

Brown Rice

FINALLY - a perfect pot of brown rice. I am so happy!

This is my 3rd attempt. The first 2 batches were edible but too mushy for our taste. For brown rice we like it a bit chewy, it brings out the nutty flavor of the rice. I used method # 2 on this link. I used 3 weighed cups (600 grams) of brown rice and 3 cups of water. 15 minutes manual high and 5 min. NPR - than QR & removed the pot immediately. Some of the surface pieces of rice looked kinda dry so I folded them in to push them down into the pot. The heat of the pot finished them perfectly in just a few minutes.



Pressure Cooker Brown Rice Test 2*

- Brown Rice: 1 cup of brown rice
- Liquid: 1 cup of water
- Cooking Method & Time: High Pressure for 15 minutes + 5 minutes Quick Release
- Result: very similar to the result we get from our Asian rice cooker – fully cooked & chewy

Pressure Cooker Brown Rice Test 3

- Brown Rice: 1 cup of brown rice
- Liquid: 1 cup of water
- Cooking Method & Time: High Pressure for 20 minutes + Full Natural Release
- Result: very similar to Test 2's result

Pressure Cooker Brown Rice Test 4

- Brown Rice: 1 cup of brown rice
- Liquid: 1 ¼ cup of water
- Cooking Method & Time: High Pressure for 15 minutes + Full Natural Release
- Result: the additional water produced a softer texture