



MALI

PARBOILED RICE TECHNIQUE

The improved rice parboiling is a set of post-harvest techniques of transforming paddy rice into parboiled rice before husking. The improved technique of parboiling rice is an advance technology imported from Benin and was adapted by the National Centre of Specialization - Rice of WAAPP Mali (CNS - RIZ, Mali).

The steaming allows vitamins and minerals contained in the seed and in the paddy rice envelope to penetrate into the rice grains. Parboiled rice has more nutritional value than the non-parboiled: the vitamins B (needed for energy metabolism and nervous system) and minerals (potassium, iron, phosphorus, magnesium) penetrate the grain during the steaming process.

It is 2-3 times richer in vitamins and minerals than ordinary rice (white, husked): double concentration in Vitamin B1, vitamin B2 from 30 to 50% higher than non-parboiled rice. Grain texture is consolidated as a result of gelatinization of the starch. There are therefore fewer breakage during rice husking and it is more resistant to insects' attacks.

Parboiled rice also has a high content of fiber, essential for intestinal transit, the regulation of sugar levels in blood and help to protect the digestive tract against dietary irritants.

SEE THE DOCUMENTARY FILM



https://www.youtube.com/watch?v=Ba3FTvI89m8&list=PLjITXA8tslvobHH_F5MTLcaEYkGKXqqg&index=6