

did you know...

Rice is one of the most important foods in the world, supplying as much as half of the daily calories for half of the world's population.

There are over 90,000 distinct varieties of rice eaten around the world.



Canada produces no rice of our own. (Canadian wild rice is not really rice—it's the seed of an aquatic grass!)

Almost 70 per cent of rice consumed in Canada is grown in the US.

Some research shows that rice may have been indigenous to India over 4,000 years ago and moved eastward to Indochina and to Southeast Asia.

In Burma, a person consumes about five-hundred pounds of rice a year.

In the USA, a person consumes about twenty pounds of rice a year, with about four pounds attributed to the use of rice is for brewing American beers.

There is enough rice that grows in Arkansas, California, Louisiana, Texas, Mississippi and Missouri to rank the USA as the twentieth largest rice producer in the world and the second largest exporter of rice. About half of all the rice grown in the USA is exported.

Thailand is the first exporter of rice.

Rice is a symbol of life and fertility, which is why rice was traditionally thrown at weddings.

After rice has been fully cooked, each grain of rice swells to three times in original weight.

Japanese people believe it is important to not waste rice, so if you leave rice in your bowl it is considered to be rude.

Rice hulls can be burned to provide energy.



have a rice day!

AN IW&FS EVENT AT THE HOME OF
BILL & ELAINE HORNEILL
RICE PRESENTATION BY CHEF RON SUZUKI
PAELLA BY JIM ROBERTSON

JULY 24 2011

types of rice

STICKY RICE

Sticky rice is short and fat, becoming sticky when cooked. This type of rice is ideal for sushi, and it is as simple to prepare as any other rice varieties, since the rice naturally becomes sticky.

MEDIUM GRAIN RICE

Wider and shorter than long grain rice, these rice varieties are generally two to three times longer than wide and average about 1/4 inch (5 to 6 mm) in length. Cooked medium grains have a moister and stickier consistency than long grain rice. Medium grain rice is ideal for risottos, paella, desserts and puddings.

Chefs tend to refer to Californian or southern versions of medium grain rice as true medium grain. The California medium grain may be known as calrose, and requires growing regions that have special climates where the weather remains temperate. Growing regions include California, parts of Korea and China, Japan, and Australia. Where the rice is grown in countries other than the US, it's often popular eaten alone. It tends to be softer and a little stickier than other long grain varieties of rice.

In contrast, southern medium grain rice is not quite as soft, or as sticky. While the California version is a japonica strain of rice, southern versions are from the Indica strain. The rice tends to have more flavour, and is usually more yellowish than white when cooked (in white rice versions). It's popular in the southern US, and it usually accompanies meat or beans with sauces.

Arborio rice bears some resemblance to California medium grain rice, but it's very different when cooked. The outside of the grain becomes creamy, while the inside remains slightly firm. Arborio rice is especially popular in Italy, and is often used in dishes like risotto.

BASMATI RICE

Often called the "King of Rice", Basmati is an extra-long grained aromatic rice famous for its unique nutlike flavour, delicate texture, and distinct taste. People who are fans of Basmati and other long grain rice styles also argue that the rice is more flavourful than shorter grain versions. In keeping with traditional methods, Indian basmati rice is aged for 1–2 years so it loses its moisture, giving it fall-off-your-fork light, fluffy characteristics.

While Basmati rice is ideal for Indian dishes, this fluffy rice can be used in virtually any dish. Before cooking Basmati rice, it is necessary to soak it for half an hour and then wash it in several changes of cold water. According to the Canadian Diabetes Association, Basmati rice is the lowest of all rice on the Glycemic Index, making it more suitable for diabetics compared to certain other grains and products made from white flour.

JASMIN RICE

Jasmin rice, also known as "perfume rice", is a long grain rice produced in Thailand. It is used in lots of Thai dishes and accepts sauces very well. In terms of moisture content, it falls in between sticky and Basmati rice. Jasmine rice is left to age for six months to a year before it is eaten. It is sold as both a brown and white rice — and there's even red!

BLACK RICE

Black rice is one of several black-colored heirloom plants producing rice variants such as Indonesian black rice and Thai Jasmine Black Rice. Black rice is high in nutritional value including iron. Unlike other rice from Asia, it is not glutinous or rough. This grain has a similar amount of fiber to brown rice and like brown rice, has a mild, nutty taste.

Black "forbidden rice" is so named because originally, in China, it was considered the Emperor's rice and it was forbidden for anyone else to eat it. It is a deep black color and turns deep purple when cooked. Its dark purple color is primarily due to its high anthocyanin content. It has a relatively high mineral content (including iron) and, like most rice, supplies several important amino acids.

In China, noodles made from black rice have recently begun to be produced. At least one United States bread company has also begun producing "Chinese Black Rice" bread. It shares the deep tyrian color of cooked black rice.

SWEET WHITE RICE

Despite its name, this rice isn't sweet and it doesn't contain gluten. Instead, it's a very sticky, short-grain rice that is widely used by Asians, who use it to make sushi and various desserts. You can buy this as either white or black (actually a rust color) rice.

PARBOILED/CONVERTED RICE

This is a good compromise between nutritious brown rice and tender, fast-cooking white rice. Converted rice is steamed before it is husked, a process that causes the grains to absorb many of the nutrients from the husk. When cooked, the grains are more nutritious, firmer, and less clingy than white rice grains. Uncle Ben's is a well-known brand.

SPROUTED BROWN MEDIUM GRAIN RICE

The most touted health benefit of sprouted rice is GABA (gamma amino butyric acid). It is an amino acid found in common everyday health foods, such as peaches, green snap beans, and rice. GABA also exists in people and works as a neurotransmitter that nutrition studies show provide a number of health benefits: lowers anxiety, increases the sleep cycle giving deeper rest, lowers blood pressure, and improves other cardiovascular functions.

The sprouting (germination) process adds a variety of nutrients through the activation of dormant enzymes, while also softening the bran layer. The rice kernel is germinated until the flavor and nutritional benefits are maximized. Subsequently, the germination process is interrupted and the kernel moisture is reduced to pre-germination levels, preserving the nutritional benefits. Sprouted brown rice has four times the GABA content of regular brown rice, and ten times the GABA of white rice!

