

how to cook...

rice & pasta

how to cook rice:

Rice swells up when cooked. One cup of uncooked rice becomes 3 cups of cooked rice. Allow between $\frac{1}{4}$ to $\frac{1}{3}$ cup of uncooked rice per person.

absorption method:

serves: 4

1. Place $1\frac{1}{2}$ cups of water in a saucepan. Cover with lid and bring to the boil (*big bubbles*).
2. Add 1 cup of rice to boiling water. Bring to boil, stirring with the lid off.
3. Turn heat down to low. Put lid on and leave for 15-18 minutes until water has been absorbed.

microwave method:

serves: 4

1. Put 1 cup of rice and 2 cups of boiling water into a microwave proof bowl.
2. Cook uncovered on high for 14 minutes. Stir half way through cooking time.
3. Remove from microwave, cover and stand for 5 minutes. Fluff up rice using a fork.

HINT: Any leftover rice can be frozen.

how to cook pasta:

Pasta includes macaroni, spaghetti and noodles (*just to name a few*). Pasta swells up when cooked. One cup of dry macaroni becomes 2 cups of cooked macaroni. Allow between $\frac{1}{2}$ - 1 cup of uncooked pasta per person.

1. Choose a saucepan large enough to hold 4 cups of water for every $1\frac{1}{2}$ cups of uncooked pasta. Bring water to the boil.
2. When water is boiling, add pasta. Stir a little until water comes back to the boil.
3. Boil with lid off until pasta becomes tender. Test by squashing or cutting a piece. Pasta should be tender but firm (*al dente*). Drain and use.

HINT: Left over pasta can be frozen.

how to cook... vegetables

boiling:

1. Put washed and cut veggies in a pot with a small amount of water.
2. Bring to the boil on the stove.
3. Boil until they are tender but not soggy.
4. Drain well using a strainer and then eat.

microwaving:

1. Place prepared veggies in a shallow microwave proof dish, cover with plastic wrap.
2. Microwave for about 2 minutes, and then carefully check if they are soft enough.
3. Cook for longer if you like your veggies softer.

roasting:

1. Heat oven to about 180°-200°C.
2. Put a small amount of oil (*about 3 tablespoons*) in a shallow oven-proof dish.
3. Place veggies such as potato, pumpkin, sweet potato and/or onions in the dish.
You may like to add garlic or sprinkle with herbs.
4. Bake in oven for about 45 minutes, turning the veggies once or twice during this time.

steaming:

1. Use a steamer that fits into a saucepan. Fill saucepan until water almost touches the steamer.
2. Place veggies in the steamer and place the lid on the saucepan.
3. Bring the water to the boil.
4. Cook until vegetables are soft.