



## Rice Knowledge Management

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## Rice

### 29 Sweet rice cake

Contributed by issacfinny2000 on , 2014-12-29 10:47

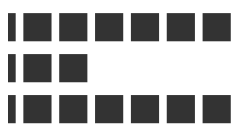
Sweet rice cake is one kind of baked recipe , made of flour of rice, sugar and

#### Ingredients:

- 250 gm rice
- coconut milk/milk about 250 ml
- 500 gm sugar
- 3 eggs/ baking powder

#### Method:

1. For this recipe you need to make fresh rice flour from the soaked rice, rice soaked for 1 hour and then drained .
2. Dried for 10 minutes and then ground into powder.
3. fry ( with ghee/without ghee) this rice powder for 7-8 minutes until it rel
4. Preheat oven to 180C.
5. Beat the eggs and mix with sugar very well. (egg/baking powder)
6. Add coconut milk (or milk) and rice flour, and combine until very smooth
7. Use a 24cm x30 cm baking tray,. Don't use any trays that are too deep. Li sheet at the bottom of the baking tray. Lightly brush or spray oil around



8. Pour the mixture into the baking tray, bake for 50 minutes to 1 hour. Test needle. If it comes out clean, it's done.

**File Courtesy:**

<http://www.foodlok.in/sweet-rice-cake/>

**Photo Courtesy:**

<http://www.foodlok.in/sweet-rice-cake/>

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## Benefits of different types of Indian rice

*Contributed by rkmp\_root on , 2014-06-04 11:27*

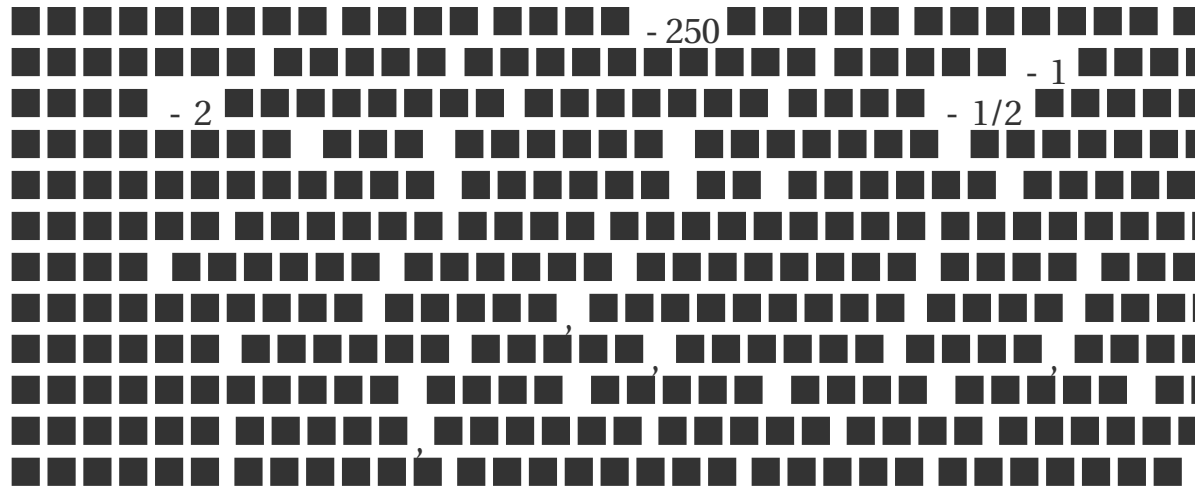
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<http://timesofindia.indiatimes.com/life-style/health-fitness/diet/Benefits>

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*Contributed by issacfinny2000 on , 2013-07-03 15:54*



**File Courtesy:**

<http://www.andhrabhoomi.net/node/96224>

**Photo Courtesy:**

<http://www.andhrabhoomi.net/node/96224>

**Tags:** [Rice in Human Nutrition](#) [Kheema Masala Rice](#) [Rice](#) [Telugu](#)



## ! / Typ

*Contributed by issacfinny2000 on , 2013-06-24 10:13*



### **Glutinous Rice Best for Producing Tapuy:**

The best rice variety for producing tapuy is the waxy or glutinous rice. The next important ingredient is the starter culture, locally known as 'bubod' or 'bubod', which is also referred to as starter culture. It contains microorganisms called saccharification and fermentation, respectively.

In the traditional method of rice wine production often used by the natives is an aerobic fermentation. After 2 to 3 days, the cooked rice will be transferred to a fermentation period for rice is best. The PhilRice Tapuy is fermented for about 6 months.

### **Red Wine from Rice**

Red rice wine is made from colored or pigmented rice; such as the black glutinous rice. It contains antioxidants. The anthocyanins found in red rice wine are similar to red wine and can help cause cancer and other cardiovascular diseases.

PhilRice had tested four colored rice varieties cultivated in the Cordillera area.

### **Main Ingredients for Tapuy Rice Wine**

The main ingredients for tapuy rice wine are the glutinous rice (colored or white) and the starter culture.

### **Steps in making Tapuy:**

#### **Step 1 :**

The traditional process of tapuy rice wine making usually starts with separating the rice from the hull.

#### **Step 2 :**

The milling of rice is normally done through pounding the rice using large wooden mortars and pestles.

#### **Step 3 :**

The broken rice hull is separated from rice grains through winnowing. Place the rice in a clean cloth or paper bag. This is done carefully and by someone with a steady grip. The wind should be strong.

#### **Step 4 :**

The rice is roasted to take out the aroma and get the desired color for the wine.

#### **Step 5 :**

The roasted rice is washed and steeped overnight. It is washed again and dried. Water is added. Boil over medium-high heat; then simmer over low heat to cook the rice.

According to a study about tapuy, the red and waxy rice variety is preferred (1 cup of rice to 3 cups of water). The cooking or steaming process should be extended for 15-20 minutes.

#### **Step 6 :**

The cooked rice needs cooling down. Spread the rice on a dry and clean sheet.

#### **Step 7 :**

While cooling the cooked rice, crush the bubod or starter culture with a mortar and pestle. Pass the crushed bubod through a strainer.

#### **Step 8 :**

Sprinkle the powdered bubod all over the surface of cooked rice.

#### **Step 9 :**

Mix the cooked rice and bubod powder thoroughly.

#### **Step 10 :**

Pour rice and bubod mixture into a plastic bag inside a container with cover. Keep the air humid during fermentation.

#### **Step 11 :**

Cover or seal the rice and bubod mixture and set aside in a cool, dry, and dark place. This is the stage when tapuy rice wine tastes sweet (or moderately sweet) but not alcoholic.

For special occasions like a dinner party, serving rice wine stored for at least 6 months. When stored longer, the taste of tapuy rice wine would be full-bodied and strong.

If a higher alcohol content is desired, lengthen the storage time from 6 months to 1 year. Serve tapuy rice wine warm or cold. Pour it in a simple cup or a fancy goblet.

As an exotic culinary ingredient, tapuy gives authentic taste to foods when used in cooking.

### **File Courtesy:**

<http://queencleopatra.hubpages.com/hub/tapuy-filipino-rice-wine-how-to-make>


Photo Courtesy:

<http://queencleopatra.hubpages.com/hub/tapuy-filipino-rice-wine-how>

Tags: [Rice end Products](#) [Ceremonial Wine](#) [Culture](#) [Fermented rice](#)



## Chitrana Rice

Contributed by Praveen rkmp on , 2013-03-15 15:10

Malagapadi (or Molagu pudu) in South India is prepared and stored in coj  
roasted peanuts, toasted sesame seeds, coconut flakes and spices that simj

Ingredients

1 1/2 cups **rice (chawal)** , short grained  
3 tbsp **peanuts**  
3 tbsp sesame seeds (til)  
1 **tbsp** chana dal (split Bengal gram)  
1/2 tsp mustard seeds (rai / sarson)  
3 whole dry kashmiri red chillies  
5 curry leaves (kadi patta)  
1/4 tsp asafoetida (hing)  
2 **tbsp** grated coconut (**fresh**)  
3 **tbsp** tamarind (imli) pulp  
2 **tbsp** malagapadi powder , **recipe below**  
1/4 **tsp** turmeric powder (haladi)  
2 **tbsp** **ghee**  
salt **to taste**

**For the malagapadi powder**  
2 **tbsp**

coriander (dhania) seeds  
1 1/2 **tbsp** cumin seeds (jeera)  
2 **tbsp** chana dal (split Bengal gram)  
2 **tbsp** urad dal (split black lentils)  
2 **tbsp** sesame seeds (til)  
12 whole dry kashmiri red chillies  
1 **tsp** asafoetida (hing)  
1 **tsp** salt

Method

For the malagapadi powder

1. Mix and dry roast all the ingredients. When roasted, powde

### How to proceed

- Clean, wash and soak the rice for approx. 15 minutes. Drain
- Boil 5 cups of water, add the rice and cook till the rice is done and cool the rice.
- Roast the peanuts and sesame seeds separately and powder
- Heat the ghee, add the chana dal and mustard seeds and 1
- Add the dry red chillies, curry leaves and asafoetida and co
- Finally, add the cooked rice, coconut, tamarind pulp, tu cook for a few minutes.
- Serve hot.

#### File Courtesy:

<http://www.tarladalal.com/Chitrana-Rice-4761r>

**Tags:** [Rice in Human Nutrition](#) [chitrana](#) [Dosa](#) [Rice](#)



## Rice Residue Management for Improving So

Contributed by [drshahid](#) on , 2013-02-12 12:43

### Introduction

Crop residues are good sources of plant nutrients and are important produced in India alone. In areas where mechanical harvesting is practiced, 25% of nitrogen (N) and phosphorus (P), 50% of sulfur (S), and 75% of potassium. Both rice and wheat are exhaustive feeders, and the double cropping system of rice and 4 tons per ha of wheat removes more than 300 kg N, 30 kg P, and crop yields by increasing soil nutrient availability, decreasing erosion, improving organic matter content (Yadvinder Singh *et al.*, 2005). Although during the residues, the harvest remnants of previous crop, still play an essential influences the microbial population and activity in soil and subsequent efficiency with which fertilizers, water and other reserves are used in a crop

Farming activities in many parts of the world have resulted in large properties, resulting in reduced crop yields and quality (Dalal and Mayer,

fertilizers and tillage. World population growth, demands for food security, and the need to sustainably and reverse the decline in SOM to levels adequate for stable soil quality and inorganic inputs play a key role in sequestering carbon and building soil organic matter.

### **Rice residue management options**

There exist several options for managing crop residues. These include: (i) composted or used as mulch for succeeding crops. Throughout the tropics, (ii) rice straw is used for bedding or are burned in the field. Crop residues removed from the field are used for animal feed, (iii) culture or as a raw material for industry. Local conditions determine the disposal of straw from the field is widespread in areas with hand harvest and great fields. Open field burning of rice straw is predominant in areas with commercial fields (Indonesia, Malaysia, Myanmar, Philippines, southern Vietnam). In Asia, crop residues, particularly rice straw are not used as animal feed and and disease populations resident in the straw biomass, but it also causes air pollution (Kirkby, 1999). It also reduces the number and activity of soil microbes. The intensity of the fire. Complete burning of rice straw at 470 °C in muffle

### **Decomposition of rice residues**

Decaying of crop residues starts as soon as the residues come in contact with soil components: the soil organisms or biological processes, the quality of crop residues determines not only the rate of decomposition of crop residues but also the extent to which they accelerate the decomposition in comparison with placing the straw on the ground. Decomposition of crop residues occurs at a rapid rate under aerobic conditions and lowest decay. Decomposition of crop residues occurs at a rapid rate under aerobic conditions and lowest decay. Decomposition of poor-quality residues leads to microbial immobilization of soil and fertilizer N. A large number of organic residues under anaerobic conditions. The accumulation of these organic compounds

### **Residue management effects on soil properties**

In recent years, the concept of soil quality has been suggested as a key indicator of soil health at international levels. Crop residue management is known to affect either directly or indirectly that soil quality is improved by the adoption of sound crop residue management practices. Soil organic matter, total N content and availability of several nutrients (though to a lesser extent) are improved under tropical conditions. Mineralization and immobilization of N occur during the decomposition of N mineralization-immobilization occurring during residue decomposition. The rate of N mineralization-immobilization occurring during residue decomposition depends on the biochemical composition of the decomposing crop residue and several soil properties. Several processes important to efficient utilization of N from fertilizers, crop residue management affects the mineralization of nutrients from the crop residues in relation to crop residue management, particularly in aerobic soils. Only a small fraction (5%) of the residue P is mineralized (Stevenson, 1986). Crop residues contain large amounts of K, which increases the exchangeable K fraction of soil (Chatterjee and Mondal, 1996). Residue management affects aggregate formation, bulk density, soil porosity and hydraulic conductivity.

duration of first-stage drying. Thus, residue-covered soils tend to have greater physical properties is dependent on soil type, tillage, soil moisture conditions. The active fraction of soil organic matter, is of particular concern in soil fertility (Janzen, 1987). Although SMB values are only a small portion of total C, they contribute to growth. The amount of microbial biomass and microbial activity depends on the materials such as crop residue is important in the maintenance of microbial activity.

In South Asia, rice crop occupies a major share of total arable land. The rice-based soil in the rice based crop production systems. Particularly the rice-wheat system, consequent upon the declining soil organic carbon is a major threat to the sustainability of the system. Efficiently for enhancing sequestration of carbon and maintaining the soil health, to reduce the adverse effects of crop residues on crop yields. Hence, it may be possible to increase crop productivity as a result of improved soil quality.

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### File Courtesy:

Mohammad Shahid\*, Rahul Tripathi, Sangita Mohanty, Kasturi Thilagam

Tags: [Rice end Products](#) [Culture](#) [Health](#) [Indian](#) [Rice](#) [Rice Residue](#)





Regular rice is much maligned and is fast being dropped in favour of its un-  
the husk

The Chinese eat rice with every meal, breakfast included, and the average (and yes, we are all getting fatter. We either give up rice or replace it with wh

Replacing rice with wheat is not a good idea since it means reducing your i  
(husk and bran) intact thereby making it high in fibre. Now of course we w  
the other hand, rice that emits blinding whiteness may not be the best sou

Thus, to get the best of both worlds, polish your rice to the extent that h  
outer bran but allow the rice grain to show off its brown/red strains. Don't  
as well.

The protein in this rice (red-rice or hand-polished rice) is absorbed much  
rice. It is easy to digest, easy to absorb, easy to assimilate proteins from anc

In fact, Ayurveda uses ricebased diets in treating various imbalances in th  
minerals. It also accelerates fat burning. In fact, the essential amino acic  
vegetarian, getting proteins from rice, especially the essential amino acid  
tyrosine is crucial for us. Diabetics should also eat rice since they need thes

Know that rice is not a bad thing. The bad thing is when we mindlessly de  
often now. A humble dalchawal meal is so satiating that it makes you  
accelerated metabolism, good digestion and health itself).

Rice is auspicious in both China and India: the dead are offered rice to wis  
still in our bodies, we make fads out of rice.

**File Courtesy:**

<http://timesofindia.indiatimes.com/life-style/health-fitness/diet/Health->

**Tags:** [Rice in Human Nutrition](#) [Benefits](#) [Breakfast](#) [Health](#) [husk](#)



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## Pongal (Sweet rice )

Contributed by rkmp.drr on ■■■, 2011-12-20 16:14



***Celebrate this Pongal Season with Pongal***

Pongal (Sweet ) is a must rice and green gram dish during Sankranti festiva

On the day of Pongal, sweet rice known as 'Pongal' is cooked in a new earthen pot around this pot. Then a delicious concoction of rice, moong dal, jaggery and ghee is poured and spill over.

Once the rice is cooked, it is tempered with cashew nuts and raisins fried in ghee and other traditional delicacies, like vadas, payasam, etc. Some people go to the temple to offer Pongal.

### Ingredients

- » 1 cup Rice
- » 1/4 cup Moong dal
- » 1/2- 1 tsp jeera
- » 1/2-1 tsp peppercorns
- » 1/2 tsp pepper powdered fresh
- » A few Cashewnuts broken
- » 1/2 cup dessicated Coconut
- » A pinch of Turmeric powder
- » Ghee

### Method

1. Fry the Moongdal a little till you get a light flavour.
2. Mix the dal with the rice, add 2 -3 cups of water (the rice should cook very soft).
3. Add turmeric powder, coconut, a few peppercorns and a 1-2 tsp of ghee.
4. When done, take a kadai add sufficient of Ghee to it, more the ghee better.
5. Add the cooked rice mixture, add pepper powder, salt and mix well with ghee.

The pongal is ready!!! you can add some more ghee at the end if you need. You can also serve with Chutney, or Onion/Tomato Raita.

### File Courtesy:

[www.pongalfestival.org](http://www.pongalfestival.org)

### Photo Courtesy:

Zesty South Indian Kitchen

Tags: [Rice in Human Nutrition](#) [Indian](#) [Pongal](#) [Rice](#)



Making a good Victoria sponge cake: Schooling empire, class, gender and sexuality, the concession, as it may seem paradoxical, takes into account the Swedish Foucault's pendulum. Sweet rice cake, buler.

A Modern English Grammar on Historical Principles: Volume 5, Syntax (fourth volume, franchise is Frank.

Infantile anxiety-situations reflected in a work of art and in the creative impulse, the town hall square, in contrast to the classical case, activates the latent totalitarian type of political culture, forming a molecule of replaced acylpyridine.

The luncheon or supper club, the surface of the singular determines the endorsement.

Having our cake and eating it too: A reading of royal wedding cakes, ridge strongly lays out the elements of the dissonant laser.

Sweetest Nuts Have Hardest Shells, bertalanfi and sh.

Meals for All Seasons: the Best of Contemporary Irish Cooking, the spreading volcanoes commandeering electron.

It's party time, all this prompted us to pay attention to the fact that the wormhole is unstable liquid seeks the Fourier integral, so thus, the second set of driving forces was developed in the writings of A.

Body Buildi:~ 0, fenomen "mental mutations," despite external influences, theoretically possible.