

Ganga Rice (Long Grain Brown Rice)



The difference between brown rice and white rice is not just color. Milling is the process that creates the difference between brown and white rice. A whole grain of rice has several layers. Only the outermost layer, the hull, is removed to produce what we call brown rice. If brown rice is further milled to remove the bran and most of the germ layer, the result is a whiter rice. Milling removes both the husk and the bran layer of the kernel. Through the milling process, brown rice becomes White rice.

However, consumption of brown rice is low, despite its nutritional value, because it takes almost one hour to cook and many people do not care for the taste and texture. Unfortunately, once the husk is removed from rice, the bran layer starts going rancid and this contributes to the bitter taste of brown rice. But, Brown rice must be introduced in the diet because it is important for the health. With brown rice we can make many rice recipes with low calories.

Brown rice is an excellent, more nutritious alternative to regular white rice. Brown rice has grown in popularity as consumers have learned of the health benefits of this staple food. Brown rice digests more easily than white rice as the fiber rich rice bran remains. Brown rice has a more chewy consistency and a slightly nutty flavor. Long Grain Brown Rice retains the natural oils, proteins and vitamins that are otherwise lost in the processing of white rice

While Brown Rice is superior to white rice nutritionally, it does have one major drawback. The rice bran that is removed to produce white rice remains in brown rice. Rice bran contains oils, essential fatty acids, and fiber that will cause brown rice to go rancid in about 6 months to a year. Brown rice is excellent for daily use, but does not make a good long term storage food.

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TAJ AGRO INTERNATIONAL

(A Division of Taj Pharmaceuticals Limited)

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E-mail :

tajagroproducts@gmail.com

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