

Instant Pot White Rice

Fluffy long grain rice from a 1:1 ratio and four minutes at pressure — the fully hands-off method.

PREP	COOK	TOTAL	SERVES
5 min	4 min	34 min	6

INGREDIENTS

2 cups long grain white rice (basmati or jasmine)	½ tsp kosher salt (optional)
2 cups water	

METHOD

- 1 Rinse the rice in a fine sieve under cold water, drain well, and tip into the pot.
- 2 Add the water and salt, stir, and make sure no grains are stranded on the sides above the waterline.
- 3 Lock the lid and set the valve to sealing.
- 4 Pressure cook on high for 4 minutes — the pot takes about 10 minutes to pressurise first.
- 5 Leave it alone for a natural release of at least 15 minutes, then vent anything remaining.
- 6 Fluff with a fork and serve.

NOTES

The 1:1 rice-to-water ratio is the point — pressure cooking loses almost no liquid.

The natural release finishes the cooking; venting early gives wet rice.

Per serving — Calories: 225 kcal · Carbs: 49 g · Protein: 4 g · Fat: 1 g · Sodium: 201 mg · Fiber: 1 g · Sugar: 1 g

Adapted from Kristine's Kitchen · <https://kristineskitchenblog.com/instant-pot-rice/> · Potbelly, typeset