

The Not-so White Rice

Lunch, dinner or even breakfast...majority of the people all over the world love to eat Rice... ever wondered what goes into the making of this staple meal? Let us dig into the bowl...



There are mostly two types of rice available in the market: White rice and Brown (or Golden) rice.

People prefer the texture of white rice, it requires shorter cooking time and is also cheaper. The vast majority of rice eaters consider brown rice as peasant's food or animal feed. But, the modern health food movement claims that unprocessed grains, including brown rice, are healthier than their refined counterparts.

White rice contributes to diabetes and may lead to various deadly diseases like Beriberi (caused by lack of vitamin B1)! And its processing strips out the life force of the rice along with most of the nutrients and almost all of the fiber.

Moreover, **Methyl Bromide (MB)**, a disinfectant for rice processing, has various environmental and health hazards. It is highly toxic and has Ozone depleting potential.

The Making



● **Cleaning:** removes foreign objects, such as hay, straw, stone, tree stump, and snail shell, from the paddy.

● **Husking:** rubs excessive husks off cleaned paddy. Once removed, brown rice is separated from the husks through the ventilation process.

● **Paddy Separator:** separates unhusked paddy from brown rice by applying a difference in gravitational pull and surface friction.

● **Milling:** strips off the bran layer from brown rice. Air ventilation sucks in the bran layer. It takes 2 to 3 cycles.

● **Grading:** separates milled rice by a sieve grader. The finished rice is stored in individual bags, according to its grade. Rice is ready for delivery!

- All rice is brown rice before it is processed into white rice.
- Only 55 per cent of the original paddy rice remains after processing.
- The more than 100,000 varieties of rice come in many different shapes, sizes and colors.
- In some areas, the husk is separated from the grain by putting the rice on the road and letting traffic drive over it!