

How do you process maize?

Detail Introduction :

Maize is a kind of coarse grain. And many people like to eat corn. Maize contains a lot of cellulose. And eats corn to promote the creep of gastrointestinal and help food better.

So How do you process maize?

Corn can be processed into food or used as feed and industrial processing.

About one-third of people around the world use corn grains as the main food. The nutrient composition of corn is better than rice, potato, etc. The disadvantage is that the particles are large, the auxiliary is poor, and the viscosity is small. With the development of corn processing industries, the edible quality of corn is constantly improving. Form a variety of corn food.

(1) Special corn flour and embryonic powder: corn grain fat content is high. And there will be a bad taste due to fat oxidation during storage. The special corn flour of the processed. The oil content is reduced to 1%. And the consumption quality can be improved and the particle size is fine. Suitable for flour with wheat (1875, 5, 0.27%) flour and makes various pasta. Due to the protein and more vitamins, the addition of the food has high nutritional value is high. And it is a good food for children and the elderly.

(2) Puffed food: Maize pensive food is a convenient food that has rapidly prevalent since the 1970s, with loose porous, structural, soft characteristics, not only color, fragrance, taste, and improves nutritional value and food digestion Rate.

(3) Cornflakes: It is a fast food. It is convenient to carry, long storage time, can be directly edible. And other foods, can also use different places to make a variety of convenient foods, water, milk, soup Brewing can be edited.

The corn flakes we saw in the market were produced by Corn Flake Production Line. Ensuring that food is clean and hygienic.

(4) Sweet corn: It can be used to act as vegetables or fresh foods. And the processing products include the vermicular vermilion, the seed granules, three kinds of cans.

(5) Corn beer: Because the corn protein content is close to the rice, the starch content is close to the rice, so it is a more ideal beer production raw material.

There are many kinds of corn's finished products, then do you know why corn is so popular?

As a very important grain crop, corn is not only delicious, but also has a high nutritional value, often eating corn to people's benefits.

1, skin care beauty

Maize contains a variety of vitamins, including vitamin B1, vitamin B2 and vitamin B6, etc., which have maintenance of skin, which prevents skin from leaving, so that the skin looks more smooth, and the effect of beauty.

2, prevent constipation

The corn belongs to the coarse grain, which belongs to a large amount of cellulose, and the corn will promote the cinerarity of the stomach. Help food better digestion, constipation patients can eat corn to relieve constipation symptoms, easy constipation people often eat constipate.

3, you can lose weight

Some people often use corn as a staple, because corn can play a weight loss, corn is sweet, and after eating, there will be satiety, so appetite will decrease, and corn is very low, so the people who lose weight first It can often eat corn and decrease the staple food.

4, prevent aging

The corn contains antioxidant substances, promoting the new metabolism of human body, stimulating brain cells, has a certain increase in brain power to human brain, not only makes the skin, but also delays the production of wrinkles, anti-aging.

5, reduce blood pressure

Corn species contain rich calcium, there is a certain role in lowering blood pressure. Not only corn can be buck, and corn must be better under pressure, and the corn must be washed with tea. After a few weeks, there will be obvious results.

There are a lot of corn, which is not much good, nutritious food.