



How to Cook Perfect Rice on the Stove

Serves: 4



Ingredients

- ✓ 1 cup white rice
- ✓ 1¾ cups water or chicken broth
- ✓ ½ teaspoon salt, or to taste
- ✓ Drizzle olive oil or small pat butter, optional



Instructions

1. Place the rice in a sieve and rinse under cold running water until the water runs clear and is no longer cloudy.
2. Drain the rice very well.
3. Add the rice to a pot along with the liquid, salt, and oil or butter if using.
4. Bring to a full boil.
5. Cover the pot and reduce the heat to the lowest setting possible.
6. Cook undisturbed for **18 minutes**.
7. Turn off the heat and **do not open the lid**. Let the pot sit for **10 more minutes**.
8. Fluff gently with a fork and serve.



Notes

- At **high altitude** or if you prefer **slightly stickier rice**, use a **1:1 ratio** of rice to liquid.
- Keeping the lid closed during resting time is what finishes the steaming and gives you perfect grains.



Nutritional Breakdown (per serving)

Based on white rice cooked in water with salt, no oil or butter.

- Calories: **170**
- Carbohydrates: **37 g**
- Protein: **3.5 g**
- Fat: **0.3 g**
- Fiber: **0.6 g**
- Sodium: **150 mg** (from salt)
- Net carbs: **36.4 g**

+ If you add 1 teaspoon olive oil or butter to the pot

Adds per serving:

- Calories: **+10**
- Fat: **+1.1 g**