

CLAIM:

1. A process for producing a ready-to-eat (RTE) adlai (*Coix-lacryma-jobi L.*) porridge comprising the steps of:

- a. pre-cooking of adlai in boiling water with an adlai and water ratio of 1:6 to 1:10 by weight for 3 to 9 minutes;
- b. preparing soup stock with 0.4 to 0.6% iodized salt and 1 to 2% modified starch by weight of water;
- c. mixing the pre-cooked adlai and soup stock in a ratio of 6:34 to 8:32 by weight of adlai;
- d. filling the 200 grams of the mixture in a retort pouch;
- e. sealing the retort pouch; and
- f. retorting the adlai porridge – containing retort pouch at 118°C achieve condition with sterility value of 5.5 minutes.