Gazi Rafiq's name might not be familiar to many of us. He likes to introduce himself as a poet, but it is not his only identity. A scientist and nutritionist, Rafiq has done extensive research from November 2010 to March 2012, on the amount of rice wasted in the process of cooking. Being a graduate in Islamic History and Culture and with no prior experience in scientific experimentation, he has conducted this research on his own initiative without the help of any institution. He embraced this challenge only because he believed that his research could contribute in the economic development and national prosperity of our country.


গণপ্রজাতন্ত্রী বাংলাদেশ সরকার



Gazi Rafiq

Getting the Best Out of Rice

A scientist evaluates the amount of food content lost in conventional rice cooking and tries to change the wasteful habit

FAYEKA ZABEEN SIDDIQUA

According to his findings, as much as 13-15 percent rice gets wasted when cooked rice is drained. His research shows that if we as a nation could get rid of this practice of draining away the water of cooked rice, we could save 42-51 lakh metric tons of rice every year. He believes that this could play a significant role in today's poverty alleviation and food security issues. He calls the rice which is not drained of its water "*pushtibhaat*" (nutritious rice)

When the poet becomes a scientist

During his university days, Gazi Rafiq was bored of eating the same food over and over again in the college canteen. "Like many other university students, I discovered that my diet lacked variety," Rafiq recalls. "So to get rid of that monotony I decided to cook myself in my hostel room."

Cooking did not seem a tough job to him, however draining the water out of the rice while cooking posed a real challenge before our scientist. That was the first time it came to his mind, "Why do we need to go through this unnecessary step while cooking rice? If we drain a certain amount of water out of it, then why don't we put optimum water in the beginning?" he questions.

Since then, he started to rethink about our rice cooking methods. In our country we cook rice mainly following two processes, one is by draining away the gruel cooked by adding extra water and another process is by preparing sticky rice by drying up the water in the cooking pot.