

How to cook brown rice

by,

[Susan Schwartz, Montreal Gazette](#) writer

i cook brown rice only one way: the way a friend taught me — and she learned it from a 2004 Cook's Illustrated recipe.

Cook's is an amazing magazine, for those of you who don't know it. Here's the recipe:

Cook's Illustrated foolproof oven-baked brown rice

Makes 4 cups

Cover the pot and use the water as soon as it boils. If you have one, Use an 8-inch ceramic baking dish with a lid instead of the baking dish and foil. To double the recipe, use a 13 by 9-inch baking dish: do not increase baking time.

1 1/2 cups long-grain brown rice

2 1/3 cups water

2 teaspoons unsalted butter or vegetable oil

1/2 teaspoon salt

Spread rice in 8-inch square baking dish.

Bring water and butter or oil to boil, covered, in medium pot over high heat; once boiling, immediately stir in salt and pour water over rice. Cover baking dish tightly with doubled layer of foil. Place in middle rack of an oven set at 375 degrees F andnd bake rice 1 hour, until tender.

3. Remove baking dish from oven and uncover. Fluff rice with dinner fork, then cover dish with clean kitchen towel; let rice stand 5 minutes. Uncover and let rice stand 5 minutes longer; serve immediately.