

## Oven-Baked Brown Rice

*Serves 4 to 6*

**WHY THIS RECIPE WORKS:** For our brown rice recipe, we cooked the rice in the oven to approximate the controlled, indirect heat of a rice cooker, eliminating the risk of scorching. Experimenting with proportions, we discovered why most brown rice is sodden and overcooked: Most brown rice recipes call for a 2:1 water-to-rice ratio. For our brown rice recipe, we found that 2  $\frac{1}{3}$  cups water to 1  $\frac{1}{2}$  cups rice gave us perfectly cooked rice.

*To minimize any loss of water through evaporation, cover the saucepan and use the water as soon as it reaches a boil. An 8-inch ceramic baking dish with a lid may be used instead of the baking dish and foil. To double the recipe, use a 13 by 9-inch baking dish; the baking time need not be increased.*

**1  $\frac{1}{2}$  cups long-grain brown rice, medium-grain brown rice, or short-grain brown rice**

**2  $\frac{1}{3}$  cups water**

**2 teaspoons unsalted butter or vegetable oil**

**$\frac{1}{2}$  teaspoon table salt**

1. Adjust oven rack to middle position; heat oven to 375 degrees. Spread rice in 8-inch-square glass baking dish.
2. Bring water and butter or oil to boil, covered, in medium saucepan over high heat; once boiling, immediately stir in salt and pour water over rice. Cover baking dish tightly with doubled layer of foil. Bake rice 1 hour, until tender.
3. Remove baking dish from oven and uncover. Fluff rice with dinner fork, then cover dish with clean kitchen towel; let rice stand 5 minutes. Uncover and let rice stand 5 minutes longer; serve immediately.