

# Chapter 10

## Black Rice Recipes

Black rice has been used in traditional Chinese desserts and snacks to make a dessert porridge, black rice cakes, or breads, noodles and many more. Another interesting application for black rice is to use it as a natural food coloring agent. Currently some small manufacturers add black rice either in ground or in extract form to beverages and foods in order to avoid artificial dyes and ingredients which can be harmful in numerous ways. Some popular recipes of black rice are as follows:

- Japanese sautéed firm tofu and black rice
- Chinese spicy sesame beef stir-fry on black rice
- Asian black rice salad
- Black rice salad
- Eggs over black rice
- Black rice risotto
- Black rice with sweet potato scallions
- Brazilian style calamari with black rice
- Sweet black rice porridge
- Sesame black rice

### 10.1 Rice Cooking Methodology

Different varieties of rice are best when cooked using a particular method. Different methodologies are applied to cook rice. One must be sure to follow recipe instructions to get the best flavor and texture from his rice.

### ***10.1.1 Absorption Method***

This is the most popular method. A set amount of rice is used with a set amount of water for a set amount of time. By the time the water is absorbed and the rice looks tender.

### ***10.1.2 Steaming Method***

This is usually the preferred method for cooking sticky and clinging rices. Rice is soaked, drained and put in a steaming basket set over a pot and cooked by steam alone without the rice ever touching the boiling liquid.

### ***10.1.3 Boiling Method***

In this method, the rice is cooked much like pasta. Though this may sound appealingly easy and foolproof, it actually requires almost as much attention as does the absorption method. The rice is sprinkled into a large pot of boiling salted water and then stirred often to prevent sticking. When rice becomes tender, it is thoroughly drained, then rinsed quickly to halt cooking. Sticky and clinging rices do not do well with this method but many other varieties do fine.

## **10.2 Basic Directions for Absorption**

### ***10.2.1 Rinsing***

This step removes surface starch and should only be done when the grains remain quite separate as in Indian basmati rice. For most rice preparations, do not rinse.

### ***10.2.2 Measuring***

The general ratio is 1 cup rice to 1.5 or 2 cups water, plus 1/8–1/2 teaspoon sea salt. Place rice, salt, and water in a heavy pot with a tight fitting lid.

### ***10.2.3 Simmering***

Bring water and salt to boil in a heavy pan with a tight fitting lid. Add rice, bring back to a boil, stir once, cover and simmer over low heat until the grains are tender.

## 10.3 Cooking Black Rice

Black rice comes from exactly the same plant family as other colored rices and includes several varieties like Indonesian black rice and Thai jasmine black rice. The different types of black rice include virtually identical health advantages and all have got a mild, nutty taste which is similar to the taste of much familiar brown rice. Since it is unrefined as well as denser compared to white rice, black rice will take longer to cook. The best results may be accomplished by first soaking black rice for around 1 h just before cooking it, yet ideally for many hours. If you soak rice, you will reduce the amount of cooking time and in addition make the nutrients within the rice more absorbable ([www.healthbenefitstimes.com](http://www.healthbenefitstimes.com)).

Like other unmilled rice, black rice takes longer time to cook than traditional husked rice. It should also ideally be stored under refrigeration and used within 3 months to prevent spoilage. Rinsing and soaking the rice before cooking will help to bring the cooking time down. As a general rule, black rice should be cooked with two cups of water to every one cup of rice, and it will need to cook for 20–30 min after soaking, or 60 min if cooked unsoaked. When black rice is used in desserts, it is sometimes cooked with a mixture of coconut milk, sugar and water to form a sweet, sticky, pudding like rice. Because it is unrefined and denser than white rice, black rice takes longer to cook. The best results can be achieved by first soaking black rice for at least 1 h before cooking it, but preferably for several hours. If it is planned ahead of time and rice is soaked, the amount of cooking time required is cut down and also makes the nutrients in the rice more absorbable. After soaking the rice, rinse the rice, clean and then place it on the stove top with two cups of water for every one cup of rice. Boil the rice for at least half an hour if the rice is soaked and for 1 h if the rice is not soaked. Check the texture of the rice after this time to see if it is chewy and cooked through; if not, keep boiling until it reaches the texture one is looking for ([www.wholefoodsmarket.com](http://www.wholefoodsmarket.com)).

## 10.4 Rice Cooking Tips and Its Serving

	Characteristics	Grain to liquid	Basic cooking method
Arborio rice (white)	Soft and creamy. Best used in risotto recipes	1 cup to 3/4 cups	After an initial toasting of the grains in butter or oil, liquid (usually broth) is added gradually as rice is stirred to create a rich almost saucelike result
Basmati (white imported and brown)	Long-grain, highly aromatic, hulled rice from India. Usually aged for a year to develop its full flavor	White: 1 cup to 1.5 cups Brown: 1 cup to 2 cups	Soak and rinse rice for 30 min. Simmer white basmati 15 min. Simmer brown 45 min

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	Characteristics	Grain to liquid	Basic cooking method
Brown rice (long grain)	Tends to remain separate and fluffy when cooked. Great for pilafs, rice salads and paella	1 cup to 2 cups	Simmer 45 min
Brown rice (medium grain)	Similar to long grain, but stickier. Great with stir-fries and curries	1 cup to 2 cups	Simmer 45 min
Brown rice (short grain)	Sticky, chewy rice; very good in sushi and puddings	1 cup to 2.25 cups	Simmer 45 min
Brown rice (sweet)	Very sticky. It is what mochi and amasake are made from	1 cup to 2 cups	Simmer 50 min
Forbidden rice	Nutty-tasting black rice, imported from China. Soft textured; purple when cooked	1 cup to 2 cups	Simmer 30 min
Jasmine rice (white or brown)	Aromatic, long-grain rice similar to basmati. The perfect accompaniment to Thai curries	White: 1 cup to 1.75 cups Brown: 1 cup to 2 cups	Simmer white rice for 15 min. Simmer brown rice for 45 min
Kaljira rice (white)	Long-grain rice but on a miniature scale. Sometimes called baby basmati, these tiny grains are nutty and aromatic and cook up quickly	1 cup to 1.5 cups	Rinse well. Simmer 10-15 min
Lundberg countrywild	Long-grain brown rice, blended with Wehani and Black Japonica rices; delicious as a side dish	1 cup to 2 cups	Rinse rice and simmer 45 min
Purple sticky rice	Used as a sweet dessert rice	1 cup to 2 cups Rinse well	Bring to a boil (no salt), cover and simmer for 40 min
Red rice	Imported from Bhutan; has a nutty taste and pink color when cooked	1 cup to 1/2 cups	Bring to a rapid boil over high heat. Cover, reduce heat and simmer for 30–40 min
Sushi rice (white)	Medium grain, chewy and sticky	1 cup to 1 cup	Rinse and drain several times until water runs clear. Bring to a boil. Cook 1 min. Reduce heat and simmer for 15 min. Rest for 10 min

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	Characteristics	Grain to liquid	Basic cooking method
Texmati rice (brown)	A cross between basmati and long grain American rice. Delightfully nutty, fragrant rice	Great plain, with curried vegetables or seafood, or use in stuffings	1 cup to 2 cups Simmer 15–20 min
Texmati rice (white)	A cross between basmati and long-grain American rice. Fluffier and milder in flavor and aroma than imported basmati	1 cup to 1.75 cups	Simmer 15–18 min
Wehani rice (red rice)	Long-grain rice, but on a miniature scale. Sometimes called baby basmati, these tiny grains are nutty and aromatic and cook up quickly	1 cup to 2 cups	Simmer 45 min
Wild rice	Technically an aquatic grass seed, but cooked and enjoyed as rice. Delightfully chewy and full-flavored, it can be a little too intense on its own, so it's popular in grain mixes, soups and salads	1 cup to 3 cups	Rinse well. Bring to a boil, cover and simmer strongly for 45 min
Wild and brown rice	20 % lake-harvested wild rice and 80 % long-grain brown rice. A milder alternative to wild rice and a great side dish	1 cup to 3 cups	Simmer 45 min
Wild rice blend	Made from long-grain brown rice, sweet brown rice, Wehani, Japonica, and wild rice. A beautiful blend for sides or soup	–	–

## 10.5 Black Rice Pudding

Black rice pudding is a great dessert and commonly served for breakfast in parts of Southeast Asia ([www.epicurious.com](http://www.epicurious.com)).

## Ingredients

- 1 cup black rice
- 1/2 cup sugar
- 1 (13-1/2–15-oz) can unsweetened coconut milk, stirred well

## Preparation

- (1) Take rice, 3 cups water and 1/4 teaspoon salt to a boil in a 3–4 quart heavy sauce pan, reduce heat to low and simmer, covered with a tight fitting lid for 45 min (rice will be cooked but still wet). Stir in sugar, a scant 1/4 teaspoon salt and 1.5 cups coconut milk and bring to a boil over high heat, then reduce heat to low and simmer, uncovered, stirring occasionally, until mixture is thick and rice is tender but still slightly chewy about 30 min.
- (2) Remove from heat and cool to warm at room temperature, stirring occasionally at least 30 min. Just before serving, stir pudding and divide among 8 bowls. Stir remaining coconut milk and drizzle over pudding.

## References

- [www.epicurious.com](http://www.epicurious.com) Retrived 19 August 2015  
[www.healthbenefitstimes.com](http://www.healthbenefitstimes.com) Retrived 19 August 2015  
[www.wholefoodsmarket.com](http://www.wholefoodsmarket.com) Retrived 19 August 2015