

Sensible Survival Solution



Dehydrated Instant White Rice

Ingredients

- 3 Cups Water
- 1 Cup Rice
- 1/2 Teaspoon Salt

Directions

- Pour rice and salt into pan with water. Mix the ingredients as the rice will want to float.
- Bring the mixture to a boil over medium heat.
- Stir often as the rice will want to stick to the pan.
- Simmer over medium heat for 15 - 20 minutes stirring often.
- When done the rice will have a milky transparent appearance and not be crunchy to the taste.
- Pour cooked rice into a colander and rinse the starch from the rice. That is if you want fluffy rice.

Dehydration

- Cover trays with parchment paper.
- Spread cooked rice evenly over the paper trying to avoid mounds of rice. Rice spread too thick will not dehydrate properly.
- Set dehydrator for 135 degrees for 12 hours.
- When completely dry crumble the rice and then pour it into jars for vacuuming and sealing.

Yield

About 2 cups. The rice will appear to be about the same size as before dehydrating but is fully cooked and only will take a small amount of water to rehydrate. It is a 1 to 1 ratio of dehydrated rice to boiling water needed to rehydrate. Rehydration time is less than 5 minutes and takes much less water than it does to cook.