

Preface

Black rice is popularly known as forbidden rice. Research shows that black rice is considered as the twenty-first century super food. It prolongs life, thus it is also known as long-life rice. Really, this peculiar rice has wide health benefits. The historical evidence along with modern molecular research also tells the truth about black rice, which was hidden by emperors for a long time. Only consumption of black rice to a certain amount saves us from many serious diseases and illnesses. This is because black rice contains extra amount of antioxidants, which are more than blueberries.

The main motto of writing this book on black rice is to introduce black rice to a wide circle of people. Although a lot of research has been conducted on different aspects of black rice, yet no books are available among us. This book covers all the aspects of black rice from research, history, to its development. The manuscript is prepared with a wide range of people in mind. The main feature of this book is that it has different chapters and every chapter is different from the others. Readers can choose their particular chapter of interest to study this book. This book will be of benefit to rice researchers, rice scientists, food nutritionists, medical researchers, medical doctors, and common people who are willing to gain more information and knowledge about black rice.

Black rice consumption is increasing day-by-day around the world. Thus, it is clear that people want to know more about black rice, but no books are available yet. Therefore in the coming years, the demand for this book will increase. People will be curious to know more about black rice. Many people and researchers will benefit by studying it and this book will work as a reference for further research.

The primary audiences of this book include rice breeders, rice researchers, food nutritionists, and medical researchers. The secondary audiences of this book are medical doctors, students of food nutrition, agricultural students, biochemistry researchers who work on rice, medical students, and the general people. This book would be suitable for use in master's level agricultural university courses on rice. The book can also be used in rice-related workshops and seminars. Bachelor's level food nutrition courses can also have this book chapter as supplementary material.

This book describes all the aspects of black rice in brief. Chapter 1 describes rice and different rice types. Chapter 2 gives an introduction to black rice, its origin, and genetics, Chap. 3 gives the black rice history, Chap. 4 describes the nutrition profiles of black rice, Chap. 5 gives the difference between black, brown, and red rice varieties, Chap. 6 gives its economic importance, Chap. 7 gives the black rice application, Chap. 8 describes the black rice cultivation methodology, Chap. 9 describes the health benefits of black rice, and Chap. 10 gives black rice recipes. Thus this manuscript is complete on the different aspects of black rice.



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