



PROCHEF® 1

Grains Course

 Subject Count: **1**

 Lesson Count: **5**

SUBJECT: 1

Introducing Grains

LESSONS

Grain Theory

LEARNING OUTCOMES

- Learners can define grains.
- Learners can explain the nutritional relevance of grains.
- Learners can explain how to assess the quality of raw grains.
- Learners can practice assessing the quality of raw grains.

Cooking Grains

- Learners can explain how to prepare grains for cooking.
- Learners can explain how to cook grains.
- Learners can explain how to assess the quality of cooked grains.
- Learners can practice preparing and assessing the quality of cooked cereal grains.

Mixed Grain Pilaf

- Learners can define 'pilaf'.
- Learners can explain the mise en place for mixed grain pilaf.
- Learners can explain how to cook mixed grain pilaf.
- Learners can explain how to assess the quality of mixed grain pilaf in terms of flavor, texture and appearance.
- Learners can practice preparing and assessing the quality of a grain pilaf in terms of flavor, texture and appearance.

Basic Polenta

- Learners can define 'polenta'.
- Learners can explain the mise en place for polenta.
- Learners can explain how to prepare polenta.
- Learners can explain how to assess the quality of cooked polenta in terms of flavor, texture and appearance.
- Learners can practice preparing and assessing the quality of polenta in terms of flavor, texture and appearance.

Tabbouleh

- Learners can define 'tabbouleh'.
- Learners can explain the mise en place for tabbouleh.
- Learners can explain how to prepare tabbouleh.
- Learners can explain how to assess the quality of tabbouleh in terms of flavor, texture and appearance.
- Learners can practice preparing and assessing the quality of tabbouleh in terms of flavor, texture and appearance.

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