

Flaking

Flaked rice is another important value added product prepared from paddy. Traditionally, it is prepared from soaked paddy, after heat treatment and immediate flattening using a flaking machine (an edge runner).

Flaked rice

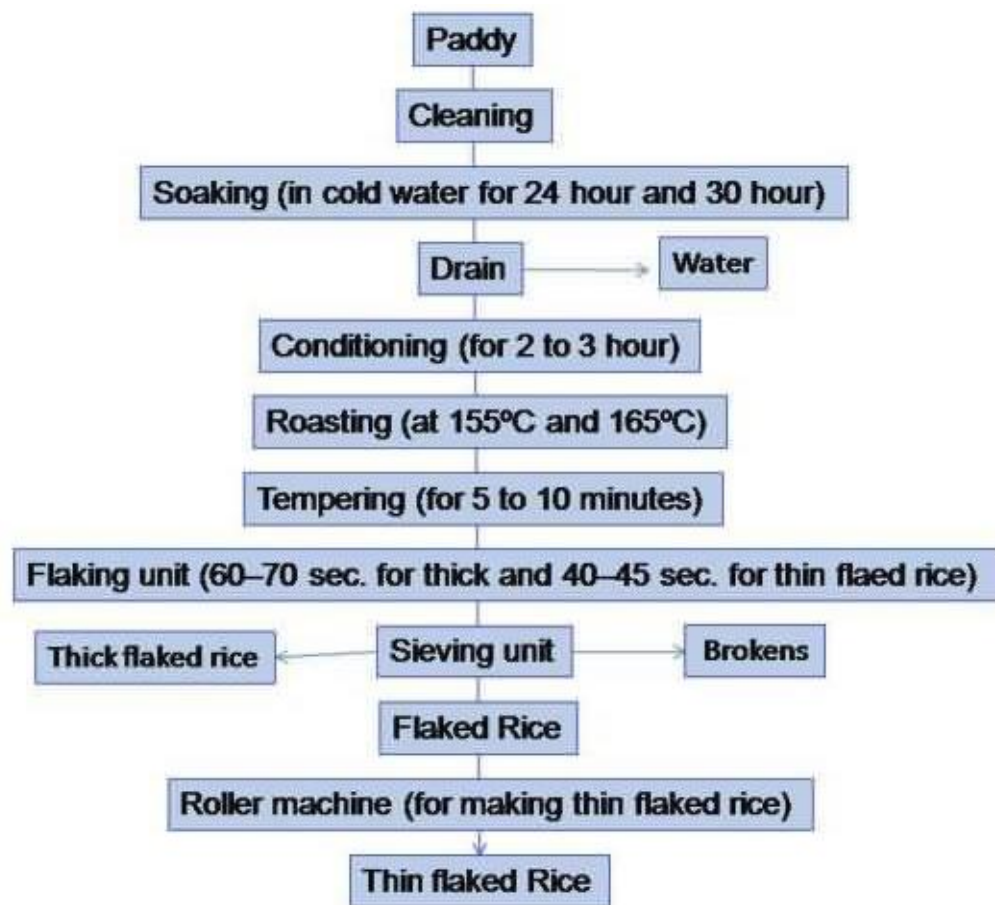
made from parboiled rice. Paddy is soaked in water for 2 -3 days to soften the kernel followed by boiling water for a few minutes and the water is drained off. The paddy is heated in a shallow earthen vessel or sand in iron pan till the husks break open. It is pounded by a wooden pestle which flattens the kernel and removes the husk. The husk is separated by winnowing. Flaked rice is thin and papery and of white colour.

Rice flakes are tasty flakes that are created using rice grains. The process for creating rice flakes involves parboiling the rice, then flattening the grains to product a solid flake. There are a number of rice flake recipes used in Asian cuisine. Often in western countries, rice flakes are used to create cereals and different types of snacks. Once the rice is tender, the cooked grains are rolled, then flattened. The thickness of the flattened rice will depend on the amount of pressure that is applied. After the mixture is the desired thickness, the flattened rice is allowed to dry completely. The dried sheets are then ran through another rolling process to create simple flakes. At this point in the process, the rice flakes may be packaged for use as a dry cereal, or used as an ingredient in recipes for a side dish, or used to create desserts or even snack foods. Rice flakes are prepared from paddy. It is also popularly known as "Poha".

Processing of Flaked rice

It is a fast moving consumer item and generally eaten as breakfast item. With this background, the CFTRI developed a process for improved Rice flaking. The improved process has the advantage of increase in yield and better quality

products, besides economic utilization of by-products. The kernel of rice can become cracked in the field, during the drying process, or during the milling process. Cracks are usually caused by moisture migrating too quickly within the kernel. Often these cracks cause the kernels to break during milling and so broken rice is generated. Very small broken rice is called 'brewers' rice', as used by brewers is the traditional industrial use. Broken Rice contains more grain fragments within the grain.



Quick cooking rice is made by steeping polished rice in water to a moisture content of 35 per cent, cooking under pressure and drying. Alternatively the rice may be subjected to freezing, thawing and dehydration.

Derived products

Polished rice may be precooked and canned as rice pudding and also used to make dry breakfast cereals