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Green Tea Rice

Prep Time: 10 mins

Cook Time: 20 mins

Rest Time: 1 h 10 mins

Total Time: 1 h 40 mins

Ingredients

1 1/2 cup(s) rice, white, short grain (such as Valencia)

2 cup(s) water

2 tablespoon wine, rice, sake

1 tablespoon tea leaves, green

3/4 teaspoon salt, Kosher

2 tablespoon sesame seeds, toasted

Preparation

1. Place rice in a fine-mesh sieve and rinse under cold water, using your hand to gently stir the rice until the milky-white liquid runs clear, about 2 minutes.
2. Transfer the rice to a heavy medium saucepan and add water and sake. Let soak for at least 1 hour.
3. Using a mortar and pestle or spice grinder, grind tea leaves and salt to make a powder. Stir it into the rice.
4. Bring the rice to a boil. Reduce heat to very low and cook, covered, for 10 minutes. Remove from the heat and let the rice rest, covered, for 10 minutes more, so it can settle and finish cooking.
5. Remove the lid and gently stir the rice. Sprinkle each serving with some toasted sesame seeds.



Quick Info:

4 Servings



Contains Nuts



Vegetarian

Nutritional Info (Per serving):

Calories: 229, Saturated Fat: 0g, Sodium: 448mg, Dietary Fiber: 2g, Total Fat: 2g, Carbs: 45g, Cholesterol: 0mg, Protein: 4g

Carb Choices: 3

Recipe Source:

EatingWell.com



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