


Division : Agriculture & Food Products
Sub Division : Grains, Pulses, Dal & Flour

Sr. No.	Description	Photograph
1	Basmati rice Known for its long, slender grains and a distinctive aroma. It's best used for making dishes like biryani, pilaf, and other flavorful rice-based main courses.	
2	Non-basmati rice A broad category of rice, generally shorter-grained and less aromatic. It is a versatile staple used for everyday meals, side dishes, and various regional recipes.	
3	Parboiled rice Rice that has been partially boiled in its husk, which transfers nutrients to the grain. It's often used in dishes where a firm, separate grain is desired, such as in certain biryanis.	
4	Brown rice Whole grain rice with the bran layer intact, giving it a nutty flavor and chewy texture. This nutritious option is great for making wholesome bowls, salads, and as a healthy side.	
5	Red rice A type of rice with a reddish bran layer, known for its nutty flavor and high nutritional value. Its firm, chewy texture makes it a great addition to salads or as a hearty side dish.	



6	Hard wheat High-protein wheat with strong gluten content. This is the primary wheat used for making all kinds of leavened bread.	
7	Soft wheat Low-protein wheat with a weaker gluten structure. It's ideal for making tender baked goods like cakes, cookies, and pastries.	
8	Durum wheat The hardest of all wheat varieties, rich in protein. It is the primary wheat used for making pasta, couscous, and noodles.	
9	Yellow maize A staple grain with yellow kernels. It is commonly ground into flour for making cornmeal, tortillas, and various snack foods.	
10	White maize White maize (or corn) is an ancient, versatile cereal grain, rich in carbohydrates and fiber, used globally as food (like tortillas and flour), animal feed, and industrial raw material for products like corn oil and starch.	
11	Pearl millet (bajra) A drought-resistant grain with a nutty flavor. It's widely used to make flatbreads (rotis) and porridge in many parts of India.	





12	Sorghum (jowar) A versatile and gluten-free grain. It is often ground into flour to make flatbreads like jowar roti and can be used as a substitute for rice.	
13	Barley A cereal grain with a mild, nutty flavor. It is commonly added to soups and stews for a chewy texture and is also used in brewing beer.	
14	Oats Oats are a versatile whole grain and "functional food" known for their high fiber content and health benefits, used as a popular breakfast food (oatmeal), in baking, as animal feed, and for crop cover.	
15	Rye A cereal grain with a distinct, earthy flavor. It is most often used to make dense, hearty rye bread and is also an ingredient in some whiskeys.	
16	Red lentils Small, quick-cooking lentils that turn a golden-orange color when cooked. They are a staple for making quick and creamy Indian dals and soups.	
17	Green moong Small, green whole lentils. They are often used for sprouting to add to salads or cooked to make wholesome soups and curries.	



18	Black gram (whole urad) Small, black-skinned whole lentils. They are famously used to make rich and creamy dishes like dal makhani.	
19	White chickpeas (Kabuli chana) Large, light-colored chickpeas. They are a key ingredient in many dishes, including hummus, chana masala, and various curries.	
20	Desi chickpeas (brown chana) Small, dark-brown chickpeas. They are popularly used in various curries and dry preparations, such as in the famous chana masala dish.	
21	Green peas Small, spherical legumes with a sweet flavor. They are used in a wide variety of dishes, including curries, pulao, and stews.	
22	Yellow peas Dried, split peas. They are commonly used for making thick soups, stews, and Indian snack preparations like 'ghugni'.	
23	Cowpeas Small, oval-shaped beans with a prominent black eye. They are used in stews, salads, and as a popular side dish in many cuisines.	



24	Red kidney beans (Rajma) Large, kidney-shaped beans with a rich, hearty flavor. They are a staple in chili, stews, and the classic Indian dish, rajma chawal.	
25	Black-eyed peas (lobia) A type of cowpea with a distinctive black spot. They are used in salads, stews, and a variety of curries.	
26	White beans A group of beans with a mild flavor and creamy texture. They are excellent for soups, purees, and classic Italian dishes like cannellini bean salads.	
27	Moth beans Small, brown beans common in Indian cuisine. They are often sprouted and used in savory snacks or cooked into a curry.	
28	Adzuki beans Small, reddish-brown beans with a sweet, nutty flavor. They are primarily used in Asian desserts, where they are made into a sweet paste.	
29	Split Bengal gram (whole chana) Whole chickpeas that have been split. This dal is used in a variety of curries and is a common ingredient in many Indian sweets and savory snacks.	



30	Toor dal Split pigeon peas, a staple lentil. It is the primary ingredient in many South Indian dishes like sambar and is also used in a variety of other curries.	
31	Chana dal Split and hulled Bengal gram with a nutty flavor. It is used to make a variety of curries and is a popular ingredient in many Indian sweets and snacks.	
32	Masoor dal Split red lentils that cook quickly into a creamy consistency. It is ideal for making quick, soothing, and easy-to-digest dal.	
33	Urad dal Split and hulled black gram. It's commonly ground into a paste and used to make the batters for idli and dosa.	
34	Moong dal Split and hulled green moong lentils, known for being easy to digest. It's often used to make kichadi (a rice and lentil dish) and light soups.	
35	Whole urad dal Unsplit black gram lentils. They are used to make creamy dals, such as dal makhani, and are also soaked and ground for savory fritters.	



36	Whole moong dal Unsplit green moong lentils. They have a chewy texture and are used in various curries and stews.	
37	Yellow moong dal Split yellow moong lentils, known for their quick cooking time. It's often used to make a light, comforting dal, and it's also a key ingredient in many savory snacks.	
38	Lobia dal Split and hulled black-eyed peas. This dal is used to make comforting and simple curries and stews.	
39	Split green peas Dried green peas that have been split in half. They are primarily used for making thick, comforting pea soups.	
40	Wheat flour Made by grinding wheat, it is a fundamental ingredient. Its high gluten content makes it perfect for making bread, chapatis, and other leavened baked goods.	
41	Gram flour Also known as besan, a gluten-free flour made from ground chickpeas. It is used to make savory batters for fritters (pakoras), as a thickening agent, and in many Indian sweets.	



42	Multigrain flour A blend of flours from different grains. It is used to make more nutritious and fiber-rich bread, chapatis, and other baked goods.	
43	Rice flour Made from finely milled rice, it is a gluten-free alternative. It is used for thickening sauces and for making rice noodles, rice cakes, and some desserts.	
44	Maize flour Made from dried corn. It is commonly used to make tortillas, cornbread, and porridge, and it adds a distinct flavor to baked goods.	
45	Sorghum flour A gluten-free flour with a mild, nutty flavor. It is used to make flatbreads (bhakri) and can be used as a gluten-free substitute in baking.	
46	Millet flour A gluten-free flour made from various millet grains. It is a nutritious option used for making flatbreads, pancakes, and porridges.	
47	Barley flour A mild, nutty flour made from barley. It is often combined with other flours to add fiber and a unique flavor to breads and pancakes.	



48	Soybean flour Made from roasted and ground soybeans, it is high in protein. It is often added to other flours to boost the protein content of baked goods.	
49	Ragi flour A gluten-free flour made from finger millet, rich in calcium. It is used to make nutritious flatbreads, dosas, and baby food.	
50	Oat flour Made from finely ground oats. It is a great whole-grain option for adding moisture and a hearty flavor to baked goods like cookies, muffins, and pancakes.	
51	Rye flour Made from rye grain. It's most commonly used to produce dense, flavorful rye bread.	

