【CLAIMS】

【Claim 1】

Molded rice comprising an inner and an outer,

wherein the inner is a filling part of the molded rice located inside the molded rice, and the outer is an outer part located outside the molded rice while wrapping the inner,

wherein the inner comprises ingredients or food materials without containing rice or cooked rice;

wherein the outer includes fried rice comprising cooked rice, a binder and ingredients, and the fried rice is prepared through (i) heating the ingredients and mixing the heated ingredients with the binder, or mixing the ingredients with the binder and heating the mixture, and (ii) mixing cooked rice with the mixture of heated ingredients and bind;

wherein the ingredients have sizes of 5 to 65 mm and are included in an amount of 5 to 40 wt% based on the total weight of the molded rice, and the ingredients includes greens, vegetables, fruits, fish, meat, or processed meat,

the hardness of the outer surface of the molded rice is 200 g or more measured with a Texture Analyzer, and

a difference in moisture content between the outside and the inside of the outer is 3% or more.

【Claim 2】

The molded rice of claim 1, wherein the binder included in the outer is at least one selected from the group consisting of starch, modified starch, and glutinous grains.

【Claim 3】

The molded rice of claim 1, wherein in the outer, a weight ratio of ingredients: rice is 10: 90 to 40: 60.

【Claim 4】

The molded rice of claim 1, wherein a weight ratio of the outer: inner is 90: 10 to 99: 1.

【Claim 5】

A method for preparing molded rice including an inner and

an outer, wherein the inner is a filling part of the molded rice located inside the molded rice, and the outer is an outer part located outside the molded rice while wrapping the inner,

the method comprising:

(a) preparing fried ingredients by heating the ingredients and mixing the heated ingredients with the binder, or mixing the ingredients with the binder and heating the mixture, wherein the ingredients have a size of 5 to 65 mm and are included in an amount of 5 to 40 wt% based on the total weight of the molded rice, and the ingredients includes greens, vegetables, fruits, fish, meat, or processed meat;

(b) preparing an outer by mixing cooked rice with the fried ingredients;

(c) inserting an inner inside the prepared outer and molding the outer containing the inner, wherein the inner comprises ingredients or food materials without containing rice or cooked rice;

(d) drying the molded rice with hot air; and

(e) heat-treating the hot air-dried molded rice, wherein the heat-treating is performed for 1 to 600 seconds by radiant heat.

【Claim 6】

The method for preparing the molded rice of claim 5, wherein the hot-air drying in step (d) is performed at a temperature of 160 to 240°C for 1 to 600 seconds.

【Claim 7】

The method for preparing the molded rice of claim 5, further comprising:

coating a sauce on the surface of the molded rice, before the heat-treating the molded rice in step (e).

【Claim 8】

The method for preparing the molded rice of claim 5, wherein the heat-treating of the molded rice in step (e) comprises a first heat-treating step, an inversion step of the

molded rice, and a second heat-treating step.

【Claim 9】

The method for preparing the molded rice of claim 5, wherein the hardness of the outer surface of the molded rice is 200 g or more measured with a Texture Analyzer.

【Claim 10】

The method for preparing the molded rice of claim 5, wherein a difference in moisture content between the outside and the inside of the outer of the molded rice is 3% or more.