



Hospitality and Catering

Producing vegetable dishes

Lesson 1

Become proficient in preparing, cooking and serving various vegetable dishes in hospitality and catering.





Learning Objectives

- Identify the antioxidant properties of vegetables
- Describe how to check vegetable quality
- State what delivery checks should be performed
- Understand the importance of cleaning when working with vegetables
- Identify the equipment required for preparing and cooking vegetables and how they are used correctly
- Explain how to work safely





Learning Objectives

- Recognise how to cook vegetables correctly
- Describe the different methods of cooking vegetables baking, boiling, grilling, frying and steaming
- Summarise how to blanch and reheat vegetables for busy kitchens
- Define the different ways of serving vegetables
- Explain how to produce healthy vegetable dishes





What are vegetables?

Plants or parts of plants that are eaten by humans.

Should be considered essential in any human diet.





Antioxidants

Vegetables contain antioxidants.

They are essential for maintaining good health and fighting cancer causing agents.





Antioxidants

The more colourful a vegetable, the more likely it is to contain antioxidants.





Checking quality

Most vegetables are grown or picked from
the ground.





Checking quality

Ensure that they are clean and free from soil.

Soil contains bacteria that causes food poisoning.





Looking and smelling fresh

Vegetables start to lose their health giving properties as soon as they are picked.

They will start to lose colour and their fresh smell.





Bruising

Vegetables are now usually picked and packed by machines.

Check for damage like bruising and softness of the skin.





Insects

Always check for insects and signs that insects have been eating the vegetables.





Deliveries

Check that the packaging is undamaged and free from signs of dirt and insects.





Deliveries

Send deliveries back if you are not happy.

Contact the supplier and inform your supervisor.





Delivery weight checks

Always check the weight of goods ordered. Do this while the delivery person is present.

Basic vegetables come in pre weighed bags.

Specialist vegetables come in smaller packages.





Disposal

Old and unusable vegetables should be disposed of in food designated refuse bins or general purpose waste bins.

Do not mix with recycling rubbish.





Keep clean

Wash hands at every stage of handling vegetables.

Prevent cross contamination.





Wash vegetables

Even if vegetables look clean, always wash
before preparation.





Sanitise

Clean surfaces at every stage of handling vegetables.

Prevent cross contamination.





Revision Activity 1

What checks should be performed on deliveries?