

Cooking with Rice, Grains and Pulses

A working from home module for Level 2 Hospitality

Rice

Rice is generally described as being long-, medium- or short-grained. These are some of the most common types you'll find in supermarkets and gourmet stores, as well as a few specialty rice's that we're seeing more and more often.

Here are some examples of different rice's in the different classifications.

Long Grain Rice's

Long grain white rice, Long-grain brown rice, Basmati and Jasmine rice.

Medium-Grain Rice's

Japanese-style rice - used for sushi and Bomba is the rice of choice for the Spanish classic paella.

Short Grain Rice's

Arborio rice is the most widely available variety of Italian rice, used to make risotto (the other types include carnaroli and vialone nano) and Short-grain brown rice.

Specialty Rice's

Wehani rice, Kalijira rice, Wild rice and Chinese black rice, also known as forbidden rice.

Types of Grains

Grains, commonly referred to as 'cereals' or 'cereal grains', are the edible seeds of specific grasses belonging to the Poaceae (also known as Gramineae) family. Wheat, oats and rice are the grains most commonly eaten in Australia, with others such as rye, barley, corn, triticale, millet and sorghum making a smaller contribution. Some types of wheat such as spelt, freekeh, emmer and eikorn are also becoming more popular.

True Cereal Grains

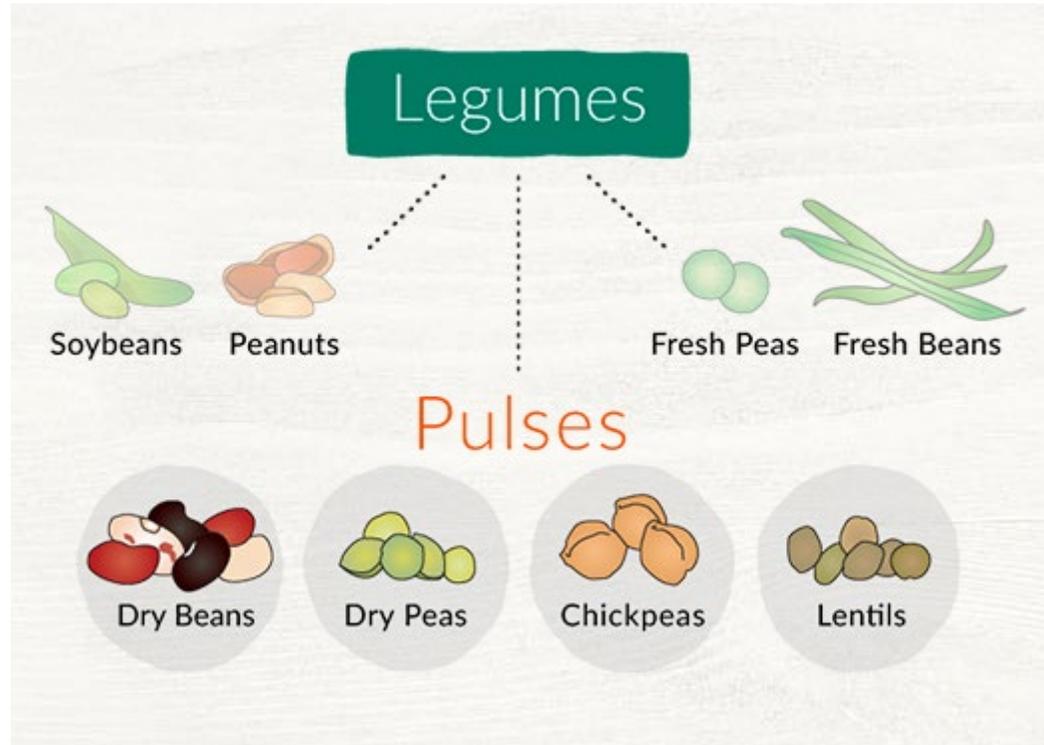
There are a number of different types of grains found within the true cereal grains which are from the botanical family 'Poaceae' including wheat, oats, rice, corn (maize), barley, sorghum, rye, and millet. Within these groups there are also varieties such as farro, freekeh, emmer and spelt which are all types of wheat as well as new grains like triticale which is a mixture of wheat and rye.

Pseudo-Cereal Grains

The 'pseudo-cereal' group are not part of the Poaceae botanical family, in which 'true' grains belong, but they are nutritionally similar and used in similar ways to 'true' grains. Many of these, such as amaranth, buckwheat and quinoa (pronounced 'keen-wah'!! 😊), are not actually grains but are in fact seeds from a number of different plant species.

Pulses

Pulses are part of the legume family (any plants that grow in pods), but the term “pulse” refers only to the dry edible seed within the pod. Beans, lentils, chickpeas and split peas are the most common types of pulses. Pulses are special because they have distinct health benefits apart from other legumes. Unlike legumes like peanuts and soy, for example, pulses are low in fat and very high in protein and fibre.



List 3 different types for each heading

Rice

- 1
- 2
- 3

Grains

- 1
- 2
- 3

Pulses

- 1
- 2
- 3

White Rice

✓ Low in Saturated Fat

✓ Cholesterol-Free ✓ Fat-Free

✓ Gluten-Free ✓ Sugar-Free

Avoid instant or quick cooking rice when possible — it has fewer nutrients and flavor

0.4g
FAT

0.6g
FIBER

242
CALORIES

(per cup cooked)

53.2g
CARBS

4.4g
PROTEIN



Grain foods of all types are abundant in essential nutrients, including dietary fibre, B vitamins (folate, thiamin, niacin), iron, zinc, magnesium and calcium.

Some examples;



FREEKEH

130 Calories
6g Protein
4g Fiber
26g Carbs
1g Fat
20% Iron



FARRO

220 Calories
7g Protein
7g Fiber
37g Carbs
1.5g Fat
10% Iron



QUINOA

155 Calories
6g Protein
3g Fiber
27g Carbs
3g Fat
10% Iron



BROWN RICE

157 Calories
3g Protein
1.5g Fiber
33g Carbs
1.5g Fat
5% Iron

*white rice has 0g Fiber

TOP TIP

Beans and other pulses are good alternatives to meat as they are inexpensive, but also naturally lower in fat and higher in protein, fibre, vitamins and minerals. We should be having more of these in our diets!



Why eat these foods?

These foods provide a range of nutrients:

- ✓ **Protein** – for growth and maintenance of normal muscles and maintenance of healthy bones.
- ✓ **Iron** – found in red meat. Contributes to the normal formation of red blood cells and transport of oxygen around the body.
- ✓ **Zinc** – found in meat. For maintenance of normal skin, hair, nails, vision and the immune system.
- ✓ **Vitamin B12** – found in meat and fish. For healthy red blood cells and nerve function.
- ✓ **Vitamin D** – found in oily fish. For healthy teeth, bones and muscles.
- ✓ **Omega-3 fatty acids** – found in oily fish. Helps to maintain normal and healthy heart function.

Describe the nutritional values for each heading

Rice

Grains

Pulses



This section may or may not be possible for you to do at home, please don't worry if you can't



List 3 separate dishes that use Rice, Grains and or Pulses – if you are able to cook at home pick 3 dishes you can attempt to cook

Dish 1

Dish 2

Dish 3

Prepare 3 separate dishes that use Rice, Grains and or Pulses as already chosen in your previous worksheet complete the following sheet for each dish.

Use a blue sheet for each dish to show how you...



Got the correct ingredients - list them



Measured out the ingredients as required – list your measurements



Produced the dish – take a picture if you can



Say what was good about your dish – what did you like about it?



State what would you do differently if you cooked it again?



List how you applied health and safety when you were preparing and cooking this.

Dish 1

Get the correct ingredients – list them below

Measure out the ingredients as required – list your measurements here

Produce the dish – take a picture if you can

Say what was good about your dish – what did you like about it?

State what would you do differently if you cooked it again?

List how you applied health and safety when you were preparing and cooking this.

Dish 2

Get the correct ingredients – list them below

Measure out the ingredients as required – list your measurements here

Produce the dish – take a picture if you can

Say what was good about your dish – what did you like about it?

State what would you do differently if you cooked it again?

List how you applied health and safety when you were preparing and cooking this.

Dish 3

Get the correct ingredients – list them below

Measure out the ingredients as required – list your measurements here

Produce the dish – take a picture if you can

Say what was good about your dish – what did you like about it?

State what would you do differently if you cooked it again?

List how you applied health and safety when you were preparing and cooking this.