

Unit 307 Produce and present advanced starters using standardised recipes

Worksheet 2: Prepare and cook soups and advanced hot starters (Tutor)

List the importance of ensuring the **quantity** of ingredients when producing recipes:

- to adapt standardised recipe
- increasing yield amount
- adjusting ingredients
- use weighing scales and measuring equipment.

Describe the following preparation methods

- Clarifying butter
For cooking, layering and topping of terrines and pates.
- Purging
Rinsing seafood e.g. mussels to remove impurities.
- Tenderising
To help make meat cuts more tender. Can be done with meat hammer or various specialist tools.

List eight pieces of **equipment** which can be used when making hot soups and hot starters:

- Temperature probe
- Blender
- Food processor
- Frying pans
- Mandolin
- Mixers
- Blast chillers and blast freezers
- Cold holding equipment
- Fryers and griddles
- Grills
- Hobs
- Hot holding equipment
- Ovens
- Steamers
- Soup kettle

What are the two main categories of shellfish?

Molluscs and crustaceans:

- Molluscs have two categories:
- Bivalves, hinged double shell e.g. mussels and scallops
- Univalves single spiral shell

Explain the term “en papilotte” and describe the advantages of this method of cookery:

Fish and accompanying ingredients are cooked in the oven together in a sealed package made from parchment or foil. The package expands in the oven and creates steam which cooks the fish and ingredients.