



# PROCHEF® 1

## Rice Course

 Subject Count: **1**

 Lesson Count: **4**

SUBJECT: 1

### Introducing Rice

#### LESSONS

##### Rice Theory

#### LEARNING OUTCOMES

- Learners can identify long, medium and short grain rice.
- Learners can identify wild, brown and parboiled rice.
- Learners can explain why rice is soaked and toasted.

##### Rice Pilaf

- Learners can explain the mise en place for rice pilaf.
- Learners can explain how to make rice pilaf.
- Learners can explain how to assess the quality of rice pilaf.
- Learners can practice preparing, cooking and assessing a rice pilaf dish.

##### Risotto

- Learners can explain the mise en place for risotto.
- Learners can explain how to make risotto.
- Learners can explain how to assess the quality of a risotto.
- Learners can practice preparing, cooking and assessing a risotto dish.

##### Steamed Rice

- Learners can explain the mise en place for steamed rice.
- Learners can explain how to make steamed rice.
- Learners can explain how to assess the quality of steamed rice.
- Learners can practice preparing, cooking and assessing a steamed rice dish.