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(54) Title: METHOD FOR PRODUCING RICE WITH A LOW GLYAECMIC INDEX AND A LOW GLYAECMIC LOAD

(57) Abstract: A method for producing rice with a low glycaemic index and a low glycaemic load comprises, in sequence, a step of preparing husked brown rice, a step of humidifying the husked brown rice with water at room temperature until reaching a moisture content equal to 18-22%, a step of resting the husked brown rice for 24-60 minutes, a first heating step comprising heating the husked brown rice until the husked brown rice reaches a temperature of 80-85°C, a first step of cooling the husked brown rice in an environment at a temperature lower than the room temperature until the husked brown rice reaches a temperature of 10°C, a step of reconstituting the husked brown rice for 24-72 hours, maintaining the moisture content, until the husked brown rice reaches the room temperature, a second heating step comprising heating the husked brown rice until the husked brown rice externally reaches a temperature of 60-65°C, corresponding to an internal temperature greater than 70°C, a second cooling step until the husked brown rice reaches the room temperature, a step of refining the husked brown rice having a moisture content equal to 18-22% and a drying step until reaching a moisture content equal to 12-13%.



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