

NUTRITION NUGGET #4

Question: What is basmati rice and what are other types of rice?

Answer: Basmati rice is a long grain aromatic rice with an aroma and flavor similar to popcorn or roasted nuts.



Facts:

- The USA Rice Federation reports about 120,000 rice varieties worldwide. Short, medium, long grain rice, arborio, sweet, and aromatic (jasmine and basmati) varieties are produced in the U.S.
- Types of rice differ in their cooking characteristics, texture, size and shape of kernel, and flavor.
- All types of rice are sodium, cholesterol, and gluten free. Rice has the least allergenic protein. Usually, enriched varieties provide more B vitamins and iron, and brown varieties provide more fiber.
- Medium and short grain rice are good for dishes with a creamier texture (risotto or rice pudding) or dishes with a stickier rice (sushi or croquettes).



- Long grain rice, with separate, distinct grains, such as basmati, is good for dishes like a pilaf.
- Methi Rice is a Hindi dish made by cooking Fenugreek leaves with onions, tomatoes, spices, and basmati rice (left).
- In the Hindi language: 'Bas' means "aroma" and 'Mati' means "full of," thus, the word basmati means "full of aroma."

**Answer: What ethnic groups eat basmati rice?
What can you ask your participants about rice recipes, preparation, cost, and portion size?**

References: Basmati Associates: About Basmati Rice, <http://www.basmatiassociates.com/rice.htm>; USA Rice Federation, Types and Specialty Varieties, <http://www.usarice.com/index>; *Rice: The Foundation for Healthier Eating*, USA Rice Federation, 2008, <http://www.usarice.com/doclib/229/3608.pdf>. Images: Carolina Basmati Rice, <http://general-trading.com/images/items/0154004.jpg>; Lundberg Brown Basmati Rice, http://www.lundberg.com/Libraries/Products_2_Rice/rice_og_brown_basmati_md.sflb.ashx; Mordhi Basmati Rice, <http://product-image.tradeindia.com/00325143/b/0/Indian-Basmati-Rice.jpg>; Methi Rice and Recipe, <http://www.talimpu.com/category/rice/>