

RICE

Ponni Rice

Amman Ponni: Amman Ponni Rice is a premium, aromatic rice known for its firm texture and perfect for daily meals and South Indian dishes.

Benefits: Amman Ponni Rice is easy to digest, low in fat, rich in carbohydrates, provides energy, and supports healthy digestion.

Cooking Method: Rinse 1 cup Amman Ponni Rice, soak for 15-20 minutes. Cook with 2 cups water, bring to a boil, cover, and cook for 1 whistle.

JSR Ponni Rice: JSR Ponni Rice is a high-quality, aromatic rice variety, known for its non-sticky texture and suitability for everyday meals.

Benefits: JSR Ponni Rice is easy to digest, rich in carbohydrates, helps boost energy, and is ideal for healthy, daily meals.

Cooking Method: Rinse 1 cup JSR Ponni Rice, soak for 15-20 minutes. Cook with 2 cups water, bring to a boil, cook for 1 whistle.

Akshaya Ponni Rice: Akshaya Ponni Rice is a long-grain variety, widely used for making fragrant, soft rice perfect for biryanis and curries.

Benefits: Akshaya Ponni Rice is rich in essential nutrients, provides energy, is low in fat, and supports digestion and heart health.

Cooking Method: Rinse 1 cup Akshaya Ponni Rice, soak for 15-20 minutes. Cook with 2 cups water, bring to a boil, cook for 1 whistle.

RNR Ponni Rice: RNR Ponni Rice is a premium variety known for its long grains, fluffy texture, and versatility in various dishes.

Benefits: RNR Ponni Rice is rich in fiber, low in fat, supports digestion, and provides steady energy throughout the day.

Cooking Method: Rinse 1 cup RNR Ponni Rice, soak for 15-20 minutes. Cook with 2 cups water, bring to a boil, cook for 1 whistle.

Ponni Brown Rice: Ponni Brown Rice is a whole-grain variety, known for its rich, nutty flavor and higher fiber content compared to white rice.

Benefits: Ponni Brown Rice aids digestion, promotes heart health, provides essential nutrients, and supports weight management due to its high fiber content.

Cooking Method: Rinse 1 cup Ponni Brown Rice, soak for 30-40 minutes. Cook with 2.5 cups water, bring to a boil, cook for 1 whistle.

Sonna Masoori Rice: Sonna Masoori Rice is a premium, aromatic medium-grain variety known for its delicate texture, fragrant aroma, and versatility in cooking.

Benefits: Sonna Masoori Rice is low in calories, easy to digest, rich in carbohydrates, promotes heart health, and is ideal for weight management.

Cooking Method: Rinse 1 cup Sonna Masoori Rice, soak for 15-20 minutes. Cook with 2 cups water, bring to a boil, cook for 1 whistle.

Idli Rice

Idli Rice is a short-grain rice variety specially used for making soft, fluffy idlis, a staple South Indian breakfast dish.

Benefits: Idli Rice is easy to digest, rich in carbohydrates, low in fat, helps improve gut health, and provides steady energy.

Cooking Method: Soak 1 cup Idli Rice with 1/4 cup urad dal for 4-6 hours. Grind into a smooth batter, ferment overnight, and steam for 10-15 minutes.

Samba Rice

Samba Rice is a fragrant, medium-grain rice variety, known for its firm texture and commonly used in South Indian dishes like sambar and pulao.

Benefits: Samba Rice is high in fiber, rich in essential nutrients, supports digestion, and is a good source of energy for the body.

Cooking Method: Rinse 1 cup Samba Rice, soak for 30 minutes. Cook with 2 cups water, bring to a boil, and cook for 15-20 minutes.

Matta Rice

Unda Matta Rice: Unda Matta Rice is a traditional, short-grain variety, known for its unique shape and firm texture, perfect for Kerala-style dishes.

Benefits: Unda Matta Rice is rich in fiber, supports digestion, helps in weight management, and provides energy for the day.

Cooking Method: Rinse 1 cup Unda Matta Rice, soak for 30 minutes. Cook with 2-2.5 cups water, bring to a boil, and cook for 20-25 minutes.

Vadi Matta Rice: Vadi Matta Rice is a red rice variety with a robust texture and earthy flavor, commonly used in Kerala and other South Indian regions.

Benefits: Vadi Matta Rice is high in antioxidants, rich in fiber, promotes heart health, and aids in digestion, making it a nutritious choice.

Cooking Method: Rinse 1 cup Vada Matti Rice, soak for 30-40 minutes. Cook with 2.5 cups water, bring to a boil, cook for 25-30 minutes.

Seeraga Samba Rice/Jeerakasala Rice:

Jeerakasala Rice is a fragrant, short-grain rice variety, popularly used for making biryani and other flavorful dishes.

Benefits: Jeerakasala Rice is rich in aroma, easy to digest, low in fat, and provides a source of quick energy, while supporting heart health.

Cooking Method: Rinse 1 cup Jeerakasala Rice, soak for 20 minutes. Cook with 2 cups water, bring to a boil, cook for 15-20 minutes.

Basmati Rice

Raw Basmati Rice: Raw Basmati Rice is a long-grain, aromatic variety known for its rich fragrance and delicate texture, perfect for making biryanis and pilafs.

Benefits: Raw Basmati Rice is low glycemic, high in fiber, promotes heart health, aids digestion, and provides long-lasting energy.

Cooking Method: Rinse 1 cup Raw Basmati Rice, soak for 20-30 minutes. Cook with 1.5 cups water, bring to a boil, cover, and cook for 1 whistle.

Basmati Sella (Boiled) Rice: Basmati Sella Rice is a parboiled version of traditional Basmati rice, known for its firm texture, long grains, and ability to remain separate after cooking.

Benefits: Basmati Sella Rice is rich in fiber, supports digestion, helps control blood sugar, low glycemic, and provides lasting energy.

Cooking Method: Rinse 1 cup Basmati Sella Rice, soak for 15-20 minutes. Cook with 1.75 cups water, bring to a boil, cook for 1 whistle.

Basmati Steam Rice: Basmati Steam Rice is a carefully steamed, aromatic rice variety that retains its nutrients and delicate fragrance, ideal for traditional dishes.

Benefits: Basmati Steam Rice is rich in fiber, promotes heart health, aids digestion, is low in fat, and provides steady energy throughout the day.

Cooking Method: Rinse 1 cup Basmati Steam Rice, soak for 10-15 minutes. Cook with 1.5 cups water, bring to a boil, cook for 1 whistle.

Milk Ponni Rice

Milk Ponni Rice is a soft, aromatic rice variety with a mild flavor, perfect for making creamy dishes like milk rice and puddings.

Benefits: Milk Ponni Rice is easy to digest, low in fat, rich in carbohydrates, and provides a good source of energy, making it ideal for daily meals.

Cooking Method: Rinse 1 cup Milk Ponni Rice, soak for 15-20 minutes. Cook with 2 cups water, bring to a boil, cook for 1 whistle.

Kaima Rice

Kaima Raw Rice: Kaima Raw Rice, also known as Jeerakasala or Khaima Rice, is a fragrant, short-grain variety popular in South India for its distinct aroma and soft, fluffy texture, ideal for biryanis and pulavs.

Benefits: Kaima Raw Rice is rich in carbohydrates, easy to digest, supports digestion, promotes heart health, and provides a steady source of energy.

Cooking Method: Rinse 1 cup Kaima Raw Rice, soak for 20 minutes. Cook with 2 cups water, bring to a boil, and cook for 15-20 minutes.

Kaima Sella (Boiled) Rice: Kaima Sella Rice, a parboiled version of Kaima Rice, has a firmer texture and is more resilient during cooking, making it perfect for dishes like biryanis that require grains to stay separate.

Benefits: Kaima Sella Rice is high in fiber, promotes digestion, helps control blood sugar levels, and provides a long-lasting energy boost.

Cooking Method: Rinse 1 cup Kaima Sella Rice, soak for 15-20 minutes. Cook with 2 cups water, bring to a boil, cook for 1 whistle.

Kaima Steam Rice: Kaima Steam Rice is a steamed version of Kaima Rice, which retains nutrients and offers a light, fluffy texture, ideal for traditional South Indian meals like biryanis and pulaos.

Benefits: Kaima Steam Rice is rich in fiber, aids digestion, supports heart health, and provides a good source of energy throughout the day.

Cooking Method: Rinse 1 cup Kaima Steam Rice, soak for 10-15 minutes. Cook with 1.5 cups water, bring to a boil, cook for 1 whistle.

Traditional Rice Variety

Karupu Kavuni

Karupu Kavuni (Boiled) Rice: Karupu Kavuni (Boiled) Rice, also known as Black Rice, is a unique, dark-hued rice variety with a slightly nutty flavor and chewy texture. It is traditionally used in South Indian cuisine and is highly valued for its rich nutritional profile.

Benefits: Karupu Kavuni (Boiled) Rice is rich in antioxidants, high in fiber, promotes digestion, supports heart health, and helps in weight management.

Cooking Method: Rinse 1 cup Karupu Kavuni Rice, soak for 30-40 minutes. Cook with 2.5 cups water, bring to a boil, and cook for 25-30 minutes.

Karupu Kavuni (Raw) Rice: Karupu Kavuni (Raw) Rice is the unprocessed version of Black Rice, known for its distinctive dark color and rich, earthy flavor. It is often used in traditional South Indian dishes for its health benefits and unique taste.

Benefits: Karupu Kavuni (Raw) Rice is packed with antioxidants, supports digestive health, boosts immunity, and is rich in essential nutrients like iron and fiber.

Cooking Method: Rinse 1 cup Karupu Kavuni Rice, soak for 30-40 minutes. Cook with 2.5 cups water, bring to a boil, and cook for 30-35 minutes.

Mapilai Samba Rice

Mapilai Samba Raw Rice: Mapilai Samba Raw Rice is an unprocessed variety of this traditional rice, known for its aromatic fragrance and firm texture. It is widely used in South Indian dishes for its unique flavor

Benefits: Mapilai Samba Raw Rice is high in fiber, rich in antioxidants, aids digestion, supports heart health, and provides sustained energy.

Cooking Method: Rinse 1 cup Mapilai Samba Raw Rice, soak for 30 minutes. Cook with 2.5 cups water, bring to a boil, and cook for 25-30 minutes.

Mapilai Samba Boiled Rice: Mapilai Samba Boiled Rice is the parboiled version of Mapilai Samba Rice, which retains more nutrients and has a firmer texture, making it ideal for dishes that require non-sticky rice.

Benefits: Mapilai Samba Boiled Rice is rich in fiber, promotes heart health, aids digestion, and provides a steady energy source throughout the day.

Cooking Method: Rinse 1 cup Mapilai Samba Boiled Rice, soak for 20 minutes. Cook with 2.5 cups water, bring to a boil, and cook for 20-25 minutes.

Mapilai Samba Semi polished Rice: Mapilai Samba Semi polished Rice is a special type of rice with a unique processing method that enhances its flavor and texture. This variety is favored for its distinct aroma

Benefits: Mapilai Samba Semi polished Rice is rich in essential nutrients, antioxidants, and fiber, which aid in digestion, support heart health, and help maintain a healthy weight.

Cooking Method: Rinse 1 cup Mapilai Samba Kaikuthal Rice, soak for 30 minutes. Cook with 2.5 cups water, bring to a boil, and cook for 20-25 minutes.

Kattuyanam Rice

Kattuyanam Rice (Raw): Kattuyanam Raw Rice is a traditional, aromatic, and medium-grain rice with a rich flavor and firm texture. It is widely used in South Indian dishes for its nutty taste and health benefits.

Benefits: Kattuyanam Raw Rice is rich in fiber, supports digestive health, improves heart health, and provides long-lasting energy throughout the day.

Cooking Method: Rinse 1 cup Kattuyanam Raw Rice, soak for 30 minutes. Cook with 2.5 cups water, bring to a boil, and cook for 25-30 minutes.

Kattuyanam Rice (Boiled): Kattuyanam Boiled Rice is a parboiled version of this traditional rice, known for its firmer texture and nutrient retention, making it perfect for non-sticky rice dishes.

Benefits: Kattuyanam Boiled Rice is high in fiber, aids digestion, supports heart health, and provides sustained energy.

Cooking Method: Rinse 1 cup Kattuyanam Boiled Rice, soak for 20 minutes. Cook with 2.5 cups water, bring to a boil, and cook for 20-25 minutes.

Kattuyanam Rice (Semi polished): Kattuyanam Semi polished Rice is specially processed to enhance its flavor and texture, making it a popular choice for South Indian delicacies like biryanis and pulavs.

Benefits: Kattuyanam Semi polished Rice is rich in antioxidants, high in fiber, promotes digestion, supports heart health, and helps maintain weight.

Cooking Method: Rinse 1 cup Kattuyanam Semi polished Rice, soak for 30 minutes. Cook with 2.5 cups water, bring to a boil, and cook for 20-25 minutes.

Karunguruvai Rice

Karunguruvai Rice is a traditional, aromatic, and drought-resistant rice variety known for its strong flavor and firm texture. It is often used in South Indian dishes.

Benefits: Karunguruvai Rice is rich in fiber, high in antioxidants, promotes heart health, supports digestion, and provides sustained energy.

Cooking Method: Rinse 1 cup Karunguruvai Rice, soak for 30 minutes. Cook with 2.5 cups water, bring to a boil, and cook for 25-30 minutes.

Pongar Rice

Pongar Rice is an aromatic, short-grain rice variety widely known for its mild flavor and slightly sticky texture, making it ideal for traditional South Indian dishes.

Benefits: Poongar Rice is rich in fiber, high in essential nutrients, aids digestion, supports heart health, and provides steady energy throughout the day.

Cooking Method: Rinse 1 cup Poongar Rice, soak for 20 minutes. Cook with 2.5 cups water, bring to a boil, and cook for 20-25 minutes.

Kottaram Samba Rice

Kottaram Samba Rice is a traditional rice variety known for its nutty flavor, aroma, and unique texture. It is often used in South Indian feasts and biryanis.

Benefits: Kottaram Samba Rice is high in fiber, aids digestion, helps regulate blood sugar levels, and is a great source of energy.

Cooking Method: Rinse 1 cup Kottaram Samba Rice, soak for 30 minutes. Cook with 2.5 cups water, bring to a boil, and cook for 25-30 minutes.

Unda Rice(Semi polished)

Semi polished Unda Rice is rice that retains its nutritional value and unique texture, commonly used for making soft and aromatic rice dishes.

Benefits: Unda Rice is rich in fiber, helps in digestion, promotes heart health, and provides sustained energy. It is also easy to digest.

Cooking Method: Rinse 1 cup Unda Rice, soak for 20-30 minutes. Cook with 2 cups water, bring to a boil, and cook for 15-20 minutes.

Vadi Rice(Semi polished)

Vadi Rice is preserving its flavor and nutrients. It's commonly used in making vadi or other authentic rice-based dishes.

Benefits: Vadi Rice is rich in essential nutrients, fiber, promotes digestion, and supports heart health, offering a natural energy source.

Cooking Method: Rinse 1 cup Vadi Rice, soak for 30 minutes. Cook with 2 cups water, bring to a boil, and cook for 15-20 minutes.

Idli Rice(Semi polished)

Idli Rice is specifically used for making soft, fluffy idlis. This variety retains its nutritional integrity and enhances the texture of idlis.

Benefits: Idli Rice is easy to digest, rich in fiber, promotes better digestion, and supports heart health. It provides a natural energy boost.

Cooking Method: Rinse 1 cup Idli Rice, soak for 4-6 hours. Grind with ½ cup urad dal and water to a smooth batter. Ferment overnight and steam for 10-12 minutes.

Samba Raw Rice

Samba Raw Rice is a traditional rice variety commonly used in South Indian cuisine, especially for making tiffin dishes like idlis, dosas, and puttu. It has a firm texture and mild flavor.

Benefits: Samba Raw Rice is rich in fiber, supports digestion, promotes heart health, and provides steady energy, making it ideal for breakfast and snack preparations.

Cooking Method: Rinse 1 cup Samba Raw Rice, soak for 3-4 hours. Grind with water to make a smooth batter for tiffin dishes or steam for making puttu.

Kozhiyal Raw Rice

Kozhiyal Raw Rice is a popular variety in Southern India, mainly used for making tiffin items like dosas, idlis, and steamed puttu. It is known for its softness and slightly sticky texture when cooked.

Benefits: Kozhiyal Raw Rice is easy to digest, high in fiber, supports digestion, and provides long-lasting energy, perfect for morning meals and snacks.

Cooking Method: Rinse 1 cup Kozhiyal Raw Rice, soak for 4 hours. Grind to a smooth batter for tiffin items or steam to prepare puttu.

Samba (Semi polished) Rice

Samba Rice is ideal for making traditional tiffin dishes like idli, dosa, and puttu. It retains more nutrients and enhances texture.

Benefits: Samba Rice is rich in fiber, helps in digestion, supports heart health, and provides a natural energy boost, making it perfect for a healthy start to the day.

Cooking Method: Rinse 1 cup Samba Rice, soak for 3-4 hours. Grind with water to prepare batter for tiffin dishes or steam for puttu.

MILLETS

Varagu (Kodo Millet)

Varagu is a nutritious, gluten-free grain with a mild, nutty flavor. It's commonly used in South Indian dishes, including rice alternatives, tiffin items, and porridge.

Benefits: Varagu is rich in fiber, antioxidants, supports digestion, regulates blood sugar levels, and is an excellent source of energy.

Cooking Method: Rinse 1 cup Varagu, soak for 20-30 minutes. Cook with 2.5 cups water, bring to a boil, and cook for 15-20 minutes.

Samai (Little Millet)

Samai is a small, gluten-free grain rich in fiber and minerals, commonly used in South Indian cuisine to make rice dishes, upma, and porridges.

Benefits: Samai is rich in fiber, aids digestion, regulates blood sugar, and is an excellent source of iron and magnesium.

Cooking Method: Rinse 1 cup Samai, soak for 15-20 minutes. Cook with 2.5 cups water, bring to a boil, and cook for 15-20 minutes.

Thinai (Foxtail Millet)

Thinai is a highly nutritious, gluten-free grain commonly used in South Indian cuisine for rice substitutes, upma, and health foods.

Benefits: Thinai is rich in fiber, antioxidants, helps in weight management, boosts immunity, and promotes digestion.

Cooking Method: Rinse 1 cup Thinai, soak for 20 minutes. Cook with 2.5 cups water, bring to a boil, and cook for 15-20 minutes.

Kuthiraivali (Barnyard Millet)

Barnyard Millet is a highly nutritious millet variety with a delicate texture, perfect for making healthy rice alternatives, upma, and porridge.

Benefits: Kuthiraivali is rich in fiber, boosts metabolism, helps in weight management, and is a good source of calcium and iron.

Cooking Method: Rinse 1 cup Kuthiraivali, soak for 20 minutes. Cook with 2.5 cups water, bring to a boil, and cook for 15-20 minutes.

Ragi (Finger Millet)

Ragi is a powerhouse of nutrients, widely used in South India to make nutritious porridge, dosas, and idlis. It's high in calcium and iron.

Benefits: Ragi is rich in calcium, fiber, and iron, helps strengthen bones, boosts immunity, and promotes healthy digestion.

Cooking Method: Rinse 1 cup Ragi, soak for 30 minutes. Cook with 2.5 cups water, bring to a boil, and cook for 10-15 minutes.

Kambu (Pearl Millet)

Pearl Millet is a nutrient-dense, gluten-free grain commonly used for making roti, porridge, and rice substitutes. It has a slightly earthy flavor.

Benefits: Kambu is rich in iron, magnesium, fiber, and antioxidants, supports digestion, promotes heart health, and provides energy.

Cooking Method: Rinse 1 cup Kambu, soak for 30 minutes. Cook with 2.5 cups water, bring to a boil, and cook for 15-20 minutes.

Panivaragu (Proso Millet)

Panivaragu is a small, nutrient-dense grain that is often used as a substitute for rice in South Indian dishes, porridge, and upma.

Benefits: Panivaragu is high in fiber, antioxidants, helps in digestion, regulates blood sugar, and is a good source of protein and minerals.

Cooking Method: Rinse 1 cup Panivaragu, soak for 20 minutes. Cook with 2.5 cups water, bring to a boil, and cook for 15-20 minutes.

White Solam (White Sorghum)

Sorghum is a highly nutritious grain known for its mild, nutty flavor. It's commonly used in traditional recipes like roti, upma, and porridge.

Benefits: White Solam is rich in fiber, antioxidants, helps in digestion, controls blood sugar levels, and promotes overall health.

Cooking Method: Rinse 1 cup White Solam, soak for 30 minutes. Cook with 2.5 cups water, bring to a boil, and cook for 20-25 minutes.

Red Solam (Red Sorghum)

Red Solam is a rich source of nutrients with a slightly earthy flavor, often used in South Indian cuisine to prepare traditional dishes like porridge, upma, and roti.

Benefits: Red Solam is high in iron, fiber, antioxidants, helps boost immunity, supports digestion, and is excellent for managing blood sugar levels.

Cooking Method: Rinse 1 cup Red Solam, soak for 30 minutes. Cook with 2.5 cups water, bring to a boil, and cook for 20-25 minutes.

Kulasaamai (Brown top Millet)

Kulasaamai is a traditional millet variety used for its unique flavor and nutritional benefits, ideal for making porridge, upma, and other dishes.

Benefits: Kulasaamai is rich in fiber, helps control blood sugar, aids digestion, and is an excellent source of energy.

Cooking Method: Rinse 1 cup Kulasaamai, soak for 20 minutes. Cook with 2.5 cups water, bring to a boil, and cook for 15-20 minutes.

Kinova (Quinoa)

Quinoa is a gluten-free, high-protein grain often used as a substitute for rice. It is perfect for salads, upma, and other dishes.

Benefits: Kinova is rich in protein, fiber, iron, and antioxidants, supports weight loss, improves digestion, and promotes heart health.

Cooking Method: Rinse 1 cup Kinova, soak for 10 minutes. Cook with 2 cups water, bring to a boil, and cook for 15-20 minutes.

SPECIAL VARIETY

Buckwheat

Buckwheat is a nutrient-dense, gluten-free pseudo-grain with a slightly earthy flavor. It is commonly used in making porridge, pancakes, and as a rice substitute in various dishes.

Benefits: Buckwheat is high in protein, fiber, antioxidants, and essential minerals. It helps support heart health, regulate blood sugar, and improve digestion.

Cooking Method: Rinse 1 cup Buckwheat, soak for 15-20 minutes. Cook with 2 cups water, bring to a boil, and simmer for 10-12 minutes until tender.

Amaranthus (Raja Kirai Vithai)

Amaranthus is a highly nutritious leafy plant used as a grain. It has a mild, nutty flavor and is commonly used in porridges, soups, and salads.

Benefits: Amaranthus is rich in protein, fiber, iron, calcium, and antioxidants, supports immune function, promotes digestion, and helps improve bone health.

Cooking Method: Rinse 1 cup Amaranthus, soak for 15-20 minutes. Cook with 2 cups water, bring to a boil, and cook for 15-20 minutes.

VALUE ADDED PRODUCTS

Flour (Millets)

Varagu Flour (Kodo Millet Flour)

Samai Flour (Little Millet Flour)

Thinai Flour (Foxtail Millet Flour)

Kuthiraivali Flour (Barnyard Millet Flour)

Ragi Flour (Finger Millet Flour)

Kambu Flour (Pearl Millet Flour)

Panivaragu Flour (Proso Millet Flour)

White Solam Flour (Sorghum Flour)

Red Solam Flour (Red Sorghum Flour)

Kulasamai Flour (Brown Top Millet Flour)

Kinova Flour (Quinoa Flour)

Flour (Rice)

Flour (puttu)

Dosa mix

Varagu Dosa Mix (Kodo Millet Dosa Mix)

Samai Dosa Mix (Little Millet Dosa Mix)

Thinai Dosa Mix (Foxtail Millet Dosa Mix)

Kuthiraivali Dosa Mix (Barnyard Millet Dosa Mix)

Raagi Dosa Mix (Finger Millet Dosa Mix)

Kambu Dosa Mix (Pearl Millet Dosa Mix)

Panivaragu Dosa Mix (Proso Millet Dosa Mix)

White Solam Dosa Mix (Sorghum Dosa Mix)

Red Solam Dosa Mix (Red Sorghum Dosa Mix)

Kulasamai Dosa Mix (Brown Top Millet Dosa Mix)

Kinova Dosa Mix (Quinoa Dosa Mix)

