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

# Worksheet 1: Prepare and cook soups and advanced hot starters (Tutor)

Explain the four **quality points** for ingredients:

1. Visual check
2. Aroma
3. Texture
4. Use by and best before dates

List six **ingredients** which could be included in hot starters:

* fresh stock
* convenience stock
* meat
* fish
* shellfish
* vegetables
* pulses
* grains
* seaweed
* noodles
* pasta
* bread

Identify the advantages of using **fresh and convenience stock:**

* cost
* time
* storage
* quality
* equipment
* flavour
* ingredients
* skill levels of staff .

What is a nage?

A nage is a well-seasoned stock (i.e. vegetable) and is usually used to enhance flavour and cook items such as seafood.

What is a glaze?

A glaze is a reduced stock often used to enhance sauces and soups.