

How to cook de-starched rice?

- 1) Wash the rice in cold water by rubbing grains with your hands. Pour out the water and repeat the process for at least 4x.
- 2) Fill a pot of water and add the washed rice to be soaked for at least half an hour.
- 3) Discard the water.
- 4) Fill a pot with cold water and add soaked rice. Bring the water to boil and add 2 tablespoons of Virgin Coconut Oil.
- 5) When the rice is $\frac{3}{4}$ cooked, turn off heat and cover the pot with a cloth and close with lid.
- 6) Let the rice cooked normally by using the remaining heat to give a steaming action for the rice.

如何烹制无淀粉质的米饭？

- 1) 用手搓米粒，用冷水来洗米。倒出水并重复该过程至少 4 次。
- 2) 装满一锅水，加入洗过的米饭浸泡半小时以上。
- 3) 倒掉锅里的水。
- 4) 用冷水填满一个锅，并加入浸泡过的米饭。把水烧开，加 2 汤匙纯椰子油。
- 5) 当米饭煮至 $\frac{3}{4}$ 熟时，关掉火源，并用布盖住锅并盖上盖子。
- 6) 通过利用剩余的热能使米饭完全烹煮。