

Multigrain Rice Recipe



Ingredients

Ingredients (A)

16 Grain Rice — 25gm

Ingredients (B)

Water — 25ml

Sake — 1ml

Mirin — 1ml

Salt — Pinch

Ingredients (C)

Japanese White Rice — 160gm

Water — 200ml

Serves: 2

Prep Time: 10 minutes

Soaking Time: 3 hours

Cook Time: 55 minutes

Directions

16 Grain Rice Preparation



1. Mix ingredients (B) and set aside in a container.
2. In another mixing bowl filled with water ½ full, add the 16 Grain Rice (ingredients (A)) to wash. Swirl it 3 times and strain away the water.
3. Add in ingredients (B) to soak the rice for 3 hours before use.

Japanese White Rice Preparation



1. Fill the rice with water that measures about half index finger above the rice. Give it a light swirl and pour away the cloudy water thereafter.



2. Add in approx. 50ml of water and start rubbing the rice against the mixing bowl using one palm. After 25 times of rubbing actions, add water till the mixing bowl is half full. Give it a swirl and pour away the cloudy water. Repeat the step one more time.



3. Start rinsing the rice with water till the water looks clear enough to see the rice that is submerged beneath.



4. Strain away the excess water and soak the rice with ingredients (C) for 3 hours before cooking.

Tip: Soaking the rice will help the grains absorb water more evenly and expanding to their optimum texture while cooking. This process is important to make the rice more flavourful and tasty.

Cooking the Rice



1. Pour both the white rice and 16 grain rice along with the liquid that the rice was soaked, into the rice cooker and mix well. Do not add in any more liquid and start cooking.



2. After the cooking is completed, rest the rice for 15 minutes before fluffing the rice.

Tip: Resting the rice after cooking allows any excess moisture to be evenly distributed. Otherwise, the rice may turn out unevenly cooked such as being firm on the top layer yet mushy at the bottom.