

Effects of Salt on the Cooking Qualities of Rice

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Summary

The changes in texture, degree of gelatinization and dietary fiber content of rices cooked in NaCl solution (0%,0.5%,1.0%) were investigated to study the effects of salt on the cooking qualities of rice. The texture of rices was affected by NaCl in cooking water;the hardness of rice grains cooked in NaCl solution decreased significantly. The degree of gelatinization of starch in rices increased by cooking in NaCl solution, whereas rice starch prepared from rice flour could not be gelatinized fully in NaCl solution. By adding NaCl the amount of neutral detergent fiber in rices reduced slightly, but there was little change in pectic substance. It seemed that the degradation of dietary fiber and the gelatinization of starch in cooked rices affected the texture of them.