

## Soups and Sides

### Long Grain Rice

**Makes** 6-8 Servings

**Prep Time:** 10-15 minutes to boil water.

**Allergy Alert:** None.

### Special Utensils

Mess kit

Two-gallon Zip Lock Bag

### Ingredients

4 cups of water

2 cups of rice

### Instructions

1. Open a two-gallon zip lock bag inside a mess kit pot with the edges folded down around the outside of the pot.
2. Pour 2 cups of long grain rice into the zip lock bag.
3. Boil 4 cups of water in a second pot.
4. When boiling, remove the water from the coals and pour the hot water into the zip lock bag as it sits in the mess kit pot. Use gloves or full hand potholders to avoid scalding.
5. Close the zip lock bag safely and let the rice sit. You do NOT need to get all the air out of the bag. Simply close it making sure you don't get burned. It should be ready in 20 minutes. It can sit much longer if the remainder of your meal takes longer to cook, but it is best if you start the rice about 20 minutes before your main dish is expected to be done.
6. Serve the rice directly from the bag still sitting in the pot.

**Note:** There is something called sous vide cooking. This refers to cooking vacuum sealed food in boiling water. It is a common practice. Brand name Zip Lock bags are made of the same material as vacuum seal bags made for sous vide cooking. The manufacturers' websites specifically state the bags are BPA-free and dioxin-free, which are the chemicals people are generally afraid of. So, I don't have any worries about chemicals leaching into my food from the plastic due to the boiling water. However, do not melt the bag by placing the pot in the fire or over the coals. Melted bags are not good to eat.

**Note to New cooks:** Long grain rice is different than quick-cook rice like Minute-rice. You can still cook your minute rice as suggested above in a gallon zip lock bag, using the directions on the side of the box.

