



Changes in rice quality cooked by different methods

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Condition: New. Publisher/Verlag: LAP Lambert Academic Publishing | Effect of cooking methods on nutritional, sensory and cooking qualities of rice varieties | Rice is an important cereal grain consumed by nearly half of the world's population. It is known as queen among cereals due to its nutritional value and higher digestibility. It is utilized mostly at household levels as cooked intact grains. Consumers' preference varies based on the type of rice & their origin. The cooking, sensory and nutritional qualities of rice varieties may be influenced by cooking methods depending upon techniques and conditions including time, temperature, moisture etc. Under the present changing scenario of society due to globalization, the cooking methods should be such that it may require less energy, minimum of manual work, inexpensive, ensure minimal loss of nutrients, maximum aesthetic value of cooked product and eco-friendly. Being a major cereal grain, evaluation of physical, nutritional, cooking and sensory qualities of rice has given highest priority. This work provides adequate information on the quality of rice which is important for health conscious consumers and is expected to be useful for minimizing fuel consumption while cooking as well as help plant breeders to further develop improved varieties with superior...

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