

## Easiest Rice

### Ingredients

1 cup rice  
1 gallon water  
1 tbsp good quality olive oil  
Dash salt  
Lime  
Organic, pasture-raised butter (optional)  
Parsley/cilantro to garnish (optional)

### Preparation

1. Fill a large pot with cold water and add rice, oil, and salt
2. Bring to a boil and then reduce heat to a low simmer
3. Cook for 15-40 minutes, depending on the type of rice you are using, checking regularly for doneness
4. When rice is ready, remove from heat and drain the water. Rinse with cold water several times and then strain.
5. Add salt and lime juice to taste. Optionally, toss rice in a small piece of butter and garnish with parsley or cilantro.

### Notes

Unlike with most rice recipes, in this version you add much more water than the rice can absorb. You allow the rice to simmer freely, and when it's ready, you simply strain the excess water.

I found that this method is by far the easiest and most convenient as you don't have to calculate any rice-to-water ratios or worry about having the rice stick to the pot.

By rinsing the cooked rice at the end, you remove some of the starch that would make the rice stick. The result: delicate grains of rice that don't clump together into some sort of blob.