

# Cooking with MIFWA

## *Garlic Butter Sticky Rice*



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## INGREDIENTS

1 x cup short grain rice  
(short grain is best as it gives your dish that glutinous, sticky texture)

1  $\frac{3}{4}$  cups stock of your choice  
(DIY or store bought)

2 x tablespoons garlic butter  
(DIY or store bought)

1 x teaspoon neutral oil  
(e.g., coconut oil or macadamia nut oil)

## METHOD

1. Melt butter and oil in a non-stick saucepan over medium heat.
2. Once the butter and oil start sizzling, add rice and stir to coat thoroughly with butter.
3. Gradually add stock, so that once some stock has absorbed you add a little more, and continue this process until all the stock has been absorbed and you achieve the consistency you're after.
4. Now put a lid on the saucepan, reduce the heat to the lowest setting and allow the rice to continue to absorb stock for about 5 minutes.
5. Taste the sticky rice to check that it's cooked through completely, and then switch the heat off. Give the rice a final stir and serve it with your favourite steamed veggies, fish or meat.

Have fun, and enjoy!

## MORE TIPS

- Modify the recipe to suit your need and tastes.
- Short grain rice is best for sticky rice. If you only have a small quantity, store it in the fridge. Otherwise store in an airtight container, preferably glass.
- Making your own stock is always a good idea. This way you know what you put in it and how much salt you prefer.
- Check that the stock is hot before you add to the rice.
- It's also a great idea to make your own garlic butter. You can add so many other flavours into it.

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