

71  
Jasmine



71  
Arborio

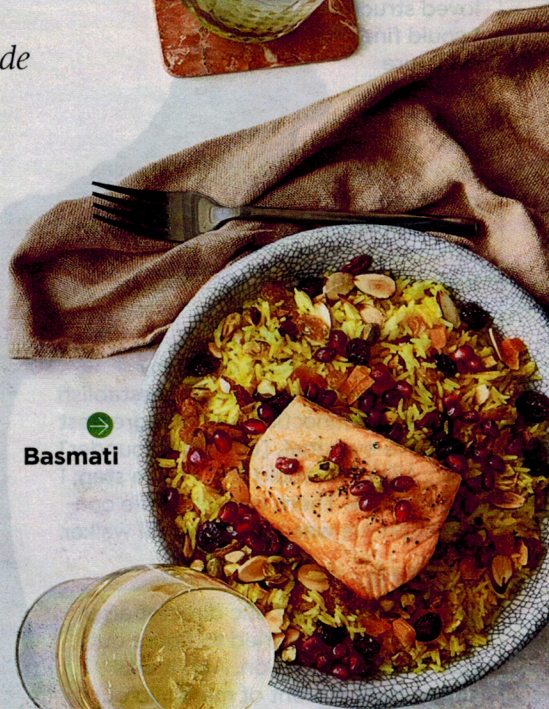


# Rice by Any Other Name

A world of flavors and textures are available for making mains, sides and desserts. Iron Chef **Masaharu Morimoto** offers a guide

	BASMATI	JASMINE	ARBORIO	BROWN	WILD
<b>What to Know</b>	A long-grain type of white rice that originated in the Himalayas	A fragrant, popular variety of white rice cultivated primarily in South Asia	A short-grain variety prized in Italy. Processing retains starch.	Milling retains its bran and germ. Uncooked, it keeps well in freezer.	Harvested from semi-aquatic grasses native to North America
<b>Characteristics</b>	Soft, light and fluffy	Slightly sweet, aromatic; can be sticky when cooked	Short, oval shape with a creamy cooked texture	Earthy, nutty and chewy; the most fiber and vitamins of any rice	Thick, sturdy grain; nutty flavor
<b>Best Uses</b>	Pilaf; as a side for braised or roasted meats	Hibachi-style fried rice; with fish	Risotto; rice pudding	Salads; as a side for chicken and vegetables	As a side for seafood or chicken; stuffing
<b>Cooking Method</b>	Sauté with olive oil before boiling.	Multicooker, electric rice cooker	Don't rinse; cook slowly, steadily adding hot liquid.	Stovetop, oven, multicooker	Longer cook time in a roomy saucepan

72  
Basmati



73  
Wild



74  
Brown



## Chef's Secret to Perfect Rice

For restaurant-grade rice that isn't mushy or clumpy, rinse before cooking to reduce starch: Fill bowl containing grains with water and swish, then strain. Repeat steps until water runs clear. —Kelsey Ogletree

PHOTOGRAPH BY AUBRIE PICK