

RICE KANJI ENERGY DRINK (NEPAL)

In rural Nepal, families ferment leftover rice overnight in clay pots for a tangy, probiotic boost—reviving *Lactobacillus* strains lost in urban diets (Tamang et al., 2016). Like *jaand* (fermented rice), it fuels postbiotic production for immunity and digestion, but simpler and non-alcoholic.

INGREDIENTS (Serves 2, 1-liter batch)

- 1 cup cooked white or brown rice (leftover *bhaat* works best)
- 4 cups filtered water
- 1/4 cup buttermilk or yogurt (starter for faster ferment; optional)
- Pinch of Himalayan pink salt (to taste)
- Optional add-ins: 1/2 tsp cumin seeds or grated ginger for digestion

STEPS

1. In a clay pot or glass jar, mash the cooked rice lightly with your hands (wear gloves if preferred).
2. Add water and buttermilk (if using). Stir well to release starches.
3. Cover loosely and ferment at room temperature (25-30°C) for 8-12 hours (overnight in summer; 24 hours in cooler weather). Bubbles and tangy aroma signal readiness.
4. Strain through a fine cloth or sieve into a jug—discard solids or eat as porridge.
5. Add salt and stir. Drink 100-200 ml fresh daily on an empty stomach.

TIPS

- Use earthenware for authentic microbial enhancement (boosts beneficial bacteria 2-3x).
- Avoid metal utensils—they inhibit fermentation.
- Shelf life: 1-2 days in fridge; remix before drinking.

WATCH VIDEO

<https://www.youtube.com/shorts/D4NazqvGS1k>

DOWNLOAD PDF

[Button: Download Rice Kanji Recipe PDF]

SCIENCE BEHIND IT

Rice Kanji's mild fermentation promotes *Bacillota** and *Lactobacillus** growth, increasing gut diversity and SCFA production for anti-inflammatory effects—equal to *jaand*'s benefits but with

added mineral bioavailability (e.g., +20% iron absorption) (from ScienceDirect study on overnight-soaked rice, 2024).

REFERENCES:

- Tamang, J. P., Watanabe, K., & Holzapfel, W. H. (2016). Diversity of microorganisms in global fermented foods and beverages. *Frontiers in Microbiology, 7*, 377.
<https://doi.org/10.3389/fmicb.2016.00377>
- Overnight soaking of cooked rice causes mild fermentation... (ScienceDirect, 2024). Full study:
<https://www.sciencedirect.com/science/article/pii/S294982442400185X>