



Hospitality and Catering

Producing vegetable dishes

Lesson 4

Become proficient in preparing, cooking and serving various vegetable dishes in hospitality and catering.





Baking

Cooked until soft in an oven from raw
or as part of a finished dish.

Raw – Baked potatoes, root vegetables.

Dishes – Cauliflower Cheese





Boiling

Root vegetables are boiled with the lid on. They take a long time to cook through.





Boiling

Vegetables which don't take as long to cook are boiled in water with no lid.

They cook very quickly and you need to preserve the nutrients by not overcooking.





Boiling roots

- Potatoes
- Carrots
- Swede
- Beetroot
- Turnips





Boiling greens

- Broccoli
- Sprouts
- Beans
- Spinach
- Cabbage





Casseroles and stews

Because casseroles take a long time with stock and sauces, you tend to use root and harder vegetables. Always use a lid to keep the moisture in.

Mixed root vegetables

Carrots, onions, celery





Grilling

Think of grilling like a barbecue.

We want vegetables that will cook long enough to get a nice golden brown colour without over or under cooking on the heat.





Grilling

- Peppers
- Tomatoes
- Mushrooms
- Corn on the cob





Roasting

In a hot oven with hot oil, means that we need hard vegetables that require longer cooking. Some vegetables may need to be par-boiled before being roasted in hot oil.

- Potatoes
- Carrots
- Root vegetables





Shallow frying

This is using a frying pan with a little hot oil. Most vegetables can be cooked this way if they are sliced thinly enough.

Some vegetables are precooked before shallow frying. e.g. potatoes





Deep frying

Typically potatoes are deep fried. Pre-cooking at a lower temperature first is common practice.

This cooks the potatoes through without colour. 'Blanching'

Finishing at a hotter temperature to crisp and give colour.





Stir frying

Cooking In very hot fat, very quickly in a wok or large frying pan.

Thinly sliced vegetables and leafy greens are popular.

Beansprouts and softer vegetables like mushrooms.





Steaming

This is the healthiest way to cook vegetables. You can still over cook them because steam is at 100°C, like boiling.

Modern steamers are pressurized, which speeds up steaming.

All vegetables can be steamed.





Steaming

Popular vegetables for steaming include:

- Peas and green beans
- Broccoli and cauliflower
- Cabbage and other leaves.





Revision Activity 4

List three ways to cook vegetables?