



Hospitality and Catering

Producing rice, pulse and grain dishes

Lesson 5

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





Cooking methods

A variety of methods can be used to cook rice, grains and pulses. They require moisture to cook.





Boiling

Boiling is the most common way to cook. Covered with plenty of water and cook until soft.





Boiling

- Rice – 20 to 40 minutes depending on the type
- Barley – 45 minutes
- Cous cous – 5 minutes
- Lentils – 30 minutes





Braising

The product is covered with 2 or 3 times its volume of water, covered with a lid and placed in the oven.





Braising

Other ingredient and flavours can be added e.g. Pilau rice.

Not as quick as boiling





Steaming

This is popular in Pacific Asian countries.

Typically, in a container which sits on top of a boiling pan and holds the steam.





Steaming

Rice steamers can be in a machine form. They are safer and more hygienic.





Deep frying

Maize and corn that is made into a porridge consistency and then cooled can be cut into portions and deep fried.





Deep frying

Lentils can be cooked then shaped into balls. For example deep fried for a Indian Bhaji.





Stewing

Usually, stews contain meat that require long cooking times.

Grains and pulses can be added to stews for flavour and nutritional value.





Stewing

Bean stews are popular with vegetarians and vegans.

They contain protein.





Stewing risotto

Risotto is unlike other rice because you need to add small amounts of liquid in a pan on the stove until it soaks into the rice.





Stewing risotto

This is repeated until the rice is cooked with a creamy texture.





Baking in the oven

Sweet rice puddings are placed in the oven to bake. They are covered with milk and sugar, usually without a lid to create a crispy skin topping.





Baking in the oven

Savoury baked rice is usually mixed with moist ingredients which then steams the rice as the dish bakes. Usually with a lid to retain the moisture.





Stir frying

Quick and simple for any rice dish.

Use pre boiled rice and a wok for the best results.





Revision Activity 5

List 3 methods of cooking rice, grains and pulse dishes?