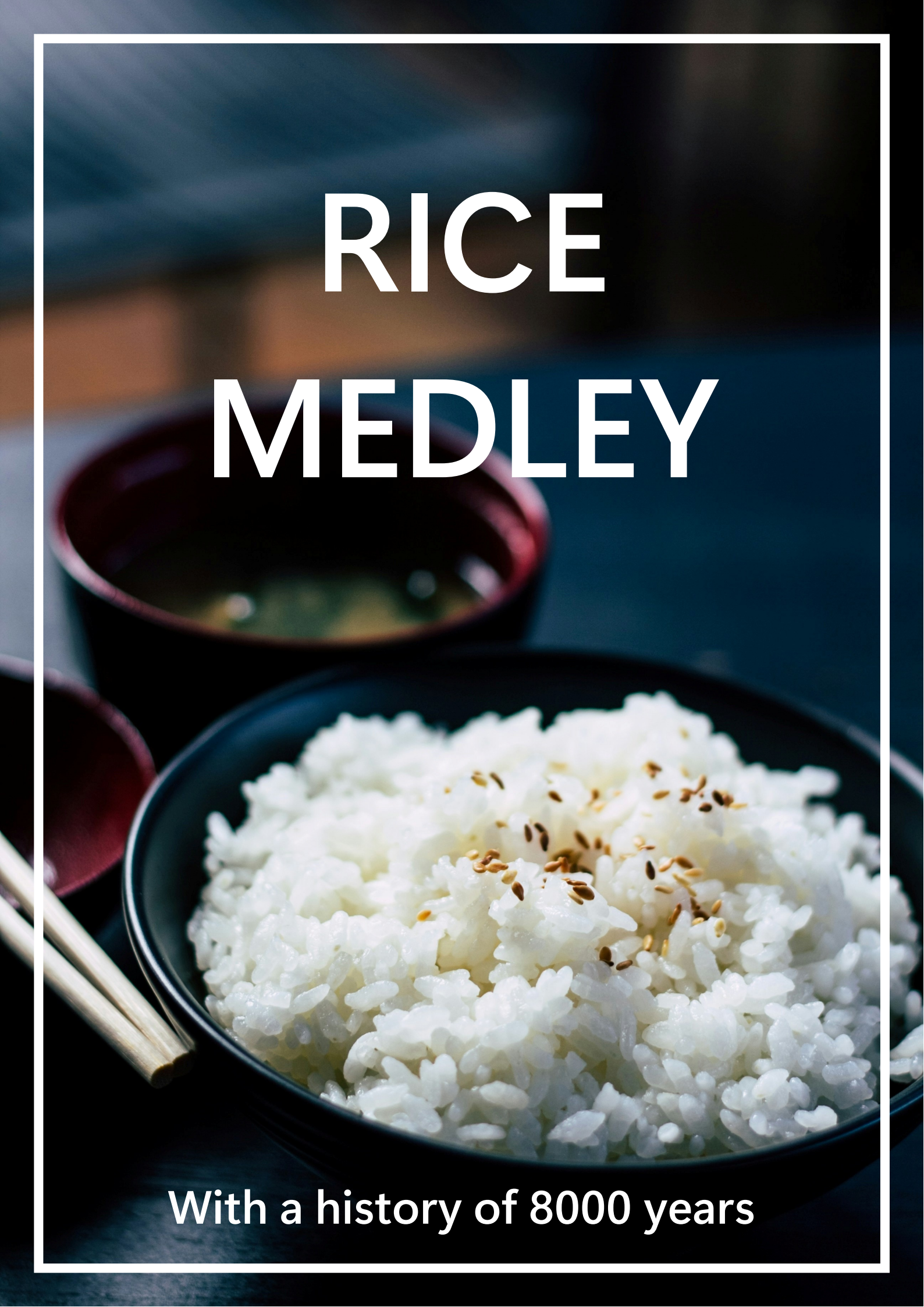


RICE MEDLEY

A close-up photograph of a dark blue bowl filled with fluffy white rice, garnished with a sprinkle of brown sesame seeds. In the background, slightly out of focus, is another dark blue bowl containing a light-colored soup with green seaweed. A pair of light-colored wooden chopsticks rests on the left side of the rice bowl. The entire scene is set against a dark, textured background.

With a history of 8000 years

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- CRAFTSMANSHIP - RICE VARIETY basics & usage ✓

Courses: Rice variety

Collections: PURPOSE & HISTORY

Source: OCTOPUS OCEAN - Germany



Ingredients

Varieties

With thousands of varieties, *Oryza sativa* can vary in dimensions, thickness, stickiness, hue, fragrance, and taste. Rice is commonly classified into broad categories according to its shape or processing method:

Sourcing:

- ☐ Fiber
- ☐ Vitamins B1 (thiamin) and B6
- ☐ Magnesium
- ☐ Phosphorus
- ☐ Selenium
- ☐ Manganese

Directions

In over 100 countries around the globe, rice serves as a primary staple food.

In certain homes, rice is part of more than one meal each day. This grain, which is high-calorie and starchy, is usually inexpensive, making it available to everyone and an essential foundation of many diets. Every country features a rice dish that embodies local flavours and culinary inclinations: risotto in Italy, paella in Spain, jambalaya in the southern U.S., coconut rice in Colombia, steamed rice in China, rice and beans in Mexico, and sweet rice in Portugal, among others. e in Portugal, among others.

Rice is scientifically known as *Oryza*.

The predominant species is *Oryza sativa*, which is divided into the long-grain indica and short-grain japonica varieties. Rice cultivation tools have been discovered in China that are 8000 years old. Merchant traders aided in the gradual dissemination of rice across the continents.

Prepare

Prior to cooking, wash the rice in cool water until it runs clear to eliminate excess starch. When rice is sourced from bulk bins, rinsing assists in eliminating dust or any undesirable substances. It can then be soaked to lessen its cooking time and stickiness. Be aware that washing and rinsing too much can eliminate some water-soluble B vitamins, particularly in polished enriched white rice, where the vitamins are applied to the grain's surface.

Rice is usually cooked by boiling it in water or steaming it, as it takes in water and becomes softer during cooking. After cooking, long-grain varieties tend to yield fluffy, separated grains, whereas short or medium grains become sticky.

Adhere to the package instructions, as various types of rice necessitate different water quantities and cooking durations. Generally, the ratio for cooking rice should be 2:1, meaning you should use 2 cups of water for every 1 cup of rice. In a saucepan, heat water until it boils. Put rice in and mix it with the water. Cover the pot and lower the heat to low-medium. For white rice, simmer for approximately 20 minutes; for brown rice and other minimally processed types, simmer for 40 to 45 minutes. Take off the heat and let it steam in the covered pot for 5 to 10 minutes. Use a fork to fluff the rice and separate the grains.

To enhance the flavour, substitute water with chicken or vegetable broth during cooking, or incorporate spices into the cooking water. If you are using fresh chopped herbs like parsley, dill, or chives, gently mix them into the cooked rice after it has been taken off the heat but is still steaming in the pot.

Simple methods to utilize cooked rice is leftover:

In a frying pan, sauté chopped vegetables and either cooked meat or tofu. Then, add in the prepared rice and mix everything thoroughly.

Increase the substance of your soup by adding a cup of cooked rice.

Include a small amount of cooked rice in a salad.

To prepare a simple vegan rice bowl, combine one cup of cooked rice, ½ cup of cooked beans, ½ cup of salsa, and a handful of greens.

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- CRAFTSMANSHIP -

Coconut infused rice ✓

Courses: Rice variety

Collections: Indian recipes

Source: OCTOPUS OCEAN - Germany



Ingredients

The all-time favourite:

It takes less than 30 min. to prepare and pairs wonderfully with the centre-point of the meal:

fish - curries - stir fries

- ☐ 500 gr Jasmine white rice
- ☐ 840 ml Coconut cream
- ☐ 120 ml Water
- ☐ ¼ tsp Salt

Directions

Wash the rice with cold running water until the water is clear.

In a medium pot, combine rice, cold water, coconut cream & salt, and heat until boiling.

After it reaches a boil, cover with a lid that fits tightly, lower the heat to low and let the rice simmer for 15 min.

After 15 min, take it off the heat (keep the lid on – DO NOT OPEN), and let the rice steam for another 10 min. before fluffing it with a fork.

Incorporate any extra flavours you want to add, and serve it alongside a meal you enjoy.

For storage:

Allow the coconut rice to cool down completely before putting it in an airtight container or bag. Keep it in the fridge for 4-5 days at most, and just reheat it in the microwave before serving. Full freezing instructions can be found in the complete blog post.

- CRAFTSMANSHIP -

Curried rice ✓

Courses: Rice variety

Collections: Indian recipes

Source: OCTOPUS OCEAN - Germany



Ingredients

Recipe for Curried Rice

Curried rice, or curry rice, is a simple and fast side dish that can be enjoyed by itself, alongside stir-fries, or with any other homemade sauce. The rice is light and fluffy, tasty, and bursting with flavour from the basic pantry items used.

- ☐ 600 gr Rice:
(Long grain rice) or
(Basmati rice) or
(Jasmine rice)

THOROUGHLY WASHED

- ☐ 1 tbsp Curry powder
- ☐ 160 gr Onion chopped
- ☐ 1,5 liter Chicken stock
- ☐ 2 tsp Cayenne pepper
use according to taste
- ☐ 6 Garlic gloves, chopped
- ☐ 500 gr Peas frozen
- ☐ 500 gr Carrots chopped
- ☐ 170 ml Oil
- ☐ 1 tbsp Coriander powder

Directions

Discover how to prepare this rice side dish in your instant pot pressure cooker and on the stovetop with simple steps.

Wash the rice with cold running water until the water is clear.

In a pot, warm oil at medium heat, then cook the onions, garlic, and carrots until they are tender and aromatic - this should take roughly 3 min.

Mix in the rinsed rice and stir to combine after adding coriander and curry powder to the sautéed aromatics. Add salt and pepper to taste, then cover with chicken stock, stir, and make sure no grains are sticking to the bottom of the pan.

Put the lid on the pan, lower the heat, and let it cook for 15 to 20 min. The cooking duration for the rice will vary based on the rice type.

When the rice is done cooking, incorporate the frozen peas, cover it again for 5 min more, then uncover and fluff the rice with a fork.

Serve and relish!

- CRAFTSMANSHIP -

Djuvec rice ✓

Courses: Rice variety

Collections: French recipes, Japanese recipes

Source: OCTOPUS OCEAN - Germany



Ingredients

- ☐ 1000 ml vegetable Broth
- ☐ 500 g Rice, long-grain
- ☐ 450 gr Bell Pepper, red
- ☐ 250 gr Tomatoes, fresh
- ☐ 400 gr Onions
- ☐ 250 g Peas, frozen
- ☐ 250gr Ajvar from a jar
- ☐ 75 g Butter
- ☐ 5 Garlic cloves
- ☐ 2,5 tbsp Paprika sweet
- ☐ 7,5 tbsp Tomato paste
- ☐ 7,5 tbsp Olive oil
- ☐ 1,25 tsp Salt
- ☐ a pinch of Pepper black, freshly ground

Directions

Wash the rice with cold running water until the water is clear.

Peel the onions and the garlic cloves and dice them finely. Wash the bell pepper, remove the seeds, and dice it into small pieces. Wash the tomatoes, remove the core, and dice the flesh into small pieces.

In a large pan, heat the butter until it foams, then add paprika powder and briefly toast it until it smells fragrant.

Next, sauté the bell pepper, tomatoes, onion, and garlic in it for 3 min. over medium heat.

Now stir in the uncooked rice and add Ajvar, as well as the tomato paste, and the olive oil.

Then deglaze with the vegetable broth and season with salt and a pinch of black pepper. Cover and cook over low heat for 15 min.

After that, stir in the frozen peas and cook for another 5 min, with the lid on, or until the liquid has thickened to a creamy consistency.

Finally, season to taste if desired and serve.

- CRAFTSMANSHIP -

Lemon Ginger rice ✓

Courses: Rice variety

Collections: Modern culinary creation

Source: OCTOPUS OCEAN - Germany



Ingredients

- ☐ 1100 gr Rice
- ☐ 2 tsp Salt
- ☐ 2 tbsp Butter
- ☐ 0,5 tsp Ginger freshly grated
- ☐ 0,5 tsp Lemon zest
- ☐ 1 tbsp Coriander powder

Directions

Wash the rice with cold running water until the water is clear.

Drain thoroughly + fill 2,1 liter water into the pot.

Add the butter, ginger, and lemon zest, then sprinkle on the salt.

Bring to a boil, then lower the heat to maintain a simmer.

Put the lid on the pot and let it cook for 15 min. without taking the lid off.

Take off the lid and use a fork to fluff the rice.

Recover & maintain warmth until it is time to serve.

To achieve drier rice, remove the lid after fluffing. Before serving, season with coriander powder

In order to prevent the rice from becoming overly sticky, be sure to rinse it well before cooking.

For additional flavour, you can cook the ginger and lemon zest in butter before putting in the rice.

- CRAFTSMANSHIP -

Risi E Bisi (Rice & Peas) ✓

Courses: Rice variety

Collections: Italian recipes

Source: OCTOPUS OCEAN - Germany



Ingredients

- ☐ 2,25 liter Water
- ☐ 2 Bay leaves
- ☐ 2 tbsp Oil
- ☐ 1 Garlic clove, minced
- ☐ 2 Leeks, medium
washed & thinly sliced
- ☐ 500 gr Rice
- ☐ 600 gr Peas, fresh or frozen
- ☐ 3 tbsp Parsley, chopped
- ☐ Salt + Pepper, to taste

Directions

Wash the rice with cold running water until the water is clear.

Put the water, and bay leaves in a medium saucepan, simmer gently, and keep warm.

Saute:

Heat oil in a big stock pot or Dutch oven over medium heat. Add the leeks and simmer for about 5 min., or until just tender. Toss the rice with the garlic for about 3 min., or until the rice is well coated.

Add liquids gradually:

One cup of warm water at a time; the stock should be bubbling. Stir frequently so that the liquid is slightly absorbed.

Add one more cup of water, and so on, until six cups are utilized. Stirring constantly, boil the rice until it is al dente—tender but chewy—after adding the peas and the remaining stock.

After adding the parsley, the rice and peas should get rather soupy. Take off the heat and mix in the parsley. Add lots of salt & pepper to taste.

- CRAFTSMANSHIP -

Jollof rice ✓

Courses: Rice variety

Collections: West African recipes

Source: OCTOPUS OCEAN - Germany



Ingredients

A beloved West African rice dish cooked in a spicy tomato-pepper sauce.

- ☐ 500 gr Rice long grain
- ☐ 250 ml Tomato puree
- ☐ 125 ml Vegetable Oil
- ☐ 1 Onion, sliced
- ☐ 1 tsp Thyme, dried
- ☐ 1 tsp Curry powder
- ☐ 250 ml Vegetable broth
- ☐ Salt & pepper to taste

Directions

Wash the rice with cold running water until the water is clear.

Sauté onions, then add tomato puree & spices.

Stir in rice and broth, cover and cook on low until rice is fluffy.

Fluff with fork & serve hot.

- CRAFTSMANSHIP -

Mexican rice ✓

Courses: Rice variety

Collections: Mexican recipes

Source: OCTOPUS OCEAN - Germany



Ingredients

Authentic Mexican Rice (Arroz Rojo)

This arroz rojo is light & fluffy, packed with flavour, and has the perfect warm red hue. The toasted rice + blended tomato base produce the distinctive flavour that accompanies your beloved Mexican dishes.

- ☐ 375 gr Rice, long grain white
- ☐ 3 tbsp Oil
- ☐ 1/4 Onion, diced
- ☐ 1,5 Garlic clove, crushed
- ☐ 1 tbsp Chicken powder
- ☐ 2 Tomatoes
(blended into about 1 cup)
- ☐ 500 ml hot water
- ☐ 1/4 tsp Salt (or to taste)
- ☐ 2 tsp Coriander
- ☐ 1 Jalapeño

Directions

Wash the rice with cold running water until the water is clear.

Heat oil in a heavy-bottomed pan over medium heat. Add diced onion and crushed garlic.

Cook until lightly golden and fragrant.

Remove the garlic clove and set it aside.

Add the rice to the pan and toast it, stirring constantly for about 5 minutes until slightly puffed and golden.

Stir in the chicken bouillon and garlic powder. Toast for another minute. Blend the tomatoes with the reserved garlic clove until smooth.

Pour the tomato mixture into the rice.

Stir constantly for about 30 sec. until the rice turns a deep reddish-orange colour.

Carefully add the hot water (it should be very hot). Stir in salt to taste. Season with coriander & the whole jalapeño on top. Let it simmer over medium-low heat until some of the liquid reduces.

Reduce heat to low, cover, and cook for 20 minutes. Do not lift the lid.

Turn off heat and gently fluff the rice with a fork, mixing in the tomato layer from the top.

For softer rice, cover and let it sit for an additional 10 min. off heat.

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- CRAFTSMANSHIP -

Sushi rice ✓

Courses: Rice variety

Collections: Japanese recipes

Source: OCTOPUS OCEAN - Germany



Ingredients

To make any kind of sushi, you need the right sushi rice (e.g., Yume Nishiki Super Premium Short Grain Rice). Sushi rice is a short-grain, round-grain variety. Other types of rice are not suitable because the grains do not stick together.

8 Portions

(each with 350 gr cooked rice)

- ☐ 600 gr short-grain rice
- ☐ 840 ml water

For the rice marinade:

- ☐ 300 ml Sushi Vinegar

Directions

Step 1 One piece of sushi (nigiri) consists of about **20 g of cooked rice** plus the topping. For two people, allow about 18 pieces of sushi if sushi is to be the main meal.

This amounts to 350 g of cooked rice.

Step 2 First, place 150 g of uncooked rice in a pot, cover the rice with cold water, and then wash it by stirring with your hand. Repeat this until the water is almost clear, then drain it completely.

Step 3 Add the correct amount of water to the pot. Let the rice soak in cold water for 20 min. This allows the rice to pre-soak so the grains don't burst open during cooking. Bring the rice to a boil briefly until steam appears under the lid, then simmer over low heat for 20 min. until all liquid has been absorbed.

Step 4 It is important to open the lid as little as possible throughout the entire cooking process.

Finally, remove the pot from the heat and let it sit, covered, for another 10 min.

Step 5 For 350 g of rice, the easiest method is to mix 3 tbsp of seasoned sushi rice vinegar into the rice.

Alternatively:

Heat 2 tbsp of rice vinegar, 20 g of sugar, and 5 g of salt until the sugar and salt have dissolved in the vinegar, let it cool, and then mix it into the rice. Now your delicious sushi rice is ready to use!

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- CRAFTSMANSHIP -

Pilaw rice ✓

Courses: Rice variety

Collections: Indian recipes

Source: OCTOPUS OCEAN - Germany



Ingredients

Pilaf rice is super fluffy, juicy, and is perfect as a side dish for fish, meat, and vegetables, even outside of oriental cuisine.

- ☐ 500 gr Rice, long-grain
- ☐ 200 gr Onions
- ☐ 100 gr Butter
- ☐ 1200 ml Vegetable broth
- ☐ Salt

For the studded onion:

- ☐ 1 Onion
- ☐ 2 Bay leaves
- ☐ 4 Cloves

Directions

Wash the rice with cold running water until the water is clear.

Let the washed rice drain in a sieve.

Peel the onion and cut it into fine cubes.

Melt the butter in a pot and sauté the chopped onions in it until they are translucent.

Then add the rice and briefly fry it as well.

Then pour in the vegetable broth.

Peel the onion and attach the bay leaf with the cloves to the round side of the halved onion and put it into the pot.

Add some salt and let simmer with the lid on over medium heat for about 18-20 minutes.

Finally, remove the studded onion.