



PROCHEF® 1

Dried Legumes Course

 Subject Count: **1**

 Lesson Count: **4**

SUBJECT: 1

Introducing Dried Legumes

LESSONS

Dried Legume Theory

LEARNING OUTCOMES

- Learners can explain how to prepare legumes.
- Learners can explain the soaking methods.

Cooking Dried Legumes

- Learners can explain the mise en place for cooking dried legumes.
- Learners can explain how to cook dried legumes.
- Learners can explain how to assess the quality of cooked dried legumes.
- Learners can practice preparing, cooking and assessing the quality of dried legumes.

Middle Eastern Chickpeas

- Learners can explain how to prepare Middle Eastern chickpeas for cooking.
- Learners can explain how to cook Middle Eastern chickpeas.
- Learners can explain how to assess the quality of cooked Middle Eastern chickpeas.
- Learners can practice preparing, cooking and assessing the quality of Middle Eastern chickpeas.

Stewed Black Beans

- Learners can explain the how to prepare black beans for cooking.
- Learners can explain how to cook stewed black beans.
- Learners can explain how to assess the quality of stewed black beans.
- Learners can practice preparing, cooking and assessing the quality of stewed black beans.

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