Claims:

1. A frozen cooked rice comprising

a molded cooked rice; and

a moisture transfer preventing layer formed on at least a part of the surface of the molded cooked rice, wherein at least a part of the surface of the frozen cooked rice is hardened using an oven wherein hardening is at a temperature of 160℃ to 200℃ for 5 to 10 minutes,

wherein the moisture transfer preventing layer comprises at least one selected from among soybean oil, perilla oil, and canola oil,

wherein 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.

2. The frozen cooked rice of claim 1, wherein after the frozen cooked rice is defrosted under conditions of normal temperature and normal pressure for 1 day, the moisture content of the surface of the frozen cooked rice is 50 wt% or less per 1 g of the frozen cooked rice, and the moisture content of the deep part of the frozen cooked rice is 50 to 60 wt% per 1 g of the frozen cooked rice.

3. The frozen cooked rice of claim 1, wherein the molded cooked rice comprises cooked rice and at least one selected from among a raw material and a sauce.

4. A method for preparing a frozen cooked rice, comprising:

forming a moisture transfer preventing layer on at least a part of the surface of a molded cooked rice by applying, to the moisture transfer preventing layer, a moisture transfer preventing liquid including at least one selected from among soybean oil, perilla oil, and canola oil;

hardening the at least a part of the surface of the molded cooked rice on which the moisture transfer preventing layer is formed using an oven wherein the hardening is at a temperature of 160℃ to 200℃ for 5 to 10 minutes; and

freezing the hardened molded cooked rice.

5. The method for preparing a frozen cooked rice of claim 4, wherein the molded cooked rice is prepared by cooking rice as a main raw material to prepare cooked rice, and mixing at least one among a raw material and a sauce with the cooked rice.

6. The method for preparing a frozen cooked rice of claim 4, further comprising molding the molded cooked rice into at

least one shape selected from among a sphere, a hemisphere, a crushed sphere, a cube, a bar, a cylinder, a polygonal column, and a half-ellipsoid, before forming the moisture transfer preventing layer.

7. The method for preparing a frozen cooked rice of claim 4, wherein the moisture transfer preventing liquid is applied in an amount of 1 to 10 parts by weight based on 100 parts by weight of the molded cooked rice.

8. The method for preparing a frozen cooked rice of claim 4, wherein the freezing comprises at least one selected from among freezing the hardened molded cooked rice at a temperature of -30°C to -5°C for 6 to 36 hours so that the material temperature reaches -7°C, quick freezing the hardened molded cooked rice at a temperature of -70°C to -5°C for 10 to 30 minutes, and freezing the hardened molded cooked rice at a temperature of -40°C to -30°C for 30 minutes to 1 hour.