

**CLAIMS:**

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

- 5       a. parboiling of adlai in water with an adlai and water ratio of 1:6 to 1:10 and anti-staling agent in the amount by percent of 6 to 10% by weight of adlai for 16 to 20 minutes;
- b. filling parboiled adlai weighing 200 grams in a retort pouch;
- c. sealing of the retort pouch; and
- 10       d. retorting the parboiled adlai in the retort pouch at 118°C to achieve condition with sterility value of 4 minutes.

15

20

25

30