

Forbidden black rice is a superfood. It has more antioxidants than blueberries with less sugar and more fiber. It has the nutty flavor of brown rice, but retains more of its nutrient-rich outer shell than brown rice.

According to legend, black rice was grown only for the emperors of ancient China and was called forbidden rice, because it was off limits to the general public. I bought my rice at the bulk food section at Winco, so it's no longer off limits to the masses. I recently had a reader ask me about the cook time for black rice, so I decided to give it a try.

Forbidden Black Rice

Yield: 6 cups cooked rice

Ingredients

2 cup black rice
2 3/4 cups water
1 tablespoon oil
1/2 teaspoon salt



Directions

Combine the rice, water, oil and salt in the pressure cooker pot. Lock the lid in place and select High Pressure and 22 minutes cook time. When beep sounds turn off pressure cooker and use a natural pressure release for 10 minutes. After 10 minutes release any remaining pressure with a quick pressure release.

When valve drops, carefully remove lid tilting it away from you. Fluff rice with a fork.