1. Introduction

- Value addition enhances profitability of rice production.
- In Kenya rice is consumed as grain in several forms:
  - Polished rice of various grades (Table 1).
  - Parboiled rice.
  - Quick cooking rice.
  - Value added rice products.

2. Polished rice of various grades (Table 1)

<table>
<thead>
<tr>
<th>Grade</th>
<th>Head Rice, % (Min)</th>
<th>Broken Rice, % (Max)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grade I</td>
<td>85</td>
<td>15</td>
</tr>
<tr>
<td>Grade II</td>
<td>75</td>
<td>25</td>
</tr>
<tr>
<td>Grade III</td>
<td>65</td>
<td>35</td>
</tr>
</tbody>
</table>

- Such rice can be boiled in water (with salt and fat added) and served with stew.

3. Parboiled rice

- Parboiling is the process in which paddy is soaked in water and steamed before milling.
- Parboiling loosens the hulls before milling. Other advantages of parboiling include:
  - Paddy gets harder and results in higher milling yield with lesser breakage.
  - Nutritional value of rice milled from parboiled paddy is increased. Vitamins and minerals are transferred from the hulls and bran into the endosperm.
  - Parboiled rice is less liable to insect attack than rice which has not been parboiled.

4. Quick cooking rice

- This is made by steeping rice in water to attain a moisture content of 35%. This is then cooked under pressure and dried or frozen.
- Such rice is already precooked and requires few minutes of boiling and is ready for consumption.

5. Value added rice products

A wide range of value added products can be developed from rice, i.e.:
- Canned rice.
- Flaked or puffed rice.
- Popped rice.
- Ready-to-eat products.
- Starch (from broken rice).