



Hospitality and Catering

Producing rice, pulse and grain dishes

Lesson 1

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





Learning Objectives

- List the different types of rice's
- Identify different pulses and grains
- Summarise quality checks to be performed
- State how to store dried ingredients safely
- Recognise the tools and equipment which should be used when producing rice, pulse and grain dishes
- Understand how to work safely and hygienically





Learning Objectives

- Describe how to boil, braise and steam rice, pulse and grain dishes
- Explain how to deep fry, stew, bake and stir fry rice, pulse and grain dishes
- Outline the importance of washing and soaking ingredients before and after cooking
- Identify the quality attributes of cooked rice, grains and pulses
- State how to cool cooked rice, grain and pulse dishes safely
- Describe how to make rice, grain and pulse dishes healthier





What is rice ?

Is a type of grass seed that has been cultivated to use as a food.





Long-grain rice

The rice grain is slim and long, it produces a fluffy rice that stays separated.

Served with Asian foods/curries and good for salads.





Brown rice

This is processed less and so retains its colour and nutrients. It takes longer to cook.

Popular in healthier diets because of its nutritional value.





Short grain rice

Small and plump grains of rice that are full of starch.





Short grain rice

Popular for making sweet puddings because it helps the puddings to be thick and creamy.





Wild rice

Has a much higher nutritional value than white or brown rice.

Popular with vegetarians because it is high in protein.





Basmati rice

Creates a fluffy rice when cooked but can stick together and is higher in calories than white rice.

Popular with Asian and spicy foods.





Arborio rice (risotto)

This is a short-grained rice. It contains lots of starch and is typically stewed. Popular in Spain and Italy where it grows naturally.

Usually for main course dishes and served 'al dente'





What are pulses

Pulses are the edible seeds of plants. Pulses grow in pods and come in a variety of shapes, sizes and colours. They are usually dried.





Dried peas

These are the most common type of pulse in the UK. Used for making mushy peas.





Chickpeas

Typically, Asian and African foods use this pulse in stews. It is high protein, and many meat free diets include them in recipes.





Revision Activity 1

List 2 types of rice?