



Hospitality and Catering

Producing rice, pulse and grain dishes

Lesson 6

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





Washing and soaking before cooking

Rice – this removes the surface starch which can make the rice stick together.

Rinse under the tap.





Washing and soaking before cooking

Grains and pulse are usually soaked to help release excess starch, it also helps to break down the gluten and help them cook through.

Soaking can take 8-10 hours.



Rinsing after cooking

Cooking large amounts for preparation will need the rice, beans and pulses to be drained and rinsed under cold water.





Rinsing after cooking

This cleans and prevents further cooking. Ready to store in fridge.





Quality of cooked product

The texture of all rice, grains and pulses should be soft but not mushy when they are cooked correctly.





Buffet temperature

If any dishes are to be served on a hot buffet the temperature should be maintained at above 63°C to prevent any bacteria from growing.





Cooling and storage

Products that are not to be used immediately will need to be rinsed and cooled quickly.

Brought down to 5°C in less than 90 minutes.





Cooling and storage

Rinsing under cold water will cool quickly and placing into a blast chiller will ensure the correct storage temperature is achieved.



Healthy eating options

- Rice is healthier by replacing white rice for brown or wild rice
- Low fat yoghurts in curried dishes instead of cream





Healthy eating options

- Grains and pulses are made healthier by avoiding high fat ingredients





Healthy eating options

- Reduce the salt content when cooking and seasoning
- Include more vegetables into the dish





Revision Activity 6

**How can you make rice,
grain and pulse dishes
healthier?**