

PROCESS OF MAKING INSTANT IRON-FORTIFIED RICE KERNELS

Abstract of the Disclosure

The present utility model relates to food technology specifically, a process of making an instant iron-fortified rice kernel. It is comprised of: grinding the rice and iron premix rice separately to produce the rice flour and iron premix rice powder; determining the moisture content of the rice flour and iron premix rice powder; calculating the amount of water needed to achieve target first moisture content; weighing of ingredients; making citric acid solution; mixing the dry ingredients (rice flour, iron premix rice powder, and gum arabic); adding and mixing citric acid solution into the mixture; adding and mixing vegetable oil into the mixture; curing the mixture to allow the complete absorption of water; extruding the mixture to produce the iron-fortified rice kernels; determining the moisture content; drying the iron-fortified rice kernels until target second moisture content is achieved; cooling the iron-fortified rice kernels; and packing the iron-fortified rice kernels, wherein target first moisture content is at most 18% (wet basis), target second moisture content is at most 10% (wet basis). The present utility model provides for a rice that does not require cooking, while also fortified with iron and with low acrylamide content.