 3 go (water quantity 600 ml).
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 15 minutes, mix the brown rice, leave it for ten minutes without the lid.
5. Add water of 50 ml, put the lid on, and again heat it over high heat. When the whistle begins to blow, wait for one minute, and turn off the heat.
6. Let it sit for 15 minutes.

Add a pinch of salt when soaking it in the water. The bitterness characteristic of brown rice weakens and the brown rice becomes tasty.