



Indián Rizs – The Advantages of Traditional Milling





Indián Rizs – The Advantages of Traditional Milling

For millennia the Native American tribes of the glaciated regions of the Northeast Great Plains have harvested native *Zizania aquatica* by boat along the shores of the many thousand regional lakes. Cured and then roasted, the resulting grains were a key part of their diet providing a high protein, high fiber staple rich in vitamin and mineral content.

Indián Rizs Ltd. is the only IFS certified miller worldwide of traditionally roasted wild rice. Most large processors provide an industrial grade parboiled and size standardized B scarified grade which is not in keeping with this traditional wild food.





Indián Rizs – The Advantages of Traditional Milling



Traditional curing and roasting has many key advantages:

Curing provides depth of flavor. Open air curing over 4-6 days with regular turning and aerating is critical for the slow drying and development of wild rice's unique nutty flavors before roasting.

Roasting was traditionally completed in a vessel over fire imparting key roasted and deeper nutty characteristics. Indián Rizs' rotating drum roasters achieve the same result with smaller 200 kg batches roasted for one hour. Most B Scarified parboiled rice is cooked under a flat conveyor belt electric bakery oven that does not produce true roasted aromas and flavors. The difference is much like that between batch roasted espresso coffee and instant coffee.

Mill Run Grading is a combination of different grade widths that add complexity in the mouthfeel of the rice and also a more varied and natural visual look in the cooked product whether in pure or blended form. Indián Rizs blends A, B and C grade rice in all of its product while most A grade rice from the US is sold as pure product for a premium price.



Indián Rizs – The Advantages of Traditional Milling

Indián Rizs is proud to maintain traditional wild rice methods while employing modern equipment and processes to ensure consistency and food safety.

Modern educated consumers prize authentically prepared products for their flavor and integrity. Indián Rizs can ensure that your rice blends and other products appeal to these discerning consumers.

