

The times below will work for cooking rice in a shallow, even layer in a stainless steel tray.

Following are the trays I use to cook rice in my steam oven (affiliate links):

[For 1 cup uncooked rice](#)

[For 2-3 cups uncooked rice](#)

<b>A Steam Oven Guide to Cooking Rice</b>				
<b>*For ALL varieties below, set your steam oven to 100°C/212°F (steam only, 100% humidity)</b>				
<b>Rice Variety</b>	<b>Quantity rice</b>	<b>Quantity liquid</b>	<b>Cooking time</b>	<b>Other notes</b>
Jasmine + most other long-grain white	1 cup	1 1/2 cups	20 min	Fluff with fork after cooking, stand 2 minutes.
Basmati	1 cup	1 1/3 cups	20 min	Fluff with fork after cooking, stand 3 minutes.
White short-grain	1 cup	1 1/2 cups	18 min	Fluff with fork after cooking, stand 2 minutes.
Risotto + Paella varieties (Arborio, Carnaroli, Calasparra)	1 cup	2 cups	20 min	Stir at end of cooking, add up to 1/2 cup extra water or stock to loosen if necessary.
Brown medium-grain	1 cup	1 2/3 cups	40-45 min	Stir at end of cooking, stand 5-6 minutes.
Black	1 cup	1 1/2 cups	40 min	Stir at end of cooking, stand 5 minutes.
Red	1 cup	1 1/2 cups	25-30 min	Stir at end of cooking, stand 5 minutes.
Wild	1/2 cup	2/3 cup	45 min	Stir at end of cooking, drain off any excess liquid.



*steam & bake*

steam oven recipes, resources & information  
www.steamandbake.com