

PALAKKADAN MATTA RICE

Palakkadan matta rice is a type of rice that is grown in Kerala, India and is known for its health benefits and coarse texture. It is also known as red rice, rose matta rice, or Kerala red rice. Palakkadan matta rice is cultivated in the dense black cotton soil of Palakkad district in Kerala. The rice has a distinct earthy flavour because of the type of soil in which it is cultivated. These paddy fields are called 'poonthalpadam' and the soil contains a lot of clay and silt. Because of these qualities, this kind of paddy fields can retain more water.

Features:

- **Nutrients:** Palakkadan matta rice is high in fiber, magnesium, iron, and calcium. It is also gluten-free.
- **Flavour:** Palakkadan matta rice has an earthy, nutty flavour.
- **Uses:** Palakkadan matta rice can be eaten plain or used to make idlis, appams, murukku, and kondattam.
- **Health benefits:** Palakkadan matta rice is a good source of fiber, which can help with digestion and gut health. It may also help regulate blood sugar levels and insulin production.

Kerala matta rice has been historically popular due to its rich and unique taste. The rice is mentioned in Tamil classics such as *Thirukkural*. Rice in the days of the Chera/Chola kingdoms was considered a royal food.

Palakkadan matta rice is registered under the *Geographical Indications* of Goods