

Rice flour (also rice powder) is a form of flour made from finely milled rice. It is distinct from rice starch, which is usually produced by steeping rice in lye.

Rice flour may be made from either white rice or brown rice. To make the flour, the husk of rice or paddy is removed and raw rice is obtained. The raw rice is then ground to flour. Rice flour is a particularly good substitute for wheat flour, which causes irritation in the digestive systems of those who are gluten-intolerant. Rice flour is also used as a thickening agent in recipes that are refrigerated or frozen since it inhibits liquid separation.

Rice flour is used in making neer dosa, golibaje (Mangalore bajji), mantou, and rotti. The flour is mixed with flour of wheat, millet, and other cereals to make manni, a kind of baby food. Sometimes cut dried fruits or dried vegetables are added for flavour and more nutrients. This is commonly used in the districts of Dakshina Kannada, Udupi of Karnataka, India. It is a regular ingredient in Bangladeshi cuisine and is used in many rotis and desserts such as shondesh and bhapa phitha (steamed rice cakes).

How to Make Rice Flour

Grinding rice is simple, though there are a few important steps. We begin by collecting the necessary utensils:

1. A frying pan or wok
2. Spatula
3. Measuring cups
4. Grinder with grinding attachment. (This is what we call a “blender” in the US.)
5. Basmathi Rice or Raw Rice

For every cup of rice that you need for your recipe, add 1/8th cup whole rice in addition.

Step 1 Wash and soak your rice.

Rice sometimes comes with little stones or other impurities. To ensure clean flour, wash rice, rinsing off anything that floats or that is darker speckled. Drain, and add purified or healthy drinking water so that your rice absorbs only clean water. Soak for a minimum three hours, maximum six.

Step 2 Drain Rice

Drain rice into a wicker strainer or colander. Let stand for ten to fifteen minutes, or until the strainer stops dripping.

Step 3 Lay Out the Rice

On a clean cloth, lay out the rice so that the it will absorb any extra moisture. The grinding process requires that it be damp, but not wet. This is to ensure that it does not clump into a lump.

Step 4 Grind

Separate the rice quantity into two or three parts, so that the grinding will go faster. Too much rice will bog down the motor, causing over-heating. Finish all of the grinding before proceeding to step 5.

Note: Flour Density

You are the one grinding the rice, which means that you probably know what you will be making with it. Very fine powder is used for cakes or sweet foods. A grainy texture is used for making batters such as pakora, or putta.

Step 5 Cook/Dry Fry

Heat wok or skillet to a medium heat. Pour flour into the pan, and with a spatula, move the flour back and forth. This will keep it from burning, or clumping up. If the heat is too hot, you will get some flour clumping. Stir in a back and forth direction for ten to fifteen minutes, or until you see that steam begins to rise. Continue for another three minutes. Test the dryness of the flour by pinching a small quantity between your fingers. If the flour is not dry, it will stick together. When your flour is dry, turn off the pan, and stir until the pan cools down, otherwise the flour at the bottom of your pan will scorch.

Step 6 Cooling and Storage

Transfer to a metal or glass bowl for cooling, If all of the water molecules are cooked out of the flour, refrigeration is not needed. For best results, use an airtight container and refrigerator storage.

4 cups Raw Rice yields 6 cups of rice flour.

An Alternate Method:

Wash the rice and soak it for 15 - 20 minutes. Drain the rice and spread it on a cloth for drying in a shade.

After 30 mints, grind the dry rice to a smooth powder in your mixer. Take 1 cup at a time and run it and stop in intervals. Else your jar can get overheated and stall.t.

Pass it through a sieve to get the fine powder. And grind again until you get the most of your rice into fine powder.

If you are not going to make a dish out of it right away, store it in an air tight container after its cooled enough.

Another way of making this is by lightly roasting the rice over hot pan for few minutes, grinding it to a fine flour once its cooled. This way you can store for longer days.

Making flour at home is so convenient as it only takes about 15 mins to soak and another 15 mins to dry. And your dish is bound to come out tasty.