

RICE In Touch With You Daily...

Rice has been a life-sustaining food for thousands of years because it is nutritious, versatile, economical, easy to prepare and it tastes good! It can be made part of any meal in recipes for soups, salads, main dishes, and desserts.



Forms of Rice

Rough (Paddy) Rice — Rice kernels that are still within the hull. Before rice can be packaged or cooked, the outer hull must be removed.

Brown Rice — Kernels of rice which have had only the hull removed. Light brown in color caused by the presence of bran layers.

Parboiled Rice — Rough rice that has gone through a steam pressure process before milling. This gelatinizes the starch and ensures a firmer, more separate grain.

Precooked Rice — White or brown rice that has been cooked and dehydrated after milling. This reduces the time required for cooking.

Regular-milled White Rice — Rice that has had the hull and bran layers removed, also called milled rice or polished white rice.

Enriched Rice — Milled white rice whose nutrients, which were lost through the milling process, are replaced.

Processing & By-Products

The properties of rice make it a highly desirable ingredient in processed foods such as cereals, snack foods, baby foods, frozen dinners, sauce thickeners and other products. Each part of the rice grain has many uses.

Rice Bran

- Outer layer on brown rice.
- Gives brown rice its color and nutty flavor.
- Excellent source of thiamin, niacin, vitamin B-6, iron, phosphorus, magnesium, potassium and fiber.
- Used as an ingredient in cereals, mixes, and vitamin concentrates.
- Non-food grades of rice bran are used to feed livestock.



Rice Hull

- Outer covering of the rice kernel, sometimes called the husk.
- Inedible, but not discarded.
- Used as fuel for power plants and rice mills, mulch, abrasives, packing materials and many other products.
- Ash from the hulls is used to produce cellulose products such as rayon and rice fuel.

Rice Bran Oil

- Extracted from rice bran.
- High quality cooking oil.
- Effective in reducing cholesterol in the blood.
- Also used in livestock feed.



Brewers Rice

- Smallest size of broken rice fragments, generally less than 1/4 the length of a whole kernel.
- Used in the process of brewing beer and other fermented products.



Rice Flour

- Ground milled or brown rice used mostly for food processing.
- Extruded to produce rice pasta, chips and other snacks, as well as breakfast cereals and meat products.
- Non-allergenic, gluten-free.

Rice Starch

- Major component of milled rice.
- Present only in the endosperm of the grain, 90 - 93% of the milled rice dry weight.
- Used as a thickener in making sauces and desserts.



Broken Kernels

- Kernels of rice which are less than 3/4 the length of the whole kernel.
- Used to make various products including laundry starch, rice flour and pet food.

Rice Straw

- Used as fuel or livestock bedding.
- Can also be used to make paper or woven into mats, hats, & other products.

