

Unit 308: Produce and present advanced main course dishes using standardised recipes

Worksheet 8: Prepare, cook and finish advanced side dishes (Tutor)

Accept any suitable response

1. Explain the following advanced side dishes preparation methods

Clarifying butter

- Whole butter is approximately 15% water and milk solids. Clarifying butter removes the water and milk solids leaving only the butterfat. As the butter melts, the solids (butterfat) rise to the top and water sinks to the bottom and you are left with a clear, golden-yellow fat with a higher smoking point than regular butter.

Deseeding

- Means to remove all the seeds from it such as tomatoes, chillies or aubergines. Seeds are bitter and can get stuck in the guest's teeth, so it is sometime good to remove them.

Coating

- There are many ways to add simple flavours and textures to side dishes especially with vegetables, this can be achieved by coating the vegetables. Any vegetable large enough to coat in batter is suitable for deep frying. For example aubergine, onions, peppers, mushrooms, courgette, cauliflower, carrots, green beans, sweet potatoes or okra. A simple batter consisting of egg and lightly seasoned flour or breadcrumbs won't detract from the natural flavour of the vegetables. Alternatively batters and coatings:
 - Batter based using yeast or beer
 - Tempera batter
 - Coating with seasoned flour
 - Coating with herb and spice seasoned flour (Southern fried style coating)
 - Coating in breadcrumbs - dipping vegetables in seasoned flour, then beaten egg and finally in breadcrumbs (this is often known as pane).

2. Describe the following cooking methods for advanced side dishes and a side dish that can be cooked using the method cookery.

Braising/stewing

- Combination cooking methods, braising and stewing, begin by searing or sweating the ingredients in fats and then adding liquids. Braises are simple preparations of leeks or celery, heartier items of braised cabbage or sauerkraut, or complex ones including ratatouille and Moroccan vegetable tagine. Pilaf, or pilau, is braised rice, or other grains, that begin by sweating aromatic vegetables, including onions, carrots, celery, and garlic, in fat. The rice is added to the fat and parched, or toasted, to develop colour and flavour. The liquid and seasonings are added, and the dish is covered and cooked, either on the stovetop or in an oven.

Sous vide – water bath

- Cooking by the sous vide method is done in a vacuum package with an immersion circulator or hot water bath at 88°C. The vegetables are trimmed, lightly seasoned, oiled and sealed. The cooking temperature and method are similar to poaching. The advantage of vacuum packaging is that it locks in all the flavours of the vegetables. The process can be used for any type of vegetables.

Grilling

- Grilling vegetables provides a rustic compliment to menus. A variety of vegetables do well on the grill, but some stand outs include asparagus, corn, aubergine, courgette, mushrooms, peppers, onions, tomatoes. The vegetables are often sliced, seasoned, and tossed or brushed with oil before grilling. Marinades or vinaigrettes can also be incorporated either before or after cooking.

3. Describe the following finishing methods for an advanced side dish and a side dish that can be finished using this technique.

Garnishing

- Garnishes provide colour and a finished touch to the side dish. Choose items that are appropriate to the dish and that echo some of the ingredients. They should be functional, not merely a sprig of rosemary or a wedge of lemon but incorporated as part of the dish concept. A finished side dish might be garnished with finely chopped herbs to bring out the colour of the dishes, or crunchy deep-fried

vegetables such as onions which could add colour, texture and taste to the final side dish.

Dressing

- You can finish a dish just before service with a liquid, usually flavoured dressing or an oil which helps to improve the and complement the flavour and the overall appearance of the dish. When considering the type of dressing for the dish, use a flavour that complements and combines the flavours of the dish's ingredients.