

## Chapter 1 : 24 of the Best Rice Dishes from All Over the World

*Rice is cheap, healthful, easy to prepare, and, as Simmons shows, versatile enough to be served for every course of a meal. She includes recipes for soups, salads, appetizers and side dishes, many entrees, and sweets, along with separate chapters on risotto and pilaf and on wild rice.*

Rice is good for the skin? I know, I asked the same question when I heard about the potent properties of rice for topical application. Japanese women apparently have the skin care low-down on rice, utilizing the bran, oil and water from cooking the rice all for various purposes. Rice bran is supposed to be highly beneficial in preventing wrinkles when applied topically. How would you use it? Just make a sort of mud-like pack with it, mixing the bran with some purified water or a little coconut or olive oil. Apply generously and await drying. You can also use the bran as a lovely face scrub, just apply and massage off with water. Rice bran oil is full of Vitamin E and has amazing tissue-knitting properties. Also full of linoleic acid, an essential omega 6 fatty acid which helps with wound healing and skin elasticity and squalene – also found in shark liver oil, amaranth and olives, necessary for the synthesis of many hormones in the body as well as Vitamin D. The oil could be applied after a nice rice bran treatment and rice water is a great tonic for the skin maybe just prior to the oil application. To use rice water, boil some rice as usual, just add a little bit more water than is necessary for absorption. When cook time is finished, strain off the excessive water and let cool. Use a cotton pad or wash cloth to apply cool rice water to the skin. By just getting your hands on a few different, unique kinds you can really liven things up. Each one, like Jade rice or black rice, has their own taste and look. Some taste better with different accompanying foods and certain rices are good for sweet verses salty dishes. You have sticky to dry and short to long grain. Wild rice to red rice and everywhere in between. Go ahead, break out of the norm and try something new in the way of rice today! The insoluble fiber in rice easy moves through the intestinal tract taking other substances with it. It is gluten-free and can thereby be enjoyed by nearly anyone of every economic position. Rice is a great compliment to either a vegetarian or meat-complimented meal due to its fantastic fibrous qualities. With no fat of its own to speak of, consumers of rice can be selective about the oils that are added to cooked rice in order to make their meals more nutritious. When we have the correct oils we need in the body, our system can release unwanted, harmful fats. Where we often see meat as the main staple in this country, and rice as a side dish – if we switch that around it will become easier to achieve the desired weight. Japanese people see rice as the main part of their meal, and everything else is a complement. People in Japan consume between pounds of rice per year -each- next to our approximate 21 pounds per person. If you notice, the Japanese are notorious for their balanced weight. Neoprotective enzymes in the brain are also stimulated by the ingestion of rice which help to fortify brain cells against free radical damage. These enzymes can also prevent other toxins from injuring the brain, thereby warding off other possible brain conditions such as dementia. You could think of a bowl of brown rice per day like a good B-complex supplement, more delicious too. B Vitamins are water soluble, so they are easily lost through sweat, tears and other bodily fluids. We lose them when we worry about things, but brown rice can put them back. Well, wild rice is of particular value when it comes to protein. Containing nearly double that of brown rice, wild rice is a great addition to especially any vegetarian fare. Full of folate, phosphorus and zinc, Vitamin C, Vitamin A and Vitamin E, wild rice will give your immune system a boost and help fortify bones. Wild rice is a particularly good source of iron, more than any other rice. Apparently it is equivalent to eating 5 pomegranates for iron goodness. In the meantime you can throw together any compliments to your meal that you desire. Just add one cup of rice to 2 cups of boiling water and turn down to a simmer. It is about the same ratio for any one of the 40 varieties, except maybe sticky rice. Magnesium is greatly present in brown rice which is a co-factor for over enzymes in the body, very important for the production and regulation of insulin and how the body uses glucose. The FDA even backs up the claim that whole grains like brown rice help reduce the incidences of type 2 diabetes. Even the Japanese prepare a roasted brown rice tea for medicinal purposes. Used as a compress in ancient Chinese medicine, roasted brown rice was wrapped with ginger and other herbs and placed on an injured area such as broken bones or upset stomach. Legends abound about the luck and symbolism of rice. Indian brides give rice

## DOWNLOAD PDF RICE, THE AMAZING GRAIN

as a first meal to their husbands, and Indian mothers to their newborns. Rice is beautiful to see growing. If you have ever been to Thailand, Japan or Bali my favorite , the rice paddies adorn the earth in the most remarkable way. Layered rice paddies on mountain slopes are truly a site to see if you have never seen them. The image at the top of this article is from Bali, and to stand gazing out over a horizon rich valley of rice is like nothing else in the world. So peaceful, so inspiring. Whoever you are and where ever you live, you can benefit from rice. It is an amazing grain for at least 10 reasons, though assuredly many many more. Have you had your rice today?

## Chapter 2 : Rice, the Amazing Grain: Great Rice Dishes for Every Day | Eat Your Books

*Nano Biological Fertilizer for Rice - The powerful the safe and Cheap fertilizer, 3 kg in hectare Find this Pin and more on Rice the Amazing Grain by Lotus Foods. Ancient China: Grow rice in a container.*

The hearty grain originated in Asia thousands of years ago, and eventually came to the US in the s. Rice should be rinsed until the water is clear before cooking to get rid of excess starch. It can also be soaked before cooking to reduce cooking time and stickiness. Some of the most popular rice varieties include jasmine, basmati, japonica, wholegrain, parboiled, and generic long-grain. Jasmine, also known as Thai rice, has a slightly sticky texture when cooked and is very fragrant. Basmati, also known as the Prince of Rice, is very long, slender, and fragrant. A popular brand for basmati is Amira. Japonica is mainly grown in California and is used in a lot of Japanese and Caribbean cuisine. Wholegrain, or brown rice, has a nutty flavor and chewy texture when cooked. Last, but not least is everyday long-grain. Rice also plays a significant culture role in many places throughout the world. Some cultures even have a rice deity. After all, rice is an international staple food. Interested in trying Indian food? Right now Whitney has an Indian Christmas Giveaway going on. Click here to check it out. A member has started a discussion. Click "Read Comment" to view. Leave A Comment Uh-oh! You seem to be logged out. Refresh your page, login and try again. Sorry, comments are currently closed. You are posting comments too quickly.

## Chapter 3 : | Southern Living

*Virtually fat free, rice is a fast and convenient food that meets the needs of a healthy diet low in saturated fat and cholesterol and high in fiber and complex carbohydrates. Here is a dazzling array of recipes for soups, salads, main dishes, pilafs, wild rice dishes, and sweets.*

## Chapter 4 : Rice, the Amazing Grain: Great Rice Dishes for Every Day by Marie Simmons

*This episode is more than just rice! Perhaps this will open your eyes to the adventure you're about to take: Beautiful scenery Dangerous animals.*

## Chapter 5 : Amazing Deal: Rice & Grain Cooker

*Over the years, Chen Forng-Shean has experimented with different mediums, from various seeds to grains of sand, and even thin noodles, but I found his rice grain carvings most impressive of all.*

## Chapter 6 : The Easiest Instant Pot Rice Pudding Recipe + Video

*'Rice, The Amazing Grain' by Marie Simmons and 'Risotto' by Judith Barrett and Norma Wasserman are two older books (14 and 18 years respectively) on a most interesting culinary subject.*

## Chapter 7 : Rice Is Amazing for at Least 10 Reasons – Guardian Liberty Voice

*Rice is a fast and convenient food that is low in saturated fat and cholesterol and high in fiber and complex carbohydrates. Simmons describes many kinds of rice and includes recipes. Coauthor of the "Cooking Healthy" feature in Bon Appetit magazine, Simmons also wrote Ways to Cook Pasta.*