

- **Rice Basmati**
brown - semi white - white
- **Rice Jasmine**
brown - semi white - white
- **Black rice**
Thai - glutinous
- **Red rice**
Thai
- **Sweet rice**
brown - long grain
- **Risotto rice**
Arborio - Carnaroli
- **Brown rice**
short grain - long grain
- **White rice**
short grain
- **Indica rice**
brown - fragrant - long grain
- **White rice Demeter**
long grain
- **Fast cooking rice**
basmati- brown long
- **Parboiled rice**
white - Indica - long grain
- **Wild rice**
long - medium

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ORGANIC RICE

DO-IT is a leading company in import and export of 100% Organic Food Ingredients and Consumer Goods

DO-IT offers a wide range of Asian and European rice



Rice – Oryza Sativa

One of the most important cereal grains, rice is known to have been cultivated in China over 6000 years ago. Rice is an annual grass that grows best in temperate and tropical climates. Most varieties of rice are cultivated in flooded fields. Traditional methods of rice farming involve several stages requiring many hours of labour. The over 8000 varieties of rice are generally divided into short grain, medium grain and long grain type.

Rice Basmati brown – semi white - white

Basmati comes from the Hindu meaning aroma ingrained from the origin. It is maybe the most famous rice variety in the world. The rice is long and slender and has a sweet taste, soft texture and delicate aroma. Basmati has evolved from pure line selections, bred by farmers along the foothills of the Himalayas. The fertile alluvial soil, brought down by rivers, is regenerated each year by the flooding in the monsoons.

Basmati is a scented rice and the development of the fragrance is enhanced by the climate with mild days and cool nights. It is only here that the characteristic aroma is developed by the mists rolling down from the mountains and activating a particular bacteria in the soil interacting with the basmati plant. There are many Basmati varieties, from different regions and countries. DO-IT basmati comes from pure selection varieties. All organically grown at the foothills of the Himalayas in Uttar Pradesh and Uttarakhand. Basmati rice should "ripen" after harvest for at least one year before being consumed.

Rice Jasmine brown – semi white - white

Jasmine rice originates from Thailand and is officially called Hom Mali rice, Hom means delicate aroma and Mali stand for jasmine white. This rice is harvested only once a year and has a subtle fragrant similar to the pandanus plant. The slow growth and the special environment create a precious rice of high quality in taste and nutrition. Jasmine rice is used in the country of origin only for special occasions. DO-IT jasmine rice comes from North and East Thailand, organically grown in projects where the farmers and families circumstances are improved.

Thai black rice

Black Glutinous rice is native to Thailand and is grown in very limited quantity. This variety has a crunchy texture and is used in desserts and salads. The bran is naturally black (purple) and on cooking releases a purple color.

Thai red rice

Red Rice is actually a Jasmine variety which occurs naturally with red instead of brown bran. Its cooking qualities are similar to regular Jasmine. Thai red rice originates from Thailand. It is a long grain brown rice with a red bran. The taste is rich and nutty and the rice is very nutritious. The texture is firm and a bit sticky. Thai Red Rice can be used in the same recipes as brown rice. DO-IT's red rice comes from dedicated families in North-East Thailand.

Sweet rice brown

Glutinous rice, also called sticky rice or sweet rice, is a type of long grain Asian rice that becomes sticky when cooked. The difference with other rice is the high amount of amylopectin and nearly no amylase, it shows by the milky colour. Like all rice it does not contain gluten. Sticky rice is used as grain or flour for rice cakes, desserts, brewery and rice snacks.

Arborio rice - Carnaroli

Arborio rice is a short grain rice traditionally used in Italy for making risotto. There are different varieties, DO-IT has the superfino, the largest grain variety. The rice is high in soluble starch making it creamy. After cooking the rice is firm, creamy and chewy. It blends well with other tastes making it ideal for risotto. Because of the creamy texture it is also used for rice puddings. Carnaroli is the king under the risotto rice.

Brown rice short grain – long grain

This brown rice, long and short comes from Italy.

White rice short grain

A short grain rice, grown and produced in Italy.

Indica rice fragrant – brown – long grain

There are two main types of rice, Indica and Japonica. Originally Indica rice grows in hot, tropical climates and Japonica in temperate climates. Indica is a long fluffy, non sticky rice. DO-IT has a fragrant Indica rice coming from Italy.

White rice long grain - Demeter

This rice is grown under biodynamic conditions and has the Demeter seal.

Fast cooking rice – white – short grain - Basmati

By precooking this rice has a shorter cooking time, 13-16 minutes.

Parboiled rice, white Indica long grain

Parboiled rice is soaked and boiled in the husk by steaming. Then the rice is dried, peeled and polished. Parboiling drives nutrients from the bran in the endosperm making the rice 80% nutritionally similar to brown rice. Because of the gelatinized starch, parboiled rice looks translucent. Parboiled rice takes less time to cook, is more firm and less sticky. (1 rice – 2-2 ½ water, 15 minutes simmer, 5 minutes off the heat).

Wild rice

Actually wild rice is not related to rice but is a species of water plant. It is a long black grain once washed and hulled. The harvested grain was historically gathered and eaten in both North America and China. While it is now a delicacy in North America and Europe, it is eaten less in China where the plant's stem is used as a vegetable. Wild rice is highly nutritious with a nutty flavour.

Nutritional information

Rice is low in fat (0g – 3g), low in sugar and high in starch (73g-81g) with a good source of protein (6g – 8g, wild rice 15g).

Rice is a good source of energy, B vitamins (brown rice) and minerals:

brown rice: selenium, magnesium, phosphorus and manganese – white rice: folate, manganese, iron.

All rice is gluten-free, non allergic, easy to digest and low in sodium (1 mg – 5 mg)

