

What is Parboiled Rice?

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About Parboiled Rice:

- Parboiled rice, **also called converted rice**, is **partially precooked in its inedible husk before being processed for eating**.
- It **happens before rice is milled**, that is before the inedible outer husk is removed to yield brown rice **but before brown rice is refined to make white rice**.
- **In some Asian and African countries**, people have been **parboiling rice since ancient times** as it **makes the husks easier to remove by hand**.
- **The main steps of parboiling are**
 - **Soaking**. Raw, unhusked rice, also called paddy rice, is **soaked in warm water to increase the moisture** content.
 - **Steaming**. The **rice is steamed until the starch converts into a gel**. The heat of this process also helps kill bacteria and other microbes.
 - **Drying**. The **rice is slowly dried to reduce the moisture content** so that it can be milled.
 - **Husking**: The dried, partially cooked rice is **then milled to remove the outer husk**. The **result is parboiled rice**.

- Parboiling **changes the color of rice to a light yellow or amber**, which differs from the pale, white color of regular rice.
 - During parboiling, **some water-soluble nutrients move from the bran of the rice kernel into the starchy endosperm**. This **minimizes some of the nutrient loss** that normally happens during refining **when making white rice**.
 - **Benefits:**
 - Parboiling rice **improves its texture, increases its shelf life**, and provides health benefits.
 - Parboiled rice is **higher in fiber and protein than white rice**.
 - Parboiling **reduces the stickiness of rice so it yields fluffy** and separate kernels once cooked.
 - Additionally, **parboiling inactivates the enzymes that break down the fat** in rice. This **helps prevent rancidity and off-flavors, increasing shelf-life**
 - Notably, parboiled rice has **significantly more thiamine and niacin than white rice**. These nutrients are **important for energy production**.
 - **Potential downsides:**
 - It's **less nutritious than brown rice**.
 - It **takes a little longer to cook**.
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Q1) What is starch?

Starch is a carbohydrate, specifically a polysaccharide, composed of glucose molecules linked together through chemical bonds. It is one of the most abundant carbohy.

Source: [Govt imposes 20% export duty on parboiled rice; MEP on on basmati coming](#)

Source: <https://vajiramandravi.com/current-affairs/what-is-parboiled-rice/>

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