Puffed Fried Rice

Makes about 3 cups

1 cup of rice

1 3⁄4 cups of water

1 to 2 pinches of sea salt

Sunflower, vegetable, or canola oil, for frying

Cooking the Rice

Rinse your choice of rice. Place 1 cup of rice into a bowl and fill it with cold water. Use your hand to swirl it around and then pour the rice into a fine mesh strainer so the water drains. Return the rice to the bowl and add fresh water. Keep rinsing until the water that's draining runs clear. This will remove excess starch from the rice so it doesn't clump or stick together as it cooks.

Bring the water to a boil and add the rice with the salt. Pour 1 3⁄4 cups of water into a pot and cover it with a lid. Heat the water over high until it boils. Then add 1 to 2 pinches of sea salt and the rinsed rice.

[Cook the rice](https://www.wikihow.com/Cook-Rice) until it's soft. Put the lid on the pot and turn the burner down to low so the water bubbles very gently. Simmer the rice until it's tender and the grains are soft. Begin checking the rice after 18 minutes.

Spread the cooked rice on a baking sheet. Get out a rimmed baking sheet and transfer the hot rice onto it. Use a spoon or spatula to spread the rice so it's in an even layer.

Dry the rice in a 250 °F oven for 2 hours. Preheat the oven and put the baking sheet of rice into it once it's hot. Cook the rice at this low temperature for 2 hours to remove all of the moisture from the rice grains. Once the rice is dry, remove it from the oven and turn off the heat. The rice should be completely dry and hard once it's ready to fry.

Frying the Rice

Pour the oil into a pot and heat it to 375 °F Put enough sunflower, vegetable, or canola oil to come 2 inches up the sides of the pot and set the pot on the stove. Clip a deep-fry thermometer to the pot and heat the oil over medium-high heat until it reaches 375 °F. Tip: Use a pot that's large enough a small fine mesh strainer. This will make it easier to remove the puffed rice from the oil.

Add a few grains of rice to test the oil temperature. Once the oil reaches 375 °F put a few of the dried rice grains into the pot. They should puff up instantly if the oil is ready. If the rice takes more than 10 to 15 seconds to puff up, heat the oil longer and check the accuracy of your deep-fry thermometer.

Put the rice into the oil and fry it for 5 to 10 seconds. Pour the dried rice into a small fine mesh strainer and lower the strainer into the pot. The rice will begin to puff up after 5 to 10 seconds of being in the oil. The puffed rice will float to the top of the oil.

Lift the rice out of the oil and transfer it to a baking sheet. Turn off the burner and place paper towels on a rimmed baking sheet. Slowly lift the fine mesh strainer with the puffed rice up and out of the hot oil. Then dump the puffed rice onto the paper towels. Cool.

To store leftover puffed rice, including puffed [rice cake](https://www.wikihow.com/Store-Rice-Cakes), put it into an airtight container and keep it at room temperature. Use the puffed rice within 5 to 7 days.