

# A Study of Popular Rice Varieties Consumed in Indian Kitchens

Mr Ajit B. Mhatre

Lecturer

Anjuman-I-Islam's College of Hotel & Tourism Management Studies & Research, Mumbai

**Abstract:** *Rice is an edible starchy cereal grain roughly one-half of the world population, including all of East and Southeast Asia, is wholly dependent upon rice as a staple food. 95 percent of the world's rice crop is eaten by humans. Rice is cooked by boiling, or it can be ground into flour. It is eaten alone and in a great variety of soups, side dishes, breads, main dishes, fermented beverages, and desserts in Indian cuisine. According to a famous story from the Mahabharata, it took just one grain of rice to please god. Rice is the grain of this land. Rice is a sign of urbane environmental culture. Over hundreds of years, Indians reared rice for the greatest taste, aroma, and dietary quality. India is a land where certain types of rice, such as Rajamudi, were cultivated for the exclusive consumption of royalty. Over the years the "coarse", short-grained native varieties: have been marginalized to the "rich man's preference for long grains". We have developed a divide wherein we say that north India has always eaten wheat and south and east India have always eaten rice. But that's not true we are, as a whole, a nation of rice-eaters. The tale of rice in India is multifarious, influenced by topography, taste, belief politics, and contemporary nutrition science. But, after years of getting panned for being unwholesome, it is finally making its way back to the center of the table. In India, rice is a staple diet in Bengal, Maharashtra, north-eastern states, and southern India. There are hundreds of varieties of rice grown in India. This study is an exploratory study of researching the varieties of rice grown in India, understanding the principle of cooking rice, and discussing commonly prepared rice dishes from all over India.*

**Keywords:** Rice.

## I. INTRODUCTION

**History** - Rice has bolstered more individuals than any other trim has for thousands of a long time. The old Indian title for rice, Dhanya, implies "food for the human race." Particularly in much of Asia, life without rice has been incomprehensible. Rice nourishes more than half of the world's populace, but most rice is expended within ten miles of where it is produced. Rice is the moment's biggest edit in planting grounds after wheat. Worldwide rice generation was 596.5 million tons from 155 million hectares (ha) in 1999. The major rice-developing districts are found in more than a hundred nations in Asia, Latin America, and Africa. But major rice-sending-out nations were incorporated Thailand, the Joined together States, Vietnam, Pakistan, and India. Almost 85 percent of add up to rice generation is for human utilization. Rice gives 23 percent of the worldwide human per capita vitality and 16 percent of the per capita protein (IRRI, 1997). In Asia, where individuals ordinarily eat rice two or three times a day, 250 million rice ranches (the normal rice arrival per cultivate is less than 1 ha) deliver more than 90 percent of the world's rice. For case, Myanmar expends 195 kg of rice per capita per year, while the normal yearly rice utilizations in Europe and America are 3 kg and 7 kg, respectively. The three most crowded countries, China, India, and Indonesia, are rice-based countries, Rice can be prepared into rice bran oil, wine, rice cakes, and other nourishments. Rice flour can be utilized as the most important component of confronting powders and new-born child equations or for cleaning costly gems. Rice bran oil can be utilized in cooking, making cleansers, and fixing bug sprays. Silica-rich rice husks can be utilized as crude materials for development materials such as separators, as a conditioner for commercial fertilizers, as a fixing in hand cleansers and furfural (a chemical utilized in engineered tar make), as mulch, as a rough, as a fuel, or as a fixing to form thermoplastics. Rice straw has been utilized for animal bolster, bedding for animals, straw mushroom generation (in China and Thailand), and in businesses for expression and creation. In early times, rice straw was also utilized for

covering rooftops in Asia, and to create ropes, mats, paper, bushels, and packs. Presently rice straw is for the most part utilized for creature nourishing or as field excrement

In India, rice is the staple diet in Bengal, Maharashtra, north-eastern states, and Southern parts of the country. In India, rice holds a special place and is considered a symbol of prosperity and fertility. Rice is always eaten cooked, either hot or cold, as a sweet or savory dish.

### **History**

Rice has been a staple food for a significant section of the world's population. Rice, whose origins date back thousands of years, has been essential to the development of many different civilizations. Its cultivation first appeared in the Yangtze River basin in China between 6,000 and 7,000 years ago, and it later extended to Southeast Asia, Japan, India, and other parts of Asia. When rice first arrived on the Indian subcontinent around 4,000 years ago, it underwent genetic modification to adapt to a variety of environmental conditions.

The inventive farming methods found throughout Southeast Asia, especially in the terraced rice paddies of nations like the Philippines and Indonesia, highlight the significance of rice to regional economies and cultures. Through trade routes and contacts, rice continued its trip across continents, arriving in the Mediterranean and the Middle East around 3,000 years ago, and eventually finding its way to Europe continent during the Middle Ages. Colonial expansions into the Americas impacted rice cultivation over there thoroughly.

## **II. DIFFERENT TYPES OF RICE**

There are 3 main different types of rice:

**1. Short grain rice:** - Brief, in some cases nearly circular grains that are magnificent white or brown, brief grain rice is exceptionally boring and clumps together when cooked. The foremost commonly found brief grain rice is sushi rice, the kind of rice you'll effectively choose with chopsticks. Short-grain rice tends to be parched, retaining more fluids than medium or long-grain assortments. An illustration where it works well is in a Spanish paella, that regularly employments brief grain rice (Spanish Bomba rice) that can retain all the flavors of the stock and go with fixings. When cooking short-grain rice, make beyond any doubt to wash the rice many times to evacuate the overabundance of starch on the grains.

**2. Medium grain rice:** - The foremost broadly known medium grain rice is risotto rice. Medium grain rice has a lower starch substance compared to brief grain rice, which, depending on the cooking strategy and rice assortment, can result in a creamier instead of sticky surface in dishes. The primary medium grain assortments utilized in risotto are Carnaroli and Arborio rice. Whereas the two are conversely in most cases, Carnaroli, with its higher starch substance and firmer surface, is known as the Ruler of rice and favoured by risotto perfectionists. You will moreover perceive medium grain rice as the rice in bowls served at Chinese, Japanese, and Korean eateries. The rice is stickier than risotto rice, with a firm surface and cushy when fair-cooked.

**3. Long grain rice:** - Fragrant rice such as jasmine rice and basmati rice drop into this category. Basically developed in South and Southeast Asia, long-grain rice has the least starch substance, coming about in dry grains that don't cling to each other like other sorts of rice. Jasmine rice contains a light botanical smell and chewy surface and is the essential rice for Thai dishes near curries, meat, and fish meals. Basmati rice, on the other hand, features a lush smell and is the driest of them all. This rice is developed within the Himalayan foothills and is the as it were sort of rice that's matured. The maturing preparation is what comes about within the off-white to brilliant tone of basmati rice, the more matured being more fragrant and prized. The dry, feathery grains make basmati the idealize rice for breezy pilaf's and biryanis.

## **III. SPECIALITY RICE VARIETIES**

- **Glutinous rice:** This could be a sort of rice that's especially sticky, nearly glue-like when cooked (opposite of what it sounds like, it does not contain gluten). It can be brief, medium, or long grain, and developed basically in Southeast East Asia and South Asia nations. Glutinous rice is utilized for sweet and appetizing nourishments such as rice cakes, sweet rice ball sweets, and rice porridge among others.

- **Chinese dark rice:** Also known as illegal rice, usually an entire grain rice developed in northern China and regularly utilized for congee formulas. It could be a medium-grain rice that remains firm and is somewhat sticky when cooked. Chinese taboo rice gets its title from Old China when its shortage - it features an unimportant 10% surrender - made it an extraordinary rice saved as it were for the privilege.
- **Red rice:** Red rice may be a somewhat hulled, or un-hulled rice that incorporates a ruddy husk instead of the more common brown colour. Nutty and marginally sticky, ruddy rice is utilized in different dishes in Thai, Japanese, and Philippine cuisines.
- **Wild rice:** Not in fact rice, wild rice is really the seed of an oceanic grass developing in North America. Long, huge grains, black-brown in colour, wild rice encompasses a brilliantly nutty and chewy surface when cooked and works well in salad-type dishes.
- **Brown rice:** Moreover, known as whole-grain rice, brown rice could be a parcel like white rice, but hasn't had as much of the grain removed—the as it were portion evacuated from brown rice is the external body, which is unpalatable. White rice, on the other hand, has the external body, germ, and bran expelled, and is cleaned once the milling process is total. Brown rice hence incorporates a denser surface, nuttier flavour, and higher dietary esteem, counting much more fibre, magnesium, B vitamins, and press. It's super flexible and makes a more advantageous substitute wherever white rice is utilized, but can moreover match with most dishes.

Brief, in some cases nearly circular grains that are magnificent white or brown, brief grain rice is exceptionally boring and clumps together when cooked. The foremost commonly found brief grain rice is sushi rice, the kind of rice you'll effectively choose with chopsticks. Short-grain rice tends to be parched, retaining more fluids than medium or long-grain assortments. An illustration where it works well is in a Spanish paella, that regularly employments a brief grain rice (Spanish Bomba rice) that can retain all the flavors of the stock and it's going with fixings. When cooking short-grain rice, make beyond any doubt to wash the rice many times to evacuate the overabundance of starch on the grains.

Festivals and traditions all over Southeast Asia celebrate the importance of rice. In Cambodia, for instance, where people believe the rice spirit, YieyTep, lives on in the rice fields, farmers show their devotion by praying and making offerings of sweet rice. The Balinese have numerous rice rituals, from laying pinches of rice along the edges of fields to keep away evil spirits, to fabulous celebrations in the island's many temples. There are two distinct attitudes to rice and two distinct types of rice eaters.

We view rice as a pleasant alternative to potatoes, pasta, or bread; we make pilaffs and risottos or use rice to serve as a salad or to accompany a curry. Many Asians eat rice three times a day and in some languages, such as Thai, the phrase for eating rice is the same as for eating food. For many Chinese or Malays, for instance, rice is the food that you eat; the rest is merely a relish. The world produces about 350 million tonnes of rice each year and over half of this amount is consumed within 48km/30 miles of where it was grown. Paddy fields are one of the most defining images of Southeast Asia. The sight of the two-thousand-year-old terraces of the Ifugao of Luzon in the northern Philippines is one of the wonders of the world. Rice that is growing in the field is called paddy, which comes from the word padi, meaning "rice growing in deep water". Rice is known as paddy until it has been threshed.

In Asia, most rice is still planted, tended, and harvested by hand. By direct contrast, in the USA and Australia, the process is highly mechanized and involves lasers, low-flying aircraft, combined harvesters, and computers. Yet the lack of technology in the Asian paddy fields belies the complex organization that is rice farming. Entire families are involved in the growing and harvesting of the rice they eat, and each member has a specific role to play in the process. Rice provides the family with a living, so long as the weather is predictable and the rains forthcoming, and rice cultivation shapes their way of life.

Rice is farmed throughout France, including here in Provence, although the country is not a major exporter. Winter rice trim may be a long-duration crop and summer rice trim may be a brief-term edit. At a few places within the eastern and southern parts of India, the rice trim of brief term is taken after by the rice trim of long term. Winter rice trim is raised ideally in low-lying regions that stay overwhelmed primarily amid the blustery season. Harvest-time rice is raised in Uttar Pradesh, Maharashtra, Rajasthan, Madhya Pradesh, Punjab and Himachal Pradesh. Summer, harvest time, and winter rice crops are raised in West Bengal, Andhra Pradesh, Assam, and Orissa. Summer rice trim is raised on a small scale and in a small area. Be that as it may, winter rice trim is really the leading rice trim accounting for a major parcel of the overall Hectare beneath rice in all seasons within the nation. In addition, within the final few years, a few steps in

arrange to expand surrender per hectare were taken up exceptionally genuinely at all levels. India positions fourth within the generation of wheat & moment in the generation of rice in the world.

The nation's rice creation had declined to 89.13 million tons in the 2009-10 yield year (July–June) from a record 99.18 million tons in the earlier year because of the extreme dry season that influenced practically 50% of the country. India could accomplish a record rice creation of 100 million tons in the 2010-11 harvest year on the rear of the better storm this year. India's rice creation came to a record high of 104.32 million tons in the 2011-2012 harvest year (July–June).

### Basic Rice Preparation Methods

Rice is usually prepared in two ways, namely the draining method and the absorption Method. **Draining Method:** - The draining method involves boiling rice in water and draining it off to get rid of the excess water. This method is usually used for starchy rice and one needs to wash away the starch in the rice so it does not become sticky and heavy. In volume cooking, this method is used for various kinds of rice such as parboiled rice as well as basmati rice.

**Absorption Method:** - This method is commonly used for making pilaf or buttered herb rice and it uses the cooking principle of braising. Rice is first sautéed in fat and then cooked in water, preferably in an oven. The fat gives flavor and also keeps the grains separate. The absorption method is used for cooking basmati rice. For cooking basmati rice the rice is washed 5 to 6 times or until the water in which the rice is washed is clear. Traditionally, the rice is left under running water for a long time so that it gets washed without the grains getting damaged. The mixture of rice and water is put in a pan and boiled uncovered. Once the rice starts boiling, the flame is lowered and the pen covered. It is then cooked for approximately 10 to 15 minutes.

### Common Rice Preparations in India:-

We will now discuss some of the commonly prepared rice dishes from all over India.

- **Kashmir:** -The people of Kashmir are rice eaters in the type of rice grown where is quite challenging to cook. Since rice grows in a cold climate the rice grains are fatter and contain a lot of starch. It is common to have a layer of Chris rice at the bottom of the pan, which is also relished at the end of a meal with some chutney and yogurt. This dish is commonly made by the Kashmiri people.
- **SyunPulao** -It is a preparation in which mutton is cooked with fennel and ginger powder along with raw rice, flavoured with saffron and ShahJeera.
- This rice is flavoured with Kashmiri saffron and is usually tempered with caraway seeds. This rice is cooked by the absorption method.
- **Uttar Pradesh** -The Awadh cuisine is an integral part of the food of Uttar Pradesh. Lucknow was the seat of the Awadhi. The cuisine of Awadh was the culmination of all that was best in art, culture, and science.
- **Deghi biryani** -This is a biryani made from marinated lamb chops and rice with a subtle blending of curd and spices, decorated with silver leaves. The layers are repeated using whole garam masala.
- **YakhniPulao** -The specialty of Yakhnipulao is the cuts that are used in making the pulao. These include cuts such as shank, shoulder, neck, ribs, and chops.
- **Zarda** -Spring is the season of festivity in Awadh. It is popularly known as Vasant and is celebrated with music and dance in Awadh. In the olden days of NawabWajid Ali Shah, long processions were carried out on river Gomati.
- **MogreyKapulao** - This dish is not from Awadh but it is commonly made in areas around Agra. The rice is cooked in milk and is flavoured with jasmine flowers.
- **Punjab** - Rice is not a staple food in Punjab and yet a large number of delicious pulao's are prepared, especially during festivals. The people from this region believe that the rice used should be as old as possible. Rice from Dehradun and eastern Punjab is most suitable for making pulao and Biryani.
- **Jeera matter pulao** - Basmati rice is braised along with green peas and tempered glass peas and tempered with cumin powder and whole cumin. Sliced brown onion is also added for flavour. It is a very common preparation made in homes. While both versions of rice provide the healthy. The people from this region believe that the rice used should be as old as possible.

- **Meat chawal** – This is like a home-style lamb pulao, made by combining raw rice with braised meat and then cooking the dish on a low flame or dum.
- **Pyazichawal** -It is a rice preparation with browned onions and cumin seeds. The rice is cooked by the absorption method and can be served with vegetables or meat curry.
- **Southern India:** - Southern India is also known as the rice bowl of India because it is the land that has the largest cultivation of rice. Rice is the staple diet here and even breads have rice added to them in some form or the other. Southern India includes the states of Karnataka, Tamil Nadu, Kerala, and Andhra Pradesh. Rice holds a very special place in these states during festivities.
- **Meen biryani** - Also from Kerala, this is a fish biryani in which the fish is marinated with a little turmeric, red chili powder, and salt. A ground paste is prepared with ginger, garlic, green chillies, poppy seeds, and yogurt. When the masala leaves oil, the fried fish, garam masala, chopped mint, and coriander are added, and it is finished with lemon juice.
- **Pongali** -Pongali is a dish usually made on Pongal. Green gram is cooked with rice flour and flavoured with black pepper. The porridge is then tempered with curry leaves, dry chili, and a pinch of asafoetida (Hong).
- **Hyderabadi Biryani** - It is prepared in a style different from other biryanis the meat is marinated in basic ginger garlic and yoga school plan in a paste prepared with whole red chillies and cashew nuts along with fried onions garam masala and salt. The biryani is garnished with quarters of egg before being served. Biryani is popular all over the world. And especially it is popular in the Indian subcontinent as well as among its diaspora.
- **Lemon rice** -Commonly known as lemon rice, this preparation from Tamil Nadu is made of rice coloured yellow with Turmeric tempered with peanuts Bengal gram dal black gram,curry leaves
- **Curd rice** -Commonly known as curd rice, eaten almost in every state of Southern India. It is known by different names in each state. In Tamil, it is known as Tahir Sadham. It is believed to be a good digestive when it is customer to end the meal with a bowl of curd rice.
- **Goa** The very name of Goa reminds us of rice, fish, and Fenni as these are the prominent commodities used in Goan cooking. Varieties of delicacies can be prepared by combining these three ingredients along with spices and chillies.
- **Prawn pulao** -In this preparation first a prawn stock is prepared with brown shells onions, tomato, turmeric, and coriander powder stock is trained and kept aside from sorted still slightly cooked and also kept aside onions ginger garlic, and tomatoes are sorted in ghee, or oil. The rice is then covered and cooked till done.
- **Red rice** - the locally grown parboiled rice having plump reddish grains with a nutty flavour is the most common form of rice available. Red rice is a simple preparation in which the rice is boiled in large quantities of water and for a longer duration of time. This is considered to be a bowl of healthy rice and is believed to have been brought to India
- **Saans** -This is leavened and steamed bread made from rice flour. Rice flour is first leavened with freshly extracted sometimes jaggery can be used as a variation.This is considered to be healthy rice.
- **Pez** -It is a rice preparation that is almost like khichdi. It is usually a mid-morning meal and is had with the leftover curry from the previous day. Khichdi is a humble typical Indian dish complete in India dish with rice and yellow mug lentils
- **Maharashtra:** - The famous poha, a preparation of boiled, flaked rice, comes from Maharashtra and preparation is made in almost all Indian homes for breakfast or as snacks. Rivers Krishna and Godavari flowing through the state make Maharashtra anagricultural state the fertile basin and right soil are suitable for growing rice in this region.

These are steamed rice flour dumplings stuffed with jaggery. Coconut and ghee are the main ingredients of Modak. The sea is worshipped by the Koli community of Maharashtra and people of coconuts to the sea. Coconut Rajesh is commonly made on this day to symbolize this on special occasions. This dish is usually sweet in taste as it is made by combining rice and jaggery

- **Gujarat:** - The cuisine of Gujarat is very unique and quite different in many respects from the culinary traditions of India. It is one of the few states in India which has the maximum number of vegetarians. Gujarat can be divided into four regions: Gujrat, Kathiawar, Kutch, and South Gujarat
- **Khichdi** -Also known as kitcheree, this dish is a precursor to the kedgerree, a dish that was popular among the British in India. There are as many recipes for khichdi as there are lentils used in Indian food. Khichdi is usually eaten with curd, pickles, and papads. The Gujarati khichdi is prepared simply by mixing arhar or moong dal together with rice.
- **Bohris** belongs to the Muslim community of Gujarat. A delectably spiced biryani, with potatoes, is a specialty of this community. This rice is cooked on dum along with meat, apricots, potatoes, and spices.
- **Rajasthan:** - Rajasthan has been the land of kings and royalties. Savoring the finest of cuisine was a way of life and with the influence of the Mughals, the use of rich and special ingredients such as ghee, nuts, and saffron easily found its way to Rajasthan cuisine. Rice is not grown in Rajasthan, but with the increase in trade and travel, the exchange of commodities had become a norm in those times.
- **Khushka** -This is a kind of biryani that is made with basmati rice and dry fruits such as almonds, cashew nuts, and pistachios. It is made by the absorption method. The rice is sautéed along with sweet spices such as green cardamom, bay leaves, and cinnamon as well as not such as cashew nuts almonds, and raisins.
- **MandweKapulao** - This is a vegetable pulao made by sorting vegetables and cottage cheese and braising it along with long-grain basmati rice.
- **GatheykiTahiri** - This is a contemporary Rajasthani preparation of besangates that are layered with basmati rice along with flavored spices and saffron and cooked on dum. It is the vegetarian version of biryani inspired by Mughlai biryani.
- **Bengal Bengali** cuisine, like the Goan cuisine, is famous for its preparation of rice and fish curry the climate of Bengal is very conducive to the growth of rice, and people of Bengal prefer to eat boiled rice as it is considered to be healthy. It is believed that it does not cause any gastric disorders.
- **Ghee Bhatt** - this is a rice preparation in which medium-grain white rice is cooked by the absorption method and then mixed with a generous amount of cow ghee. This rice dish is made on special occasions and during festivals.
- **JhalMuri** - This is made by tossing puffed rice with chopped green chilies, shredded coconut, fried peanuts, chopped onions, and raw mustard oil. It is very common to see this being sold in almost every Street in Bengal and is commonly eaten as a snacks

It would be impossible not to mention the name of payesh, rice pudding when talking about Bengali food. Short-grain rice, called GobindoBhog, is cooked in milk and palm jaggery to a creamy consistency. It is commonly eaten as a dessert in homes.

In India, many types of rice varieties are grown. Rice is mainly classified on the basis of grain size, color, and aroma. The length of the grain also defines the style of cooking required for a particular type of rice.

#### IV. REVIEW OF LITERATURE

**(Britannica):** Rice, (*Oryzasativa*) is an edible bland cereal grain and the grass plant (family Poaceae) by which it is created. Generally, one-half of the world populace, counting for all intents and purposes all of East and Southeast Asia, is entirely subordinate upon rice as a staple nourishment; 95 percent of the world's rice edit is eaten by people. Rice is cooked by bubbling, or it can be ground into flour. It is eaten alone and in an awesome assortment of soups, side dishes, and fundamental dishes in Asian, Centre Eastern, and numerous other cuisines. Other items in which rice is utilized are breakfast cereals, noodles, and alcoholic refreshments for Japanese purposes. The developed rice plant is a yearly grass and develops to around 1.2 meters (4 feet) in tallness. The clears out are long and straightened and are borne on empty stems. The stringy root framework is regularly wide and spreading. The panicle, or inflorescence (blossom cluster), is made up of spikelets bearing blossoms that create the natural product, or grain. Assortments vary enormously within the length, shape, and weight of the panicle and the general efficiency of a given plant.

The School of Health: Rice may be a fundamental staple in more than 100 nations around the world. In a few family units, rice is included with more than one dinner a day. This bland high- high-calorie grain is for the most part moo-moo-fetched, making it open to all and an imperative base of numerous diets. Each nation grandstands a rice forte to reflect neighborhood flavors and taste inclinations: risotto in Italy, paella in Spain, jambalaya in the southern U.S., coconut rice in Colombia, steamed rice in China, rice and beans in Mexico, and sweet rice in Portugal, to title a few. The logical title for rice is *Oryza*. *Oryzasativa* is the foremost common species and is subdivided into long-grain Indica and short-grain japonica.

Devices for cultivating rice have been found in China dating back 8000 a long time. Vendor dealers made a difference in the slow spread of rice over the landmasses. Long, brief, or medium grain alludes to the length and width of the rice grain after cooking: Long grains have a slim bit over four times as long as they are wide. When cooked, long-grain rice remains isolated and cushy (e.g., Jasmine and Basmati rice). Medium grains have a shorter, more extensive bit, yielding a delicate and semi-sticky consistency when cooked (e.g., Arborio rice). Short grains have a bit as it were twice as long as they are wide, and surrender the stickiest surface when cooked (e.g., “sushi” rice).

Rice comes in several colours, shapes, and sizes, but the foremost well-known are white and brown rice. White rice is the foremost commonly expended sort, but brown rice is broadly recognized as a more advantageous choice. Rice could be a staple for individuals all over the world. It comes in numerous colours and sizes, but the two most prevalent sorts are white rice and brown rice. White rice is the less nutritious of the two. Its husk, bran, and much of the germ have been removed. Many brands of white rice are improved to re-establish the supplements misplaced amid preparation. The husks are evacuated from brown rice, but the sound bran and germ remain.

- **Ingram, 1999:** Every region in the world has its own individual rice growing which is indigenous to that area. According to
- **NRRI Cuttack (2018),** NRRI Cuttack contributed to the release of 1200 varieties of rice which were highly adaptable for growing in Indian soil. A list of these varieties was released with the required data as their duration, grain type, yield potential, reaction to major diseases, and insects' grain.
- **Bali P. 2011:** Since there are so many varieties of rice in India it is necessary to classify them. Rice is mainly classified on the basis of its grain size and the length of grain also requires the style of cooking.
- **Ingram,1999:** There are thousands of varieties of rice in the world's rice-growing areas, it is not unknown that each paddy field yields its own life in areas that are faced with a disconcerting choice on the popular most of them eat the rice which grown in locally. Organic rice is rice that has been grown without the use of insecticides or fertilizers. It can be long, Medium, or short grain.

## V. CONCLUSION

In India, rice is an essential and loved ingredient that is used in many different regional cuisines of India. Rice is an ingredient that marries well with many flavors and tastes. I work wonderfully well with, vegetables, dairy, meat, and poultry. Spices like bay leaf, cinnamon, cardamom, nutmeg, star anise, cloves peppercorns, etc. can be used to flavor various rice dishes and create gastronomical wonders. In addition to being a staple meal, rice has a significant cultural and historical significance in the country. We have discovered how rice functions as a common factor, bringing communities together and preserving culinary traditions across India, through a study of various rice varieties and their incorporation into traditional regional cuisines. In context, this study creates the foundation for understanding the complex relationship between food, culture, and identity. This study also promotes a critical examination of the changing food scene. This investigation essentially emphasizes the necessity of a balanced viewpoint on food sustainability and cultural preservation. As dietary habits and international food trends change, it is critical to acknowledge the inherent worth of customary cooking techniques. The study shows how the several types of rice, each with its own distinct flavors and textures,

Understanding the cultural significance of rice helps to understand how adaptable and resilient Indian kitchens have been to changing times. This research encourages a thoughtful approach to preserving the unique culinary tapestry that defines Indian households and provides a basis for further discussions about the dynamic relationship between food, culture, and identity.

**REFERENCES**

- [1]. <https://www.myrecipes.com/syndication/why-do-tomatoes-split>
- [2]. <https://www.wellcurve.in/blog/different-types-of-rice>
- [3]. Bali, P. (2011). Delhi: Oxford University. Bali, P. (2011). New Delhi: Oxford University.
- [4]. Bali, P. (2015). Food Production Operations and Indian Cuisine. New Delhi: Oxford Publishing Ltd.
- [5]. Britannica, T. E. (n.d.). Rice. Retrieved from <https://www.britannica.com/plant/rice>
- [6]. [https://www.healthline.com/nutrition/brown-vs-white-rice#TOC\\_TITLE\\_HDR\\_4](https://www.healthline.com/nutrition/brown-vs-white-rice#TOC_TITLE_HDR_4)
- [7]. <https://icar-nrri.in/released-varieties/>. (2018). High Yielding Rice Varieties and Hybrids Developed at NRRI.
- [8]. Ingram, C.(1999). Rice and Risotto. London: Anness Publishing Limited.
- [9]. NDTV. (n.d.). 13 best rice recipes. Retrieved from <https://food.ndtv.com/lists/10-best-rice-recipes-693209>
- [10]. School of Health. (n.d.). Retrieved from <https://www.hsph.harvard.edu/nutritionsource/food-features/rice/>
- [11]. Liu K, Zheng J, Chen F. Effects of washing, soaking and domestic cooking on cadmium, arsenic, and lead bio accessibilities in rice. Journal of the Science of Food and Agriculture. 2018 Jan 24.