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Fermented Rice Recipe

Ingredients

- ☞ 1 ½ cups – organic brown rice or organic rice blend
- ☞ Some purified water for soaking the rice (See Step 1. below)
- ☞ 6 cups – distilled water (Purified water is fine if distilled is not available)
- ☞ 2 Tablespoons – Alessi Balsamic Vinegar (please use ONLY this brand)
- ☞ 10 capsules Premier Turmeric – opened
- ☞ 1 tablespoon – organic oregano
- ☞ Optional: ½ tablespoon – organic Chili Blend (example: a blend of organic chili pepper, cumin, coriander, garlic, allspice, cloves - or any combination)

Directions:

1. Soak the rice in a glass or ceramic bowl with purified water for about 45 minutes. (The water in the bowl should come to about an inch above the rice.) Then discard water.
2. Next, add the soaked rice and distilled water to a large pan.
3. Place the covered pan on medium-high heat for about 30 minutes. Then turn the heat off and let the rice sit covered for about another 45 minutes – during this time the rice will start absorbing the water. After 45 minutes, the rice will have completely absorbed all the water or almost all the water. (If any water remains, strain it out.)
4. Next, place the rice in a large glass bowl and mix in the balsamic vinegar, turmeric and oregano (and any optional spices). Mix thoroughly.
5. Place the mixture in large glass quart jars. Pack the mixture into the jar so that very little air space remains. Leave about one or two inches of space at the top of the jar.
6. Cover each jar with a small cloth (such as cheesecloth or a wash cloth), anchoring it with a rubber band around the neck of the jar.
7. Place the jars next to (touching) a Food Dehydrator that is set to 105 degrees F. Leave the jars in place for at least 6 to 8 hours – or up to 48 hours continuously. After 48 hours, place the jars in the refrigerator (if you haven't eaten all the rice yet). You can start eating and get the benefits of the fermented rice even after it has been fermented for only 6 to 8 hours. If you start the rice fermentation in the morning, you can eat delicious, fermented rice as part of your evening meal.

Before eating, please feel free to add sea salt, olive oil or other tasty additions.

Please enjoy this nutritious, fermented super food often!

Please Note: As always, when fermenting any food, if you notice any bits of mold growing on the top of the rice during the fermentation process, it may be best to discard the batch and start over. Always try to troubleshoot what factors may have created this result so you can create a fabulous fermented food the next time.