

Organic Brown Rice

Source: Organic Guide

Brown rice is a nutritious whole grain. Like all whole grains, it contains all three layers of the kernel – the bran, germ and endosperm. It is rich in complex carbohydrates and packed with vitamins and minerals, including niacin, folate, vitamin E and potassium, with antioxidants, phytonutrients and dietary fiber.

Its great taste and versatility make brown rice an excellent way to meet your daily whole grain quota. It naturally pairs with other nutrient-rich foods like vegetables, fruits, lean meats and seafood, transforming everyday ingredients into satisfying meals. It's also a far healthier option than white rice and there are some fantastic [organic rice](#) versions now available in your local grocery store.

Nutritional properties of brown rice

- Research shows that rice eaters have overall healthier diets that are more in line with the Dietary Guidelines – more vegetables and fruits, less total fat and added sugar, and more fiber and dietary folate. [1]
- Brown rice contains essential nutrients such as vitamin B1, B3, B6, E, thiamin, niacin, potassium, magnesium, and iron.
- Researchers at Temple University School of Medicine's Cardiovascular Research Unit have found that brown rice interferes with the protein linked to high blood pressure and heart disease.
- Brown rice contains essential oils which help lower levels of bad cholesterol in the body.
- Recent research conducted by Harvard Medical School which looked at women who consumed brown rice regularly for a period of 12 years found that they had lower weight gain and reported feeling healthier than women who consumed white rice.

Did you know?

- Rice is the least allergenic of the cereal grains and is well tolerated by infants and people with digestive disorders.
- Brown rice provides a good home remedy for diarrhea, nausea, and diabetes.
- The B vitamins contained in brown rice nourish the nervous system and help to relieve depression; it is also used by coeliacs because it does not contain gluten.

Buying brown rice

- The bran on rice is perishable and can turn rancid quickly, particularly if the rice isn't stored properly.
- When buying in bulk, sniff the rice to make sure it has a clean, nutty aroma.
- Check bags or boxes of rice for freshness by examining the grains: they should be free of dust, broken particles, or residue.

Cooking perfect brown rice

- Use 2 to 2 1/2 cups water per cup of rice (Use 2 1/2 cups water for long grain rice, 2 1/4 cups for medium-grain rice, and 2 cups for short grain rice.)
- Bring the water to a boil in a saucepan.
- Add the rice, reduce the heat to low, cover, and simmer until the liquid is absorbed, 35 to 45 minutes.
- Remove from the heat and immediately fluff with a fork to release steam.
- Serve immediately.
- Alternatively, let the rice rest, covered, up to 30 minutes, and fluff it with a fork before serving.

- To cook brown rice in just twenty minutes, soak the rice for 3 hours prior to cooking. Drain and proceed to cook it with fresh water. Water-to-rice ratios do not change.

Storing brown rice before cooking

- Store rice in an airtight jar or box in a dark, cool, place at room temperature for up to 6 months.
- The oil in the bran remains intact on brown rice, making it more likely to become rancid than white rice. So, for longer periods, refrigerate, tightly covered.

Storing cooked brown rice

- Cooked brown rice can be tightly covered and refrigerated for up to 5 days.
- Brown rice freezes more successfully than white rice, which tends to become mushy.

Reference

[1] Rice Consumption in the United States: New Evidence from Food Consumption Surveys, Iowa State University, 2005.