



OUR PRODUCTS

Always Impressive

Company History

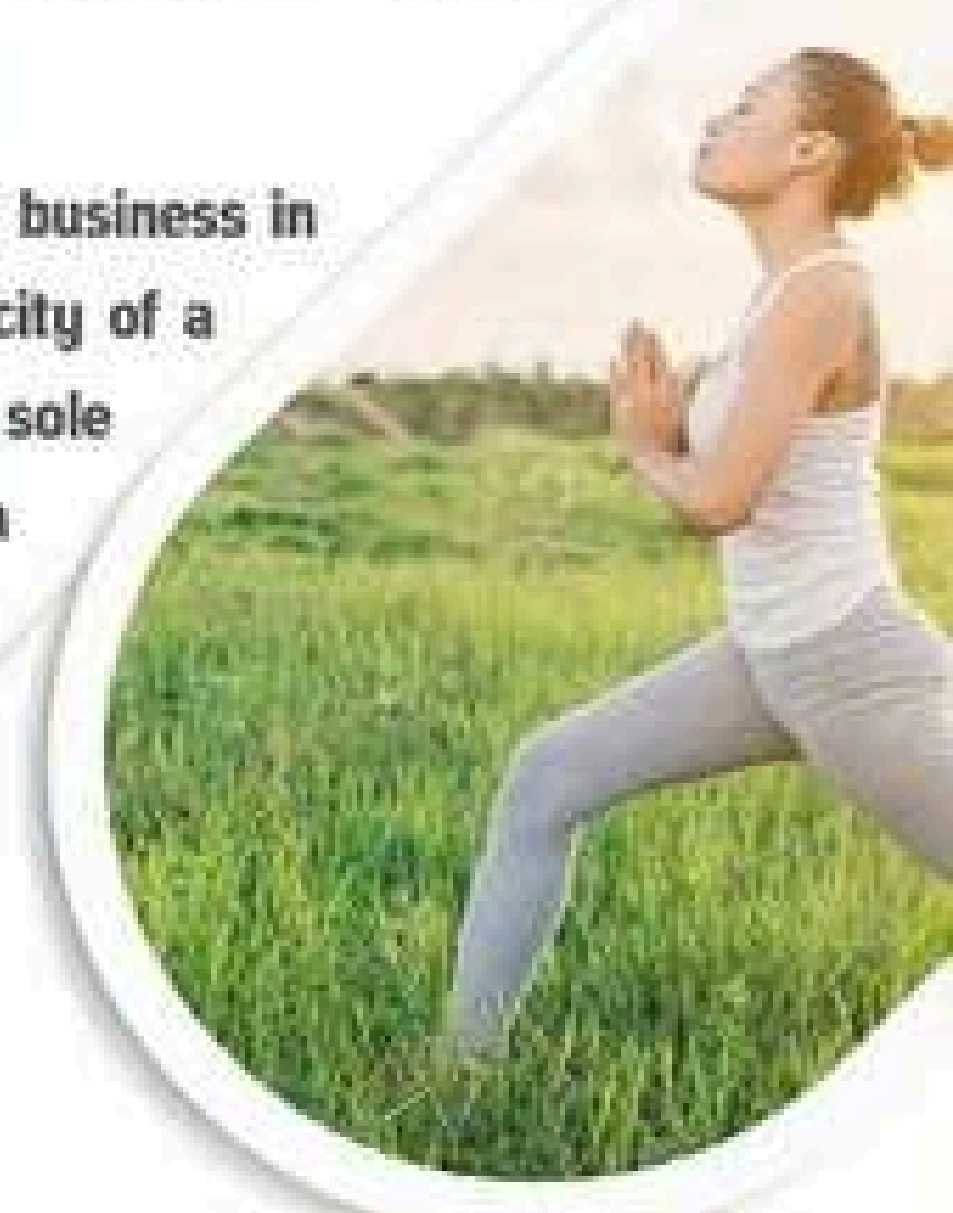
CM Premium Rice Co., Ltd.

incorporated on July 6, 2016 with registered capital of 50,000,000 Thai baht.



CM Premium Rice Co., Ltd. operates an all-inclusive business in exporting Thai rice throughout the world with the capacity of a manufacturing process of 120,000 MT/year. The company is sole distributor of the largest and most advanced manufacturing in Asia for over 30 years. It ensures good quality of products under the international standard certification for production process.

- Quality Management Systems (ISO 9001)
- Good Manufacturing (GMP)
- Hazard Analysis and Critical Control Points (HACCP)
- Environmental Management Systems (ISO 14001)
- Halal Food Standards (HALAL)
- Food Production according to Judaism (KOSHER)
- Food Safety Modernization Act (FSMA)
- British Retail Consortium (BRC)
- Sedex Members Ethical Trade Audit (SMETA)
- Bioagricert



The company emphasizes the importance of controlling the selection of quality raw materials directly from farmers. Through a network of experience in the Northeast, North, Central, as well as other regions in Thailand and there are more than 30 Rice Mill partners that facilitate from upstream to downstream in the selection of species supervise the production process thoroughly, control the quality as well as the international standard inspection and can trace back every step which makes high quality products according to international standards exporting to more than 20 countries in all regions

VISION

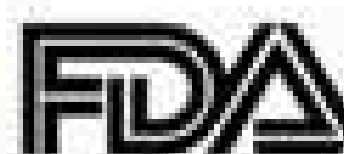
To be the leader in delivering impressive Thai Food to the world

MISSION


Insights into customer needs, developing, selecting trustworthy partnership, and presenting new products to meet market demands.


SLOGAN


Always Impressive



Sizing and Leadtime

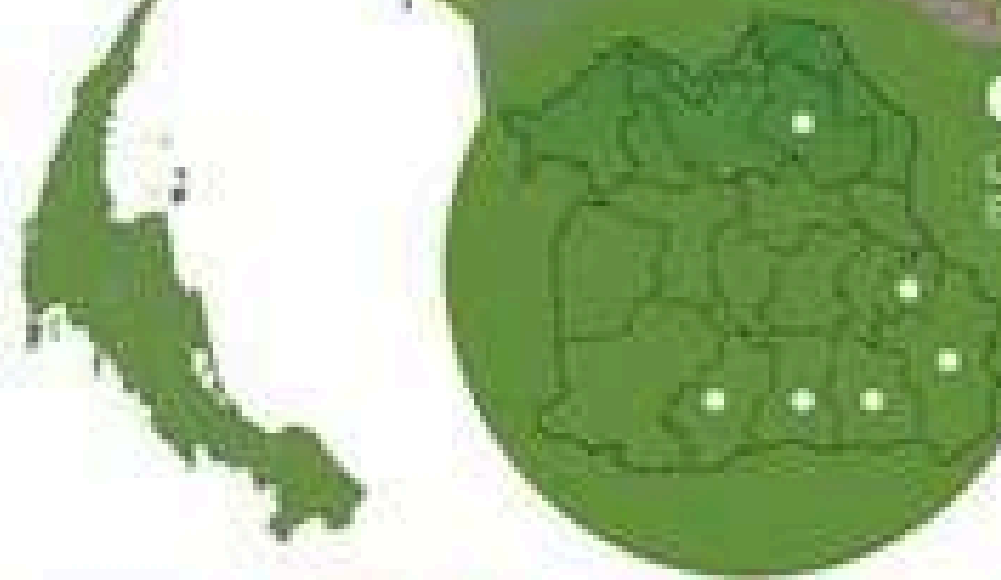
	Size (kg)	Branded Leadtime	OEM Leadtime	Shelf Life	20' FT FCL	40' FT FCL	Weight (MT)
	12x1	30	60	12	1,908	Please Ask	22.87
	6x2	30	60	24	1,908		22.89
	4x5	30	60	24	1,260		25.20
	6x5	30	60	24	819		24.57
	10	30	60	24	2,208		22.08
	15	30	60	24	1,600		24.00
	20	30	60	24	1,155		23.10
	25	30	60	24	1,088		27.20
48	30	60	24	520	24.96		

	Size (g)	Branded Leadtime	OEM Leadtime	Shelf Life	20' FT FCL	40' FT FCL	Weight (Kg)
 Ready to Eat Rice	24x240	30	90	18	1,754	3,630	5.76
All-in-One Meal Kit	24x195	60	90	18	1,344	2,816	4.68

	Size (g)	Branded Leadtime	OEM Leadtime	Shelf Life	20' FT FCL	40' FT FCL	Weight (Kg)
 Basil Seed Drink Chia Seed Drink	24x280	15	45	24	1,300	2,600	6.96

Seed to Plate Project

Transforming Agricultural Sustainable Plan, Cultivate & Lead



Our Alliance Cooperative

Locate at Surin Province, Sakon Nakhon Province, Amnat Charoen Province, Sakon Nakhon Province, Buriram Province, and Udon Ratchathani Province

Area > 93,302 Hectares Membership > 4,708 Individuals

Production > 35,700 Tons With more than 20 years of certified

Welcome to CM Premium Rice Seed to Plate Project

At CM Premium Rice, we are dedicated to revolutionizing the agricultural landscape through our Seed to Plate Project. By prioritizing sustainability, integrity, and innovation, we are setting a new standard in organic rice cultivation. Join us on this journey as we strive to make a positive impact from seed to plate.

Plan for Seeds, Soil, and Plantation

We start by carefully selecting premium rice seeds and evaluating soil conditions to ensure optimal growth. Our meticulous planning process is designed to maximize yield while preserving the integrity of the land and promoting biodiversity.

Improve the Plantation Process

We are committed to using the most sustainable farming practices available. Through continuous research and development, we employ innovative techniques that minimize environmental impact and promote long-term soil health and sustainability. We ensure a brighter future for generations to come.

Create Internal Control System (ICS)

Our Seed to Plate Project is guided by a robust Internal Control System (ICS). From seed selection to harvesting and packaging, every step of our process is meticulously monitored to maintain the highest standards of quality and integrity. Our ICS ensures traceability, transparency, and accountability at every stage of production.





Set an Example as Leaders in the Organic Agricultural Industry

As pioneers in the organic agricultural industry, we are dedicated to setting an example for others to follow through our commitment to sustainable practices, fair labor, and environmental stewardship. We aim to inspire positive change across the agricultural sector. By leading an example, we hope to catalyze a shift towards a more sustainable and ethical future.

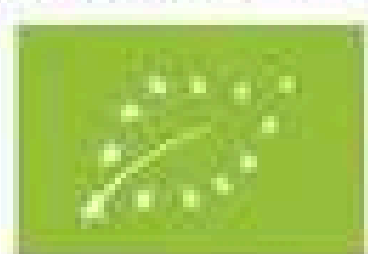
Fair Pricing for All Parties Involved

We believe in fair and transparent pricing that benefits all parties involved. By working closely with farmers, distributors, and consumers, we ensure that everyone in the supply chain receives fair compensation for their contributions. Our commitment to fair pricing reflects our values of integrity, equality, and respect for all.

Join Us on the Journey

Experience the difference with CM Premium Rice. Join us on our mission to transform our agricultural alliances that already certified under USDA-NOP, EU Organic, and Fairtrade to step further to Regenerative Organic Agricultural practices. Together, we can cultivate a brighter future for our planet and future generations. Contact us today to learn more about our Seed to Plate Project and how you can get involved.

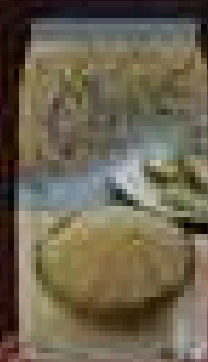
Organic Standard and Quality Certification



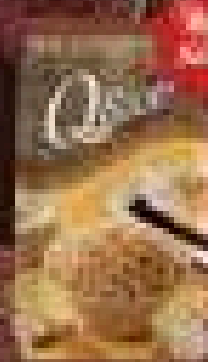
Healthy Product



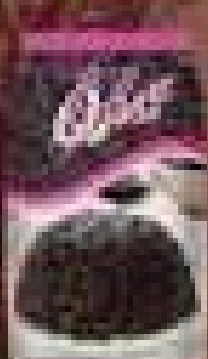
Red Cargo Rice
ข้าวแดง



Thai Hom Mali
Cargo Rice
ข้าวหอมมะลิ

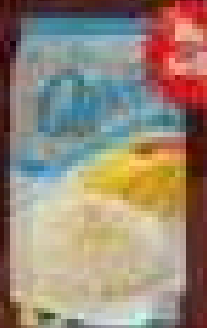


Mixed Thai Hom Mali
Cargo Rice
ข้าวหอมมะลิผสม

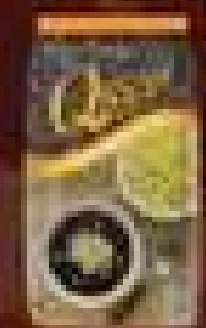


Rice Berry
ข้าวไรซ์เบอร์รี่

Thai Glutinous Rice 10%



Thai White Glutinous Rice 10%
ข้าวเหนียวขาว 10%



Thai Black Glutinous Rice 10%
ข้าวเหนียวดำ 10%

ข้าวหอมมะลิคัดพิเศษ 5%
Thai Hom Mali 5% Rice Current Crop

ข้าวหอมมะลิเก่าคัดพิเศษ 5%
Thai White Rice 5% Old Crop

ข้าวหอม 5%
Thai Jasmine Rice 5%
size : 5, 20 kg

ข้าวหอม 15%
Thai White Rice 15%

ข้าวหอมมะลิคัดพิเศษ 5%
Thai White Rice 5%

ข้าวหอมมะลิเก่าคัดพิเศษ 5%
Thai Hom Mali Rice 5% Old Crop

General Consumer

ข้าวแดงเป็นผลิตภัณฑ์ข้าวหอมมะลิ ไร้ประโยชน์สูง ไม่แข็งกระด้าง ช่วยบำรุงร่างกาย บำรุงและรักษาสุขภาพที่ดีของคุณ เป็นที่ชื่นชอบของผู้บริโภค สามารถย่อยได้ดี ปลอดภัยต่อระบบทางเดินอาหารได้เป็นอย่างดี จึงเป็นข้าวที่สุขภาพดีอย่างแท้จริง ขนาด 1 กิโลกรัม

Cargo Rice is produced from Hom Mali Rice breed. It is easy to eat, soft, full of vitamins and fiber which are important to your body. These will help digestive system, make you feel energetic, cure anemia and muscle pain.

size 1 kg

Fancy and Organic Products

กลุ่มข้าวที่สุขภาพดีข้าวพิเศษที่มีคุณค่าทางโภชนาการสูง คุณไม่เพียงแต่รับประทานแล้วแต่ยังมีความอร่อยอีกด้วย ข้าวพิเศษเหล่านี้เป็นเมล็ดข้าวที่มีประโยชน์สูง ความนุ่มเหนียว มีกลิ่นหอม ชุ่มชื้นเป็นพิเศษ และมีข้าวที่ทำงานหนักสามารถได้ค่าเฉลี่ยของผลิตภัณฑ์ที่ปลอดภัยและมีคุณภาพ

ขนาด 1 กิโลกรัม

Our Fancy products are produced from new varieties of rice, full of vitamins and nutrients beneficial to the body. They are tasty, sweet-smelling, chewy and full of fiber enhanced digesting system. Also they are suitable for those who care about their health, especially the elderly. Consuming Fancy Products regularly can prevent beriberi disease effectively.

size 1 kg

● Thai Glutinous Rice 10% - ข้าวเหนียวขาว 10% ● ข้าวเหนียวดำ 10%

ข้าวเหนียวสายพันธุ์พิเศษที่มีความเหนียวสูงที่สุดในประเทศไทย มีเมล็ดใหญ่ อารมณ์เหนียวนุ่มเป็นพิเศษเหมาะสำหรับอาหารอีสาน และอาหารหวานอย่างข้าวเหนียวต้ม โดยเฉพาะ Q Rice ชนิด (ข้าวเหนียวดำ) ที่ใช้ผสมอาหารที่เป็นประโยชน์ต่อร่างกายช่วยเรื่องการลดน้ำหนัก และชะลอความเสื่อมของร่างกาย

● ขนาด 1, 2, 5, 10, 20 กิโลกรัม ● 1 กิโลกรัม

Special breed of long and dense rice with outstanding feature of special stickiness. There are two varieties of glutinous rice which are Q Rice Light Blue (White Glutinous Rice) is sweeter than other breeds of rice, can be cooked by traditionally method of steaming and Q Rice Yellow (Black Glutinous Rice) which generate mildly sweet fragrant. Black Glutinous Rice is high in nutrient and help preventing all sign of aging.

● size 1, 2, 5, 10, 20 kg ● 1 kg

สินค้าที่ได้รับการยอมรับจากธุรกิจอาหารที่แพร่หลายในญี่ปุ่น และต่างประเทศ การนำใบไม้ใช้เป็นส่วนอาหารสัตว์คุณภาพดีที่ผสมผสานคุณภาพของข้าว ในสภาพที่ปลอดภัย

The delicious taste comes with reasonable price. Specially customized for the best quality suit the needs of food service industry with a high volumn of cooking and consistent quality.

Exporter: CM Premium Rice Co., Ltd.
Head Office: 333 Moo 8, Nong Siat Lanna,
Chaloemprakul, Nakhonratchasima, 30000 THAILAND
Sales & Marketing Office: 169/28 Bang Rak Noi
Mueang Nonthaburi, Nonthaburi, 11000
Tel: +66 2149 5318 Fax: +66 2149 5319
Email: info@cm-premium-rice.com



ผู้จำหน่ายในประเทศไทย
บริษัท เอนดี ฟู้ดส์ จำกัด
โทร: 0 2149 5318 โทรสาร: 0 2149 5319
เว็บไซต์: info@cm-premium-rice.com





สินค้าที่ได้รับการยอมรับจากธุรกิจอาหารที่พร้อมขายในปัจจุบัน
 เหมาะสำหรับ การนำไปใช้ในร้านอาหารหรืออุตสาหกรรมที่ผลิตอาหารคุณภาพดีเยี่ยม ในราคาที่เหมาะสม
 The delicious taste comes with reasonable price. Specially customized for the best quality suit the
 needs of food service industry with a high volumn of cooking and consistent quality.



Thai Hom Mali Rice 5% ข้าวหอมมะลิคัดพิเศษ 5% ● Size / mtn 5, 15, 40, 45, 48 kg

Crane (Red) Long and slender grains. When cooked, it will be fragrant, soft, and appetizing.
 "It's delicious to eat with anything"

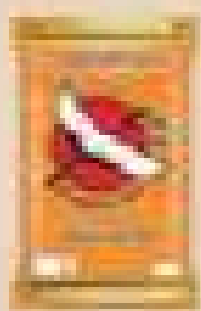
กระแฉีกแดง ข้าวหอมมะลิ เมล็ดยาว เรียว เมื่อหุงสุกจะหอมนุ่ม นุ่มรับประทาน ทานกับอะไรก็อร่อย



Thai Hom Mali Rice 5% - Old Crop ข้าวหอมมะลิ (เก่า) คัดพิเศษ 5% ● Size / mtn 5, 15, 40, 45, 48 kg

Crane (Green) Long and slender grains, fluffy, and appetizing. "Enjoy it with every menu"

กระแฉีกเขียว ข้าวหอมมะลิเก่า เมล็ดยาว เรียว หุงขึ้นหม้อ นุ่มรับประทาน เหลือเหนียวได้ทุกเมนู



Yellow Thai Hom Mali Rice 5% ข้าวหอมมะลิเหลืองคัดพิเศษ 5% ● Size / mtn 5, 15, 40, 45, 48 kg

Crane (Orange) Maintains all properties of Thai Hom Mali Rice. "Fluffy and easy to cook"

กระแฉีกส้ม ข้าวหอมมะลิเหลือง คัดพิเศษ คงคุณสมบัติข้าวหอมมะลิทุกประการ ขึ้นหม้อ หุงง่าย



Thai Jasmine Rice 5% ข้าวหอมไทย ● Size / mtn 5, 15, 40, 45, 48 kg

Crane (Old Rose) Soft and light aroma comes with affordable price.

"Specially customized for the best quality suit the needs of food service industry with a high volumn of cooking and consistent quality."

กระแฉีกโรส ข้าวหอมไทย นุ่ม มีกลิ่นหอมอ่อนๆ ราคาอ่อนโยน เหมาะสำหรับผู้ชอบรับประทานข้าวที่มีในราคาประหยัด

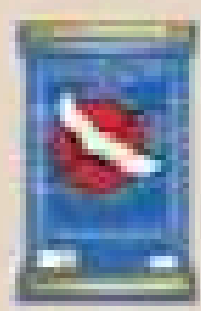


Thai Pathum Thani Fragrant Rice ข้าวหอมพทุมธานี ● Size / mtn 45, 48 kg

Crane (Purple) Fragrant and soft, similar to Thai Hom Mali Rice.

"A new choice for people who like to have soft and fragrant rice in a good value for money"

กระแฉีกม่วง ข้าวหอมพทุมธานี มีความหอม นุ่ม คล้ายข้าวหอมมะลิ ทานเมื่อใหม่ ของคนที่ชอบการรับประทานข้าวที่มีความนุ่ม และหอมในแบบคุ้มค่าคุ้มราคา

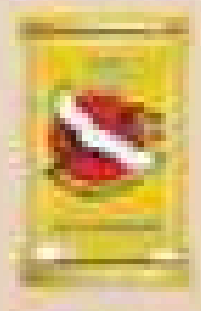


Thai White Rice 5% ข้าวขาวปิ่นที่คัดพิเศษ 5% ● Size / mtn 5, 15, 40, 45, 48 kg

Crane (Blue) Long, slender grains, and fluffy. Not hardened when it's cool.

"Suitable for making curry rice or fried rice"

กระแฉีกน้ำเงิน ข้าวขาวปิ่นที่ คัดพิเศษ ข้าวเรียวยาวเมล็ดสวย หุงขึ้นหม้อ ที่ไว้เย็นแล้วไม่แข็งกระด้าง เหมาะสำหรับทำข้าวราดแกง หรือข้าวผัด

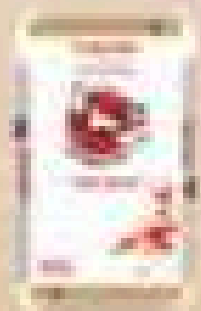


Thai White Rice 15% ข้าวขาว 15% ● Size / mtn 5, 15, 40, 45, 48 kg

Crane (Yellow) Economical, great value, and fluffy.

"Suitable for making curry rice or fried rice"

กระแฉีกเหลือง ข้าวขาว 15% ประหยัด สุดคุ้ม หุงขึ้นหม้อ เหมาะสำหรับทำข้าวราดแกง หรือข้าวผัด



Thai Jasmine Rice ข้าวหอมเหลืองคัดพิเศษ ● Size / mtn 40, 45, 48 kg

Crane (Golden) "Special selection and fluffy with affordable price"

กระแฉีกทอง ข้าวหอมมะลิเหลือง คัดพิเศษ ข้าวหอมราคาประหยัด หุงขึ้นหม้อ

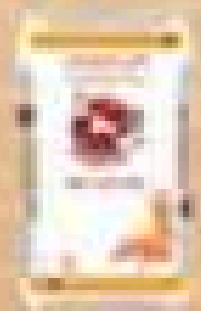


White Glutinous Rice ข้าวเหนียว ● Size / mtn 40, 48 kg

Crane (Blue/White) Produced from the best cultivation sources. Sticky, soft, fragrant, and delicious.

"Suitable for making both savory and sweet dishes"

กระแฉีกขาวฟ้า ข้าวเหนียวขาว เมล็ดจากแหล่งเพาะปลูกชั้นดี เหนียว นุ่ม หอม อร่อย เหมาะกับการทำเมนูได้ทั้งคาว และหวาน



Broken Thai Jasmine Rice (A1 Super) ปลายข้าวหอมไทย เอวันเน็กซ์ ● Size / mtn 5, 15, 40, 48 kg

Crane (Orange/White) Quality broken rice made from premium Thai Jasmine Rice with soft texture and delicious. "Suitable for use as congee, boiled rice, or cooked as steamed rice"

กระแฉีกขาวส้ม ปลายข้าวหอมมะลิคุณภาพ (เอวันเน็กซ์) เมล็ดจากข้าวหอมมะลิชั้นดี นุ่ม อร่อย เหมาะสำหรับใช้ปรุงเป็นโจ๊ก ข้าวต้ม หรือใช้หุงเป็นข้าวสวย





No. 1 best selling product

Thai Hom Mali Rice 100 % ● Size 1, 5, 20 kg



Superior quality of Thai Hom Mali Rice is selected only from abundant sources of plantation in the North-eastern of Thailand and harvest only once a year. Steamed well, the rice will be tenderly soft and chewy with an appetizing fragrant.



Thai White Glutinous Rice ● Size 1, 5, 20 kg



Suitable as a meal and dessert

White Glutinous Rice which grown in North Easthen part of Thailand. It is distinguished by its stiness and firm texture, along with higher yields, making it ideal for large-scale cooking or more cost-efficient culinary purposes.



Thai Hom Mali Broken Rice ●●● Size 4.54, 5, 10, 20 kg



High in Energy to make porridge

Specially selected from high quality Hom Mali rice broken in process of production, this rice is sweet-smelling, soft, and easy to eat. Thai Hom Mali Broken Rice is suitable for porridge, boiled rice, or cereal-mixed rice with the same nutritional benefits like those of whole rice grains. It is also suitable for children and patients recovering from illness.





Organic Thai Hom Mali Rice | Organic Thai Hom Mali Cargo Rice



Golden Phoenix Organic Rice is specially selected quality grains from Thailand's North-Eastern organic rice suppliers. Carefully prepare soil to minimize weeds without using chemicals and control irrigation to prevent contamination from outside water sources and enrich the soil with organic plant fertilizers. It's perfect for every dishes for you to enjoy the perfect meal.

Healthy Rice

For your supreme health and peace of mind.

Our special variety of rice contains highest nutrients like fiber, protein, antioxidants, certain vitamins, and minerals. These varieties are richer in disease-fighting antioxidants and its make your meal are much more enjoyable when you pair it with various type of food.

Rice Berry



New hybridization of rice, food product oriented therapy.

"Rice Berry" contains significant levels of : Beta-Carotene, Gamma Oryzanol, Vitamin E, Folic Acid, Tannin, and Zinc. The rice is also extremely high in Fiber and Rice Bran Oil, this natural aids keep your digestive system stay healthy.

Red Cargo Rice



Healthier choice of rice, high in fiber, and mineral.

This special variety with long, red, or brown grain is naturally sweet-smelling, easy to eat, chewy but tender, full of vitamins and nutrients. Red Cargo Rice are truly healthy rice especially in case of alimentary canal nurturing and cancer prevention.

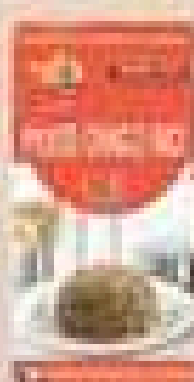
Thai Hom Mali Cargo Rice



High in anthocyanin, which help with antioxidant

This special variety with long, red, or brown grain is naturally sweet-smelling, easy to eat, chewy but tender, full of vitamins and nutrients. Thai Hom Mali Cargo Rice are truly healthy rice especially in case of alimentary canal nurturing and cancer prevention.

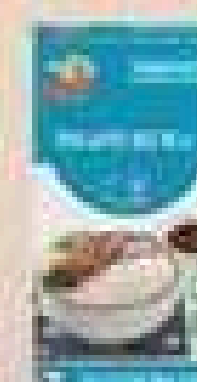
Mixed Cargo Rice



Why Choose? When you can have both. Full pack of energy source.

Produced from various breeds of rice, full of vitamins and nutrients beneficial to body, kept in cooling storage before passed through delicate process, it is tasty, sweet-smelling, easy to eat, soft, and full of fibre which is useful for excretory system. It is suitable for those who care about health especially for the elderly because it can prevent beriberi effectively.

Thai White Rice RD43



Healthy and Delicious choice to the world

The Glycemic Index (GI) is a relative ranking of carbohydrate in foods according to how they affect blood glucose levels. Golden Phoenix Thai White Rice RD43 with GI value 57.5 are more slowly digested, absorbed, metabolized, slower rise in blood glucose, and insulin levels. Provide a slower energy release and may help you feel fuller for longer.



Size 1 kg

CHICKEN THAI CURRY WITH THAI HOM MALI RICE (Q-RICE BRAND)



INGREDIENTS :

- 4 CUPS OF THAI HOM MALI RICE (Q-RICE GOLD)
- 2 TABLESPOONS OF RAPESEED OIL
- 1 CAN OF CURRY PASTE
- 3/4 CARTON OF COCONUT MILK
- 1 KG. OF CHICKEN THIGH MEAT
- VEGETABLES FOR CURRY (THAI BASHI, LIME LEAVES)
- SEASONINGS (FISH SAUCE, SUGAR)



Time To Prep Chicken Thai Curry

1. Add 2 tbsp of oil to the pan, then saute the chicken until it firms up. Set it aside.
2. In the same pan, add the curry paste and fry for 1 minute. Add 3/4 of the coconut milk and mix well until it starts to simmer.
3. Add the chicken along with the lime leaves, fish sauce, and sugar. Let it cook for 7-10 minutes, or until the chicken is fully cooked.
4. Add the vegetables and the remaining coconut milk. Cook for approximately 3-4 minutes, then stir in the Thai basil for a sweet and rounded taste, until the curry is ready.
5. Serve the chicken curry with Q-RICE GOLD on a plate.

STEAMED SEA BASS WITH SOY SAUCE



INGREDIENTS :

- 1 WHOLE SEA BASS (CLEANED AND SCALED)
- 3 TABLESPOONS OF SOY SAUCE
- 2 TABLESPOONS OF OYSTER SAUCE
- 1 TABLESPOON OF SESAME OIL
- 2 TEASPOONS OF SUGAR
- VEGETABLES (CLOVES OF GARLIC, GINGER, SPRING ONIONS, CILANTRO)



Time To Prep Steamed Sea Bass With Soy Sauce

1. Prepare the sauce : Mix soy sauce, oyster sauce, sesame oil, and sugar in a small bowl. Stir until the sugar dissolves.
2. Season the fish : Place the sea bass on a heatproof plate. Stuff some ginger and spring onions inside the fish for added aroma.
3. Steam the fish : Bring water to a boil in a steamer. Place the plate of sea bass in the steamer, cover, and steam for 15-20 minutes, or until the fish is cooked through.
4. Add the sauce : Pour the prepared sauce over the steamed fish. Top with sliced garlic, ginger, and more spring onions.
5. Garnish and serve : Sprinkle fresh cilantro on top and serve immediately with steamed rice. Enjoy the delicate flavors of this steamed sea bass with soy sauce, a dish that's both nutritious and delicious!



Time To Prep The Rice

1. Use four cups of rice & place it in the rice cooker.
2. Rinse rice under cold water until the water runs clear.
3. Add water in a ratio of 1.2 cup of water : 1 cup of rice, switch the cooker on. When rice is cooked, fluff with a fork and serve hot and fragrant.



Time To Prep The Rice

1. Use 4 cups of rice & place it in the rice cooker.
2. Rinse rice under cold water until the water runs clear.
3. Add water in a ratio of 2 cup of water : 1 cup of rice, switch the cooker on. When rice is cooked, fluff with a fork and serve hot and fragrant.



TOM YUM GOONG THAI HOT AND SOUR SHRIMP SOUP



INGREDIENTS :

- 300G SHRIMP
- 1 STALK LEMONGRASS
- 3-4 KAFFIR LIME LEAVES
- 3-5 THAI BIRD'S EYE CHILIES
- 200G MUSHROOMS
- 3 CUPS WATER OR CHICKEN STOCK
- 1 MEDIUM ONION
- 2-3 TOMATOES
- 2-3 TABLESPOONS FISH SAUCE
- 1-2 TABLESPOONS LIME JUICE
- 1-2 TEASPOONS SUGAR
- FRESH CILANTRO (FOR GARNISH)
- OPTIONAL: COCONUT MILK FOR A CREAMIER VERSION



Time To Prep Tom Yum Goong

1. Prepare the broth: In a pot, bring 3 cups of water (or stock) to a boil. Add lemongrass, kaffir lime leaves, and bird's eye chilies. Simmer for about 5-10 minutes to release the aroma.
2. Add the vegetables: Add the sliced onion, mushrooms, and tomatoes. Continue to simmer for another 5-7 minutes.
3. Season: Stir in fish sauce, sugar, and lime juice to balance the flavors (salty, sour, and slightly sweet).
4. Add the shrimp: Drop in the shrimp and cook for 2-3 minutes, or until they turn pink and are fully cooked.
5. Finish and garnish: Taste the broth and adjust seasoning if needed. For a creamier version, you can add a bit of coconut milk. Garnish with fresh cilantro before serving.

CHICKEN BREAST SALAD



INGREDIENTS :

- 200G CHICKEN BREAST
- 1 TABLESPOON OLIVE OIL
- 1 TEASPOON SALT
- 1/2 TEASPOON BLACK PEPPER
- MIXED SALAD GREENS
- SALAD DRESSING OF YOUR CHOICE (BALSAMIC VINAIGRETTE, CAESAR, OR OLIVE OIL WITH LEMON JUICE)
- 6-8 CHERRY TOMATOES
- 1/2 CUCUMBER
- 1/4 RED ONION
- 1/2 AVOCADO



Time To Prep Chicken Breast Salad

1. Prepare the chicken: Season the chicken breast with salt and black pepper. Heat 1 tablespoon of olive oil in a pan over medium heat. Cook the chicken breast for 5-7 minutes per side or until fully cooked. Let it rest for a few minutes, then slice it into strips.
2. Prepare the salad base: Arrange the mixed greens, cherry tomatoes, cucumber, red onion, and avocado on a plate or in a large bowl.
3. Assemble the salad: Place the sliced chicken breast on top of the salad. Drizzle with your favorite salad dressing.
4. Serve: Toss gently and enjoy this healthy and flavorful chicken breast salad!



Time To Prep The Rice

1. Use 4 cups of rice & place it in the rice cooker.
2. Rinse rice under cold water until the water runs clear.
3. Add water in a ratio of 1.3 cup of water : 1 cup of rice, switch the cooker on. When rice is cooked, fluff with a fork and serve hot and fragrant.



Time To Prep The Rice

1. Use 4 cups of rice & place it in the rice cooker.
2. Rinse rice under cold water until the water runs clear.
3. Add water in a ratio of 2 cup of water : 1 cup of rice, switch the cooker on. When rice is cooked, fluff with a fork and serve hot and fragrant.



MANGO STICKY RICE



INGREDIENTS :

- | | |
|-------------------------|------------------------------------|
| 1 CUP GLUTINOUS | 1 TABLESPOON SUGAR |
| 1 1/4 CUPS COCONUT MILK | 1/4 TEASPOON SALT |
| 1/4 CUP SUGAR | 1 TEASPOON RICE FLOUR |
| 1/2 TEASPOON SALT | 2 RIPE MANGOES (PEELED AND SLICED) |
| 1/2 CUP COCONUT MILK | TOASTED MUNG BEANS OR SESAME SEEDS |



Time To Prep Mango & Coconut Sauce

- Mango & prepare the coconut sauce :** Heat 1 1/4 cups of coconut milk with 1/4 cup of sugar and 1/2 teaspoon of salt over low heat until dissolved (do not boil). Pour over the steamed rice, mix well, and let it sit for 15-20 minutes.
- Make the topping sauce:** Simmer 1/2 cup of coconut milk, 1 tablespoon of sugar, 1/4 teaspoon of salt, and 1 teaspoon of rice flour over low heat until slightly thickened.
- Slice the mango:** Peel and slice 2 ripe mangoes into pieces.
- Assemble and serve:** Place the coconut-infused sticky rice on a plate, add the mango slices, drizzle with the topping sauce, and garnish with toasted mung beans or sesame seeds.

BLACK STICKY RICE WITH ICE CREAM



INGREDIENTS :

- 1 cup black glutinous rice
- 2 cups coconut milk
- 1/4 cup sugar
- 1/4 teaspoon salt
- 1/4 teaspoon salt
- 2 scoops of vanilla ice cream
- Toasted sesame seeds or mung beans



Time to Prep Black Sticky Rice With Ice Cream

- Cook the black sticky rice :** Rinse the black sticky rice under cold water until the water runs clear. Add it to a pot with 2 cups of water, and cook on low heat until the rice is soft (about 40-45 minutes).
- Prepare the coconut sauce :** In a separate pot, heat 2 cups of coconut milk, 1/4 cup of sugar, and 1/4 teaspoon of salt over low heat until the sugar dissolves (do not boil).
- Combine Rice and Coconut Sauce :** Once the rice is cooked, drain any excess water. Pour the coconut milk mixture over the cooked rice, stir well, and let it sit for 15-20 minutes to soak up the coconut milk.
- Serve :** Scoop the coconut-infused black sticky rice into bowls. Top with a scoop of vanilla or coconut ice cream.
- Garnish :** Sprinkle with toasted sesame seeds or mung beans for an extra crunch and flavor.



Time To Prep The Sticky Rice

Soak and Steam the Rice: Place 1 cup of glutinous rice in a bowl and soak for 4 hours or overnight. Drain the rice, then place it in a steamer. Add water in a ratio of 1 cup of rice : 1 cup of water, and steam for about 50 minutes until fully cooked.



Time To Prep The Black Sticky Rice

Soak and Steam the Rice: Place 1 cup of glutinous rice in a bowl and soak for 4 hours or overnight. Drain the rice, then place it in a steamer. Add water in a ratio of 1 cup of rice : 1.8 cup of water, and steam for about 50 minutes until fully cooked.

