



U.S. Sweet Rice

U.S. SWEET RICE CHARACTERISTICS

PHYSICAL:

1:1 Length/width ratio

Short grain rices

*Milled rice typically
has a chalky white,
opaque kernel*

COOKING:

*When cooked, kernel
loses its shape becoming
soft, glutinous and sticky*

*Can be cooked by soaking
and steaming*

*1 cup dry rice yields 2
cups cooked rice*



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VARIETY NAMES: Calmochi-101, Calmochi-201

GROWING AREAS: Predominantly California

APPLICATIONS:

Waxy Starch and Flour Features:

Frozen Products: Maintains integrity even when cooled, giving freeze/thaw stability. Used in frozen products as gravies, sauces, etc. Offers superior resistance to syneresis (weeping or loss of water) during freeze/thaw applications

Thickener: For thickening soups, sauces, gravies, baby foods, puddings and other similar products, especially if they will be frozen and later thawed

Baked Goods: Retains moisture in products

Gluten-Free Products: The term “glutinous” rice does not mean that the rice contains the gluten protein. It means that it is sticky or glue-like. All rice is naturally gluten-free and can be used to make gluten-free products.

Whole Grain Uses:

- Puddings and Asian-inspired desserts like mochi
- Can be used as brown or white

QUALITY/NUTRITION INFORMATION:

- Starch content, composed primarily of amylopectin, usually less than 1% amylose, is called Waxy Rice
- Japonica type rice with gelatinization temperature about 60° C
- Protein content around 6.5%
- Rice is cholesterol and sodium free, and has only a trace of fat and no trans or saturated fat
- According to the Food and Drug Administration diets rich in whole grain foods, such as **brown rice** and other plant foods, and low in total fat, saturated fat and cholesterol, may help reduce the risk of heart disease and certain cancers

*Each 1/2 cup serving of cooked rice provides: 85 calories, 2 grams protein, 0.2 grams fat, 18 grams carbohydrate, 1 gram dietary fiber, and 4.5 milligrams sodium.

*Nutritionals adapted from USDA



Suppliers of U.S. Sweet Rice

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Far West Rice, Inc.

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Farmers' Rice Cooperative

P.O. Box 15223
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Koda Farms, Inc.

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