How to cook Niigata rice

1 Measurement
First, measure the uncooked rice. It's easiest to use the measuring cup that normally comes in with the rice cooker. “1 cup” equals 150g or 180cc, and will make about two bowls of rice.

2 Washing the Rice
Wash the uncooked rice in water. Using the flat of the hand, stir the grains gently for about 30 seconds. After washing, drain off the water left in the rice. Change the water 2 or 3 times until the liquid washes away with a gentle whiteness.

3 Amount of Water
One key to good rice is the amount of water. Take care to use the proper amount of water when cooking the rice. A rule of thumb is 1.2 cups of water for 1 cup of rice. For example, if you are making 3 cups (540cc) of rice, it’s best to use about 650cc of water. If you are using a rice cooker, add water to the scale mark as indicated in the rice cooker.

4 Water Absorbing
Rice should absorb enough water before cooking. Soak the rice to allow the water to penetrate to the core of the grains. Soaking time varies depending on the season. When water temperature of 20°C, soak for 30 minutes. At 5°C, 60 minutes or more is a good benchmark.

5 Cooking
After that, all you have to do is to press the button to start cooking! After the rice is done cooking, don’t open the lid just yet but leave it for 10-15 minutes, then stir it to let the water evaporate.