



**BOOK
OF
RECIPES
WITH EVERY GRAIN**

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Table of Contents

Bibimbap	4
Paella	6
Risotto	8
Sushi	10
Chicken Biryani	12
Mango Sticky Rice	14
Hainanese Chicken Rice	16
References	18

References

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Bibimbap is a Korean traditional rice dish with a party of vegetables and meat toppings of your choice. Simply assemble, then mix all together for the perfect ratio of flavour and health!

Shiitake: Cook over medium heat for 2 min with: 1. 1/4 tsp sugar, 1/2 tsp

Harmony & Sharing

Dating back to the late Joseon Dynasty when it was a meal for farmers, it's a dish designed to bring people together. All the unique ingredients come together to create a perfect balance of flavour.

Mepssal Rice

Koreans mainly use Mepssal, a.k.a. short-grain white rice. It is soft and easy to digest. For a healthier alternative, you can also opt for mix-grain, usually a brown rice, barley and other grains and beans.

Cooking Rice on the stove

Easiest way of course would be to use a rice cooker. But not all of us have one. That's okay! Just follow these simple steps:

Start by mixing 1 cup of rice to 1.5 cups water in a saucepan.

Bring to simmer on medium high.

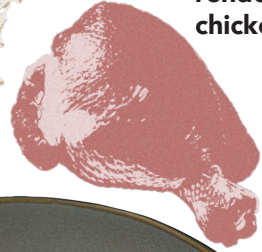
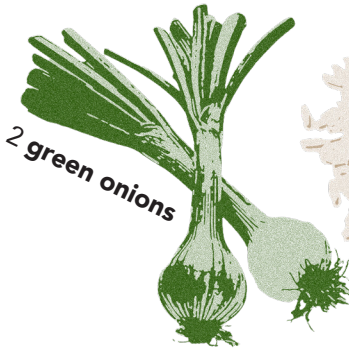
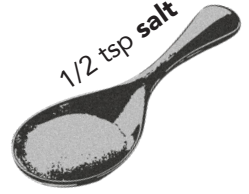
Turn down to low, cover lid, cook for 13 minutes. Then rest 10 minutes.

BIBIMBAP





1 Tbsp
**miced
ginger**



Bring to boil over medium high heat and when it starts to simmer, cover and turn the heat down to low. Cook for **17 minutes**, turn off the heat, and let rest for **10 minutes**.

medium high
1.5 tsp soy,
1 tsp of garlic.



Spinach: Saute with:
1/2 tsp garlic, and
salt. When cool,
squeeze to drain out
excess liquid.

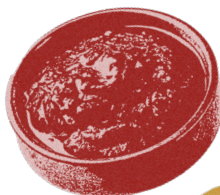
Carrot: Cook until just tender (5
to 8 minutes)



Beansprouts: Simmer
in water for 5 min or
steam in microwave
for 3 min until floppy.
Drain under cold wa-
ter, then cool. Squeeze
out excess liquid with
hands, place in bowl.
Mix with 2 tsp sesame
oil, 1 tsp garlic, 1/4 tsp
fish sauce.



FRIED EGG!!



Sauce: gochujang & sesame oil



Zucchini: Cook for 4 minutes.



HAINANESE CHICKEN RICE

Soul-warming and comforting dish with rice paired with poached chicken with aromas of ginger and garlic. Served with chilli sauce and cucumber garnish, it does not fail to fuel your body and soul.

Origin

Hainanese chicken rice originated in the Hainan province of China and was brought to Singapore by Chinese immigrants. It is based on Wenchang chicken, a famous Hainanese dish from the Qing dynasty.

Which Rice?

Jasmine rice is used in Hainanese chicken rice, like in most other South East Asian dishes. Its aromatic flavour complements the dish very well and its fluffy texture when paired with the juicy chicken is unbeatable.

Pair with Sauces!



PAELLA

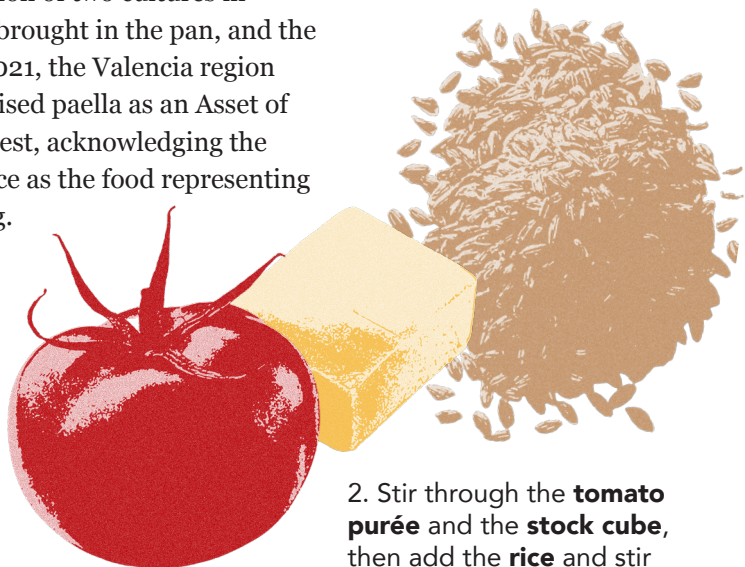
Classic Spanish rice dish, served in one pan. Although paella originates from Valencia, it has become the national food of Spain, with endless varieties.

Bomba Rice

Bomba is the best rice for paella. As a round short-grain rice, it is not only authentic to the dish, but the results are always almost perfect. Calasparra or arborio rice will do the job as well.

Symbol of Togetherness

Paella symbolises the union of two cultures in Spain: the Romans who brought in the pan, and the Arabs with the rice. In 2021, the Valencia region of Spain officially recognised paella as an Asset of Intangible Cultural Interest, acknowledging the dish's cultural significance as the food representing togetherness and sharing.



2. Stir through the **tomato purée** and the **stock cube**, then add the **rice** and stir for a couple of minutes so it starts to suck up all that lovely flavour.



Origin

Although mango sticky rice has its origins from Thailand, neither mango nor sticky rice have originated from Thailand. It. As a traditional dessert shared throughout South Asia, it is very likely a product of the amalgamation between the different cultures in the region throughout time.

Abundance & Prosperity

Mango sticky rice is enjoyed at every occasion, from festivals to street markets, making it one of the most culturally significant dessert of South Asia. It is often associated with festivities and celebration, symbolising abundance and prosperity.



5. Peel and slice the **mangos**.

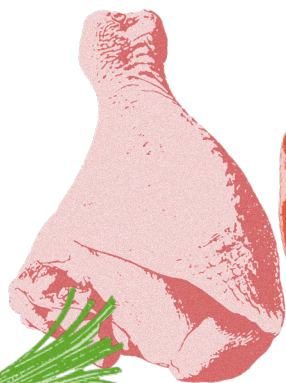
Which Rice?

Mango sticky rice is made with glutinous rice, a short-grain variety of rice, also known as sweet rice/waxy rice.



6. Put together everything & Sprinkle with **sesame seeds**.

1. On medium heat, add **garlic, onion, carrot, parsley stalks, chorizo, chicken and paprika**, and fry for around **5 minutes**, stirring regularly.



4. Stir in the **peas and seafood**, replace the lid, and cook for a further **5 minutes**.



5. Serve with lemon!



3. Pour in **boiling water** and add a pinch of sea **salt** and black **pepper**. Pop the lid on and bring to the boil, then reduce to a simmer for **15 minutes**, stirring regularly.

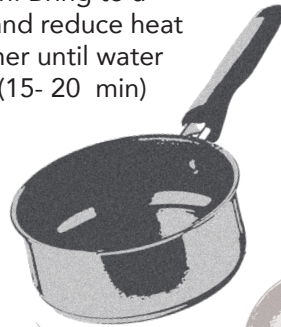


MANGO STICKY RICE

Traditional Thai dessert, also known as Kao Niew Mamuang. Sweet and coconutty flavour, combined with the starchiness of the rice, gives the dessert a very rich texture.



1. Combine **water** and **rice** in a saucepan. Bring to a boil, cover, and reduce heat to low. Simmer until water is absorbed (15- 20 min)




2. Combine **1.5 cups coconut milk, 1 cup sugar, and 1/2 tsp salt** in a saucepan. Bring to a boil over medium heat, remove from the heat.



Stir into the rice.

4. Sauce: combine **1/2 cup coconut milk, 1 Tbs sugar, 1/4 tsp salt, and tapioca starch.** Bring to boil, cook and stir just until thickened.





2. Tostatura: add the rice to the pan and allow it to toast a little, it can be slightly crispy, and the rice should be glazed and lightly toasted.

3. Umifità: add and reduce the white wine. There are also recipes with red wine, mostly Barolo.

4. Brodo: add a little of the bouillon, bit by bit.

1. Sofrito: start by gently frying a diced onion in butter.

5. Mantecatura: derived from the Spanish mantequilla, which means butter. This is the last step, when the butter and cheese are added

Origin

Chicken biryani can be traced back to the Mughal Empire and ancient Persia, with the word “biryani” being derived from the Persian word “birinj”, which means “fried rice”.

2. Saute with chicken until it becomes pale. Then on low heat, cover and cook until the chicken is completely cooked.



Basmati Rice

Basmati rice is a long-grain, aromatic rice that originated in Indian subcontinent. It is known for its nutty flavour, floral aroma and fluffy texture. It is often used as a base for rich sauces like curry or stews.

3. Mix everything well.



4. Finally, cover the pot. Cook on a medium heat until the rice is cooked completely. If the rice is undercooked, pour 1/4 to 1/2 cup boiling water. Rest it covered for 15 min.

CHICKEN BIRYANI

Flavourful, mixed rice dish that originated in Persia, and is popular in South Asia, especially India. A traditional biryani consists of fluffy basmati rice layered over tender & succulent piece of meat, accompanied with spices & herbs.

Togetheress

With its long preparation time, it is often enjoyed at festivals and special occasions, bringing people together.

1. Marinate for 1 hour



1 star anise



1 bay leaf



RISOTTO

Which Rice?

The possibilities of risotto rice are endless (aborio, carnaroli, vialone nano, etc.). Carnaroli and aborio are the two most common, although any short-grain rice, or rice labeled as “risotto rice” should do the job.

Origin

Risotto is believed to have originated in what is now known as Lombardy. The first recipe identifiable as risotto dates from 1809, including rice sautéed in butter, sausages, bone marrow, and onions with broth with saffron.

A creamy Italian rice dish cooked with a variety of broth and ingredients.

Cooking al-dante

Authentic risotto is usually on 80% cooked, which is a different texture from the cooked rice that Asians are used to. Carnaroli rice, for example, contains more than 24% straight-chain starch, which makes it difficult to mush during cooking, and is the main reason for its toothsome texture.



SUSHI

Japanese dish featuring specially prepared rice and usually seafood, often raw, but sometimes cooked. The rice is a crucial ingredient - indeed, the word “sushi” refers to the sour flavour of the vinegared rice.



Origin

Sushi was originally invented as a means of preservation, when fermented rice was used to store fish for anything up to a year. This was known as **narezushi**, and in fact the rice was thrown away and only the fish consumed. A later variant called **namanarezushi**, invented in the 16th century, introduced the idea of consuming the vinegared rice with the fish, and this is still enjoyed today, particularly in Japan’s ancient capital, **Kyoto**.



Japanica Rice

Sushi rice is so important that chefs in Japan undergo years of training just to learn how to cook the rice properly before they begin to handle any seafood. The usual variety of rice used for sushi is **Japanica** - a medium-grained starchy rice with somewhat rounded grains. Anything labeled ‘sushi rice’ at your local supermarket will do.

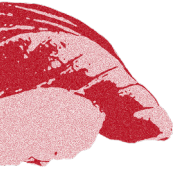


Prepping the Rice

1. **Cook the rice** - find the steps in page 2 (Bibimbap)

2. **Vinegar Mixture** - combine **1/2 cup rice vinegar**, **1 Tbp of vegetable oil**, **1/4 cup white sugar**, **1 tsp salt** in a saucepan. Cook over medium heat.

3. **Season the Rice** - allow the vinegar mixture to cool, then stir it into the cooked rice. Stir until the rice is nice and sticky - it'll look wet first, but it'll dry as it cools.



Making Nigiri

1. Using wet hands, pick up **1.5 tablespoon** of room-temperated sushi rice.

2. Palce a piece of sliced fish on the rice ball.

3. Serve with wasabi & soy sauce!

