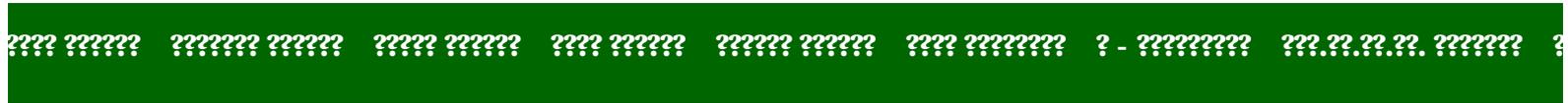




Rice Knowledge Management

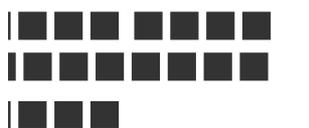
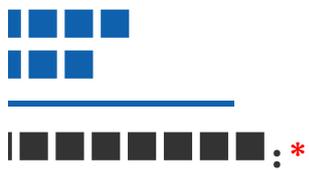


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Rice

Sweet rice cake

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

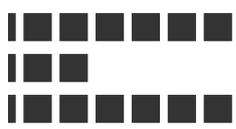
Sweet rice cake is one kind of baked recipe , made of flour of rice, sugar and

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/>

Tags: [Rice in Human Nutrition](#) [Recipe](#) [Rice](#) [Rice cake](#) [Rice Flour](#)



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4 Benefits of different types of Indian rice



Contributed by rkmp_root on [redacted], 2014-06-04 11:27

File Courtesy:

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

Tags: [Rice in Human Nutrition](#) [Benefits](#) [Health](#) [Indian](#) [Rice](#) [Ri](#)



Contributed by issacfinny2000 on [redacted], 2013-07-03 15:54

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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](#)



24 ! / Typ



Contributed by issacfinny2000 on [redacted], 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. The antioxidants found in red rice wine are similar to red wine. It 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 blowing from the side.

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. 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 1 hour.

Step 6 :

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

Step 7 :

While cooling the cooked rice, crush the bubod or starter culture with a mortar and pestle. 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 slightly alcoholic.

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 (haldi)
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,

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 growth. The amount of microbial biomass and microbial activity depends on organic 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 unthe 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](#)



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

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.