

Carolina Gold Rice Recipe: A Southern Staple with Rich History

2 cups water or chicken broth



TIME
10 min

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INGREDIENTS

1 cup Carolina Gold Rice
2 cups water or chicken broth
1 tablespoon butter or olive oil
1 teaspoon salt
Optional: herbs (like thyme or bay leaf) for added flavor

DIRECTIONS

- 1. Rinse the Rice:** Start by rinsing the Carolina Gold Rice under cold water. This removes excess starch and helps achieve a fluffy texture. I usually do this in a fine-mesh strainer.
- 2. Boil the Liquid:** In a medium saucepan, bring 2 cups of water or chicken broth to a boil. Adding broth enhances the flavor, but water works just fine if you prefer a lighter taste.
- 3. Add Rice and Seasoning:** Once the liquid is boiling, add the rinsed rice, salt, and butter or olive oil. Stir gently to combine.
- 4. Simmer:** Reduce the heat to low, cover the saucepan, and let it simmer for about 30-40 minutes. Avoid lifting the lid during cooking, as this can disrupt the steaming process. I like to set a timer to ensure I don't forget about it!
- 5. Fluff and Serve:** After the cooking time is up, remove the saucepan from heat and let it sit for 5 minutes. Then, fluff the rice with a fork before serving. This step is crucial for achieving that perfect texture.

TIPS FOR SUCCESS

Experiment with Broths: Try using vegetable broth for a vegetarian option or seafood broth for a richer flavor when serving with seafood dishes.

Add Aromatics: Sauté onions or garlic in the butter before adding the rice for an extra layer of flavor.

Make it a Meal: Incorporate vegetables like peas or bell peppers into the rice during the last 10 minutes of cooking for a complete dish.

