

Brown Rice Flour

by **BoxNutra**



Starts at: \$4.00

What is Brown Rice Flour?

Brown Rice Flour is 100% stone ground from the highest quality whole grain brown rice and has a mild, nutty flavor. Use this versatile gluten free flour as breading, for thickening sauces and gravies, and in gluten free baking recipes like brown rice flour pancakes, muffins and gluten free bread.

Brown Rice Flour Benefits:

The health benefits of brown rice are largely due to it being a whole grain. According to HSPH, the fiber in brown rice helps lower cholesterol, moves waste through the digestive tract, promotes fullness, and may help prevent the formation of blood clots. Brown rice is considered a low "glycemic index" food.

Benefits Include:

- Whole Grain
- Rich in fiber
- Lowers cholesterol levels
- Supports Blood health

Brown Rice Flour: A Whole Grain Alternative Flour



Brown rice flour is made from brown rice, a less refined form of the rice grain. It is the same grain that is polished to become white rice. Brown rice is the powdered rice grain. The history of brown rice flour is not well documented, but it most likely originated in Southeast Asia. Most of the world's rice flour is made and consumed in India, Japan, and neighboring countries.

Most historians agree that rice was first cultivated in China over 6000 years ago. Up until the 19th century, it was mostly milled at home. The result was that most of the available rice was brown rice. Most of the rice flour used by regular people in this era would have been brown rice flour. In the 19th century, commercial mills came along and were able to mass-produce highly refined white rice, which was stripped of much of its nutritional value.

As with wheat in Europe, the refined version of the healthier grain became associated with wealth and status and was deemed the superior product. White rice and white rice flour became the more popular options than brown rice and brown rice flour.

Brown rice flour flavor profile

The key flavor of brown rice flour is that of a strong nuttiness accompanied by a subtle sweetness. Along with the flavor, brown rice enhances the texture of baked and fried goods by making them crunchier and lighter. It is especially beneficial when combined with wheat flour

Health benefits of brown rice flour

The brown rice used to make brown rice flour is well known for its high nutritional value, so it is beneficial for health. The benefits come from an array of nutrients that includes:

- **Fiber:** Brown rice flour is a good source of dietary fiber since it consists of rice that still has its bran layer and cereal germ.
- **Protein:** You can get a significant amount of protein from brown rice flour, especially when you compare it to white rice flour.

Brown rice flour can help you to manage, treat, or prevent conditions like:

- **Diabetes:** Animal studies show that brown rice flour can help to prevent diabetes. Brown rice flour slowed digestion, which helped to control blood sugar levels.
- **Celiac disease:** Brown rice flour is gluten-free, making it an acceptable option for people with celiac disease.

Health concerns

Brown rice flour contains compounds that hinder your ability to absorb some nutrients. These compounds are called antinutrients and include phytic acid, which is also known as phytate. In addition to antinutrients, brown rice flour may also contain relatively high levels of arsenic. Arsenic is a known toxin.

Common uses

You can use brown rice flour to make cakes, pie crusts, and other baked goods, including bread and muffins. Use it to make the breading on fried foods. Brown rice flour can also be used as a thickener in soups, sauces, and gravies. It is suitable for making Asian noodles and dumplings.

If you are baking with it for the first time, one thing to note is that it can make some baked goods unpleasantly dense. You may need to add another flour to it to lighten the texture; for example, you can combine it with chickpea or millet flour to make bread. Also, brown rice flour has a relatively short shelf life. To keep it from going rancid quickly, you will need to store it in the refrigerator.

How To Bake With Brown Rice Flour



Brown rice flour is made from brown rice. Because of this, brown rice flour can be gluten-free, but you should check the packaging to make sure. Brown rice flour can be substituted for conventional wheat flours in a number of preparations, especially sauce thickeners like roux. It has a stronger, nuttier flavor than conventional wheat flours. Brown rice flour behaves differently from conventional wheat flour when baked.

Choosing How Much Brown Rice Flour to Use

Brown rice flour works best in breads, muffins and cookies. If you are merely looking to add nutritional content to your baked goods, you can choose to substitute 1/4 of the conventional wheat flour called for in the recipe for brown rice flour. This will make your baked goods a little brittle, but also richer in fiber.

If you are trying to make gluten-free baked goods, you have to choose between substituting all of the conventional wheat flour in your recipe for brown rice flour, or substituting a mixture of gluten-free flours for conventional wheat flour. Many recipes suggest that a mixture of gluten-free flours works better than using brown rice flour by itself. Here are some common flour combinations:

1/2 cup brown rice flour + 2 cups oat flour + 1 cup barley flour is equivalent to 4 cups conventional flour

1 cup brown rice flour + 1 cup amaranth flour + 1/4 cup arrowroot flour is equivalent to 2 cups conventional flour

1 cup brown rice flour + 1/2 cup cornstarch + 1 cup soy flour + 1 1/2 cups potato starch flour is equivalent to 4 cups conventional flour

1 cup brown rice flour + 1 cup chickpea flour is equivalent to 2 cups conventional flour (makes a complete protein)

Choosing how much brown rice flour to use depends upon which flavors will work best for your recipe. Some flours may not be right for all recipes.

Adapting Your Recipe

To compensate for the lack of gluten in brown rice flour, you will need to add ingredients that will help your baked goods to cohere. Some cooks add an additional egg; others use apple sauce or additional oil.

If you are substituting brown rice flour by itself, adding additional liquid is important. Rice flour absorbs more moisture than conventional wheat flours, so you may need to increase the amount of liquids in your recipe. If you notice that your dough or batter is too dry or gritty, try adding 1/8 cup of liquid as needed to your mixture until it achieves a smoother consistency.

If you are using a rising agent, be advised that brown rice flour baked goods tend to rise very quickly. It is best to check your dough frequently rather than relying on the time your recipe says it will take for your dough to rise. Do not let your brown rice flour dough rise for too long or it will fall apart when cooked.

Baking with Brown Rice Flour

Refrigerate your dough or batter for 1/2 an hour before baking---this will improve its texture.

Brown rice flour products should be baked at a lower temperature than conventional products. Lower your oven temperature to 25 degrees less than what your recipe recommends.

Cook your baked good until a toothpick inserted into its center comes out clean.

Tips

- Brown rice flour should be stored in an airtight container in your refrigerator---it spoils easily due to its high oil content, and can take on odors from other foods you are storing.
- Brown rice flour is darker in color and rougher in texture than conventional wheat flours. However, it is much higher in B vitamins, iron, and fiber.
- Baked goods made with brown rice flour can be more crumbly than those made with conventional wheat flours, so you may need to add binding agents like arrowroot powder or additional eggs to your recipe in order to make your baked goods more cohesive.