

## Unit 307: Produce and present advanced starters using standardised recipes

### Worksheet 3: Prepare and cook soups and advanced hot starters (Tutor)

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

#### Boiling

Commodities and items boiled at a temperature of 100 degree celsius

#### Poaching

Commodities and items poached at a temperature 71–82 degrees celsius

#### Steaming

Cooked via steam, could be in a pressure steamer, atmospheric steamer or an oriental basket style steamer over boiling water.

#### Simmering

Just off boiling around 95 degrees celsius

List four **quality checks** during the cooking of hot soups and advanced starters:

Any of the following:

- Correct Temperature
- Timing
- Texture
- Correct degree of cooking
- Seasoning
- Evaporation
- Liquid levels

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

#### Garnishing

Suitable garnish to enhance the dish as per dish specification

### Saucing

Coated or served separate as per dish specifications.

### Glazing

Hot dishes can be glazed with the addition of a liaison (egg yolks and cream) of cold items can be glazed with a savory jelly.

### Gratinating

Usually glazed with cheese or breadcrumbs.

Give two examples of each of the following soups:

- Puree soup

Red lentil

Split green pea

- Potage soup

Potage bonne femme

Potage partmetier

- Chilled soup

Vichyssoise

Gazpacho

- Broth soup

Scotch broth

Minestrone