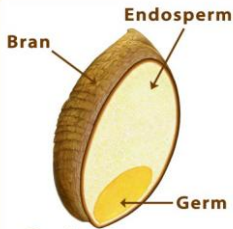


CEREALS	<u>WHAT ARE CEREALS?</u>		<u>PASTA TYPES</u>	<u>RICE</u>	<u>RICE & FOOD POISONING</u>
- OATS - RICE - WHEAT - BARLEY - QUINOA - MAIZE	CEREALS ARE GRASSES THAT HAVE BEEN CULTIVATED FOR THEIR GRAIN		Spaghetti Penne Ravioli Tagliatelle Rigatoni Fusilli Orzo Farfalle Tortellini Linguine	Rice is a popular staple food. It grows in warm and humid climates. It comes in either short grain or long grain varieties. <u>SHORT GRAIN:</u> - Arborio: used for risotto - Sushi: used to make sushi in Japan <u>LONG GRAIN:</u> - Basmati: used to accompany curry - Long grain: used as an accompaniment to dishes such as Chilli - Brown: Used as an alternative to the above due to its higher nutritional value	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.
<u>NUTRITIONAL CONTENT</u> - STARCHY CARBOHYDRATE - PROTEIN - FIBRE - B VITAMINS - VITAMIN E - FAT	<u>ANATOMY OF A GRAIN</u> - ENDOSPERM—CONTAINS STARCH AND PROTEIN - BRAN—CONTAINS THE FIBRE AND B VITAMINS - GERM- CONTAINS VITAMINS B AND E AND ALSO FAT				<u>PRIMARY AND SECONDARY PROCESSING OF CEREALS</u> <u>PRIMARY</u>— The processing of the grain in to flour (E.G. Plain flour) <u>SECONDARY</u>— The processing of the flour in to a product (E.G. Using the flour to make pastry)
		<u>EFFECTS OF HEAT ON WHEAT FLOUR</u> COAGULATION: heat causes the protein in the grain to coagulate and set GELATINISATION: when mixed with water and heat added the starch swells and will help a sauce thicken DEXTRINISATION: when dry heat is added the starch will brown and crisp.			  
	<u>BREAD: ingredients</u> - 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 - Yeast—activates and produces CO2 which makes the bread rise - Warm Water—activates the yeast and binds the ingredients together.			<u>PASTA</u> 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	
<u>TYPES OF FLOUR</u> - Plain - Strong bread - Self raising '00' pasta flour - Brown - Wholegrain				<u>MAIZE/CORN</u> Popular in American and south American cuisine. It is used to produce many products such as:	- Popcorn - Tortillas - Cornflour - Cornflakes 
			<u>OATS</u> Grown in cold climates. Very popular in the UK especially Scotland. Used to produce items such as: Flapjacks, Porridge, breakfast cereals.	<u>OATS & CHOLESTEROL</u> Oats contain a protein called BETA-GLUTAN and it is know to help lower blood cholesterol	<u>RYE</u> Popular in Northern Europe. Used to make Pumpernickel, Rye bread and Ryvita
					<u>BARLEY</u> Used to produce pearl barley, barley flour, barley drinks and in alcohol production