



Hospitality and Catering

Producing vegetable dishes

Lesson 6

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





Serving vegetables

Vegetables can be a side dish or the main dish.

Side dishes are usually simple blanched vegetables.

Main dishes are more complicated, usually with sauces.





Side dishes

This is common in restaurants and cafes.

The vegetables are served separately.

It is common to brush with melted butter and sprinkle with chopped parsley. More healthy versions may omit the butter.





Main dishes

Usually vegetarian options and involve more skill, like different cooking methods alongside blanching, and sauces or dressings.

It is even more important to pay attention to main dishes. Someone has chosen this. It is not a side order.





Presentation

A vegetable is not an afterthought.

Vegetables are part of the eating experience. Always consider your presentation and garnish.

Arrange neatly in the correct container or dish.





Hot buffets and carveries

Cooked vegetables are just like any other hot food. We must keep the holding temperature above 63°C to keep food safe to eat.





Hot lights

In fast paced kitchens hot food can be kept under hot lights, ready for waiters to collect.





Revision Activity 6

How can vegetables be served?