



Hospitality and Catering

# Producing rice, pulse and grain dishes

## Lesson 4

Become skilled in producing rice, pulse and grain dishes by completing this course.





# Storing

Rice, grains and pulses can be cooked in large volumes because they take time to cook.

Cool and store it in a fridge for later.





# Storing

Storage containers must be covered,  
chilled, labelled and place in the fridge  
at 1 to 5°C.



# Working safely

All kitchen staff must be aware of the hazards and risks involved at every stage and point of the cooking process.





# HACCP

A Hazard Analysis of Critical Control Points system identifies the food safety points which need to be controlled to ensure food safety.



# Safety points

- Always use an oven cloth
- Never over fill a pan with water.
- Only cook what you can carry safely.





# Wash your hands

Wash your hands every time you enter and leave a kitchen.

Wash your hands after each stage of cooking.





# Wash and sanitise

Wash the workspace with hot soapy water after every stage.





# Wash and sanitise

Spray with sanitiser after every wash, this prevents cross contamination.





# **Revision Activity 4**

**When should you wash  
your hands?**