



Hospitality and Catering

Producing rice, pulse and grain dishes

Lesson 3

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





Checking for quality

Check the package is secure and within date.

Check for signs of discolouration.

The smell should be neutral.





Checking deliveries

Always weigh deliveries and check against the order.

Send it back if you are not happy with the quality.

Inform you supervisor or team members of any problems.





Storage of raw, dried products

No need to refrigerate, use a separate dry storage room.





Storage of raw, dried products

Store in airtight containers on shelves and off the floor. Make sure it is labelled with the appropriate information such as name, best before date, batch codes and any instructions for use.





Storage of raw, dried products

If large quantities are being used, empty into labelled 'flour bins'.





Tools and equipment

Using the correct tools and equipment is essential for a quality dish.





Tools and equipment

Having the correct tools and equipment at hand will keep you safe and hygienic.





Spatulas

Used to scrape away left-over items in pans and bowls. Very useful for preventing wastage. Also, safe as it does not scratch metal.





Perforated spoons

Useful for lifting rice, grain and pulse out of hot water and allowing the water to drain away.

Good for tasting and testing while cooking.





Colour coded chopping boards

Usually rice, grains and pulses never come into contact with a chopping board.

Make sure you still use the correct board for other ingredients you are using for the dish.





Saucepans

This is the main cooking item you will need.

Make sure the pan is big enough for what you need. Twice as big as you need is a safe choice.





Saucepans

Rice, grains and pulses will expand when they cook.





Colander

An important piece of equipment.

It allows you to pour in the contents of a pan and drain away the hot water safely.





Serving dishes

Picking the correct serving dish will enhance the serving and eating experience.

Served separately to main course plates.





Oven proof dishes

Some rice dishes are baked in the oven and served in the same dish.





Oven proof dishes

These dishes need to be strong and robust, but also attractive and safe to handle when placing on the table.





Revision Activity 3

List 2 types of tools or equipment used in rice, pulse and grain dishes?