



Hospitality and Catering

Producing vegetable dishes

Lesson 2

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





Equipment for producing vegetable dishes

Vegetables come in many different shapes and sizes and all require different methods of cookery to get the best product possible.





Grill

Racks of heated steel, like a barbeque, usually gas heated.

Used for flavour and healthy cooking.





Griddle

Solid top of heated metal, usually found in fast food and takeaway outlets.

Used for speed and cooking large amounts.





Ovens

Gas and electric powered. Modern ovens are multifunctional and usually self-cleaning.

It is an enclosed space that holds heat.





Steamers

This is a container which holds steam.

Basic steamers can be a lidded pan with holes in the bottom or made from bamboo and are seated on top of boiling water.

You can also use a steamer unit which usually has several layers of baskets which fit over heated water





Steamers

Industrial steamers are also a container which holds steam.

Industrial steamers are large pressure sealed cabinets design to hold large amounts of food.



Fat fryers

A vessel which heats and contains hot oil. Baskets are used to lower vegetables in to the hot oil.

Potatoes for chips are most commonly cooked this way.





Pans

You will use a variety of pans depending on the amount of vegetables you will be cooking.

Used for boiling and making sauces.





Knives for vegetable are specific

Vegetable knife is a small knife used for preparing. A paring knife is used for peeling vegetables.

A cooks knife is used for slicing and chopping

Peelers are not knives but used for peeling away skin from vegetables.





Chopping boards

Coloured boards keep people safe from cross contamination and food poisoning.

- Green – leaf, greens and salad
- Brown – vegetables





Colanders and strainers

Used for washing and draining vegetables.





Food processors

These are popular in busy kitchens because they can do several jobs very quickly.

- Slicing
- Liquidising
- Grating





Serving dishes

Vegetables are served in a variety of dishes. Sometimes to be left on the table or served during silver service.





Revision Activity 2

List four pieces of equipment used for cooking and preparing vegetables?