

ABSTRACTInstant Soakable Rice

The present invention relates to a method for preparing an instant soakable rice product which comprises dehydrated rice.

The instant soakable rice product is rehydrated in use by the addition of hot water over a period of 3-5 minutes. The method of the invention involves a sequence of steps including a first soaking step at ambient temperature, a first steaming step, a hot water spraying step at an elevated temperature compared to the first soaking step and a second steaming step. The rice is then dried and puffed to form the instant soakable rice product of the invention.