



Hospitality and Catering

Producing vegetable dishes

Lesson 5

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





Busy kitchens

Most commercial kitchens that serve a lot of people do not have the time or space to cook everything fresh.





Busy kitchens

Pre-cooking vegetables and then cooling, ready for service is a popular method of cooking and preparation.





Blanching

This is the term used for pre-cooking and cooling vegetables ready for reheating and service.

Used in busy and health conscious kitchens.



Blanching

We can use boiling and steaming to 'blanch' the vegetables.

This means cooking until 'al dente' and then straining and cooling with cold water.

Storing in the fridge until needed for service.





Reheating blanched veg

Usually placed in boiling water or steamed until thoroughly heated through. Then strained and served.
Popular for functions and serving lots of people at once.





Benefits of blanching

Maintains the vibrant colour of the vegetables.

Retains vitamins and minerals.

Locks in flavour.





Tips for blanching

The harder the vegetable the smaller the cut.

e.g. root vegetables cut into dice,
green beans left whole.





Revision Activity 5

**How do you blanch
vegetables?**