



University of California
Cooperative Extension
Tulare County
Agriculture and Natural Resources



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VARIETY IS THE SPICE OF RICE

Rice, once known as a staple food in underdeveloped countries, has become increasingly popular throughout the world. Today consumers have a number of new varieties available to choose from, providing unique flavors and textures not acquired through typical rice brands. These special varieties cannot always be found in your local supermarket but are often available at specialty stores and through the Internet. When deciding which rice is best for that special dish, consider the following:

Rice Varieties

Basmati

A staple cuisine in India. Its aging process brings out a nutty aroma and flavor of this long grain rice. Used in stir-fry, pilaf, salads, desserts.

Arborio

Popular in Italy and other Mediterranean countries. Creamy in texture, this rice is ideal for preparing Risotto and paella.

Black Japonica

A blend of short grain ,black rice and medium grain mahogany rice. This rice has a musky aroma with a sweet, yet spicy flavor. It is often combined with other rices and is great in stir-fry, casseroles.

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Wehani

A long grain aromatic mahogany. This rice has a musky, nut-like flavor and is very versatile, being used in casseroles, salads, stuffings, pilafs, desserts.

Cal Mochi

This rice is most often used in creating Asian desserts and is also commonly used in rice blends.

Christmas Rice

A musky flavored, short, red grain rice providing a more sticky texture. This rice is ideal for entrees, casseroles, soups, side dishes.

Rice Blends

Jubilee

A combination of seven colorful rices: Wehani, Black Japonica, sweet brown, and short, medium, and long grain red. This blend has a variety of subtle flavors and a hint of aroma and may be used in entrees, stuffings, casseroles, side dishes.

Wild Blend

A blend of selected rices including: sweet brown, long grain brown, Wehani, and Japonica. Provides a musky, yet spicy flavor of Black Japonica and an aroma of Wehani. This rice is excellent with seafood but may be used with other meats, stuffings, and side dishes.

Countrywild

This colorful, flavorful, fragranced blend is a combination of Wehani, long grain brown rice, and Black Japonica. It is ideal for casseroles, pilafs, side dishes.

Sources: www.usarice.com/RICEINFO/Types
www.lundberg.com
www.lowellfarms.com

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