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Home Kitchen & Dining
The Distinction Between Rice and Parboiled Rice. Uncovering the Nutritional and Culinary Differences
Rice is one of the most widely consumed staple foods globally, with a vast array of varieties that cater to different tastes, cuisines, and nutritional needs. Among these varieties, parboiled rice has gained popularity due to its unique processing method and perceived health benefits. However, many consumers are unaware of the differences between regular rice and parboiled rice, leading to confusion in the kitchen and at the grocery store. In this article, we will delve into the world of rice and parboiled rice, exploring their distinct characteristics, nutritional profiles, and culinary applications.
Introduction to Rice and Parboiling
Rice is a cereal grain that belongs to the grass family, with over 40,000 varieties worldwide. It is a rich source of carbohydrates, fiber, and essential minerals like iron, magnesium, and manganese. The processing of rice involves several steps, including harvesting, threshing, milling, and polishing. Parboiling, on the other hand, is a hydrothermal treatment that involves partial boiling of rice in its husk before milling. This process was initially developed to preserve rice during World War II, but it has since become a standard practice in many rice-producing countries.
The Parboiling Process
The parboiling process involves soaking the rice in water, then heating it to a high temperature, usually around 80C to 90C, for a short period. This treatment gelatinizes the starches, making the rice easier to mill and resulting in a higher yield of whole grains. The parboiling process can be divided into three stages: soaking, steaming, and drying. Soaking helps to rehydrate the rice, while steaming breaks down the starches and kills any bacteria or insects present. Finally, drying removes excess moisture, making the rice more stable for storage and transportation.
Benefits of Parboiling
Parboiling offers several benefits, including:
Improved yield and reduced breakage during milling
Enhanced nutritional content, as some water-soluble vitamins like vitamin B and C are retained
Better texture and cooking properties, as the starches are gelatinized and the rice becomes less sticky
Increased shelf life, as the parboiling process reduces the moisture content and inhibits the growth of microorganisms
Nutritional Comparison: Rice vs. Parboiled Rice
Both rice and parboiled rice are good sources of carbohydrates, fiber, and essential minerals. However, the parboiling process can affect the nutritional content of the rice. A comparison of the nutritional profiles of white rice, brown rice, and parboiled rice reveals some interesting differences. Parboiled rice generally has a higher content of fiber, vitamins, and minerals compared to white rice, but lower than brown rice. The parboiling process helps to retain some of the water-soluble vitamins, like vitamin B and C, which are often lost during the milling process. Additionally, parboiled rice tends to have a lower glycemic index than white rice, making it a better choice for people with diabetes or those who want to manage their blood sugar levels.
Mineral Content
The mineral content of rice and parboiled rice can vary significantly. Parboiled rice generally has higher levels of iron, calcium, and potassium compared to white rice. Brown rice, on the other hand, has a higher content of magnesium, manganese, and selenium. The parboiling process can help to increase the bioavailability of these minerals, making them more easily absorbed by the body.
Vitamin Content
The vitamin content of rice and parboiled rice is also worth noting. Parboiled rice has higher levels of vitamins B6, thiamin, and niacin compared to white rice. Brown rice, however, has a higher content of vitamins E and K. The parboiling process can help to retain some of the water-soluble vitamins, but it may also lead to a loss of fat-soluble vitamins like vitamin E.
Culinary Applications: Rice vs. Parboiled Rice
Both rice and parboiled rice can be used in a variety of dishes, from simple meals like stir-fries and curries to more complex recipes like sushi and risottos. However, the choice between rice and parboiled rice ultimately depends on personal preference, cultural tradition, and the desired texture and flavor. Parboiled rice is often preferred for its fluffier texture and separate grains, making it ideal for dishes like biryani, pilaf, and salads. It is also a good choice for people who want to reduce their arsenic intake, as parboiling can help to remove some of the arsenic from the rice. On the other hand, regular rice is often preferred for its creamier texture and stickier consistency, making it ideal for dishes like sushi, risottos, and paella.
Cooking Methods
The cooking methods for rice and parboiled rice can vary significantly. Parboiled rice generally requires less water and cooking time compared to regular rice, as the starches are already gelatinized during the parboiling process. It is also more forgiving, as it can be cooked to a wider range of textures without becoming mushy or sticky. Regular rice, on the other hand, requires more water and cooking time, as the starches need to be cooked and broken down during the cooking process. It is also more prone to becoming mushy or sticky if overcooked, making it more challenging to achieve the perfect texture.
Storage and Shelf Life
The storage and shelf life of rice and parboiled rice can also vary significantly. Parboiled rice generally has a longer shelf life compared to regular rice, as the parboiling process reduces the moisture content and inhibits the growth of microorganisms. It can be stored for up to 2 years without significant loss of quality, making it a good choice for emergency food supplies and long-term storage. Regular rice, on the other hand, has a shorter shelf life, typically ranging from 6 to 12 months. It is more prone to spoilage and infestation, making it essential to store it in a cool, dry place to maintain its quality.
LifeSpan
Conditions
Parboiled Rice Up to 2 years
Cook, dry place
Regular Rice Up to 12 months
Cook, dry place
Conclusion
The difference between rice and parboiled rice lies in their processing method, nutritional profiles, and culinary applications. Parboiled rice offers several benefits, including improved yield, enhanced nutritional content, and better texture and cooking properties. However, it may also have a higher cost and limited availability in some regions. Regular rice, on the other hand, is a more traditional and widely available option, but it may have a lower nutritional content and shorter shelf life. Ultimately, the choice between rice and parboiled rice depends on personal preference, cultural tradition, and the desired texture and flavor. By understanding the differences between these two types of rice, consumers can make informed decisions and choose the best option for their needs.
Whether you prefer the fluffy texture of parboiled rice or the creamy consistency of regular rice, there is a type of rice out there to suit every taste and culinary tradition. What is the primary difference between rice and parboiled rice?
The primary difference between rice and parboiled rice lies in the processing method. Parboiled rice is partially cooked in its husk before being dried and processed, whereas regular rice is not. This partial cooking process involves soaking, steaming, and drying the rice, which changes its nutritional content and texture. As a result, parboiled rice has a higher nutritional value compared to regular rice, with more vitamins and minerals retained during the cooking process. The processing method also affects the texture and taste of the rice. Parboiled rice is generally firmer and less sticky than regular rice, making it a popular choice for dishes where texture is important. Additionally, the partial cooking process gives parboiled rice a nuttier flavor, which is preferred by many consumers.
In contrast, regular rice is softer and more prone to becoming mushy when overcooked. The choice between rice and parboiled rice ultimately depends on personal preference, culinary tradition, and the specific requirements of a dish.
How does the nutritional content of rice and parboiled rice compare?
The nutritional content of rice and parboiled rice differs significantly due to the processing method. Parboiled rice retains more vitamins and minerals, such as vitamin B and iron, compared to regular rice. This is because the partial cooking process helps to break down the cell walls, making the nutrients more accessible. Additionally, parboiled rice has a lower glycemic index, which means it is digested and absorbed more slowly, causing a gradual increase in blood sugar levels. This makes parboiled rice a better choice for people with diabetes or those who are trying to manage their blood sugar levels.
In contrast, regular rice has a higher glycemic index and lower nutritional content compared to parboiled rice. However, regular rice is still a good source of carbohydrates, fiber, and some essential minerals like manganese and selenium. The nutritional content of rice can also vary depending on the type, with brown rice generally being higher in fiber and nutrients compared to white rice. Overall, parboiled rice is a more nutritious option, but regular rice can still be a part of a healthy diet when consumed in moderation and as part of a balanced meal.
What are the culinary differences between rice and parboiled rice?
The culinary differences between rice and parboiled rice are significant, with each type of rice suited to specific dishes and cooking methods. Parboiled rice is ideal for dishes where texture is important, such as pilafs, salads, and stir-fries. Its firmer texture and nuttier flavor make it a popular choice for Middle Eastern, Indian, and Latin American cuisine. In contrast, regular rice is better suited to dishes where a softer texture is desired, such as sushi, risottos, and curries. Regular rice is also more versatile and can be used in a wide range of dishes, from simple side dishes to complex main courses.
The cooking method also affects the choice between rice and parboiled rice. Parboiled rice requires less water and cooking time compared to regular rice, making it a convenient option for busy cooks. Additionally, parboiled rice is less prone to becoming mushy or sticky, which makes it easier to cook and handle. Regular rice, on the other hand, requires more water and cooking time, and can become sticky or mushy if overcooked. The choice between rice and parboiled rice ultimately depends on the specific requirements of a dish and the desired texture and flavor.
Can parboiled rice be used as a substitute for regular rice in all recipes?
While parboiled rice can be used as a substitute for regular rice in many recipes, it is not always the best choice. Parboiled rice has a different texture and flavor profile, which may not be desirable in all dishes, particularly those with delicate flavors. However, parboiled rice can be used as a substitute for regular rice in many recipes, such as pilafs, salads, and stir-fries. It is also a good option for dishes where a firmer texture is desired, such as grilled or roasted vegetable dishes. When substituting parboiled rice for regular rice, it is essential to adjust the cooking time and water ratio accordingly. Parboiled rice generally requires less water and cooking time, so it is crucial to follow the package instructions or adjust the recipe accordingly to achieve the best results.
Is parboiled rice more expensive than regular rice?
The cost of parboiled rice can vary depending on the brand, quality, and location. In general, parboiled rice is slightly more expensive than regular rice due to the additional processing steps involved. However, the price difference is usually minimal, and parboiled rice can be found at a similar price point to regular rice in many stores. Additionally, the nutritional benefits and culinary advantages of parboiled rice may make it a worthwhile investment for many consumers. The cost of parboiled rice can also vary depending on the type and quality of the rice. For example, organic or specialty parboiled rice may be more expensive than regular parboiled rice. However, many stores now offer affordable and high-quality parboiled rice options, making it accessible to a wide range of consumers.
When shopping for parboiled rice, it is essential to compare prices and look for sales or discounts to get the best value for your money. Can parboiled rice be cooked in a rice cooker or Instant Pot?
Yes, parboiled rice can be cooked in a rice cooker or Instant Pot, but it may require some adjustments to the cooking time and water ratio. Parboiled rice generally requires less water and cooking time compared to regular rice, so it is essential to follow the package instructions or consult the user manual for specific guidance. In a rice cooker, parboiled rice can be cooked using the same settings as regular rice, but with reduced water ratio. In an Instant Pot, parboiled rice can be cooked using the rice or manual mode, with reduced cooking time and water ratio. When cooking parboiled rice in a rice cooker or Instant Pot, it is essential to check the rice regularly to avoid overcooking. Additionally, some rice cookers or Instant Pot models may have specific settings for parboiled rice, so it is worth consulting the user manual or manufacturer's website for guidance.
With the right cooking technique and equipment, parboiled rice can be cooked to perfection and enjoyed as a nutritious and delicious side dish.
Is parboiled rice suitable for people with dietary restrictions or preferences?
Parboiled rice can be a good option for people with dietary restrictions or preferences, such as those with gluten intolerance or preferences for vegan or vegetarian diets. Parboiled rice is naturally gluten-free and can be a good source of carbohydrates and fiber for people with gluten intolerance. Additionally, parboiled rice is often considered a more nutritious option than regular rice, making it a popular choice for health-conscious consumers. However, it is essential to note that parboiled rice may not be suitable for everyone, particularly those with specific dietary needs or restrictions. For example, parboiled rice may contain more arsenic than regular rice due to the processing method, which can be a concern for people with high arsenic exposure.
Additionally, some parboiled rice products may contain additives or preservatives that are not suitable for people with certain dietary restrictions. When choosing a parboiled rice product, it is crucial to read the label carefully and look for certifications such as gluten-free or vegan to ensure that it meets your dietary needs and preferences. Share copy and redistribute the material in any medium or format for any purpose, even commercially. Adapt remix, transform, and build upon the material for any purpose, even commercially. The licensor cannot revoke these freedoms as long as you follow the license terms. Attribution You must give appropriate credit, provide a link to the license, and indicate if changes were made. You may do so in any reasonable manner, but not in any way that suggests the licensor endorses you or your organization. Non-Commercial You may not use the material for commercial purposes. ShareAlike If you remix, transform, or build upon the material, you must distribute your contributions under the same license as the original. No additional restrictions You may not apply legal terms or technological measures that legally restrict others from doing anything the license permits. You do not have to comply with the license for elements of the material in the public domain or where your use is not revocable by an applicable exception or limitation. No warranties are given. The license may not give you all of the permissions necessary for your intended use. For example, other rights such as publicity, privacy, or moral rights may limit how you use the material. Not all rice variants are created equal. As such, when looking for a more nutritious alternative to regular white rice, you'll surely come across matta rice. If you've never heard of matta rice before, you might be wondering what matta rice is and what makes matta rice better than other rice variants. I looked into it, and here's what I found!
What Is Matta Rice?
Matta rice is a type of red rice that is cultivated in Palakkad, Kerala, India. Additionally, matta rice is a popular variant of red rice because of matta rice's nutty taste and nutritional value. Like other types of rice, matta rice is sold in different formats. Usually, matta rice is parboiled to make matta rice easier for consumers to prepare. In case you're interested to learn more about the different kinds of matta rice and how to prepare matta rice, keep reading!
What Is Matta Rice Called In English?
Matta rice has many names, the most common one used in English-speaking countries being Rosematta rice. Additionally, matta rice is also called red parboiled rice, Kerala red rice, and Palakkadan matta rice. Where Is Matta Rice From?
Matta rice is cultivated in the Palakkad district of Kerala, India. Moreover, Palakkad is the rice granary of Kerala, and other rice variants are grown in Palakkad apart from matta rice. When matta rice was first introduced to society, Palakkadan matta rice was reserved only for the royal families of the Chera and Chola dynasties of India. Moreover, there is also matta rice grown in Karnataka in southern India.
How Is Matta Rice Grown?
Matta rice is grown in a semi-arid region. It is a long-grained rice, and finally, the grains are graded, milled, and packed. Before they are packed, Is Matta Rice Hand Pounded?
There is matta rice that is sold as hand-pounded, although there's nothing to confirm that it was first introduced to society as hand-pounded. Is Matta Rice Better Than White Rice?
Matta rice is considered more nutritious than white rice. It is often parboiled, helping it to retain most of its nutrients. Additionally, matta rice has a richer flavor and texture, contains fewer calories. Is Matta Rice The Same As Red Rice?
Matta rice is only one among the many variants of red rice. In India alone, some regions produce different types of red rice. Kerala, where matta rice is primarily cultivated, also produces red rice varieties like kairali, kattamadan, raktashali, bhadra, and jothy, to name a few. Are Matta Rice And Brown Rice The Same?
Matta rice is not the same as brown rice. Apart from the obvious difference in color between matta rice and brown rice, matta rice also differs from brown rice in terms of flavor. Brown rice may be nutty, but matta rice is known to be significantly nuttier and has an earthier taste. Additionally, matta rice is naturally pigmented and is unprocessed, while brown rice is simply the form white rice takes when the white rice is not fully processed. Does Matta Rice Have Carbs?
Just like other types of rice, matta rice also contains carbs. Generally, a single cup of cooked matta rice has 77 grams of carbs. Is Matta Rice Whole Grain?
Whether matta rice is whole grain depends on how the matta rice is processed. Typically, there is matta rice that is sold as whole grain, and matta rice is sold as partially milled. Is Matta Rice Unpolished?
Matta rice can be sold unpolished or semi-polished. Typically, matta rice is sold semi-polished to make the matta rice easier to cook. Moreover, unpolished matta rice tends to take much longer to prepare, which is why most matta rice is sold parboiled. What Is Unda Matta Rice?
Unda matta rice is a type of matta rice with shorter grains. Additionally, unda matta rice is a popular rice variant in Kerala. Is Matta Rice Parboiled?
Matta rice is commonly parboiled to make it easier to cook. However, unpolished matta rice can be cooked using the same settings as regular rice, but with reduced water ratio.
Can matta rice be used as a substitute for regular rice in all recipes?
Matta rice is rich in fiber, you'll likely eat less matta rice than you would white rice. This is because the fiber in matta rice will satiate you much sooner and longer than regular white rice, helping you keep your rice intake to a minimum. Is Matta Rice Gluten-Free?
Matta rice is naturally gluten-free, just like most types of rice. However, it is possible to contaminate matta rice during the cooking process. As such, celiaacs need to use seasonings and ingredients that do not have gluten or to cook matta rice in a separate saucepan. Does Matta Rice Have Arsenic?
Research shows that rice cultivated in India does not contain arsenic. As such, matta rice is considered to be naturally arsenic-free. How Do You Cook Matta Rice In An Electric Rice Cooker?
Since matta rice still has bran, its better to soak the rice for at least an hour before you cook it in a rice cooker. Afterward, rinse the rice thoroughly and place it in the rice cooker. Once the rice cooker indicates that the rice is cooked, let the rice sit for around ten minutes. Giving the rice time to rest before you fluff or serve the matta rice makes the rice softer and easier to chew. Take a look at our other articles to discover what malted rice is, what Mason rice is, and what Young Chou Fried rice is. Conclusion
Matta rice is a type of red rice grown primarily in Kerala, India. Since rice from India doesn't contain arsenic, consumers can be assured that matta rice is non-toxic. Compared to brown rice and white rice, matta rice has considerably more nutrients to offer. Additionally, matta rice has a nuttier and chewier texture. Health Benefit and Nutritional content of kaikuthal arisi (rice)
Great Source of Energy:
Kaikuthal rice is abundant in carbohydrates; it acts as fuel for the body and aids in the normal functioning of the brain. Carbohydrates are essential to be metabolized by the body and turned into functional, usable energy. The vitamins, minerals, and various organic components increase the functioning and metabolic activity of all your organ systems, which further increases energy levels.
Cholesterol Free:
Kaikuthal rice is extremely beneficial for health, simply because it does not contain harmful fats, cholesterol or sodium. It forms an integral part of balanced diet. It has low levels of fat, cholesterol, and sodium which will help in reducing obesity and the health conditions associated with being overweight.
Blood Pressure Management:
Kaikuthal Rice is low in sodium, so it is considered one of the best foods for those suffering from high blood pressure and hypertension. Sodium can cause veins and arteries to constrict, increasing the stress and strain on the cardiovascular system as the blood pressure increases. This is also associated with heart conditions like atherosclerosis, heart attacks, and strokes, so avoiding excess sodium is always a good idea.
Nutrients (per 100 g)
Nutritional valuesEnergy 232 kcalProtein 4.8g Carbohydrate 5.0 g Total dietary fibre 5.5 g Fat 1.1 g Health Benefit and Nutritional content of parboiled rice
Parboiled rice is an excellent source of soluble fiber. It helps to lower the levels of 'bad' LDL cholesterol in the blood. The oil present in parboiled rice may help lower harmful cholesterol levels and blood pressure, whilst raising the levels of 'healthy' HDL cholesterol. The fibre in parboiled rice means that the digestion time of this carbohydrate is slower than processed grains, including white rice. It indicates that there is a more controlled slower release of sugar into the bloodstream and it has a lower glycaemic index (GI) compared to other grains.
Nutrients (per 100 g)
Nutritional valuesEnergy 300 kcalProtein 6.9gCarbohydrate 74 gTotal dietary fibre 3 gFats 0.9gHealth Benefit and Nutritional content of Mappillai samba rice
Mappillai samba rice is a good source of iron and zinc. Iron contributes to the production of myoglobin and haemoglobin. Myoglobin and haemoglobin deliver oxygen to muscles and tissues keeping body high in energy level. It also contains pro-antocyanins which help to reduce cholesterol and hyperglycaemia.
Nutrients (per 100 g)
Nutritional valuesEnergy 359 kcalProtein 7 gCarbohydrate 89 gTotal dietary fibre 1 gFats 1 gHealth Benefit and Nutritional content of seeraga samba rice
Helps in fighting cancer:
Seeraga samba rice contains selenium which helps to prevent the cancer of colon and intestine. It has got more fibre and anti-oxidant which helps to remove free radicals from colon and intestine. It also has phytonutrients which help to fight breast cancer and strengthens the heart.
Helps in lowering cholesterol:
The oil in the seeraga rice reduces the cholesterol. It is rich in fibre hence, reduces the LDL cholesterol and increases HDL in the body.
Rich in Fibre:
Since it is rich in fibre, it controls the calories in the food and thus stops more intake of food. It also eases digestion and helps to relieve constipation.
Nutrients (per 100 g)
Nutritional valuesEnergy 170 kcalProtein 3 gCarbohydrate 38 gTotal dietary fibre 2.3 gFats 0.5Health Benefit and Nutritional content of Basmati rice
The body needs carbohydrates to function and basmati rice is an excellent source of energy. It is low in fibre and easy digestion.
Nutrients (per 100 g)
Nutritional valuesEnergy 300 kcalProtein 6.1 gCarbohydrate 60 gTotal dietary fibre 2 gFats 0.7 gHealth Benefit and Nutritional content of Red, Matta rice
Helps to lower the cholesterol:
Matta /Red rice also helps in reducing the blood levels of total cholesterol. The active component in red rice is maoacolin X which helps to lower the cholesterol level. Do not take red rice in case you have liver disease, pregnant, or younger than 18. Side effects consist of gas, heartburn and dizziness. It lowers the risk of obesity:
Red rice will help you decrease the desire to eat and may cause to feel fuller for a long time. Moreover, red rice provides energy and helps in the digestion. Red rice has a very low fat. High-fat consumption boosts the chance of obesity.
Nutrients
Nutritional valuesEnergy 405 kcalProtein 7 gCarbohydrate 87 gTotal dietary fibre 3.2 gFats 0.5Health Benefit and Nutritional content of Black rice
Weight Management:
It is seen that Black rice helps in weight management. It helps you to satiate the hunger and may cause to feel fuller for a long time because of its higher fibre content, and high fibre foods keep us fuller for longer, preventing hunger and cravings. The antioxidant ANTHOCYANIN present in black rice helps to inhibit cholesterol absorption in the body.
Fiber:
Black rice has a good amount dietary fibre. Eating foods that are high in fibre will help you fuller longer after you eat. This may be useful if you are trying to lose weight.
Nutrients (per 100 g)
Nutritional valuesEnergy 180 kcalProtein 5 gCarbohydrate 34 gTotal dietary fibre 3.9 gFats 1.5 gConclusion:
You can include Kaikuthal (Brown Rice), Matta / Red Rice, Black rice in your diet.
Indigenous variety of rice grown in Palakkad district of Kerala, India
Matta Rice
Matta rice (cooked)
Red rice (cooked)
Porridge
Parboiled rice
Matta rice (also known as Palakkadan/Rose Matta rice, Kaje Rice in Karnataka, or Kuttarici) is an indigenous variety of rice grown in Udipi and Dakshina Kannada districts of Karnataka, Palakkad district of Kerala, India and in Jaffna district of Northern Province, Sri Lanka.[1][2] It is known for its coarseness and health benefits. It is popular in Kerala and coastal Karnataka in India and Sri Lanka where it is used on a regular basis for idlies, appams and plain rice. Palakkadan matta rice was the choice of the royal families of Chola and Chera dynasties of India.[citation needed]Kerala matta rice has been historically popular due to its rich and unique taste. It is used in preparations of rice-snacks like Kondattam, Murukku etc.[3]
References to chunnilla matta can be found in the work Rice in Kerala authored by Sri. P. C. Sahadevan and published by the Government of Kerala in 1966. The rice is mentioned in Tamil classics such as Thirukkural. Rice in the days of the Chera/Chola kingdoms was considered a royal food.Kerala matta rice is grown in Kerala, Karnataka in southern India and in northern Sri Lanka. Matta rice gives Kerala farmers a premium of Indian Rs. 300 for 500 kg of paddy. A three-year ban on the export of matta rice was partially lifted in February 2011, allowing 25,000 tonnes to be exported in 2011.[4]Palakkadan matta rice is cultivated in the dense black cotton soil of Palakkad district in Kerala. The rice has a distinct earthy flavour because of the type of soil in which it is cultivated. These paddy fields are called 'poonthalpadam' and the soil contains a lot of clay and silt. Because of these qualities, this kind of paddy fields can retain more water.[5]The grains are yellowish pink (from being parboiled) with reddish outer layers. Rose matta rice maintains its pink hue as well as its flavour on cooking. Like all brown or parboiled rice, red matta has a lengthy cooking time and requires extra water.[6]Kerala matta rice/Palakkadan matta ricePalakkadan matta rice is registered under the Geographical Indications of Goods (Registration & Protection) Act, 1999 by the Palakkad Matta Farmers Producer Company Ltd.[7] It is a coarse variety of rice with bold grains and red pericarp. The rice has a unique taste.[7] The coarse rice is with red pericarp by itself ensures high content of nutrients. Par-boiling of the rice further ensures retention of nutritional value. The grains are grown on unique black cotton or regar soil, derived from rocks rich in lime peculiar to Palakkad, also in Poonthalpadam where the soil is heavy, containing 60-80% of clay and silt and possess low permeability and high water holding capacity. These soils, the humid weather of Palakkad, easterly winds[7] that blow through the Palakkad gap and the rivers that flow from the Western Ghats.[clarification needed]Parboiled rice is harder than white rice and needs some thirty minutes of soaking before cooking.[8][9]Matta rice is traditionally double cooked.[citation needed]The rice is washed in a large pan and left to soak from 1 hour to overnight. The rice is drained and simmered with 4 to 8 parts water for 30 minutes. It is then covered and left for 1520 minutes or until cooked. It is finally drained and left covered for a further 1015 minutes before serving.[10]Paddy is thoroughly cleaned and destoned prior to boiling and drying process. Final finished rice is graded for removing broken and again colour sorted in computerised sorting machines and well packed.[11]Palakkadan Matta rice is more nutritious than white polished rice because parboiling before milling retains some nutrients.[12] One serving cup of 1/4 size can contain 160 calories and 1 gram of fiber.[citation needed] White rice doesn't contain any fibre. The brown outer layer of the Matta rice contains many nutrients. One cup of Matta rice can contain 84 milligrams of magnesium and one gram of calcium. It also contains vitamins.[citation needed]Some farms have adopted technology to ship matta rice from the farm to customers.[11]A serious health hazard is the wide availability of artificially colored matta rice. The color added for this purpose can be harmful to the body. There are complaints that such varieties are widely distributed through the subsidized public distribution systems on which the poor depend heavily.[13]Sadhya a dish in Kerala cuisine sometimes prepared using matta rice[14]Nanjanagud bananaCoorg orangeCoorg CarrotCoorg Carrot
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Matta rice, an indigenous rice variety from India, stands out from its counterparts due to its distinct characteristics. It boasts a deep crimson hue, a chewy texture, and a nutty aroma that sets it apart from ordinary white rice. The grains are shorter and plumper than typical long-grain varieties, giving them a unique bite and a higher nutritional value. Matta rice is also known for its high fiber content, making it a healthy choice for those seeking a more wholesome meal.
Is Matta rice a healthy choice?
Whether Matta rice is a healthy choice depends on individual dietary needs and preferences. It is a variety of brown rice that has been partially milled, removing some of the bran. As a result, it retains more nutrients than white rice but less than brown rice. Matta rice is a good source of fiber, which can support digestive health and help regulate blood sugar levels. It also contains antioxidants and iron. However, it is important to note that Matta rice is not the same as brown rice. Apart from the obvious difference in color between matta rice and brown rice, matta rice also differs from brown rice in terms of flavor. Brown rice may be nutty, but matta rice is known to be significantly nuttier and has an earthier taste. Additionally, matta rice is naturally pigmented and is unprocessed, while brown rice is simply the form white rice takes when the white rice is not fully processed. Does Matta Rice Have Carbs? Just like other types of rice, matta rice also contains carbs. Generally, a single cup of cooked matta rice has 77 grams of carbs. Is Matta Rice Whole Grain? Whether matta rice is whole grain depends on how the matta rice is processed. Typically, there is matta rice that is sold as whole grain, and matta rice is sold as partially milled. Is Matta Rice Unpolished? Matta rice can be sold unpolished or semi-polished. Typically, matta rice is sold semi-polished to make the matta rice easier to cook. Moreover, unpolished matta rice tends to take much longer to prepare, which is why most matta rice is sold parboiled. What Is Unda Matta Rice? Unda matta rice is a type of matta rice with shorter grains. Additionally, unda matta rice is a popular rice variant in Kerala. Is Matta Rice Parboiled? Matta rice is commonly parboiled to make it easier to cook. However, unpolished matta rice can be cooked using the same settings as regular rice, but with reduced water ratio. Can matta rice be used as a substitute for regular rice in all recipes? Matta rice is rich in fiber, you'll likely eat less matta rice than you would white rice. This is because the fiber in matta rice will satiate you much sooner and longer than regular white rice, helping you keep your rice intake to a minimum. Is Matta Rice Gluten-Free? Matta rice is naturally gluten-free, just like most types of rice. However, it is possible to contaminate matta rice during the cooking process. As such, celiaacs need to use seasonings and ingredients that do not have gluten or to cook matta rice in a separate saucepan. Does Matta Rice Have Arsenic? Research shows that rice cultivated in India does not contain arsenic. As such, matta rice is considered to be naturally arsenic-free. How Do You Cook Matta Rice In An Electric Rice Cooker? Since matta rice still has bran, its better to soak the rice for at least an hour before you cook it in a rice cooker. Afterward, rinse the rice thoroughly and place it in the rice cooker. Once the rice cooker indicates that the rice is cooked, let the rice sit for around ten minutes. Giving the rice time to rest before you fluff or serve the matta rice makes the rice softer and easier to chew. Take a look at our other articles to discover what malted rice is, what Mason rice is, and what Young Chou Fried rice is. Conclusion Matta rice is a type of red rice grown primarily in Kerala, India. Since rice from India doesn't contain arsenic, consumers can be assured that matta rice is non-toxic. Compared to brown rice and white rice, matta rice has considerably more nutrients to offer. Additionally, matta rice has a nuttier and chewier texture. Health Benefit and Nutritional content of kaikuthal arisi (rice) Great Source of Energy: Kaikuthal rice is abundant in carbohydrates; it acts as fuel for the body and aids in the normal functioning of the brain. Carbohydrates are essential to be metabolized by the body and turned into functional, usable energy. The vitamins, minerals, and various organic components increase the functioning and metabolic activity of all your organ systems, which further increases energy levels. Cholesterol Free: Kaikuthal rice is extremely beneficial for health, simply because it does not contain harmful fats, cholesterol or sodium. It forms an integral part of balanced diet. It has low levels of fat, cholesterol, and sodium which will help in reducing obesity and the health conditions associated with being overweight. Blood Pressure Management: Kaikuthal Rice is low in sodium, so it is considered one of the best foods for those suffering from high blood pressure and hypertension. Sodium can cause veins and arteries to constrict, increasing the stress and strain on the cardiovascular system as the blood pressure increases. This is also associated with heart conditions like atherosclerosis, heart attacks, and strokes, so avoiding excess sodium is always a good idea. Nutrients (per 100 g) Nutritional valuesEnergy 232 kcalProtein 4.8g Carbohydrate 5.0 g Total dietary fibre 5.5 g Fat 1.1 g Health Benefit and Nutritional content of parboiled rice Parboiled rice is an excellent source of soluble fiber. It helps to lower the levels of 'bad' LDL cholesterol in the blood. The oil present in parboiled rice may help lower harmful cholesterol levels and blood pressure, whilst raising the levels of 'healthy' HDL cholesterol. The fibre in parboiled rice means that the digestion time of this carbohydrate is slower than processed grains, including white rice. It indicates that there is a more controlled slower release of sugar into the bloodstream and it has a lower glycaemic index (GI) compared to other grains. Nutrients (per 100 g) Nutritional valuesEnergy 300 kcalProtein 6.9gCarbohydrate 74 gTotal dietary fibre 3 gFats 0.9gHealth Benefit and Nutritional content of Mappillai samba rice Mappillai samba rice is a good source of iron and zinc. Iron contributes to the production of myoglobin and haemoglobin. Myoglobin and haemoglobin deliver oxygen to muscles and tissues keeping body high in energy level. It also contains pro-antocyanins which help to reduce cholesterol and hyperglycaemia. Nutrients (per 100 g) Nutritional valuesEnergy 359 kcalProtein 7 gCarbohydrate 89 gTotal dietary fibre 1 gFats 1 gHealth Benefit and Nutritional content of seeraga samba rice Helps in fighting cancer: Seeraga samba rice contains selenium which helps to prevent the cancer of colon and intestine. It has got more fibre and anti-oxidant which helps to remove free radicals from colon and intestine. It also has phytonutrients which help to fight breast cancer and strengthens the heart. Helps in lowering cholesterol: The oil in the seeraga rice reduces the cholesterol. It is rich in fibre hence, reduces the LDL cholesterol and increases HDL in the body. Rich in Fibre: Since it is rich in fibre, it controls the calories in the food and thus stops more intake of food. It also eases digestion and helps to relieve constipation. Nutrients (per 100 g) Nutritional valuesEnergy 170 kcalProtein 3 gCarbohydrate 38 gTotal dietary fibre 2.3 gFats 0.5Health Benefit and Nutritional content of Basmati rice The body needs carbohydrates to function and basmati rice is an excellent source of energy. It is low in fibre and easy digestion. Nutrients (per 100 g) Nutritional valuesEnergy 300 kcalProtein 6.1 gCarbohydrate 60 gTotal dietary fibre 2 gFats 0.7 gHealth Benefit and Nutritional content of Red, Matta rice Helps to lower the cholesterol: Matta /Red rice also helps in reducing the blood levels of total cholesterol. The active component in red rice is maoacolin X which helps to lower the cholesterol level. Do not take red rice in case you have liver disease, pregnant, or younger than 18. Side effects consist of gas, heartburn and dizziness. It lowers the risk of obesity: Red rice will help you decrease the desire to eat and may cause to feel fuller for a long time. Moreover, red rice provides energy and helps in the digestion. Red rice has a very low fat. High-fat consumption boosts the chance of obesity. Nutrients Nutritional valuesEnergy 405 kcalProtein 7 gCarbohydrate 87 gTotal dietary fibre 3.2 gFats 0.5Health Benefit and Nutritional content of Black rice Weight Management: It is seen that Black rice helps in weight management. It helps you to satiate the hunger and may cause to feel fuller for a long time because of its higher fibre content, and high fibre foods keep us fuller for longer, preventing hunger and cravings. The antioxidant ANTHOCYANIN present in black rice helps to inhibit cholesterol absorption in the body. Fiber: Black rice has a good amount dietary fibre. Eating foods that are high in fibre will help you fuller longer after you eat. This may be useful if you are trying to lose weight. Nutrients (per 100 g) Nutritional valuesEnergy 180 kcalProtein 5 gCarbohydrate 34 gTotal dietary fibre 3.9 gFats 1.5 gConclusion: You can include Kaikuthal (Brown Rice), Matta / Red Rice, Black rice in your diet. Indigenous variety of rice grown in Palakkad district of Kerala, India
Matta Rice
Matta rice (cooked)
Red rice (cooked)
Porridge
Parboiled rice
Matta rice (also known as Palakkadan/Rose Matta rice, Kaje Rice in Karnataka, or Kuttarici) is an indigenous variety of rice grown in Udipi and Dakshina Kannada districts of Karnataka, Palakkad district of Kerala, India and in Jaffna district of Northern Province, Sri Lanka.[1][2] It is known for its coarseness and health benefits. It is popular in Kerala and coastal Karnataka in India and Sri Lanka where it is used on a regular basis for idlies, appams and plain rice. Palakkadan matta rice was the choice of the royal families of Chola and Chera dynasties of India.[citation needed]Kerala matta rice has been historically popular due to its rich and unique taste. It is used in preparations of rice-snacks like Kondattam, Murukku etc.[3]
References to chunnilla matta can be found in the work Rice in Kerala authored by Sri. P. C. Sahadevan and published by the Government of Kerala in 1966. The rice is mentioned in Tamil classics such as Thirukkural. Rice in the days of the Chera/Chola kingdoms was considered a royal food.Kerala matta rice is grown in Kerala, Karnataka in southern India and in northern Sri Lanka. Matta rice gives Kerala farmers a premium of Indian Rs. 300 for 500 kg of paddy. A three-year ban on the export of matta rice was partially lifted in February 2011, allowing 25,000 tonnes to be exported in 2011.[4]Palakkadan matta rice is cultivated in the dense black cotton soil of Palakkad district in Kerala. The rice has a distinct earthy flavour because of the type of soil in which it is cultivated. These paddy fields are called 'poonthalpadam' and the soil contains a lot of clay and silt. Because of these qualities, this kind of paddy fields can retain more water.[5]The grains are yellowish pink (from being parboiled) with reddish outer layers. Rose matta rice maintains its pink hue as well as its flavour on cooking. Like all brown or parboiled rice, red matta has a lengthy cooking time and requires extra water.[6]Kerala matta rice/Palakkadan matta ricePalakkadan matta rice is registered under the Geographical Indications of Goods (Registration & Protection) Act, 1999 by the Palakkad Matta Farmers Producer Company Ltd.[7] It is a coarse variety of rice with bold grains and red pericarp. The rice has a unique taste.[7] The coarse rice is with red pericarp by itself ensures high content of nutrients. Par-boiling of the rice further ensures retention of nutritional value. The grains are grown on unique black cotton or regar soil, derived from rocks rich in lime peculiar to Palakkad, also in Poonthalpadam where the soil is heavy, containing 60-80% of clay and silt and possess low permeability and high water holding capacity. These soils, the humid weather of Palakkad, easterly winds[7] that blow through the Palakkad gap and the rivers that flow from the Western Ghats.[clarification needed]Parboiled rice is harder than white rice and needs some thirty minutes of soaking before cooking.[8][9]Matta rice is traditionally double cooked.[citation needed]The rice is washed in a large pan and left to soak from 1 hour to overnight. The rice is drained and simmered with 4 to 8 parts water for 30 minutes. It is then covered and left for 1520 minutes or until cooked. It is finally drained and left covered for a further 1015 minutes before serving.[10]Paddy is thoroughly cleaned and destoned prior to boiling and drying process. Final finished rice is graded for removing broken and again colour sorted in computerised sorting machines and well packed.[11]Palakkadan Matta rice is more nutritious than white polished rice because parboiling before milling retains some nutrients.[12] One serving cup of 1/4 size can contain 160 calories and 1 gram of fiber.[citation needed] White rice doesn't contain any fibre. The brown outer layer of the Matta rice contains many nutrients. One cup of Matta rice can contain 84 milligrams of magnesium and one gram of calcium. It also contains vitamins.[citation needed]Some farms have adopted technology to ship matta rice from the farm to customers.[11]A serious health hazard is the wide availability of artificially colored matta rice. The color added for this purpose can be harmful to the body. There are complaints that such varieties are widely distributed through the subsidized public distribution systems on which the poor depend heavily.[13]Sadhya a dish in Kerala cuisine sometimes prepared using matta rice[14]Nanjanagud bananaCoorg orangeCoorg CarrotCoorg Carrot
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Matta rice, an indigenous rice variety from India, stands out from its counterparts due to its distinct characteristics. It boasts a deep crimson hue, a chewy texture, and a nutty aroma that sets it apart from ordinary white rice. The grains are shorter and plumper than typical long-grain varieties, giving them a unique bite and a higher nutritional value. Matta rice is also known for its high fiber content, making it a healthy choice for those seeking a more wholesome meal.
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