

Unit 307: Produce and present advanced starters using standardised recipes

Worksheet 4: Prepare and cook soups and advanced hot starters

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

Baking

Roasting

Grilling

Describe the following preparation methods

- Sous vide water bath
- Thermomix

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

Flambéing

Passed

Strained

Pureed

Un passed

Explain the nutritional value of including grains in a menu:

Describe how you would prepare and cook quinoa: