

# 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.