

# Rice Varieties

- **Basmati:** A fragrant, long-grain rice commonly used in Indian, Middle Eastern, and South Asian cuisines. It has a distinct aroma and fluffy texture when cooked.
- **Jasmine:** A fragrant, long-grain rice primarily grown in Thailand. It has a subtly floral aroma and slightly sticky texture, making it popular in Southeast Asian dishes.
- **Arborio:** A short-grain rice variety known for its high starch content. It is used in traditional Italian dishes like risotto, where its creamy texture enhances the dish.
- **Sushi Rice:** Short-grain rice specifically cultivated for sushi. It is sticky and holds together well, making it ideal for sushi rolls and other Japanese dishes.
- **Wild Rice:** Not technically rice, but the seed of an aquatic grass. It has a chewy texture and a nutty flavor, often used in salads, side dishes, and stuffing.
- **Brown Rice:** Whole-grain rice with only the outermost layer (the hull) removed. It retains more nutrients and fiber compared to white rice, making it a healthier choice.
- **Parboiled Rice** has been partially boiled in the husk, which forces some nutrients into the grain. It is then milled to remove the husk. Parboiled rice is known for its fluffy texture and separate grains.
- **Calrose Rice:** A medium-grain rice variety commonly grown in California. It is often used in Asian cuisine, including sushi, stir-fries, and rice bowls.
- **Bombay Rice:** A short-grain rice variety often used in desserts and puddings due to its creamy texture when cooked.