



Rice Cooking Manual

How Rice Consumption Works:

- Requirement of Rice → Price → Shop Visit (time needed) → Cooking Time → Eating Time

Daily Rice Requirements:

Meal	Uncooked Rice Quantity
Lunch	½ cup (75–100 grams)
Dinner	½ cup (75–100 grams)
Total per day	1 cup (150–200 grams)

💰 Price Estimate for Rice (200 grams)

Item	Quantity	Price per kg (BDT)	Total Cost (BDT)	Total Cost (USD)	Total Cost (EUR)	Notes
White rice	200 grams	₳60–₳80 per kg	₳12–₳16	\$0.11–\$0.15	€0.10–€0.13	Common price for medium-quality rice in Bangladesh

🕒 Time to Cook 1 Cup of Rice (Bangladeshi White Rice)

Method	Time (Water Boiling)	Time (After Boiling Starts - Simmering)	Time (Resting off Heat)	Total Time (Incl. Prep)	Notes
Stovetop (Boil + Simmer)	5–7 min	10–15 minutes	5 minutes	20–25 minutes	If you soak the rice beforehand (20–30 minutes), the cooking time can reduce to 8–10 minutes as soaked rice cooks faster.

💧 Water Required for Cooking Rice

Rice Quantity (Uncooked)	Water Quantity	Notes
1 cup (about 200 grams)	2 cups (about 480 ml)	Common ratio: 1 part rice to 2 parts water

1 cup of uncooked white rice typically weighs **180–200 grams**, and it should be cooked with **2 cups (480 ml) of fresh water**.

Eating Time:

- Total Eating Time:** 20–25 minutes.

Recommended Cooking Steps (Stovetop Method):

- Wash & Soak Rice (optional):** Soak for **20–30 minutes** (optional).
- Add Water:** Use **2 cups of water** for **1 cup of rice**.
- Bring to Boil:** Wait for **5–7 minutes** until water boils.
- Simmer:** Cover and simmer on low heat for **10–15 minutes**.

5. **Rest:** Let the rice rest off heat for **5 minutes** with the lid on.

How Uncooked Rice Increases When Cooked

- **1 cup of uncooked rice** yields approximately **3 cups of cooked rice**, enough for **2 meals**.

When cooking rice, it absorbs water and **expands about 2.5 to 3 times its original volume**. This is why cooking in bulk is time-efficient — you get a lot more cooked rice from a small amount of uncooked rice!

- **1 cup uncooked rice → 3 cups cooked rice**
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Supplementary Definitions, Figures, and Tables



Figure 1: Rice Soaking Water Level Measurement

🔥 Soaking Rice:

Soaking means resting the rice in water at **normal temperature** — no heat, no flame, no stove involved.

✅ Steps to Soak Rice Properly:

1. **Place the rice** in a bowl or pot (but **off the stove**).
 2. Add clean, **room-temperature water** (enough to cover the rice by about **1-2 inches**).
 3. Let the rice **sit on the counter** (no heat) for **20-30 minutes**.
 4. Drain the soaking water completely.
 5. Add **fresh water** before cooking on the stove.
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🍲 What Does "Simmer" Mean?

Simmering means cooking food gently in **hot water just below the boiling point**. You'll see **small bubbles** rising slowly, not a rolling boil.