**Unit 307: Produce and present advanced starters using standardised recipes**

Worksheet 4: Prepare and cook soups and advanced hot starters

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When preparing and cooking soups, explain the following **cooking** terms:

Baking

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Roasting

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Grilling

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Describe the following preparation methods

* Sous vide water bath
* Thermomix

Explain the following finishing methods for hot soups and advanced hot starters:

Flambéing

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Explain the nutritional value of including grains in a menu:

Describe how you would prepare and cook quinoa: