

RICE TYPE CHEAT SHEET

YOUR-GO-TO GUIDE FOR COOKING WITH ALL THE RICE TYPES

TYPE	GRAIN LENGTH	STARCH LEVEL	TEXTURE	BEST USES
Basmati	Long	Low	Light, fluffy	Stir-fries Thai dishes
Jasmine	Long	Medium	Soft, slightly sticky	Curries, Stir-fries Fried Rice
White (Long)	Long	Medium	Neutral, tender	Grain Bowls Pilafs, Casseroles, almost everything
White (Medium)	Medium	Medium	Neutral, tender	
Arborio	Short	High	Creamy, tender	Risottos, Creamy Desserts
Sushi Rice	Short	High	Sticky, compact	Sushi, Onigiri Rice Balls
Wild Rice	N/A (grass)	Low	Firm, Chewy	Rice salads, Grain Bowls, Holiday Stuffings
Red Rice	Medium	Medium	Neutral Tender	Jambalaya, casseroles
Instant Rice	Long	Low	Firm less sticky	Quick meals

Courtesy of thesaltypot.com