

8 great uses of rice water

Rice water is a preparation that few people use, often pouring away. But stop it and read the article 8 great uses of rice water to be reusable.

Every day when rice is cooked, housewives often have the habit of emptying the rice without knowing that this is a product that has many uses in cleaning food, as well as beautifying her. womenIn rice water, rice contains many minerals such as iron, copper and vitamins. This is a very benign ingredient for the body.

The following article will reveal to you 8 great uses of rice water, instead of pouring away as usual, immediately take advantage of this useful water for your life.

1. Limit toxins in vegetables, tubers and fruits



Every day when cooking rice, keep in the habit of keeping the rice water to wash vegetables, tubers and fruits. Because today vegetables, tubers, and fruits are sprayed with too much toxic substances, stimulants and growth so it is impossible to clean them with ordinary water. Therefore, using water to wash rice to soak vegetables, tubers and fruits before processing will partly help limit the toxins sticking to the food surface. To be more efficient, soak vegetables with water mixed with little salt and about 15-20 minutes, then rinse with clean water several times before processing!

2. Remove the fishy smell of fish



Many people are very afraid of the fishy smell, and find all possible ways to eliminate that unpleasant smell, but it does not produce the expected results. So why don't you try using rice water to solve this problem? The way to do it is extremely simple, you just need to wash the fish, then soak it in rice water with a little salt, and leave it for about 30 minutes, rinse with water to dry, you can take it to process. .

3. Desalination for dried fish

You love to eat dried fish, but usually dried fish will be very salted with salt to preserve fish longer. So before processing, instead of washing with normal water, you should wash the fish with rice water, which will help your dried fish less salty, more mouthful.

4. Use as dishwashing liquid



In the old days, he and his wife knew how to make use of rice water to make dishwashing liquid without soap. In addition to the use of dishwashing liquid, the rice water is also used to whiten and brighten pots made of aluminum, cast iron, and stainless steel for long-term use, leading to tarnish. Let the pot shine again, pour the water into the pot, then boil it on the stove, heat until the water boils, leave for a while and then turn off the heat, the water cools down completely, rinse it with water. You will see the pot is more shiny than usual.

5. Detoxification for dried bamboo shoots

1. You know how to cook delicious bamboo shoots in the right way on Tet holiday
2. Proper dry soaking helps eliminate toxins



Dried bamboo shoots are a favorite dish of many people, however, there are many toxins in bamboo shoots such as high cyanide content (about 230 mg / kg) if the body absorbs a lot, cyanide will convert into cyanide acid causing poisoning.

So before using it, you should boil the bamboo shoots, then continue to soak the rice water for 48 hours (about 8-12 hours to change the water to rice once).

6. Clean the viscosity of screws

When you buy snails, you are very uncomfortable by the snail's oil when it is released, even if it is soaked in water, it will not clean all the dirt in the snail, so why not try to apply them to water. If you wash rice, add a few pieces of chopped chili and soak for about 1-2 hours, surely the slime and mud in the snail mouth will automatically release and clump into mucus? Besides soaking snails with rice water also helps snails not be skinny.

7. Fibrous and broken hair



If your hair is quite fibrous and has all the hair broken, try using water to wash rice to improve this situation. After rinsing the rice, pour water into the rice container with a lid (bottle, bottle .) made of chinaware or porcelain (absolutely not with glass material) and cover it tightly and leave at a temperature of about 20 degrees Celsius. After 10 days when you see the rice water in the bottle is fragrant and slightly acidic can be used.

Using very simple, you rub lightly fermented rice water into the hair roots and wash it clean with water, use twice a week, you will see remarkable effect. No more tangled hair, but rather soft and healthy hair.

8. Anti-aging, effective skin beauty



This use of rice water has been greatly recognized by sisters. In rice water contains vitamin B5, very good for anti-aging in the skin. In addition, you can use rice water as an effective makeup remover, whitening and acne treatment.

The simplest way if you don't have the time is to use this rice water to wash your face as usual, then leave it on for 10 minutes, then rinse with clean water.

If you invest more in your skin, use a mask of water to wash rice and honey. Use the rice starch deposited at the end of the water to wash rice, mix with honey and warm water at a ratio of 1: 1: 2 to massage your face daily for 5-10 minutes. The use of this type of beauty mixture helps to increase the moisture content of the skin, making skin smooth and anti-aging effectively.

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