

 Helen's

Asian
Kitchen®

Dedicated to the Art of Eastern Cooking

THE PERFECT RICE COOKER

Here is a new, improved way to cook rice and other grains easily and perfectly every time. No more soggy or gummy rice. No more burned or scorched grains. No more boil-overs and messy burners to clean. Just perfect rice and grains time after time after time.

Most people have difficulty cooking perfect rice through no fault of their own. Many cooking instructions on bags of rice require far too much water resulting in gummy, sticky rice. And when it comes to cooking rice on the stove the major problem is that many stoves have burners that do not go down to a true simmer, resulting in scorched or worse, burned rice. And without a good heavy bottomed pot to help distribute the heat rice often cooks unevenly.

The Perfect Rice Cooker is the solution to all your rice cooking problems. It's also excellent for cooking other grains such as couscous, barley and quinoa.

Visit us on the Web at www.HelensAsianKitchen.com

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COOK IN IT

Instead of using direct heat to cook rice in a pot, THE PERFECT RICE COOKER cooks rice indirectly with steam. Functioning much like a *bain-marie*, the Perfect Rice Cooker sits in a bath of boiling water which fills the pot with live steam. The hot water diffuses the heat so there are no hot spots and food won't burn. But unlike a *bain-marie* or double boiler the Perfect Rice Cooker sits inside your own covered stock pot so it is completely surrounded by hot, moist steam. In this way rice and other grains always cook up perfectly without burning, scorching or drying out. There is no need to stir or watch over the cooking.

Made of the same high-fired porcelain as oven-safe casseroles, the Perfect Rice Cooker is strong, durable and heat resistant. However, do not place over direct heat or under the broiler. The handy bamboo bail handle, which may be left attached when steaming, makes lifting and moving the rice cooker, easy and safe.

SERVE FROM IT

The Perfect Rice Cooker is also a beautiful and versatile serving piece that can be brought right to the table. The heavy porcelain body and domed lid help keep rice and grains hot and delicious. It doubles as an attractive covered casserole for everything from fried rice to soups, stews and vegetables. Also makes a great ice bucket!

STORE IN IT

Leftovers are not a problem. If desired, the rice can be covered and stored in the rice cooker right in your refrigerator.

REHEAT IN IT

When ready to reheat, simply steam the rice to perfection the way you cooked it. No more dry, hard edges or grains. What could be easier!

Helen's Asian Kitchen THE PERFECT RICE COOKER is the perfect solution to perfect rice and grains.

DIRECTIONS FOR USE:

THE PERFECT RICE COOKER is designed for use in a stock pot with water. Use a stock pot that will comfortably accommodate the whole rice cooker without its porcelain lid. An approximately 10" diameter x 7" high stock pot works perfectly.

The Perfect Rice Cooker without the bamboo handle is microwave safe. For best results, we recommend steaming grains in a stock pot as instructed in the recipes.

The Perfect Rice Cooker may be used in a microwave oven, but the bamboo handle **MUST** be detached first.

Do not use the rice cooker directly over a burner or in the oven.

Dishwasher safe.

BASIC INSTRUCTIONS:

ATTENTION: DO NOT use porcelain lid on rice cooker while cooking. Rice and grains need heat and moisture from the steam to cook properly. **ONLY** use lid when serving to keep rice and grains warm.

MEASURING

1. Put the desired amount of rice or other grains into the rice cooker. Wash or rinse the grains as directed in the recipe. For most grains, this can be done right in the rice cooker. Drain the grains and add cold water or broth as instructed in the recipe.

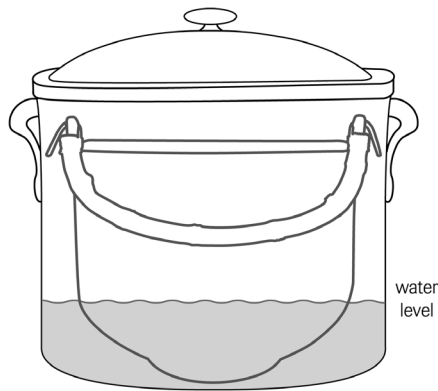
COOKING

1. Choose a large enough stock pot that will loosely fit the rice cooker. Add enough water to the stock pot to reach about 2 or 3 inches or one-third of the way up the side of the rice cooker.

2. Place uncovered rice cooker in stock pot and lower handle so it is level with the rim of rice cooker.

3. It usually is not necessary to replenish the water during cooking, however, longer cooking times may require water to be added to the stock pot. The water level should not be higher than one third of the way up the side of the rice cooker. Never allow water in the stock pot to boil dry as this will cause damage to both the rice cooker and the stock pot.

4. Cover the stockpot and bring the water to a boil. When the water is boiling rapidly, reduce the heat to maintain a steady slow boil and steam according to the recipe or until the grains are cooked.



RESTING

1. When the rice or grains are done, turn off the heat and let the rice cooker remain in the covered stock pot undisturbed for about 10 minutes to allow the rice or other grains to completely absorb any excess liquid.

SERVING

1. To remove the rice cooker from the stock pot, lift the bamboo handle a little with a chopstick or end of a wooden spoon high enough so you can grasp the handle with a potholder. Lift the rice cooker out of the hot water and dry the outside of the rice cooker with a kitchen towel.

2. With a moistened rice paddle, wooden spoon or fork, gently fluff the rice or grains. Cover with porcelain lid and bring the rice cooker right to the table for serving.

Not ready to serve? Simply keep the rice cooker in the covered stockpot with the hot water bath or to reheat, turn the heat back on.

Ready to store? Just put the covered rice cooker in the refrigerator.

Ready to reheat? Simply place the uncovered rice cooker in a stock pot bath and steam just the way you cooked.

HELPFUL HINTS:

MEASURE ACCURATELY

For best results it is important to always measure accurately using regular U.S. measuring cups. Measure the grain in a dry-cup measure (ones that measure flush to the rim) and scrape off the excess with a straight edge. The Perfect Rice Cooker can comfortably cook as much as 3 cups of raw rice which will yield over 6 cups of compact cooked rice - over 8 cups when fluffed. You may cook a maximum of 4 cups of raw rice, but to fluff the cooked rice properly, transfer the cooked rice to a larger bowl or serving piece, then fluff.

WASH AND COOK WITH COLD WATER

Use cold water to wash and cook rice. Rice may be washed directly in the rice cooker bowl. Washing will remove excess starch resulting in a drier, fluffier rice. Drain by tipping the rice cooker until as much water as possible is removed without spilling the rice. If you drain the rice in a fine meshed colander, then use the larger amount of liquid as indicated in the recipe. Other grains may be rinsed or washed in a separate bowl, drained in a colander, then transferred to the rice cooker.

ADJUST LIQUID FOR SOFTER OR FIRMER RICE

I like to cook grains with just enough liquid to get a nice, chewy consistency without being gummy or mushy. If you like a softer rice, add more water to the rice. For a firmer texture, reduce the liquid by a few tablespoons.

NOTE: A general rule of thumb is to use a rice-to-water ratio of 1:1. For other grains, use a grain-to-water ratio of 1:1.5 to 2, depending on the grain. Use more water if the grains are whole grains or very hard or if you prefer a softer texture. The moist steam will keep evaporation to a minimum and therefore require less liquid to start. Most rice and grains will double or triple in yield when cooked.

FLAVORING

There are many ways to vary the flavor of rice and grains. Use chicken, beef or vegetable stock instead of water or flavor the water with herbs and spices. Asians do not add salt to their rice, however, if you wish to add salt, use a pinch per cup of raw rice.

FRIED RICE

Fried rice is always best made with cold day-old cooked rice. If you are making rice specifically for fried rice, use long grain rice and let the rice cool after cooking then store in the refrigerator overnight.

WHEN IS RICE / GRAIN DONE?

Taste to test if grain is done. Most whole grains will be slightly chewy and firm after they are cooked. Rice and grains are done when they no longer have a hard core.

FLUFF BEFORE SERVING

Grains will be compact after cooking. Fluff the grains with a fork or moistened rice paddle before serving for best texture and taste.

RECIPES

WHITE RICE

Yield: About 4 cups cooked white rice

2 cups rice – long grain, short grain, jasmine or basmati
2 – 2¼ cups water

1. Measure and pour the rice into the Perfect Rice Cooker. Cover the rice with cold water and wash and drain the rice 3 or 4 times, tipping the rice cooker carefully to pour out as much water as possible without spilling the rice or drain the rice in a fine meshed colander.
2. Add water. Use the larger amount of water if you drained the rice in a colander. Place the **uncovered** Perfect Rice Cooker in a stock pot that will accommodate the whole rice cooker. Lower the bamboo handle so it's even with the top of the rice cooker. Add cold water to the stock pot until the water reaches 2 or 3 inches up the side of the rice cooker. Be careful not to splash water into the rice cooker containing the rice. Cover the stock pot and bring the water to a boil.
3. When the water is boiling rapidly, this will take about 10 minutes, reduce heat to medium low or just enough to maintain a boil. Cook for about 25 to 30 minutes or until all the liquid is absorbed and the rice is tender. Turn off the heat and let the rice cooker rest in the covered stock pot 10 minutes. Carefully remove the rice cooker from the stock pot and dry the outside of the bowl. Fluff the rice with a fork or moistened rice paddle, cover with porcelain lid and bring to the table to serve.

BROWN RICE

Brown rice is the whole grain rice that has not been hulled or polished so the nutritious outer bran remains intact, hence the tan color. The higher fiber content gives brown rice its distinctive nutty flavor and chewy texture.

Brown rice requires a longer cooking time than white rice and if you like a softer texture, a little more water. I personally prefer a firmer, chewier texture so I use a 1:1 ratio of rice to water.

Yield: about 4 cups cooked brown rice.

2 cups brown rice
2 – 2 ½ cups cold water

Follow cooking directions for WHITE RICE, but cook for a total of 45 minutes from the time the water in the stock pot starts to boil. When done, turn off heat and let rice rest in the covered stock pot for 10 minutes before removing and fluffing.

If you find, after cooking, that you want a softer texture, simply sprinkle water, about ¼ cup or less, over the cooked rice and steam for an additional 10 to 15 minutes.

GLUTINOUS RICE

Also called sweet rice, this variety is often used in Asian desserts or in stuffings. Electric rice cookers, unless they have a program for glutinous rice, cannot give the perfect texture – soft and sticky, yet not gummy – that comes from steaming in The Perfect Rice Cooker.

Yield: About 3 ½ cups cooked glutinous rice

2 cups glutinous rice
1 ¾ cups water

Soak the rice in the rice cooker in at least 4 cups of cold water for 2 hours; it will almost double in volume. Drain the rice in a colander and transfer the drained rice into the rice cooker. Add 1 ¾ cups water to the soaked rice and steam for 30 minutes as directed in Basic Instructions.

SUSHI RICE

The type of rice traditionally used for making sushi is the softer, stickier short grain white rice. Long grain rice is not suitable because it will not stick together.

Yield: About 3 ¾ cups cooked rice

2 cups Japanese style short grain rice
2 cups water

1. Wash the rice with cold water, rubbing the grains gently between the hands to remove excess starch. Drain and repeat 3 or 4 times until the water comes out almost clear. Washing and draining may be done in the rice cooker.
2. Soak the rice in cold water until the grains turn milky white. This will take about 15 to 20 minutes.
3. Drain the rice in a colander and set aside for another 15 to 20 minutes. This resting time is optional if you are short on time.
4. Return the rice to the rice cooker and add 2 cups cold water. Smooth the surface of the rice with your fingertips to be sure all the grains are submerged. Place the uncovered rice cooker in a larger stock pot and follow directions in Basic Instructions. Steam for 20 to 25 minutes. When rice is done, season according to your favorite recipe.

NORTH AFRICAN COUSCOUS

Couscous is actually not a grain, but tiny pieces of pasta made from durum wheat flour (semolina) that has been precooked and dried. It is not necessary to rinse couscous before cooking. I prefer to use a whole wheat traditional couscous.

Yield: About 4 to 5 cups cooked couscous

2 cups whole wheat couscous [not instant]
2 to 2 ¼ cups water or flavored stock

1. Put the couscous into the rice cooker and add the liquid of your choice. Be sure all the couscous is submerged in the liquid.
2. Place the rice cooker in a stock pot and follow directions in Basic Instructions. Steam for about 20 minutes. Turn off heat and let rest 10 minutes in the covered stock pot. Fluff with a fork before serving.

MIDDLE EASTERN COUSCOUS (Israeli couscous)

A larger, pearl-shaped couscous that's made from Semolina flour and then toasted.

Yield: About 2 cups

1 cup Middle Eastern Couscous
1 ½ cups water or flavored stock

Combine couscous and liquid in rice cooker and steam according to Basic Instructions until all the water is absorbed, for 15 to 20 minutes or until all the water is absorbed. Turn off heat and let rest 10 minutes before fluffing and serving.

QUINOA

Quinoa (pronounced keen-wah) is an ancient seed grain used by the Incas. Before cooking it is important to wash and rinse the grains in cold water several times to remove a natural coating, called saponin, that is bitter and soapy tasting.

Yield: About 3 ½ cups

1 cup quinoa
2 cups water

1. Wash and rinse the quinoa thoroughly in cold water and drain in a fine meshed colander. Transfer the grains to the bowl of the rice cooker and add water. Be sure all the grains are submerged.

2. Place the rice cooker in a stock pot with water as instructed in Basic Instructions and steam for about 20 minutes or until the grains are tender. Turn off heat and let rest for 5 minutes before serving. Fluff with a fork or rice paddle and serve hot or cold in your favorite recipe.

BARLEY, Pearled

Pearled barley is barley that has been polished, or 'pearled', so that most of the bran is removed. Small, almost white pearled barley is the type found in most supermarkets. The amount of pearling varies from brand to brand so some pearl barley grains will appear a little larger and tan-colored. The larger, darker grains need more water - about 2 cups water to 1 cup barley - and a longer cooking time.

Barley is more than just for soup. Add it to salads and use as an accompaniment to stews and stir fry dishes. If you like, you can also lightly toast the grains in a lightly oiled skillet before cooking.

Yield: About 4 cups cooked barley

1 cup pearl barley
1½ cups water

Combine barley and water in rice cooker and steam for 30 – 40 minutes as instructed in Basic Instructions or until tender and liquid is absorbed. Turn off heat and let rest 10 minutes in covered stock pot before fluffing and serving.

Other delicious recipes for The Perfect Rice Cooker are available on line at
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