Cashing in with parboiled rice

Parboiled rice brings many advantages. It is clean, easy to cook with, nutritous and doesn‘t break. Furthermore it is easier to mill and sells for a good price.

Parboiled rice soaks in warm water and steams afterwards. But parboiled rice should never boil, because otherwise it starts to cook.

Recept

For making parboiled rice you need a stove, a pot, a parboiler, clean water, firewood, a container, a basket, a scooper and paddy rice.

Remove any stones, unripe corns and other dirt. Then put the rice in a container and fill the container with cold water. Wash and stir the paddy and remove floating material. Drain the water and start washing again, until you removed all floating material. Now you drain again, but this time only half of the water. Remove the paddy so that just stones and dirt are left.

Put the paddy in a pot with cold water and light up the fire. Stir regularly. When the water gets to hot to touch you can remove the pot from the fire. Let the paddy cool down over night. On the next morning you can remove any floating material. Put the soaked paddy in a basket.

Now you continue with the parboiler. Put a pot on fire and add water. Then put the parboiler on top of the pot. Let the parboiler stay away from water, because otherwise the rice will start to cook. Add the paddy to the parboiler. Now leave some space on top of the paddy to rise. Protect it with a sack and put it on the lid. Seal the space between the pot and the

parboiler with a clean cloth, so the steam stays inside. After 30 minutes the rice is ready and most of the husks have opened.

Dry the rice on a clean surface like a tarpaulin. Don‘t dry it in the sun for too long and put it in the shade after some time. You should always turn the paddy from time to time.