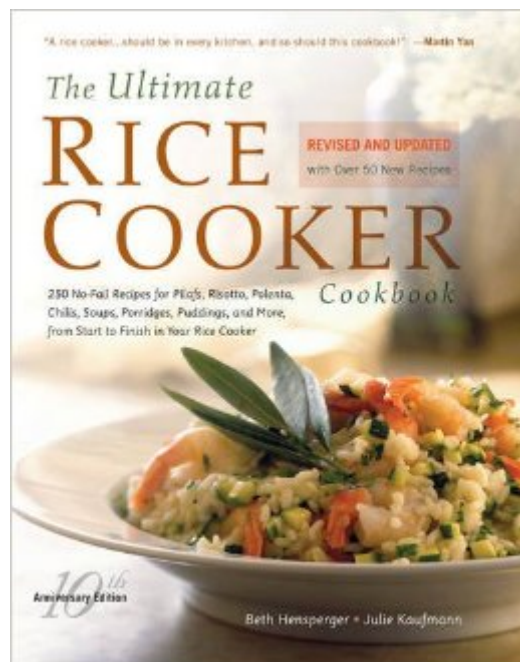


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The Ultimate Rice Cooker Cookbook - Rev: 250 No-Fail Recipes For Pilafs, Risottos, Polenta, Chilis, Soups, Porridges, Puddings, And More, Fro



Synopsis

Rice cookers are perfect for how we cook today: Versatile and convenient, they have one-button technology, don't take up too much counter space, and are a breeze to clean. And they can do so much more than produce foolproof rice, beans, and grains. This new edition takes note of the whole-grain revolution in U.S. kitchens and offers recipes for a host of new (and rediscovered) grains, like quinoa, millet, couscous, kamut, and spelt, whose popularity is rising fast. It focuses on a wider variety of rices, too, with lots of ideas for red, black, basmati, jasmine, and Arborio rices, as well as partially milled white rice, which looks and cooks like white rice but has the nutritional value of brown rice. The authors have also added a complete guide to the newer rice cookers that have come to the market since the original edition, including induction-cooking and pressure-cooking rice cookers and models that replace the old buttons-and-dials approach with more complex digital displays. Alongside many favorites from the first edition, from Carrot Basmati Pilaf and Italian Sausage Risotto to French Polenta and Maple-Cinnamon Rice Pudding, the 10th anniversary edition serves up more than 50 tempting new recipes, from a rich and soothing Sweet Brown Rice with Curry, Carrots, and Raisins to a warm and satisfying Millet, Winter Squash, and Sweet Pea Pilaf.

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Customer Reviews

I have owned rice cookers for many years. My latest, the Zojirushi NS-ZAC10, is the best I have ever used. I figured it would be a good idea to branch out from using the rice cooker to cook only rice, so I purchased this highly recommended book. While the book is very good, and the recipes I

have tried so far have all been quite tasty, there is a major consideration that you should be aware of when making many of the recipes in this book: residual odors. Yes, when you use your rice cooker to make the delicious "creamy breakfast oatmeal" with steel-cut oats, bear in mind that your steamed white rice will smell of cinnamon for at least three or four batches afterwards. My 11-year old (a steamed rice 'purist') noticed the cinnamon 'essence' immediately and complained that 'something was wrong with the rice.' Similarly with any of the dishes which call for sauteing onions in the rice cooker, or adding other strongly aromatic ingredients. If you use your rice cooker primarily for preparing perfect (and I mean PERFECT) steamed rice, you may not want any other flavors mingling in there. Just something to keep in mind. Otherwise, the book is a great resource. There are a few minor inconsistencies (try finding 'congee' in the index), and the resource materials can be a bit confusing (to be fair, the number of rice varieties is quite daunting). And if you are an experienced cook you may get tired of being told the exact procedure for washing rice in every recipe, but all in all, the sheer variety alone is easily worth the price.

While I love this cookbook, I'm going to tell you about the problems so you can get better results from it.

1. Measuring is a challenge! Depending on your rice cooker, liquids can be measured three ways: using the rice cooker cup, by the marks inside your rice cooker bowl, and by a standard measuring cup [8 fl oz.]. Dry ingredients can be measured by either the rice cooker cup or by a standard dry ingredients measuring cup. Before beginning any recipe, make sure you know what measures are being used, and do not make any recipe for the first time when company is coming over, in case you need to adjust it. Based on numerous recipe failures, I think the writers sometimes mixed up the measurements. They definitely could have made the information clearer in each recipe. How about a revised edition? ;)
2. Some recipes, polenta for example, have overly long cooking times, such as two porridge cycles back to back, or 90 minutes. Polenta cooks on the stovetop in 20 minutes; even a single porridge cycle is too long. Feel free to cut cooking times short.
3. When cooking oatmeal, polenta, grits, etc. with the porridge cycle, open the cover up, and leave it up, once the contents reach a simmer. If you don't, starchy lava will flow out of the vent and make a horrible mess, hot liquid may shoot out, and the recipe may be ruined as a result. If your rice cooker starts to spit, use extreme caution when you open the lid, as the hot contents may splash and burn you.
4. If a recipe says you can skip pre-soaking for tapioca, beans, etc., don't. Your final results will be much better using a traditional overnight soak in cold water.
5. When making risotto, don't perform the first step, briefly saut ing the rice in oil, in the rice cooker.

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