

Bread, Rice, Cereal, & Pasta

Rice:

2 cups water plus 1 cup uncooked regular rice

or

2 1/2 cups water plus 1 cup uncooked brown rice

1. Combine water and rice in saucepan.
2. Heat to boil, stirring occasionally.
3. Reduce heat, simmer 15 to 20 minutes for regular rice, and 30 to 40 minutes for brown rice.
4. Remove from heat and fluff with fork.

- 1 cup regular or brown rice will yield 3 cups cooked rice.
- 1 cup instant rice will yield 2 cups cooked rice.

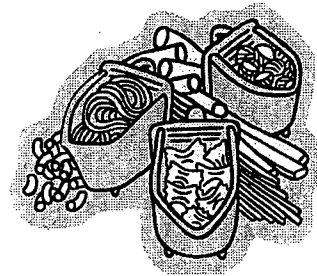
Pasta:

2 quarts water

8 ounces pasta

1. Heat water to a boil in a deep saucepan.
2. Add pasta all at once. Stir to separate.
3. Start timing when water returns to a boil.
4. Cook uncovered for the amount of time given on the package.
5. Do not over cook. Drain water from pasta. You do not need to rinse it.

- 8 ounces of dry pasta yields 3 1/2 to 4 cups cooked pasta.



Source: Michigan State University Extension Video: Bread, Rice, Cereal and Pasta



Master Mix:

2 cups white flour
2 cups whole wheat flour
3/4 cup non-fat dry milk powder
1/2 cup oats
1/2 cup cornmeal
3 tablespoon baking powder
2 tablespoons sugar
1 teaspoon salt
1/2 cup vegetable oil



1. Combine dry ingredients Mix well.
2. Cut in oil until coarse.
3. Store at room temperature in a covered jar.

To use:

Stir, then spoon into measuring cup. Level.

The Master mix can be used to make cookies, cakes, muffins, pancakes, etc.

Whole Grain Pancakes:

3 cups whole grain master mix
1 1/2 cups water
1 egg

1. Mix until well blended.
2. Pour onto greased hot griddle or waffle iron.
3. Cook until golden brown.

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