



Hospitality and Catering

Producing vegetable dishes

Lesson 3

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





Working safely

Preparing and cooking vegetables is a long process. You must keep safe at every stage.





PPE

- Protective uniform to protect from hot water spillages.
- Oven cloths to protect hands and arms from burns.
- Plastic aprons when preparing raw vegetables.





Follow the recipe

Vegetables come in so many sizes and varieties that it is important to know how to cook them and what they taste like.

Recipes ensure that you do not waste produce by over or undercooking it.





Get to know your vegetables

The more you cook something the more you get to know about its properties and how to fine tune the cooking.





Get to know your vegetables

Tasting and checking vegetables whilst they cook is part of the skill set you will need to repeat, time and time again.





'Al dente' – just cooked

Most vegetables are best cooked when slightly firm to bite, yet is easy to bite through.

This is the point before it loses most of its nutrition.





Skill

Although vegetables are common and reasonably priced it does not mean that you can cook them how you want.

Cooking vegetables requires skill and knowledge.





Revision Activity 3

What does 'al dente' mean?