

ABSTRACT

The present invention relates to a frozen cooked rice including a molded cooked rice and a moisture transfer preventing layer formed on at least a part of the surface of the molded cooked rice, in which after the frozen cooked rice is defrosted under conditions of normal temperature and normal pressure for 1 day, the difference between the moisture content of the surface of the frozen cooked rice and the moisture content of a deep part of the frozen cooked rice is 5 wt% or more based on the total weight of the frozen cooked rice, and a method for preparing a frozen cooked rice, the method including forming a moisture transfer preventing layer on at least a part of the surface of a molded cooked rice, hardening the at least a part of the surface of the molded cooked rice on which the moisture transfer preventing layer is formed, and freezing the hardened molded cooked rice.