MJM RICE MILLS:

# PLATINUM SERIES:

# COOKING GUIDE:

## COOKING INSTRUCTIONS:

MJM Basmati rice can be cooked in several ways. You can choose either of the following methods, for perfect results rinse the rice thoroughly, in a sieve, under cool running water and then soak for 1 -3 hours.

## OPEN PAN:

Place 225g, (80z) of soaked rice in a large saucepan and add around 1.25 liters (2 pints) of boiling water. Bring to boil, stir then simmer uncovered for 10 minutes. Drain and rinse with more boiling water, then serve.

## COVERED PAN:

Bring 225g, (80z) rice in a medium sized saucepan add 450 ml (3/4 pint) water. Bring to boil, stir, cover, and let it simmer slowly, when all the water will have been absorbed by rice. Remove from heat, wait for 5 minutes, and your fluffy rice is ready to be served.

## MICROWAVE:

Place 225g, (80z) rice and 450 ml (3/4 pints) water in a deep microwavable dish cover and cook on high for 3 to 4 minutes. Stir, then cook on HIGH DEFROST for 6 to 8 minutes wait for a further 5 minutes and your rice is ready to be served.

# NUTRITION FACTS:

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| UNCOOKED 100 GRAMS CONTIANS | |
| CALORIES | 362.62 APPROX |
| PROTEIN | 8.1 % APPROX |
| CARBOHYDRATES | 81.86 % APPROX |
| DIETRY FIBRE | 0.48 % APPROX |