

## A healthier way to cook Brown rice and Multi-grains

### Preface

Though many have recognised that brown rice and multi-grains have higher nutrition and dietary fiber content than white rice, most of our common cooking methods are unable to activate these nutrients or remove the unpleasant bitterness which is caused by the production of unhealthy compounds during the cooking process. Such compounds including **purin and phytic acid** not only defeat the purpose of incorporating brown rice and multi-grains into daily diet but also harmful to patients suffering from gout and hyperuricaemia. Eating the right food is indeed crucial. Yet, inappropriate cooking procedures can be harmful. To tackle this, we have analysed and simplified the **ancient Chinese Monk regimen method** into this healthier cooking procedure we recommend here. With the right tools, it only takes approx. **28-35 mins** to cook the grains, which is less time-consuming than the traditional ways. This new cooking procedure consists of two main stages: **boiling and steaming**. It is simple to be done in your kitchen. Enjoy it and good health.

### A. Choosing cookware: (May use the Steamer or Rice Cooker or both)

		
Steamer	Auto rice cooker	Colander

### B. Cooking procedures

#### B-1 Rinse and Boil

1. Rinse the rice properly. No soaking here.
2. Add water (water-to-rice ratio of 5:1) and bring the water to a boil over medium-high heat for 5 – 8 mins.

#### B-2 Steam and Simmer

3. Drain the rice through a fine colander. (You might need to keep the boiled water for next step.)
4. Transfer the rice into another pot. Pour hot water, broth or stock on the same level of rice. Steam the rice with *either* a steamer for 20-30 mins *or* a rice cooker. (Please select **white rice mode** if using multifunction rice cooker.).
5. Simmer the rice for at least 10 mins. Fluff the rice and simmer again for 5 mins before serving..

#### Remark:

- a. In step 4, you may add in salt, coconut oil together with the hot water to get up appetite in summer time.
- b. This cooking procedure is highly recommended for **germinated brown rice**, brown rice, multi-grains, beans, stale rice, rice or grains that contaminated by bugs...etc.
- c. This cooking procedure is inspired by ancient Chinese Monk regimen method which involves a series of complicated processes including water purified, rice fermentation and germination that will take you about 18-24hrs totally. We highly recommend to apply our **Germinated brown rice** instead of Monk's method.
- d. Our research has proven that the monk's cooking method is the most effective way to remove or reduce purin and phytic acid in brown rice and enrich rice with minerals, such as zinc.

(Adam Lu, Dec.2011)