How to Soak and Cook Brown Rice

Equipment Needed: Large bowl, mixing spoon, colander (or other straining tool), cooking pot, lemon juice (optional)

Benefits of soaking brown rice: Soaking grains helps to remove some of the phytic acid, helps to improve digestion, and speeds up cooking time

Step 1: Wash the Brown Rice

Wash your brown rice by rinsing it under room temperature water one-to-two times. This helps to remove dirt and clean the rice.

Step 2: Soak the Brown Rice

To soak your brown rice add the freshly washed rice to a mixing bowl and add water. Your brown rice will double in size. Make sure there is double as much water as brown rice.

OPTIONAL: Add 1 tsp of lemon juice to the soaking water. The acid in the lemon juice will help breakdown the phytic acid, which will allow for better absorption.
Step 3: Let them Soak

Let your brown rice soak for at least 8 hours or overnight.

Step 4: Drain the Brown Rice

Drain your brown rice using a colander. Rinse it with water one more time so the rice is clean and ready to use.

Step 5: Cook

To cook your brown rice, add it to a large pot, covering until liquid is 2-inches above the rice, and bring to a boil. Reduce heat and let simmer for 30-40 minutes, or until fully cooked.

Step 6: Enjoy

Your rice is now ready to enjoy! Have it as a side with chicken, use it to make fried rice, try it with garlic and thyme, as a side, or eat it with scrambled eggs.