

An instant rice porridge product comprises puffed generally rice grain size, discrete pieces of rice having a more dense compacted central region and a less dense surface regional of generally open cells, the surface region of said pieces consisting of substantially fully gelatinised starch and the central region consisting of partly gelatinised starch. The product of the invention can be very hydrated within 3 to 5 minutes to form a fully acceptable rice porridge.

The invention also provides a method for producing the instant rice porridge by puffing extrusion using a food cooking extruder.

FIGURE 1