



USA Rice®



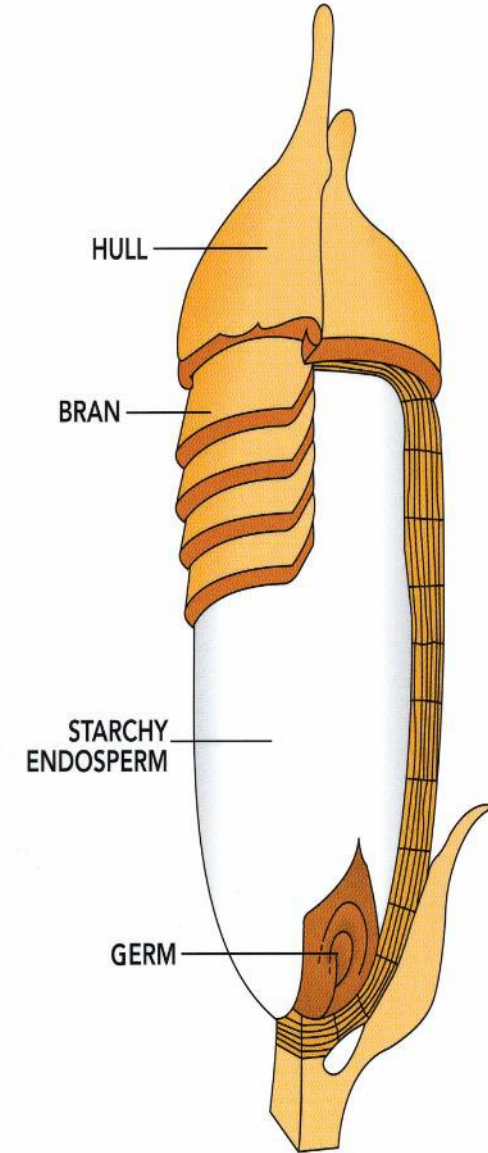
Understanding Rice Varieties, Types, and Forms

What is Rice?

The seed of a semi-aquatic grass that thrives in warm and sub-tropical climates and officially classified as **Oryza Sativa**

Grain Anatomy

- Grain is enclosed with in a tough outer hull/husk
- Under the hull are the bran and germ. Rice at this stage is 100% whole grain
- Remove the bran and germ and what remains is the endosperm which is white rice, the most consumed rice throughout the world
- All U.S.-grown rice is gluten-free, GMO-free, sodium-free, cholesterol-free, and virtually fat-free



Rice Milling

After harvest, the collected rough rice is dried to a certain level prior to milling. The final step of rice production is milling, an intricate process that U.S. mills have perfected.

- Harvested rough rice is cleaned and passed through sheller machines that remove the inedible hulls and yields brown rice.
- Brown rice can then be further milled to remove the outside bran layer and produce white rice.
- Specific to the U.S.-the white rice is then enriched with a coating of vitamins to replace nutrients lost during the milling process



(Rough Rice)



(Brown Rice)



(White Rice)

Types of Rice by Milling	Degree of Milling	Rice Description
Paddy Rice	None	Paddy/Rough Rice collected from harvest before it is milled. Indigestible for humans, but usable for feed.
Whole Grain Rice (Brown, Red, Black Rice)	Hull (husk) removed with bran & germ intact	100% whole grain rice; chewy texture and nutty flavor; contains vitamins, minerals, antioxidants, and phytonutrients.
White Rice	Hull, bran, and germ removed	A nutritious complex carbohydrate that is the most popular rice consumed globally.

Brown Vs White Rice

Brown (Whole Grain) Rice



- Brown rice is a whole grain containing the bran, germ, and endosperm
- Has a slightly earthy, nutty flavor and chewy texture
- Known for powerful nutritional properties
- Helps maintain healthy diets, contributes to positive health outcomes, and reduces risk of disease
- Longer cook times and shorter shelf life

White (Enriched) Rice



- Milled to remove bran and germ layer, leaving just the endosperm
- Enriched with key vitamins and minerals
- Nutritious complex carbohydrate
- Shorter cook times and almost indefinite shelf life
- Accounts for the majority of U.S. rice production
- Most consumed rice worldwide

U.S.-Grown Rice Varieties



The domestic rice industry produces all rice varieties from well-known white long grain to aromatics to harder to find specialty rice.

Every Rice is Categorized by:

- Degree of Milling: Rough, Whole Grain, White Rice
- Kernel Size: Short, Medium, and Long Grain
- Starch Content: Amylose, Amylopectin
- Flavor: Popcorn, Sweet, Nutty, Spicy

Long Grain Rice



.....> **Most Common and Plentiful Variety**

.....> **Long, Slender Kernels with High Amylose Starch Content**

.....> **Cooked Grains are Firm, Fluffy, and Separate**

.....> **Ideal for Pilafs, Stir-Frys, Salad, Bowls, Handhelds, Soup, and Side Dishes**

Medium Grain Rice



Shorter, Wider Kernels than Long Grain

Cooked Grains are Moist, Tender, Slightly Chewy, and Tend to Stick Together

Ideal for Dishes w/ Creamy Consistency: Paella, Risotto, Confections, Snacks

Short Grain Rice



.....> **Kernels are Short, Plump, and almost Round**

.....> **Cooked Grains are Soft and Sticky**

.....> **Ideal for Sushi, Puddings, Desserts, Sweet Rice Dishes, and Sake**

Kernel Size	Rice Grain Dimensions	Examples	Description of Cooked Rice	Usage Examples
Long Grain	3 to 4 times as long as it is wide	Brown or white long grain Della U.S. basmati U.S. aromatic red U.S. jasmine	Fluffy separate grains While classified as long grain, jasmine rice's characteristics resemble medium grain's moist, clingy texture	Entrées Pilafs Fried Rice Rice Bowls
Medium Grain	2 to 3 times as long as it is wide	Brown or white medium grain Calrose Premium medium grain U.S. arborio Black japonica Mahogany japonica	Moist and slightly sticky	Soups Sushi Risotto Paella
Short Grain	Short and almost round	Brown or white short grain Koshihikari Calmochi Akitakomachi	Soft, moist sticky	Sushi Desserts Rice Pudding

Jasmine Rice



➤ **Aromatic Long Grain Variety with Distinct Flavor and Popcorn Aroma**

➤ **Cooked Grains are Soft, Moist, and Slightly Cling Together**

➤ **Major Ingredient in Thai and Southeast Asian cuisines**

Basmati Rice



.....> Long Grain Variety with Distinct
.....> Aroma and Savory, Nutty Flavor

.....> Cooked Grains are Slightly Chewy and
.....> have a Fluffy Texture with Little Stickiness

.....> Often used in Indian and Mediterranean
.....> cuisines and some Middle Eastern Dishes

Other Aromatic Rice

Black Japonica Rice



- Medium Grain, 100% Whole Grain
- Cooked Grains are slightly chewy with subtle sweet spiciness and hearty texture
- Contains antioxidants and special phytonutrients

Red Rice



- Long Grain, 100% Whole Grain
- Cooked Grains are slightly chewy and have a savory, nutty flavor
- Increased boost of antioxidants

Purple Rice



- Specialty Long Grain, 100% Whole Grain
- Cooked grains are a deep purple with a quick cook time
- Contains antioxidants and fiber

Calrose & Arborio Rice

Calrose





- Medium-grain rice grown in California
- Accounts for the majority of California's rice production
- Very mild and pairs well with a range of flavors
- Cooked grains are soft and somewhat sticky, making it a good option for sides, stir-fries, and sushi

Arborio



- Medium grain rice with a characteristic white dot at the center of the plump grain.
- Contains a high level of amylopectin starch that is released during stirring and contributes to its creamy texture
- Higher protein content than other medium grains
- Primarily used in risotto, desserts, and dishes where creamy texture is welcome
- Has an exceptional ability to absorb flavors.

Sticky & Sushi Rice

Sticky Rice	Sushi Rice
 <ul style="list-style-type: none">• Variety that's also often labeled “sweet rice” or “glutinous rice.”• Chalky white, short, plump grains• Cooked grains are practically glued together when cooked due to starch content• Ideal for sweet and savory dishes	 <ul style="list-style-type: none">• More a preparation of rice than a rice variety• Made by combining hot, cooked short or medium grain rice with sugar, salt, and vinegar• Mixture is cooled, then used to make sushi• Packages labeled “sushi rice” in retail, are undoubtedly short-grain white or brown rice

Wild Rice



..... ❖ Not a Rice, Semi-aquatic Grass
..... Native to North America

..... ❖ Hearty and Nutrient-Rich

..... ❖ Cooked Grains Greatly Expand, Have
..... Chewy Texture and Earthy Taste

Sprouted Rice



➤ **Whole Grain Germinated Rice**

➤ **Nutritional Powerhouse with High Levels of GABA Amino Acid**

➤ **Increased Fiber, Vitamin E, Fiber, and lower Glycemic Index**

Parboiled Rice



**Partially Boiled, Steam Pressured
Rough Rice**



**Perfect for Foodservice with Long
Hold Times and Shorter Cook Times**



Firmer, Fluffier, More Separate Grains

Forms of Rice

Precooked Rice

Precooked rice, also called quick-cooking or instant rice, is white or brown rice that has been completely cooked and dehydrated. As a result, precooked rice only requires rehydration or brief cooking before serving.

Retort Rice

Retort or ready-to-heat rice is fully cooked rice that is packaged in pouches or cup containers and is ready to eat after brief heating.

Individually Quick-Frozen (IQF) Rice

Cooked rice grains are individually frozen before packaging to provide a free-flowing ingredient for use in frozen and prepared food products and for ease of use in foodservice operations.

Seasoned Rice Mixes

Regular milled, parboiled, or precooked rice containing pre-measured seasonings for ease of preparing a variety of flavored finished products, such as Spanish rice, wild rice pilaf, yellow rice, and more. Custom mixes are also available.

Rice Co-Products

Rice Flour

- Ideal for gluten-free products
- Good for dusting dough surfaces
- Makes crispier coatings, does not readily absorb water



Rice Bran

- Good source of dietary fiber
- Rich in antioxidants – reduces risk of heart disease, certain cancers, & type II diabetes



Rice Syrup

- Mild flavored sweet syrup
- Substitute for sugar, honey, corn syrup, molasses, or maple syrup in recipes



Rice Bran Oil

- Extracted from rice bran
- Nut-like flavor, good shelf stability and ideal for frying
- May help reduce cholesterol





For More Information Visit ThinkRice.com

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