
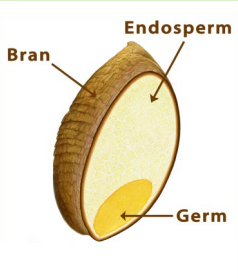









<p><b>CEREALS</b></p> <ul style="list-style-type: none"> <li>OATS</li> <li>RICE</li> <li>WHEAT</li> <li>BARLEY</li> <li>QUINOA</li> <li>MAIZE</li> </ul>	<p><u>WHAT ARE CEREALS?</u></p> <p>CEREALS ARE GRASSES THAT HAVE BEEN CULTIVATED FOR THEIR GRAIN</p>	<p><u>PASTA TYPES</u></p> <p>Spaghetti Penne Ravioli Tagliatelle Rigatoni Fusilli Orzo Farfalle Tortellini Linguine</p>	<p><u>RICE</u></p> <p>Rice is a popular staple food. It grows in warm and humid climates.</p> <p>It comes in either short grain or long grain varieties.</p> <p><u>SHORT GRAIN:</u></p> <ul style="list-style-type: none"> <li>Arborio: used for risotto</li> <li>Sushi: used to make sushi in Japan</li> </ul>  <p><u>LONG GRAIN:</u></p> <ul style="list-style-type: none"> <li>Basmati: used to accompany curry</li> <li>Long grain: used as an accompaniment to dishes such as Chilli</li> <li>Brown: Used as an alternative to the above due to its higher nutritional value</li> </ul>	<p><u>RICE &amp; FOOD POISONING</u></p> <p>Rice contains a bacteria that called BACILLUS CEREUS. It produces a toxin that cannot be killed with heat. Especially dangerous in rice that has not been cooled properly and then re-heated.</p>	
<p><u>NUTRITIONAL CONTENT</u></p> <ul style="list-style-type: none"> <li>STARCHY CARBOHYDRATE</li> <li>PROTEIN</li> <li>FIBRE</li> <li>B VITAMINS</li> <li>VITAMIN E</li> <li>FAT</li> </ul>	<p><u>ANATOMY OF A GRAIN</u></p>  <ul style="list-style-type: none"> <li>ENDOSPERM—CONTAINS STARCH AND PROTEIN</li> <li>BRAN—CONTAINS THE FIBRE AND B VITAMINS</li> <li>GERM- CONTAINS VITAMINS B AND E AND ALSO FAT</li> </ul> <p><u>EFFECTS OF HEAT ON WHEAT FLOUR</u></p> <p><b>COAGULATION:</b> heat causes the protein in the grain to coagulate and set</p> <p><b>GELATINISATION:</b> when mixed with water and heat added the starch swells and will help a sauce thicken</p> <p><b>DEXTRINISATION:</b> when dry heat is added the starch will brown and crisp.</p> 	<p><u>PASTA</u></p> <p>Available in fresh or dried varieties. Fresh pasta is made with Egg and has a short shelf life. Dried pasta is made with water and has a long shelf life</p>	<p><u>PRIMARY AND SECONDARY PROCESSING OF CEREALS</u></p> <ul style="list-style-type: none"> <li><b>PRIMARY—</b> The processing of the grain in to flour (E.G. Plain flour)</li> <li><b>SECONDARY—</b> The processing of the flour in to a product (E.G. Using the flour to make pastry)</li> </ul>  		
	<p><u>BREAD: ingredients</u></p> <ul style="list-style-type: none"> <li>Strong bread flour—high in protein (Gluten) which traps the CO2 produced by the yeast. Kneading the bread dough will strengthen the gluten to help produce a good structure</li> <li>Yeast—activates and produces CO2 which makes the bread rise</li> <li>Warm Water—activates the yeast and binds the ingredients together.</li> </ul>		<p><u>OATS</u></p> <p>Grown in cold climates. Very popular in the UK especially Scotland.</p> <p>Used to produce items such as: Flapjacks, Porridge, breakfast cereals.</p> 	<p><u>MAIZE/CORN</u></p> <p>Popular in American and south American cuisine.</p> <p>It is used to produce many products such as:</p>	<ul style="list-style-type: none"> <li>Popcorn</li> <li>Tortillas</li> <li>Cornflour</li> <li>Cornflakes</li> </ul> 
<p><u>TYPES OF FLOUR</u></p> <ul style="list-style-type: none"> <li>Plain</li> <li>Strong bread</li> <li>Self raising</li> <li>'00' pasta flour</li> <li>Brown</li> <li>Wholegrain</li> </ul>			<p><u>OATS &amp; CHOLESTEROL</u></p> <p>Oats contain a protein called <b>BETA-GLUTAN</b> and it is know to help lower blood cholesterol</p>	<p><u>RYE</u></p> <p>Popular in Northern Europe. Used to make Pumpernickel, Rye bread and Ryvita</p>	<p><u>BARLEY</u></p> <p>Used to produce pearl barley, barley flour, barley drinks and in alcohol production</p>