



## Brown Rice Flour

Brown Rice Flour is gluten-free, and comes from hulled, unpolished wholegrain brown rice. It is a suitable alternative to wheat flour for those with gluten intolerance or Celiac Disease. In cooking, Brown Rice Flour is often used in combination with other gluten free flours. Its flavour is strong and nutty. Use Brown Rice Flour as a thickener, in baked goods, and to coat fish and meats. The nutritious bran and germ layers are left intact, making it a good source of magnesium, phosphorus, selenium, thiamine, niacin, vitamin B6, high in fibre and an excellent source of manganese.



- Brown rice is a nutritious whole grain.
- Comes from hulled, unpolished wholegrain brown rice.
- The bran layer and germ are left intact.
- It is a gluten free flour
- Rice is a one-cell, single seed, dry fruit. The pericarp is the fleshy, usually edible part of a fruit where many of the nutrients are. This is left intact in brown rice.
- Some people on a gluten-free diet have concerns about the status of rice as free from gluten. There are two reasons for this: one is the 'glutinous rice' label attached to a type of rice used for its 'sticky' quality when cooked. This rice does not contain the mixture of proteins responsible for the symptoms of gluten sensitivity. Secondly, conventional rice is often contaminated by gluten products during processing and storage.

### Cooking with Brown Rice Flour

- Used in sweet and savoury baking applications.
- It may be used as a thickener for sauces, soups and casseroles or combined with other flours in baked goods such as cakes, breads and muffins.
- Brown rice flour may also be used as a breading agent to coat fish and meat.
- Has a strong, nutty flavour.

- Often used in combination with other gluten-free flours, eg: 1 cup brown rice flour + 1 cup amaranth flour + 1/4 cup arrowroot flour is equivalent to 2 cups conventional flour OR  
1 cup brown rice flour + 1 cup chickpea flour is equivalent to 2 cups conventional flour (makes a complete protein)
- Baked goods made with brown rice flour can be crumbly. Add binding agents like arrowroot powder or additional eggs to make more cohesive.
- Store in an airtight container for maximum pantry life.

### **Health Benefits and Therapeutic Uses of Brown Rice Flour**

- It is a good source of magnesium, phosphorus, selenium, thiamine, niacin, vitamin B6, high in fibre and an excellent source of manganese.
- A suitable alternative to wheat flour for those with coeliac disease.
- May be beneficial for maintaining a healthy weight.