Rice Water Ratio Chart

Ten rice types, stovetop and electric pressure cooker — plus the reason your package says 2:1 while most cooks use 1:1.5. Both numbers are correct. The pot is what changes.

Free PDF download · Printable chart · No sign-up · Version 1.0

01 Ratios by rice type

The left column is the **USA Rice Federation** absorption chart, which assumes you are cooking in a covered saucepan on a burner. The right column is the manufacturer's own recipe for an electric pressure cooker. A dash means the source publishes no figure for that rice — nothing here is an estimate.

Rice type	Stovetop water : rice	Cook time stovetop	Instant Pot water : rice	Cook time
White, long grain	**1 : 2**	15–18 min	**1 : 1**	1 cup rice + 1 cup water
White, medium grain	**1 : 1.5**	15–18 min	—	No official recipe
White, short grain (sushi)	**1 : 1.25**	15–18 min	**1 : 1.3**	230 g rice to 300 ml water
U.S. jasmine, white	**1 : 2**	15–18 min	**1 : 1**	2 cups rice + 2 cups water
U.S. basmati, white	**1 : 2**	15–18 min	**1 : 1**	One official version uses 2 : 3
Brown, medium or long	**1 : 2.25**	40–45 min	**1 : 1**	Not split by grain length
Parboiled	**1 : 2.25**	20 min	—	No official recipe
Parboiled, brown	**1 : 2.25**	25 min	—	No official recipe
U.S. arborio	**1 : 4**	20–30 min	—	No official recipe
Wild rice	**1 : 3**	40–50 min	—	No official recipe

These are published ratios, not tested times. The stovetop column is the USA Rice Federation chart, measured for American-grown rice cooked by the absorption method. Your pot, your burner and your altitude will move the result; treat the numbers as a starting point and adjust once.

02 Why the same rice has two ratios

Search for a rice ratio and you meet two camps that look like they disagree. One says 1 : 1.5. The other says 1 : 2. Both come from people who cook rice professionally, and neither is wrong.

The grain needs about 1 : 1 water to hydrate. Everything above that is water that leaves the pot as steam before the rice is done. The real question is not *what ratio* but *how much escapes from your pot.*

Your setup	Water lost to steam	Long grain white
Wide open saucepan, lid on only after boiling	A lot	**1 : 2**
Narrow pot, heavy tight lid, low simmer	Some	**1 : 1.5**
Sealed rice cooker	Very little	**1 : 1.25**
Electric pressure cooker	Almost none	**1 : 1**

Read down that table and the contradiction disappears. A pressure cooker holds steam in, so it needs the least water. An open pot on a gas burner loses the most, so it needs the most. Same rice, different vessel.

Three things that move the number further

- **Doubling a batch does not double the water.** Evaporation depends on the pot's surface area and how long it cooks, not on how much rice is inside.
- **Rinsing or soaking pre-hydrates the grain.** Wet rice has already absorbed some water — back off by roughly 10%.
- **Altitude.** Above about 3,000 ft water boils cooler, so it takes longer and more of it evaporates. Add water rather than time.

> **THE CUP PROBLEM**
> Japanese and many Asian rice cookers are calibrated to a **180 ml rice cup**, while a standard U.S. measuring cup holds **240 ml**. The same printed number means different amounts depending on which cup you picked up. If your cooker came with its own cup, use that cup for both rice and water.

03 Should you rinse the rice?

The answer depends on the rice, not on your preference.

> **U.S.-GROWN ENRICHED WHITE RICE — DO NOT RINSE**
> Official guidance is to skip rinsing and to skip draining after cooking. Rinsing washes off the iron, niacin, thiamin and folic acid added during enrichment. FDA labelling rules require enriched rice to carry this instruction on the package.

Imported aromatic rice, brown rice, and unenriched rice are a different case. There, rinsing removes surface starch and loose bran, which keeps the grains separate and the cooking water from turning cloudy. Rinse those if you like the result — just reduce the water slightly, because the wet grain has already taken some up.

04 What this chart does not cover

Being clear about the edges is more useful than pretending there are none.

- **Rice cookers are not in the table.** Manufacturers including Aroma and Zojirushi direct you to fill to a line printed inside the pot rather than to measure a cup-to-cup ratio. Giving a single number for "rice cooker" would be invented precision, so we left it out. Use the line.
- **Quinoa and oats are not rice.** They appear in our calculator because people cook them in the same appliance, but neither the USA Rice Federation nor USDA publishes rice-style ratios for them.
- **Microwave is not covered.** USDA gives a method but no per-variety table, and results vary widely by wattage.
- **Quick-cook and instant rice are excluded.** They are pre-processed to hydrate fast and carry their own directions.

05 Sources

1. **USA Rice Federation** — "How to Cook Rice", Rice Cooking Chart. Parts liquid to 1 part rice by volume, by rice type, with cooking times. usarice.com/thinkrice/how-to/how-to-cook-rice
2. **Instant Pot** — official recipes for White Rice, Brown Rice, Jasmine Rice, Basmati Rice and Sushi Rice. instantpot.com/blogs/recipes
3. **Aroma Housewares** — rice cooker manuals and support pages covering the 180 ml measuring cup and the pot's printed water lines. aromaco.com
4. **America's Test Kitchen** — water-to-rice ratio testing; the finding that rice hydrates at roughly 1 : 1 and that additional liquid compensates for evaporation.
5. **Serious Eats** — rice cooking method comparisons and rinsing tests on enriched rice.
6. **U.S. Food and Drug Administration** — 21 CFR 137.350, standards for enriched rice, including the labelling instruction not to rinse or drain.

The ratios above are reproduced from the named sources. The evaporation explanation, the vessel comparison and the framing are our own synthesis of those sources; they are not a quotation from any single document.