

## Rice Examples



### Rough Rice

This is rice as it comes from the field, also known as paddy rice. After harvesting, rough rice is dried to a suitable moisture level before storage. Rice straw, weed seeds, and other field debris are removed by a series of cleaning machines prior to milling.



### Long Grain White Rice

These rice grains have a long, slender shape and remain separate and fluffy when cooked. White rice has been milled to remove the germ and bran, which improves shelf life and reduces cooking time. It may also be enriched with vitamins and minerals to restore nutritional value.



### Rice Hulls

The rice hull is the tough outer layer that surrounds and protects the rice grain. Hulls are removed by shelling machines. Some rice mills use hulls as a source of fuel in their operations. Ground hulls are also used in animal feed and in the manufacture of chemicals and plastics.



### Medium Grain White Rice

This is another variety of milled rice that is shorter and thicker than long grain. It has a soft, tender texture when cooked. Medium grain rice is preferred among certain regional and ethnic groups.



### Brown Rice

This is rice in its most natural and nutritious form, with only the hulls removed. Growing in popularity, brown rice can be long, medium, or short grain, and requires longer cooking than white rice. The brown color comes from the rice germ and seven bran layers, which are rich in minerals and B-complex vitamins.



### Short Grain White Rice

Yet another variety of milled rice, short grain is sometimes referred to as a "round" grain due to its short, plump shape. When cooked, the grains are moist and tender and cling together. Short grain rice is preferred among certain regional and ethnic groups.



### Parboiled Rice

To make parboiled rice, rough rice is soaked in hot water, steamed under pressure, and then dried before milling. This process gives the rice a firmer texture and more separate appearance after cooking. It takes slightly longer to cook (25 vs. 20 minutes) than long grain white rice.



### Instant Rice

Long grain white rice that has been precooked and dried. Instant rice is a convenience product requiring only five minutes preparation time. It has a light and separate cooked appearance.

## Oryza sativa L. Rice

