

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.