

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

OMB APPROVAL	
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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person* RINDOM DAVID E			2. Issuer Name and Ticker or Trading Symbol MGP INGREDIENTS INC [MGPI]			5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director _____ 10% Owner _____ <input checked="" type="checkbox"/> Officer (give title below) _____ Other (specify below) _____ Vice President				
(Last)	(First)	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 05/24/2004							
9658 REDBUD LANE			4. If Amendment, Date Original Filed(Month/Day/Year)			6. Individual or Joint/Group Filing(Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person <input type="checkbox"/> Form filed by More than One Reporting Person				
(Street) LENEXA, KS 66220										
(City) (State) (Zip)			Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned							
1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)		4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Common Stock	05/24/2004		M		12,000	A	(5)	12,582	D	

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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**Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned
(e.g., puts, calls, warrants, options, convertible securities)**

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of Derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form of Derivative Security: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Employee Stock Options (right to buy)	\$ 13.50	05/24/2004		M			3,000	(1)	03/05/2008	Common Stock	3,000	\$ 0	0	D	
Employee Stock Options (right to buy)	\$ 8	05/24/2004		M			1,500	(2)	12/09/2009	Common Stock	1,500	\$ 0	0	D	
Employee Stock Options (right to buy)	\$ 9.3125	05/24/2004		M			3,750	(3)	12/07/2010	Common Stock	3,750	\$ 0	0	D	
Employee Stock Options (right to buy)	\$ 11.90	05/24/2004		M			2,500	(4)	12/06/2011	Common Stock	2,500	\$ 0	0	D	
Employee Stock Options (right to buy)	\$ 7.25	05/24/2004		M			1,250		12/02/2003 12/02/2012	Common Stock	1,250	\$ 0	0	D	

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
RINDOM DAVID E 9658 REDBUD LANE LENEXA, KS 66220			Vice President	

Signatures

David E. Rindom		05/26/2004
<small>**Signature of Reporting Person</small>		<small>Date</small>

Explanation of Responses:

- * If the form is filed by more than one reporting person, *see* Instruction 4(b)(v).
- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. *See* 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).
- (1) 750 shares vested 3/5/99; 750 shares vested 3/5/00; 750 shares vested 3/5/01; 750 shares vested 3/5/02.
- (2) 375 shares vested 12/9/00; 375 shares vested 12/9/01; 375 shares vested 12/9/02; 375 shares vested 12/9/03
- (3) 1,250 shares vested 12/7/01; 1,250 shares vested 12/7/02; 1,250 shares vested 12/7/03.
- (4) 1,250 shares vested 12/6/02; 1,250 shares vested 12/6/03.
- (5) 3,000 shares acquired at \$13.50 per share; 1,500 shares acquired at \$8.00 per share; 3,750 shares acquired at \$9.3125 per share; 2,500 shares acquired at \$11.90 per share; 1,250 shares acquired at \$7.25 per share.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure.

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