

Unit 307: Produce and present advanced starters using standardised recipes

Worksheet 6: Prepare, cook and serve cold soups and advanced cold starters and mezze (Tutor)

Describe four checks you would make to ensure the **quality** of **ingredients**:

- Visual
- Aroma
- Texture
- Use by and best before dates

List seven ingredients which could be used for cold soups, advanced cold starters and mezze:

Any of the following:

- Bread
- Convenience stock
- Dairy products
- Fresh stock
- Grains
- Meat
- Noodles
- Pulses
- Seaweed
- Cheese
- Eggs
- Fish
- Game
- Offal
- Pasta
- Pastry
- Poultry
- Rice
- Shellfish
- Textured vegetable proteins
- Vegetables

Briefly describe **textured vegetable protein** and how it can be used?

Textured or texturized vegetable protein (TVP), also known as **textured soy protein (TSP)**, **soy meat**, or **soya chunks** is a defatted soy flour product, a by-product of extracting soybean oil. It is often used as a meat analogue or meat extender. It is quick to cook, with a protein content comparable to certain meats.

Mainly used for vegetarian dishes.