



Style Gourmet

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DHC Germinated Brown Rice

Reviewed by Elliot Essman

DHC Fine Foods produces an interesting Germinated Brown Rice, a craft-made Japanese product you'll find significantly different from the brown rices you've come to know. The logic behind leaving the rice brown is not to polish out all the nutrients. This is well and good, of course; though in general, I find conventional brown rice a little chewy for my taste.

DHC's Hatsuga Genmai takes the health orientation a step further by allowing tiny sprouts to grow from the grain. This softens the rice, giving it a light chewiness and good flavor absorbing characteristics. At the same time, the germination process enhances the bio-availability of amino acids, vitamins and minerals.

The product's GABA claims truly excited me. I've always had difficulty sleeping, and a lack of GABA (gamma-aminobutyric acid) in this brain may well be the culprit. The notion is that GABA works as a neurotransmitter to aid communication between nerve cells, hence promoting relaxation and easing anxiety. I cannot claim to have feasted on the rice on enough occasions to hold myself out as a successful experimental subject on this question, but I can say that the rice is delicious, the texture a welcome change from the usual, with a culinary versatility that will hold up to a wide range of uses.



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