

Recipe 1347

Ingredients

3/4 lb. of rice, water, salt.

Method

Pick, wash, and soak the rice in plenty of cold water; then have ready a saucepan of boiling water, drop the rice into it, and keep it boiling quickly, with the lid uncovered, until it is tender, but not soft. Take it up, drain it, and put it on a dish before the fire to dry: do not handle it much with a spoon, but shake it about a little with two forks, that it may all be equally dried, and strew over a little salt. It is now ready to serve, and may be heaped lightly on a dish by itself, or be laid round the dish as a border, with a curry or fricassee in the centre. Some cooks smooth the rice with the back of a spoon, and then brush it over with the yolk of an egg, and set it in the oven to colour; but the rice well boiled, white, dry, and with every grain distinct, is by far the more preferable mode of dressing it. During the process of boiling, the rice should be attentively watched, that it be not overdone, as, if this is the case, it will have a mashed and soft appearance.

Source: Mrs Beeton's Book of Household Management (1861)

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