

RYCENA

MILLED WHEAT GRAINS



THE NEW FOOD

TO SUPPLEMENT THE RICE RATION

American Office

*Rycena Food Products
of America, Inc
71 Murray St New York City*



**RYCENA HAS GREATER NUTRITIONAL VALUE
THAN POLISHED RICE. IT SHOULD BE A
PART OF EVERY RICE EATER'S DIET . . .
BECAUSE IT IS RICH IN VITAMIN B₁
AND HELPS TO PREVENT BERI-BERI!**

**RYCENA FOOD PRODUCTS
PTY. LTD.**

**131 QUEEN STREET, MELBOURNE
A U S T R A L I A**

RYCENA

**IS WHOLE WHEAT GRAIN PROCESSED TO COOK AND
EAT LIKE RICE AND TO SUPPLEMENT A REDUCED
RICE RATION.**

RYCENA cooks like rice and eats like rice. It has a far greater nutritional value than polished rice and is richer in vitamin B₁ content. Thus it is a vital food for warding off beri-beri which takes such toll among peoples whose staple article of diet is polished rice.

RYCENA grains are processed to resemble exactly whole rice grains. It is cooked and served in the same manner as rice and is used in any dish as an alternative to rice, where rice itself is not available. When cooked, RYCENA grains separate just as rice grains separate when cooked in the manner traditional to Eastern peoples. RYCENA will supplement a reduced rice ration, being richer in protein and vitamin B₁. It has a greater nutritional value than unpolished rice and constitutes an important complementary addition even to a diet of "brown" rice.

Where only white rice is available as the staple diet a ration of RYCENA taken in addition to the rice will maintain health by supplying adequate nourishment.

RYCENA is more economical than rice. When cooked, RYCENA grains swell to a larger size than the cooked rice grain. One bowl of uncooked rice gives only three bowls of cooked rice. But one bowl of uncooked RYCENA gives four bowls of highly nutritious, sustaining and palatable food resembling rice in form and appearance.

RYCENA is not offered altogether to supplant rice, but it may be regarded as a supplementary, or alternate, to the rice diet in bulk, nutriment and palatability.



WHEAT—THE KING OF CEREALS

In times when, according to nutritionists, the diet of Britain and Europe generally was more nutritious than it is said to be to-day, whole wheat grains boiled and served with milk were eaten and regarded as an item of diet adequately nutritious to substitute for bread.

Wheat everywhere is recognised as the king of cereals because of its high protein content and its richness in vitamin B₁ and other nutritive properties. But wheat cannot be grown sufficiently well in the tropics, or it would no doubt supplant

rice as a staple food for the reason that it is a superior article of diet in every aspect.

When, in times of rice famine, attempts were made to introduce wheat to rice-eating peoples, the Western substitute could never be cooked in a manner to which the Easterner was accustomed to eat his grain. Boiled wheat turned out to be a glutinous mass in contrast to the separate and non-sticky grains of rice cooked in the traditional Eastern manner. Hence, so far as being a rice substitute is concerned, or even as an article of diet complementary to rice, wheat, before the introduction of RYCENA failed to alleviate, as it might have done, the sufferings of people during rice famines.



THEN CAME RYCENA

In the past, Australia has at times produced more wheat than it could consume, or profitably export. Sometimes, coincident with Australian wheat gluts, Eastern countries were faced with failures of their rice crops and consequent starvation, or under-nutrition, of millions and, sometimes, tens of millions of people.

Attempts at growing rice in Australia have been relatively unsuccessful. Rice growing calls for certain tropical conditions which in this country can be simulated only in some districts, and then at the cost of large-scale irrigation projects. The result was that Australian rice acreage and crops were too limited ever to become adequate for the demands of a needy Eastern market. Moreover, the strains of rice produced in Australia were of a softer variety than that grown in the East, and were inclined to be too glutinous for cooking in the manner favoured by the Eastern rice-eating peoples.

J. S. Robertson, a miller with over forty years' experience in the handling of Australian wheat, sought a way of using Australian surplus wheat by converting it into a suitable grain food for the millions of people inhabiting countries adjacent to Australia and which suffered periodic rice famines with their resultant distress.

The export of wheat in the form of flour, or *atta*, had always failed to relieve the ravages of starvation in the countries to which it had been shipped as a substitute for rice. People to whom large stocks of wheat were readily available had died of starvation for the very simple reason that wheat was sent in forms unacceptable to them. They had no idea of how properly to convert that wheat into edible and palatable foods. To educate them properly in the use of wheat would be a task that would take many years, apart from which would have to be considered the formidable business of breaking down prejudices and the changing of centuries-old dietetic habits.

The outbreak of war further aggravated the position by causing grave shortages to arise. These shortages are now world-wide and of profound concern to all associated with maintaining the health and well-being of native populations.

The problem which J. S. Robertson set himself to solve was—

the East likes rice and the West grows wheat; but wheat is useless to the East unless it can be processed to serve as a grain that will cook and eat like, and generally resemble, rice.

RYCENA is the solution to that problem. The story of how Robertson arrived at that solution is irrelevant to this account of his success. It cost some years of research and experiment to evolve a process for treating wheat so that it could be cooked in the time-honoured manner of the East, not only to look like rice, but to eat like rice.

RYCENA was successfully produced to have these essential qualities, added to which are a palatable flavour preferable to that of rice, and nutritive properties superior to that of rice whether "brown" or polished.



RYCENA PROVES THE ANSWER TO THE WORLD'S RICE SHORTAGE

The present acute world shortage of rice has created an urgent demand for a suitable food to supplement the generally meagre rice ration. And this demand can satisfactorily be met only by RYCENA. No other cereal grain can so well serve in place of rice. And no other available food can so closely approximate rice in every way—appearance, flavour, nutriment, economy. And in this respect RYCENA serves a dual purpose. It supplies and satisfies an urgent need of a vast market whilst at the same time profitably utilising the surplus of periodic Australian wheat gluts. Nor is RYCENA an emergency substitute for staple rice diet.

Knowledge of modern nutrition has effectually demonstrated that people among whom rice is the staple article of diet suffer malnutrition to a degree limited only by their protein and vitamin intake from such incidental foods as are available to them. Such vital elements are usually obtained from inadequate additions to the rice diet of supplementary articles of diet such as fish, fish products, vegetables and vegetable oil, and, more rarely, from meat. Where the staple rice diet consists wholly, or generally, of polished rice, the malnutritional effects result in deficiency diseases, lowering of resistance to disease, and consequent physical impairment.

By virtue of this high protein and vitamin B₁ content, RYCENA supplies the rice eater with various vital nutritive properties which his rice diet lacks. Hence, even when there is a sufficiency of rice available, it is desirable that the *bulk* sufficiency should be supplemented by a ration of RYCENA to provide missing nutritive elements.



RYCENA WINS ENTHUSIASTIC ACCEPTANCE

RYCENA'S first big customer was the Government of Ceylon. There the response to RYCENA was instantaneous.

The vast majority of the Ceylonese population rely upon rice for their staple article of diet. These traditional rice eaters tried RYCENA, liked it, and continued to eat it as a food supplementary to their rice diet, and with considerable nutritional benefits readily apparent to the professional nutritionist.

But for the world shortage of rice the Ceylonese might never have resorted to RYCENA as a supplementary food to fortify a reduced rice ration. People conditioned from time immemorial to a rice diet are notoriously conservative in their attitude towards "Western" foods. Among such peoples prejudices and tradition combine to set up a resistance to any introduction to new, or "Western" foods, and to them wheat was a new food. But wheat in the form of RYCENA so closely resembled their traditional staple food, rice, that it was welcomed and accepted with a minimum of opposition. A further important factor in relation to RYCENA is that as a food it does not conflict with any racial or religious taboos.

There, then, is one specific instance of RYCENA so gladly accepted by a rice-eating people as a suitable, palatable and nutritious addition to their staple rice diet.

RYCENA IS NOT A RICE SUBSTITUTE

RYCENA was produced essentially and specifically to complement a staple rice diet.

Rice always was, and will, no doubt, continue to be the principal article of diet among the vast majority of Eastern peoples. No food other than rice can be produced domestically in the immense quantities required by the tens of millions of people inhabiting Eastern lands.

Thus, RYCENA will never supplant rice. Nor was it ever intended as a substitute for rice. RYCENA must be regarded essentially as an addition, or as an alternative to the rice diet, particularly when the rice diet is reduced because of periodic shortages and, even where the rice ration is more than sufficient in bulk, RYCENA should be eaten to fortify the lesser nutritive value of rice. This applies particularly among peoples engaged in heavy labour.

RYCENA, combined with rice and those various articles of diet available to Eastern populations, gives the rice eater a more balanced diet of higher nutritional value.



RYCENA ADVANCES THE WELL-BEING OF EASTERN WORKERS

Employers of labour in Eastern countries have long known that the staple rice diet of their workers is inadequate for the promotion and maintenance of physical well-being. The rice diet is a stilted diet, lacking in vital fundamental nutritional requirements. It is also a monotonous diet, and among the poorer labourers, a diet calculated merely to sustain life and a degree of physical efficiency much below that of the worker who enjoys a varied, well-balanced diet.

Moreover, there is an increasing awareness of employers of Eastern labour of the need to materially further the well-being of their workers. This begins with their diet—its quality, nutritive value and variety.

Any drastic change of diet in this respect is a virtual impossibility, for a number of reasons other than insuperable difficulties attendant upon the introduction of foods new and strange to these peoples, but RYCENA is a step in the right direction, the proof of which is evidenced by its reception, which was unanimously good wherever it has been introduced.



AVAILABILITY & DISTRIBUTION OF RYCENA

There are already ten mills in the various States of Australia producing RYCENA under licence. The rapidly increasing demand for RYCENA called for the re-organisation of all available plants for the speedy processing of the wheat grain and, to-day, production is distributed over most wheat-growing areas of the Commonwealth. This system permits the supplier company—"Rycena Food Products" to draw its supplies of raw material from those States where wheat is most plentiful, whilst at the same time maintaining a central control of sales, merchandising, shipping, distribution and administration.

To facilitate the distribution and marketing of RYCENA abroad, offices have been opened in various centres in the East. These offices are responsible for the appointment of distributors, the apportioning of territories, supervision of policy, educational work, advertising and merchandising, and the channeling of supplies.

RYCENA PROCESS FULLY PROTECTED

RYCENA is made from wheat grain under a fully protected process. The rights of this process are vested in "Rycena Food Products," which company also controls the use of the registered name "RYCENA."

The merchant dealing in RYCENA is thus guaranteed protection for his franchise and such developmental work as he may embark upon in placing RYCENA on his market, and ensures the continuity of business thereafter and resultant upon his enterprise. The policy of "Rycena Food Products" is to appoint a distributor, or group of distributors working under



TRADE MARK

one distributor, who operates an exclusive franchise or an assignment. Merchants handling RYCENA have enjoyed considerable success, and with this product, learned to regard it as a staple article of food and not as an emergency food or a substitute. RYCENA is definitely not a product dependent for its acceptance upon periodic food scarcities and recurrent famines. RYCENA is already a widely established and accepted article of staple diet rapidly becoming preferred because of its outstanding nutritional superiority, its palatability, and its economy.

RYCENA, protected under its registered name, is established and will steadily increase in popularity—eventually to be regarded in the East as essential to the normal diet of Eastern peoples as rice itself.

China, India, Java, Malaya, Borneo and other parts of the East have sampled and approved of RYCENA. Orders from these countries amount to many thousands of tons yearly. Unfortunately, however, all these countries are strictly controlled on food importation and RYCENA is admitted only as part of the cereal quota. With a few exceptions, dealings are allowed between Australia and these territories on a "merchant to merchant" basis, but it is for the administration of the country concerned to requisition for the product, whereupon the requisition goes to the Minister for Food, London (if British territory), and thereafter for final approval, in all cases, to the International Emergency Food Council in Washington. Limited shipments, mostly for sampling purposes, have been allowed outside of this procedure.



HOW BEST TO COOK RYCENA

RYCENA requires to be cooked by a method similar to that employed in the preparation of rice. But, being a wheat grain and, consequently, a grain which is harder than the rice grain, RYCENA should be boiled for a few minutes longer than the time required for cooking rice.

It should also be noted that RYCENA, because it is a harder grain, absorbs more water in cooking than does rice. For general purposes it must be remembered that whilst one bowl of raw rice makes only three bowls of cooked rice, one bowl of raw RYCENA makes FOUR bowls of cooked RYCENA.

Therefore, to cook RYCENA to that same degree of tenderness as rice cooked in the traditional manner of the East, so that the grains will "separate" when cooked and yet remain whole, it is necessary to boil RYCENA in a greater volume of water than that used for cooking rice.

The method proven by experience for cooking RYCENA in the simplest and most satisfactory manner is as follows:

Use one bowl of RYCENA to eight bowls of water. Wash the RYCENA in cold water as in the manner of washing rice. Bring the cooking water to the boil and add the RYCENA whilst the water is at the full boil. Salt. If salt is not available, boil in one part sea water to two parts fresh water, which gives a salting equivalent to one teaspoon of salt in eight bowls of fresh water. Boil rapidly for about 45 minutes or until the grain will flatten when squeezed between thumb and finger.

If there is then no feel of hard grain core, the grain is cooked. Then strain and treat as rice.

The water in which RYCENA has been boiled is recommended for use in the making of soups, sauces, or gravies.

Boiled RYCENA may be used as an excellent basis for various breakfast dishes. For example: Dice bacon and fry up with cooked RYCENA, with or without grated cheese—with tomatoes—with sliced onions—with addition of fat and diced cold left-over meat.

As a Porridge: Soak overnight and boil (with reduced water) to the consistency of porridge, and serve as porridge.

Sweets: Baked custards, baked RYCENA, etc.—A couple of hours' soaking in cold water will shorten the cooking period. In such cases, soak as above, drain off water, and boil for a quarter of an hour in salted water, drain; and for Milk RYCENA, continue boiling in milk till tender. For baked custard, add custard mixture to half-boiled RYCENA and bake until set. In place of sweet dishes, RYCENA may be used as a substitute for rice, tapioca and macaroni, and replace pearl barley or macaroni in soups; as a vegetable to replace rice, macaroni or potatoes; may be used as porridge in place of oatmeals and rolled oats.

TABLE OF RYCENA COOKING QUANTITIES

Proportion: 1 part RYCENA to 8 parts water

| Men | Rycena by measure | Rycena by weight | Water | Salt |
|-----|--------------------|------------------|----------------------|-------------------|
| 4 | 1 cup | 7.68 oz. | 8 cups | 1 teaspoon |
| 25 | $\frac{1}{2}$ gal. | 3 lbs. | $2\frac{1}{4}$ gals. | $\frac{1}{4}$ oz. |
| 50 | 1 " " | 6 " | $5\frac{1}{4}$ " | $1\frac{1}{2}$ " |
| 75 | 1 " " | 9 " | 8 " | $4\frac{1}{2}$ " |
| 100 | $1\frac{1}{2}$ " " | 12 " | $10\frac{1}{4}$ " | 6 " |
| 200 | 2 " " | 24 " | $21\frac{1}{2}$ " | 12 " |
| 300 | 4 " " | 36 " | 32 " | 18 " |

REMEMBER!

RYCENA is a more palatable article of diet than rice, barley or farinaceous products.

RYCENA is richer in food values, containing abundant protein value and the vital nutritive element, vitamin B₁.

RYCENA is nothing but the whole wheat grain and contains all the necessary dietary constituents to maintain life and keep people in a state of good health.

RYCENA is superior to, and more economical than, white flour, flour-content foods, semolina, or pearled barley.



FOOD ANALYST'S REPORT ON RYCENA

The latest method, evolved by world authorities, of testing for vitamin content in food, was employed by analysts in the report upon RYCENA which is printed herewith in full:

W. T. HOLLWAY & A. H. REDCLIFFE,
Consulting Chemists, Public Analysts
and Petroleum Chemists.

Chamber of Commerce Bldg.,
35 William Street,
Melbourne.
January 28, 1947.

The Directors,
Rycena Food Products,
131 Queen Street,
MELBOURNE, C.1.

Gentlemen:

re RYCENA

In accordance with your instructions an investigation has been made into the content of vitamin B₁ of your product, Rycena, which is prepared by the processing of wheat. Comparative tests, by the same method of analysis, were also applied to wheat and to milled or dressed rice.

Method of Analysis.

The method used is set out in 'Official and Tentative Methods of Analysis of the Association of Official Agricultural Chemists,' Sixth Edition, 1945, published in Washington, D.C., U.S.A. It is a Fluorometric Method involving the oxidation of Thiamine to Thiochrome for the purpose of taking measurements of fluorescence.

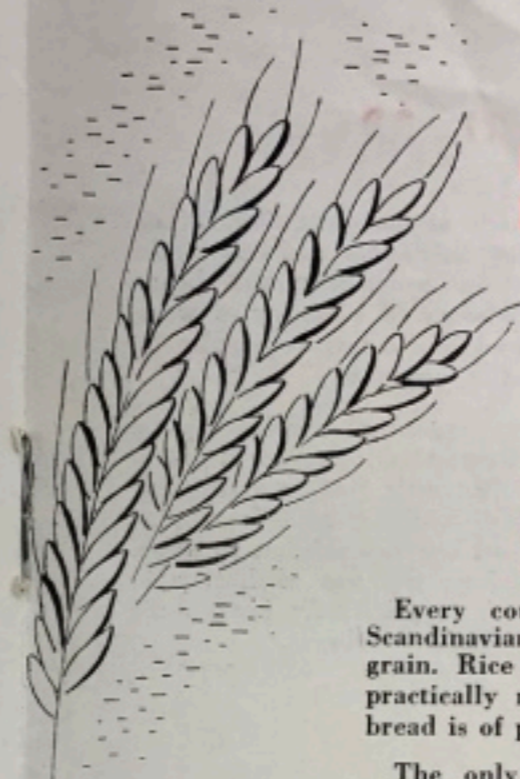
Results.

These were as follows:

| Sample. | Vitamin B ₁ Milligrams per pound. |
|---------------------|---|
| Rycena | 0.83 |
| Milled Rice | 0.30 |
| Wheat | 1.30 |

Thus in the processing of wheat to Rycena approximately 64% of the vitamin B₁ content is retained. In Bulletin 178 of the Council for Scientific and Industrial Research, Melbourne, 1944, Milled Rice is given as 0.0 to 0.3 milligrams B₁ per pound.

Yours faithfully,
W. T. Hollway & A. H. Redcliffe,
W. T. HOLLWAY."



RYCENA CAN ALLEVIATE EUROPE'S FOOD SHORTAGE

MORE NUTRITIOUS
MORE PALATABLE
MORE ECONOMICAL
ALTERNATIVE TO BARLEY

RYCENA SUPPLANTS BARLEY AND RICE

Every country in Europe, excepting, perhaps, the Scandinavian countries and Belgium, is in dire need of grain. Rice is in such short supply everywhere as to be practically non-existent. Wheat, too, is so scarce that bread is of poor quality and severely rationed.

The only cereal of universal application generally available is barley, a grain much inferior to rice as a staple item of a low diet, and still more inferior to wheat, both in palatability and nutritive value.

The stock pots of Europe to-day depend on barley, in the form of Pearled Barley, to give substance and bulk to the thin broths which constitute the main item of the peoples' reduced diet.

In happier times the European's stock pot, such as the Frenchman's "pot-au-feu," was replete with nutritive riches from a variety of vegetables and herbs, fortified by a piece of meat, good soup bones, game or fish. It was a family repast that satisfied, nourished and pleased. At its poorest it maintained health—at its best it was a dish fit for Kings.

Almost invariably these stock pots were fortified with generous amounts of rice or barley.

How different is the stock pot of to-day, short of meat or fish of any kind in the vast majority of cases and thin from want of enough cereal.

Where barley is available, even in reasonable quantities, it is inferior to unprocurable rice and still more inferior to what local varieties of wheat grain may be available.



LIMITED USES OF BARLEY

When rice was a common article of European diet, it was popular as much for the variety of dishes that could be made from it as it was for its nutritive value, palatability and cheapness. Rice was served sweet or savoury in a variety of ways limited only by the skill of the cook and it was as popular in the great hotels as in the cottages of the peasants.

Barley cannot in any way be regarded as an adequate substitute for rice. Its uses are limited to inclusion in soups and for making milk puddings. But milk puddings demand sugar, milk and even eggs, none of which is in free supply. Indeed, such articles of diet are all but non-existent in some areas, luxuries in others. Therefore, the use of barley is limited to the stock pot, in which it supplies bulk, but a bulk lacking in palatability and high nutritive values.



RYCENA TO ENRICH THE STOCK POTS OF EUROPE

Backed by the abundant export wheat surplus of Australia, Rycena is available in virtually unlimited quantities.

Rycena is not something new, nor an experiment in dietetics. Rycena has been accepted as a satisfactory and superior alternative to rice among rice-eating peoples in many Eastern countries, with a noticeable appreciation in the health of those consuming it either instead of rice, or as supplementary to a rice ration.

Rycena substituted for barley, even in the same quantity, would enrich the stock pots of Europe with a consequent improvement in the calory value of the diet and of the health of the consumers.



RYCENA HAS MANY USES

Unlike barley, Rycena when eaten on its own is a pleasant-tasting, sustaining food. But it has also a wide variety of uses in the preparation of meat, fish and vegetable dishes, savouries and desserts.

NUTRITIVE VALUES OF BARLEY AND RYCENA COMPARED

The following analyses of Rycena and Pearled Barley were made by W. T. Hollway and A. H. Redcliffe, Consulting Chemists and Public Analysts, Melbourne.



| | Rycena | Pearled Barley |
|--|--------|----------------|
| Moisture | 8.2% | 10.08% |
| Carbohydrate (as Starch) | 69.3% | 69.0% |
| Protein | 10.7% | 9.85% |
| Fat | 1.6% | 1.88% |
| Ash | 1.22% | 1.35% |
| Phosphorus (as P ₂ O ₅) | 0.54% | 0.47% |
| Calcium (as CaO) | 0.067% | 0.05% |
| Fuel Value (calories/100 gms.) | 343 | 340 |
| Vitamin B ₁ (milligrams/pound) | 0.83 | 0.09 |

It will be noted from the above figures the very great advantage Rycena has in its Vitamin B₁ content. Rycena has also advantages in respect to protein, carbohydrate, phosphorus and fuel value.

Still further advantages of Rycena over Pearled Barley are:—

The all-important Vitamin B₁ content: Rycena contains at least nine times more Vitamin B₁ than Pearled Barley. This vitamin content is greater even than that of rice and is of the utmost importance where the diet is light and insufficient. Without sufficient Vitamin B₁ man becomes listless, nervous and irritable. Loss of appetite, palpitation of the heart, laboured breathing, loss of weight and retarded growth are other well-known symptoms of Vitamin B₁ deficiency—not to mention the fatal scourge of beri beri.

Since the body is unable to store this important vitamin to any appreciable extent, the necessity for a regular supply to the system is obvious. Its high vitamin B₁ content is, therefore, one of Rycena's outstanding advantages.

Less moisture content: This means that one bowlful of uncooked Rycena makes four bowlful of cooked Rycena. Barley absorbs less water, thus more raw barley grain would be required to give the equivalent of four bowlful of Rycena.

High percentage of protein: Proteins are a vital essential, particularly in a low diet.

High percentage of phosphorus: Phosphorus is a brain food and a valuable dietetic element.

Rycena has all the necessary dietary constituents to maintain life and keep people in a state of good health.

Rycena is superior to and more economical than flour, or flour content foods, semolina and pearled barley.



RYCENA MORE DIGESTIBLE THAN BARLEY

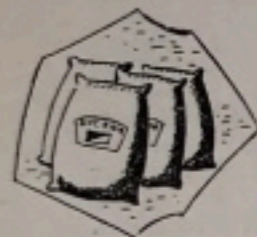
When barley is a main article of diet, as in parts of India, it is regarded as difficult to digest.

Rycena, which cooks like rice, tastes like rice and contains many of the vital elements of a complete food, is as easy to digest as rice itself.

Barley for human consumption undergoes a process of decortication, which removes the outer bark and a great proportion of its nutritive values. At least two processes of decortication are necessary to make barley suitable for human consumption. Sometimes it undergoes five or six processes, after which the following constituents of the grain have been removed:—

- 65% of the barley material
- 74% of the protein
- 80% to 85% of the fat
- From 97-98% of the fibre

Pearled barley contains only one-tenth of the Vitamin B₁ in the whole grain.



RYCENA IS THE WHOLE WHEAT GRAIN

Little of nutritive value is removed from the whole wheat grain which makes Rycena. It is merely subjected to a process which removes the active physical properties of the gluten in the endosperm grain. This process has the effect of improving the palatability of the grain without impairing the food value of the gluten. All that is removed from the wheat grain is about 12% by weight of the bran and the germ which reduces the risk of spoilage through rancidity of the germ oil.



RYCENA

AS SUBSTITUTE FOR PASTA, OR FARINACEOUS PRODUCTS SUCH AS MACARONI, VERMICELLI AND SPAGHETTI.

Southern European peoples are traditionally given to the use of macaroni, vermicelli, spaghetti and similar pasta. Among the majority of these peoples pasta is a basic article of diet and plays an even more important part in their dietary than bread does in the diet of northern Europeans.

But pasta dishes are of very low nutritional value, being made of flour and water only. Thus, as an article of diet they need to be fortified with proteins. Normally such proteins would be adequately supplied by the garnish or sauce. The most common garnish used was a liberal sprinkling of grated cheese, usually a Parmesan cheese of high protein content. When a sauce was used it would be made from a somewhat concentrated reduction of meat stock and minced meat. Plus either, or both, of these additions would also be added a liberal portion of olive oil or butter.

Under present day conditions, however, oils, butter, cheeses and meats are in short supply and, when obtainable, expensive. Consequently the pasta of old is but a poor shadow of its former robust self. Did the pasta itself contain the nutrients of the wheat from which it is made, it would be a happier story. But the flour employed in the manufacture of spaghetti and its kindred products is so highly processed for its by-products that most, if not all, of its nutrients—except the carbohydrates, are extracted.

Why, then, not use the highly nutritious form of wheat represented by Rycena? It is in plentiful supply, it costs less to the consumer, bulk for bulk, and goes further as a food by virtue of the fact that cooking increases the bulk of Rycena four times, i.e., one bowl of raw Rycena makes four bowls of cooked Rycena, rich in proteins, vitamin B₁ and other nutrients absent from pasta in general.

Rycena can be served in any of the forms employed in the cooking and serving of macaroni or spaghetti. It takes about the same time to cook and is after-treated in exactly the same manner. In fact, Rycena is not only in every way nutritionally superior but very much more palatable and less dependent upon savoury seasonings. Any of the traditional macaroni or spaghetti recipes apply to the cooking and serving of Rycena. The following are typical examples:

RYCENA MILANNAISE

Boil the Rycena until tender right through; strain in a colander and rinse well under running cold water and drain away surplus. Separately, make a sauce-garnish by frying finely chopped onions in oil, or other cooking fat, until brown; then add the pulp of tomatoes to the onions and cook for a couple of minutes; dust with a light sprinkle of flour and continue cooking until the flour browns. Add meat stock, or stock made from beef extract or vegetable extract and cook until the whole reduces to a fairly thick sauce. Season as desired and, if possible, add sage and basil. Reheat the Rycena in a deep pan containing hot oil or butter sufficient to permeate the whole, mix in the sauce and serve very hot.

Risotto:

Take enough cooked Rycena for the number of persons to be served. Fry in lard, oil or butter, one or two onions chopped fine. Add to onions a generous dash of tomato sauce, puree, or pulp, or fresh tomatoes cooked, skinned and chopped. Mix well into the Rycena. Season to taste and then stir in a generous amount of grated cheese. Add a lump of butter or a spoonful of olive oil and serve hot.

RYCENA PARMESAN

Treat the Rycena as above, but instead of adding the sauce-garnish, sprinkle liberally with grated cheese, preferably Parmesan. Add a dab of butter to the dish before serving. If desired this can be slightly browned under a grill before serving.

RYCENA FRY

Cook Rycena until tender. Rinse under running cold water and drain. Add diced left-over vegetables of any kind and season. Fry in fat and shape like an omelette. This dish can be enriched by the addition of left-over meat scraps and gravy.

RYCENA FRITTERS

Cook the Rycena until tender, rinse well in cold water, and drain. Make a batter of flour and water and, if possible, the white of an egg. Add the cooked Rycena to the batter, mix well and fry by ladling a tablespoonful at a time into a frying pan containing hot fat.

RYCENA PORRIDGE

Boil Rycena until tender, strain and serve with milk sweetened with treacle, syrup or sugar.

RYCENA CUSTARD

Use well-cooked Rycena to the proportion of one tablespoonful of the well-cooked grain to a pint of custard, mix and bake as for rice custard.

RYCENA BEVERAGE

As an excellent alternative to barley water, a most palatable and nourishing beverage can be made by boiling two table-spoonful of Rycena in a quart of water until the grain breaks down to a mush; then strain and flavour the liquid with lemon juice, orange juice, lime juice or any fruit juices. Sweeten, if desired, with syrup, treacle or sugar.

Rycena Scotch Broth

One to two pounds of neck, or breast, of mutton cut into small pieces should be brought to boiling point in about two quarts of cold water. Simmer slowly for half to one hour; cool and skim off fat. Add one cupful of well-rinsed Rycena and cook slowly for at least another thirty minutes, at which stage add chopped onions and diced carrots and continue simmering until the vegetables are cooked. The broth should then be seasoned and, if desired, enriched with milk.

Rycena Pot-au-feu

Braise, in a little fat in the bottom of a stock pot, squares of meat of any kind desired, together with rough-cut onions, carrots, turnips, whatever other root vegetables are desired, and rough chopped parsley, marjoram, mint and sage to taste. Cook without burning until the pieces are browned. Cover well with cold water, add well-rinsed Rycena, allowing one level tablespoonful for each person, bring to boil and simmer slowly for three quarters of an hour to an hour. Season just before serving and, if desired, add enough tomato pulp or puree to colour. Serve in soup dishes.

Rycena Family Stock Pot

To make a delicious and nourishing meal for a cold day, place any desired number of meaty bones in a large stock pot; cover them with plenty of cold water, add as many root vegetables as are available, including the thicker stalky leaves of cabbage or cauliflower, some garden herbs and any pieces of left-over meat and bacon rind, and tomatoes, potatoes and mushrooms as available. Then add a heaped tablespoonful of well-washed Rycena to each person, bring slowly to boil and simmer over slow fire for 30 to 40 minutes. Season just before serving in soup dishes.

Rycena Fish Kedjeree

Keep all the fish trimmings—head, bones, skin—and boil them all down with an onion, a bay leaf and some parsley or fennel or basil and some all-spice. When all the flesh has boiled away from the bones, strain off the stock. Use this for cooking Rycena—a cupful of Rycena to two cupsful of fish stock. When the Rycena is cooked, season with pepper and salt and stir in flaked boiled fish of any kind, and enrich with a dab of butter. Add chopped parsley before serving, and, if desired, hard boiled egg finely chopped. The flavour of this Kedjeree is improved by the addition of a few drops of Anchovy Sauce.

Rycena Vegetarian Mould

Cook Rycena as for Risotto; flavour with Marmite or other vegetable extract and add chopped nuts. Mould in individual moulds and serve with a surround of various creamed vegetables—potatoes, carrots, spinach, etc., and garnish with sliced tomatoes.

Rycena Savoury:

Allow a cupful of cooked Rycena for each person. Add to it a cupful of minced or finely chopped cold lamb or beef and a cupful of ham cut in small, thin strips and then mix well. Season with pepper, salt and a little garlic. Serve with slices of cold meat and decorate with pickled walnuts and lettuce leaves.

Fried Rycena:

Heat about a tablespoonful of butter or oil in a frying pan. In this, fry lightly a cupful of cooked Rycena. Beat an egg with a spoonful of milk. Add to the rice while it is frying. Stir vigorously until the egg is cooked and serve with any cold meat or bacon.

Rycena Timbale:

Boil a cupful of Rycena in two cups of meat stock. When it is half cooked, add an onion chopped finely, some chopped parsley and a small piece of garlic and cook until the rice grains are soft and have absorbed all the stock. When cool, stir in the stiffly whipped whites of two eggs, a cupful of chopped nuts and turn into a buttered mould. Steam for half an hour and serve hot with tomato sauce and pickles.

Rycena Dessert Mould:

Cook a cupful of Rycena in a pint and a half of milk, sweetened and flavoured with vanilla essence. When the Rycena has absorbed all the milk, add to it, and mix in well, a cupful of candied peel cut into small dice and a cupful of candied or preserved cherries. Add a small glassful of liqueur, such as Curaçao, or Cherry Brandy. Pour into a buttered mould and when cold, chill in ice chest. Turn out and decorate with strips of peel cut very thin and some more cherries.

Rycena Meringue:

Cook a cupful of Rycena slowly and until it has mashed (as for rice pudding) in three cupfuls of sweetened milk. This should take about two hours. Then add half a cupful of cream or unsweetened condensed milk. Mix well and cook again for five minutes. Remove from the fire and add two ounces of brown sugar or a tablespoonful of golden syrup. Mix well. When cool, add in the yolks of three eggs. Whip whites of the eggs very stiffly and gently fold them in to the mixture. Pour into a buttered souffle dish and cook in a moderate oven for half an hour. When cooked, sprinkle with brown sugar and serve at once.

Hot Rycena Cakes:

Take a cupful of cooked Rycena grains. Beat one whole egg with a half a cup of plain flour. Mix in the Rycena. The mixture should have the consistency of a pancake mix. Drop this mixture, a tablespoon at a time, into a half a cupful of lard or oil made hot in a frying pan. Cook for about one minute, turn the cakes over, and cook for another minute. Serve either with bacon or golden syrup.

Soak overnight
improves and facilitates
cooking (soak at least
1-2 hours)

Boil in 2-2½ parts
Water (to which add a
little Salt) for about
40/45 minutes.

Just like boiling Rice -
only a little more water
& slightly longer



THE PERFECT COMPLEMENT TO

Rice

A MORE COMPLETE FOOD

See Inside Cover

COOKING DIRECTIONS & DIAGRAMS

1

Pour
EIGHT
bowls of
water into
a saucepan
(ADD A LITTLE SALT)



2

Bring
water
to
boil



3

Sprinkle in
ONE
bowl of
RYCENA



4

Boil
quickly
for 45
minutes

(keep RYCENA
covered with water all the time)



5

STRAIN
and serve.
Use water
for Soups,
Sauces and
Gravies



6



ONE BOWL
of Uncooked RYCENA
makes Four Bowls of
Cooked RYCENA

