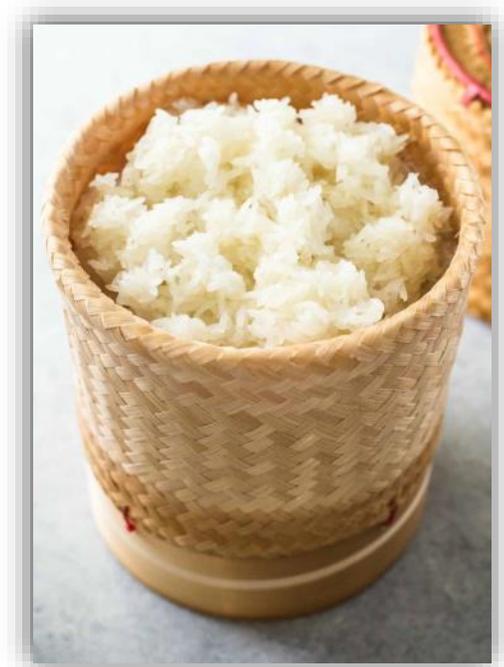


# TRADITIONAL STICKY RICE

Recipe from: [www.inquiringchef.com](http://www.inquiringchef.com)

Photos: [www.inquiringchef.com](http://www.inquiringchef.com)

Thai-style sticky rice (also sometimes called glutinous or sweet rice) is the perfect side dish for grilled meats, spicy Thai salads, or your other favorite Thai dishes. Use these step-by-step instructions for the stovetop (no special equipment required) or Instant Pot to make sticky rice that will easily roll into balls. sticky rice is used like a utensil (instead of a fork and spoon) and is eaten with every bite of the meal. The individual grains of rice cling to one another, hence the “sticky” in the title. You roll the rice into a small ball and then pinch it between your fingers to form a scoop for salads, sauces, or grilled meats.



## WHAT MAKES STICKY RICE “STICKY”?

Three things give sticky rice that unique sticky texture:

1. **Glutinous or Sweet Rice** – Start with the right variety of rice. It is labeled “glutinous” or “sweet”. Other types of rice (like jasmine rice) will not work.
2. **Soaking in Water** – Before cooking, the rice must be soaked in water for 4 to 10 hours. **YES: You MUST do this.**
3. **Steaming** – The rice is steamed over simmering water. Authentic sticky rice cannot be boiled directly in water like other types of rice.

BUY SWEET RICE



SOAK RICE



STEAM ON STOVETOP



STEAM IN INSTAPOT/PRESSURE



# HOW TO MAKE STICKY RICE IN THE INSTANT POT / PRESSURE COOKER

1. Soak rice in water for 4 to 10 hours.
2. Add 1 cup water to the bowl of the Instant Pot / pressure cooker.
3. Using a colander that will fit inside the bowl of the Instant Pot (and is approved for use under pressure), drain the soaked rice.
4. Place the colander with the rice into the bowl of the Instant Pot. (Note: The water should not touch the rice; if needed, add a rack so that the rice sits above the water.)
5. Close and lock the lid.
6. Set the pressure cook / manual setting on high for 12 minutes.
7. Allow the pressure to release naturally for 12 minutes and then manually release.
8. Unlock the lid but leave it on, slightly ajar, until ready to serve. Serve rice warm, within 15 minutes of preparing it.

# HOW TO MAKE STICKY RICE ON THE STOVETOP

1. Soak rice in water for 4 to 10 hours.
2. Place a colander inside a Dutch oven or large pot with a lid. (It's okay if the lid sits slightly ajar or there is a small gap above the colander.)
3. Add water so that it reaches to just below the bottom of the colander.
4. Drain the soaked rice into the colander and put it inside the Dutch oven.
5. Bring water to a simmer and cover with a lid.
6. Steam rice, covered, for 10 minutes.
7. Using a large spatula, flip the entire portion of rice like it's a pancake. (This will help it to cook evenly; don't worry if it doesn't easily flip in one movement, just use your spatula to work through all of the rice until it is flipped.)
8. Put the lid back on and continue steaming the rice for another 10 to 20 minutes, checking it for doneness every few minutes towards the end of the cooking time.
9. Serve warm, within 10 to 15 minutes of preparing it.