

Chak-Hao



Why In News?

The Manipuri black rice variety called Chak Hao was recently given GI tag recognition.

About

- ✓ Chak Hao is a black rice variety cultivated in Manipur. It has been in use for centuries and is cultivated by traditional methods.
- ✓ It is either cultivated by direct sowing of pre-soaked seeds or by transplantation of seedlings in puddled fields in the wetland regions.
- ✓ The rice is mainly eaten during festivals and is used for preparation of the Chak Hao Kheer.

Features

- ✓ It is an aromatic rice variety.
It is glutinous in nature and dark colored.
- ✓ It requires long cooking time- 40 to 45 minutes. This is because of the high crude fibre content and the presence of bran layer.
- ✓ It is reported to have medicinal value and is hence used in traditional medicine.

