

# Types of Rice

by degree of milling



## Rough Rice

Completely unprocessed rice grain that includes the hard fibrous hull. The hull is a natural protective barrier for the grain.

### Cooking

Rough rice is not edible due to its outer shell being hard and fibrous.

### Common Uses

Used in pet food or further processed to brown and white rice.



## Brown Rice

A rice kernel with the outer hull removed, but the bran and germ layer remain. This type of rice is also called whole grain rice.

### Cooking

Brown rice takes longer than white rice to cook. Once cooked, it has a nutty and chewy texture.

### Common Uses

Slightly healthier option to add to any protein and veggie dish.



## White Rice

The very center of the kernel that has had the outer hull, bran layer and germ removed. This grain has been polished to get that clear white color.

### Cooking

A ratio of 2-parts water to 1-part white rice will give you a fluffy, versatile addition to any meal.

### Common Uses

Pairs well with most if not all meats and veggies.