

**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.

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