



Hospitality and Catering

# Producing rice, pulse and grain dishes

## Lesson 2

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





# Lentils

High in protein and carbohydrates which make them popular in all types of world cuisine.





# What are grains?

A grain is a small, hard, dry seed that has been processed for consumption.





# Barley

This was one of the first cultivated crops in Europe, used in soups, stews and risotto style dishes.





# Wheat

This is the most widely grown grain, it is used for making flour.





# Maize/corn

This is dried sweet corn, usually grown down into smaller grains that is used to make Porridge style dishes or for stews. 'Polenta' is an Italian example.





# Cous cous

This is a small grain found in the Middle East and is cooked and mixed with other ingredients to form salad dishes, hot and cold.





# Revision Activity 2

**List 2 types of grains?**