

THE BEST RICE COOKER

I've had a few rice cookers over the years and all have worked reasonably well. There was the [Cuisinart 7-Cup Rice Cooker](#), the [Aroma 8-Cup Digital Rice Cooker and Food Steamer](#) and the [Sunbeam 16 Cup Rice Cooker](#). The problem I found with the Aroma digital rice cooker is that you have to set it for the type of rice you are cooking and it doesn't always turn out the way you want it to, especially if you add any other ingredients besides rice, as I often do. The Cuisinart and Sunbeam models have a button that you push down to cook and when the water is absorbed and the rice is done, the button pops up and automatically sets the rice cooker into warming mode. I find the button style much easier to use because it doesn't matter what type of rice or quinoa you are using and you can stir-fry onions or other vegetables directly in the rice cooker before adding the rice and water to the pot.

The issue with the above rice cookers and most other ones on the market today is that they are Teflon coated in order to make them non-stick. Whether or not you agree that heating Teflon can be hazardous to your health as well as the environment, the fact is that after some time the Teflon will flake off and bits of it will be going into your food. Do you really want to be ingesting that? Using Teflon coated pans at low heat temperatures with an exhaust fan and not using it at all once it begins to flake off is generally accepted as "proper use" by the manufacturers; however, rice cookers are boiling your rice so the temperature cannot be considered at a low setting.

Because of this I began searching for a rice cooker that was non-digital such as the Sunbeam and the Cuisinart, but not coated with Teflon. I also wanted the ability to steam vegetables in a basket on top, which most rice cookers have, but many are made of plastic and I didn't want that leaching into my food either.

What I found is the [Stainless Steel Rice Cooker by Miracle Exclusives](#) which has all the components I was looking for – push button, stainless steel, no Teflon, and a large stainless steel steaming basket (not shown in the picture). I've had it for several months now and I am extremely happy with it. The only negatives I have to say is that I wish it came in black or silver in addition to white. That being said it actually looks a lot nicer in person than it does online. The other slight negative, depending on your expectations, is that because it is stainless steel it is not 100% non-stick. Sometimes rice does stick to the bottom a bit, but you just soak it for a few minutes and it comes off quite easily without any harsh scrubbing.

I've made quinoa, brown rice, white rice, sushi rice, and even steel cut oats in there and they all come out fluffy and delicious. For some recipes I've used my rice cooker with, check out:

[COLORFUL QUINOA](#)

[STICKY SWEET BROWN RICE](#)

[MISO BROWN RICE](#)

[DELICIOUSLY SIMPLE RICE](#)

I have used the steamer basket for all types of vegetables and even put raw eggs in the basket when cooking brown rice to make perfect “hard-boiled” eggs.

If you have this rice cooker or plan on buying one, I’d love to hear your comments below!
