

Bulk Konjac Rice Grain Recipe



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(More Recipes are under Development!)



0 Calories per 1/2-Cup Serving

Step 0: Basic tools:

- 1 -- Large deep kettle: eg, 12 inches deep, 20 quart capacity
- 2 -- Braun handheld power blender with blade attachment.
- 3 -- Quart size glass jar with cover, to mix pickling lime in water.
- 4 -- Large spoon to mix lime water with boiling konjac slurry.

Step 1: Dissolve pickling lime (1¼ tsp) into 2 cups of water in jar, and shake jar with cover on, to create an alkaline solution, to be used in Step 4.

Step 2: Bring water to a boil in a big, high, deep pan (12 cups water)

Step 3: Use Braun handheld power blender with blade attachment to whip konjac powder (4 Tbl; 52 grams) into the boiling water to create a thick slurry. Boil slurry for 3 minutes.

Step 4: Shake the alkaline solution created in Step 1 above, to mix the pickling lime with the water, and then pour the alkaline solution all at once into the boiling hot kettle of konjac slurry, while stirring rapidly with large spoon to help granules form. Boil another 3 minutes.

Step 5: Take off stove, and use the Braun blender with blade to cut large size konjac granules into the size of rice grains that you prefer, as necessary.

Step 6: Allow to cool and place into container to refrigerate for later use.

Konjac rice may be used in soups and in any other recipe, wherever whole kernels of cooked rice, wheat, rye, etc might be used. Konjac rice granules by themselves have a slight fishy smell, which is the natural odor of konjac root. This disappears entirely once it is added into a recipe, because konjac rapidly absorbs the taste and flavor of whatever ingredients it is combined with.

A typical batch of konjac rice that uses 4 Tbl (52 grams) of konjac powder makes up approx 2916 grams of un-drained hydrated rice grains (about 3 quart-size containers), for an expansion ratio of 2916/52, which is a 56-fold weight increase – a surprisingly large amount. If the liquid is drained off, the expansion ratio is less, perhaps closer to 35 or 40. This high level of weight expansion makes konjac quite economical with a good price

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advantage to use in recipes. The texture and consistency, along with the ability to absorb the flavor of the ingredients that surround it, make it an ideal food ingredient, and suitable as a calorie-free grain substitute.

Konjac Rice Recipe Benefits:

- 1) A good grain substitute that has no calories – use in any amount.
- 2) Absorbs the flavor of any recipe where used.
- 3) Makes a good filler for soups without adding calories.
- 4) Ingredients are healthful and economical on a per serving basis.
- 5) Starch-free and gluten-free.
- 6) Free of all animal products -- completely vegan.
- 7) Highly filling and satisfying, and more so than a regular grain.
- 8) A low glycemic product (no blood sugar rush).
- 9) Stores well for a long time without spoiling.
- 10) Can be made in big batches ahead of need.
- 11) Powder takes almost no space for storage, yet expands to huge size when constituted.
- 12) Pleasant texture, mouth-feel, and consistency.

About Braun mixers:

For anyone who needs a new Braun handheld power blender with attachments, I can include one in any CR food shipment that I mail out. You may already own a Braun, since this popular utensil is found in many kitchens. If not, your life will change forever with this versatile kitchen tool that can save lots of time and work, and allow you to quickly mix ingredients that can be smoothly combined in almost no other way. The Braun blender can be used in almost any size container, and allows you to mix, whisk, chop, blend, shred, smooth, powder, whip, beat, etc.