

5 Ways With Enriched White Rice!

What is Enriched White Rice?

Enriched white rice is essentially white rice that has added nutrients to make it a more viable and healthier option for a well-balanced diet.

The nutrients that white rice has been enriched with consist of vitamin A, niacin, folic acid, thiamine, potassium, and iron.

It has many benefits, including the following,

- High in iron and folate
- Low in fat and sodium
- Naturally gluten-free
- Quick source of energy



Here are 5 ways to use Enriched White Rice at home:

- Soy sauce butter fried rice
- Simple sesame rice
- Scrambled eggs with rice
- Vegetable fried rice
- African style rice

For more recipes, tips and information contact Ayesha at ayeshakhan@kings.edu



Soy Sauce Butter Fried Rice

Name: Ayesha Khan

Title: MSND Graduate Student

Ingredients

0.5 cup tamari (OR normal soy sauce)

1.5 teaspoon honey

0.5 teaspoon chili flakes

6 tablespoons salted butter

2.25 cups roughly chopped broccoli

3 large eggs, beaten

6-7.5 cups steamed enriched white rice

4.5 green onions, thinly sliced

This recipe serves 6

Total time: 15 minutes

Credit: Tieghan



1. In a small bowl, combine the tamari and honey, and season to taste with chili flakes
2. Melt 1 tablespoon butter in a large skillet over medium heat
3. Add the eggs and let cook until the edges start to set, 1-2 minutes. Gently scramble the eggs. Add the rice, broccoli, and remaining butter
4. Toss the rice in with the butter and cook until the butter coats the rice
5. Pour in the sauce, cook until the rice is crisping, 4 to 5 minutes
6. Stir in the green onions and remove from the heat
7. Serve warm, topped with green onions and chili flakes

Equipment:

Small bowl, measuring cup, large skillet, beater/whisker, teaspoon, tablespoon, slicing knife, wooden spoon, cutting board, stove



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Simple Sesame Rice

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Ingredients

1.5 clove garlic (OR shallots)

1.5 Tbsp butter

1.5 cup long grain enriched white rice

2.63 cups water

1.5 Tbsp soy sauce

0.75 Tbsp toasted sesame oil

1.5 tsp sesame seeds

This recipe serves 6

Total time: 25 minutes

Credit: Beth



1. Mince the garlic and place it in a medium sauce saucepan with the butter. Sauté the garlic for 1-2 minutes above medium heat, until it softens and turns fragrant
2. Add the rice to the pot, stir, and cook for another 2-3 minutes to toast it. Carefully add the water and soy sauce, then give the pot a brief stir to combine
3. Place a lid on the pot, turn the heat up to high, and allow it to come to a full boil. Once boiling, reduce the heat to low and let it simmer for 15 minutes
4. After 15 minutes, turn off the heat and allow the rice to rest for 5 minutes, undisturbed and with the lid on
5. After 5 minutes, take off the lid and fluff the rice with a fork. Drizzle the toasted sesame oil over the rice, then add the sesame seeds and gently fold until evenly distributed.

Equipment:

Measuring cups, tablespoon, teaspoon, sauce pot, slicing/carving knife, spatula/wooden spoon, fork, stove



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Scrambled Eggs with Rice

Name: Ayesha Khan

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Ingredients

9 large eggs

3 Tbsp vegetable oil

3 tsp gochujang (OR any chili paste to taste)

6 cups cooked enriched white rice, warm

4.5 Tbsp soy sauce

1.5 Tbsp toasted sesame oil

6 green onions, sliced

This recipe serves 6

Total time: 15 minutes

Credit: Beth



1. Crack the eggs into a bowl and beat well with a fork
2. Warm the vegetable oil in a large non-stick skillet over medium-low heat
3. Add the eggs and scramble them lightly, leaving them slightly runny.
4. Toward the end of cooking, add the gochujang (OR any chili paste to taste) and stir until well incorporated
5. Stir in the warmed rice, using a wooden spoon to break up any clumps
6. Cook for several minutes, until the rice is heated through, then stir in the soy sauce and sesame oil
7. Serve hot, in individual bowls, topped with the sliced green onions

Equipment:

Measuring cup, tablespoon, teaspoon, slicing/carving knife, bowl, fork, large non-stick skillet, wooden spoon, cutting board, stove



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Vegetable Fried Rice

Name: Ayesha Khan

Title: MSND Graduate Student

Ingredients

3 tablespoon sesame oil (OR olive oil)

$\frac{3}{4}$ onion, finely diced

3 clove garlic, finely diced

4 $\frac{1}{2}$ cups enriched white rice, cooked the day before

$\frac{3}{4}$ cup frozen corn

1 cup frozen peas and carrots

3 eggs

3 tablespoon soy sauce

This recipe serves 6

Total time: 15 minutes

Credit: Sneji



1. Sauté the onions in a skillet or wok for a few minutes over medium-low heat, until translucent
2. Sauté the finely diced garlic for only 20 to 30 seconds, being cautious not to let it burn
3. Push the garlic and onion to the side and immediately scramble one egg. You can now add your leftover cooked rice and vegetables
4. Rice should be leftover and cooked at least one to three days in advance
5. After stirring in the vegetables and cooking for approximately a minute, add your desired amount of soy sauce to taste
6. Take it off the fire, garnish with scallions, and enjoy!

Equipment:

Slicing/carving knife, cutting board, measuring cups, tablespoon, large sauté pan, spatula/wooden spoon, stove

You can substitute peas and carrots for any vegetables you prefer!

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African Style Rice (to be served with peanut chicken)

Name: Ayesha Khan

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Ingredients

1 can (31 ½ ounce) chicken broth

3 cups enriched white rice

1 ½ tablespoons butter

3 dashes coriander powder (OR cumin)

3 dashes turmeric powder

This recipe serves 6

Total time: 25 minutes

Credit: Phoenix Food Queen



1. In a sauce pan, melt butter and add rice to sauté
2. When the rice has turned a nice golden color, add chicken stock, a dash of coriander powder, then a dash of turmeric, and bring to boil
3. At boiling point, reduce heat to low and cover
4. Cook for 20 minutes. Do not open the lid until the 20 minutes are up. Use a timer to keep track!
5. When done, fluff with fork and serve it as part of the main course with African-style peanut chicken OR any other meat dish!

Equipment:

Measuring cup, tablespoon, saucepan, fork, timer (if needed), spatula/wooden spoon, stove

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