

Unit 307: Produce and present advanced starters using standardised recipes

Worksheet 4: Prepare and cook soups and advanced hot starters (Tutor)

When preparing and cooking soups and advanced hot starters explain the following **cooking** terms:

Baking

A method of preparing food that uses dry heat, normally in an oven, but can also be done in hot ashes, or on hot stones.

Roasting

A cooking method that uses dry heat where hot air covers the food, cooking it evenly on all sides with temperatures of at least 150 °C (300 °F).

Grilling

A form of cooking that involves dry heat applied to the surface of food, commonly from above, below or from the side.

Describe the following **preparation** methods

- **Sous vide water bath**

Cooking slowly in a temperature-controlled bath of water at set temperatures which can be very low

- **Thermomix**

A blending and mixing machine which can be used cold but also has a heating element for some cooking e.g. hollandaise sauce

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

Flambéing

To flame with alcohol, sometimes in front of the customer.

Passed

To pass through a conical strainer or chinois.

Strained

To remove all items so a liquid is left.

Pureed

To make a fine ingredient to add to a dish e.g. carrot, tomato.

Un passed

The dish contains all items usually a soup e.g. broth.

Explain what the nutritional value of including grains in a menu?

Grains are sources of fibre, B vitamins and minerals.

Describe how you would prepare and cook quinoa:

Cook for 15 minutes one part grain to three parts water. It is ready when the grains have turned from white to transparent and the spiral germ has separated.