

Save Energy & Time When Making Rice

Ca. 10 minutes cooking time and a minimum of 60 minutes in bed! (Can be left up to 4-5 hours. It's a brilliant way of warming up the bed, especially in the cold months).

Ingredients for 4 people

Saucepan and lid
200 g rice (I use long grain white rice)
400 ml cold water
1 pinch of salt
Optional: a few pinches of ground turmeric for lovely yellow rice



video

For Finishing off the Rice in Bed

1 towel or tea towel
1 duvet or a blanket
And of course a bed

Preparation

1. Put the rice, water, salt and if using turmeric, into a saucepan and bring to the boil.
2. Simmer for 10 minutes starting from the boiling time. The water should have disappeared, but the rice should still be a little wet.
3. Try the rice to make sure it's almost cooked. If not, add a little more water and boil until done. Again, the rice should still be a little wet.
4. Take the saucepan off the hob, put the lid on and wrap it all up in a large tea towel. Be careful as it is hot.
5. Now put it in your bed and wrap the duvet or blanket around it.
6. When you take the rice out of bed (not before 1 hour) you will need to put a fork through it to break it up.

TIP

You can make as much rice as you need just by using the 1:2 ratio. i.e. 500 g rice 1000 ml cold water. This is a perfect way of using rice for a few days, rice with a sauce, fried rice, wraps with rice, tomato rice etc.