

Carbohydrate composition of rice varieties after cooking by different methods

SUMAN AND PINKY BOORA

The present work was to determine the starch, amylose and sugar contents of rice after cooking by four methods. The study revealed that cooking results in slight increase 2.6 to 4.3 per cent in starch content over uncooked rice samples, but there was no significant difference among cooking methods. Starch content was significantly less in basmati varieties after cooking compared to coarse varieties. The amylose content in cooked rice was not influenced significantly by any of the cooking method as compared to raw samples. Total soluble, reducing and non-reducing sugars in cooked rice samples showed significant decrease upon cooking compared to raw samples.

Key Words : Cooking, Amylose, Microwave, Solar, Starch, Rice

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Author for correspondence :

SUMAN, Department of Foods and Nutrition, C.C.S. Haryana Agricultural University, HISAR (HARYANA) INDIA
Email : sumanambawat03@yahoo.com

Associate Authors' :

PINKY BOORA, Department of Foods and Nutrition, C.C.S. Haryana Agricultural University, HISAR (HARYANA) INDIA