

## **BROWN LONG-GRAIN BASMATI RICE**

### INGREDIENTS:

- 1 cup of brown, long-grain Basmati rice**
- 2 cups of water**

### DIRECTIONS:

**Rinse the rice well in a strainer. Then put the rice into a 2qt/1.9L pot with enough water to go 1" above the rice. Cover and bring to a boil. Then, lower the heat and simmer for about 35 to 40 minutes, until the most of the water has been absorbed. Turn off the heat, keep covered, and let the rice steam for about 10 minutes. When properly cooked, the rice should be fluffy.**

ENJOY with duck, chicken, veal, or fish.

Serves 2

Use **organic** rice

Suitable for ALL blood types

Traditionally from North India and Pakistan, brown long-grain **Basmati Rice** contains all the essential amino acids and is a rich source of niacin, thiamin, B6, pantothenic acid, and other B vitamins. It is also rich in manganese, selenium, magnesium, phosphorus, copper, zinc, iron, and other minerals. These minerals help prevent the severity of asthma, high blood pressure, heart attack, and stroke. Though high in complex carbohydrates, this rice has a low to medium glycemic index because of its fiber and mineral content. It also contains some essential fatty acids (EFAs).

The milling process for brown rice removes only the hull, which is the outermost layer of the rice kernel, and leaves the bran and germ. Brown rice is also abundant in plant lignans (a type of phytonutrient), which protects against breast and hormone-dependent cancers, diabetes, and heart disease.

The milling and polishing process that converts brown rice into white rice destroys up to 90% of the vitamins and minerals, all the fiber, and EFAs, to extend its shelf life.

Basmati derives from the Sanskrit word "vasmati" meaning "flagrant" because of its rich aromatic flavor and fragrance. Like a fine wine, Basmati rice is steeped in centuries of tradition and heritage. It relies entirely on Nature for its unique characteristics and improves with age. During cooking, the Basmati grain expands lengthways, more than twice its dry length. Basmati rice was introduced to the Middle East by Indian Traders and remains an important part of Indian, Pakistani, and Middle Eastern cuisines.

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