

Unit 307: Produce and present advanced starters using standardised recipes

Worksheet 5: Prepare and cook soups and advanced hot starters (Tutor)

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

Shallow frying

An oil-based cooking technique. It is typically used to prepare portion-sized cuts of meat and fish, and patties such as fritters.

Deep frying

A process where food is completely submerged in hot oil at temperatures typically between 350 °F (177 °C) and 375 °F (191 °C) ensure the oil is hot enough and the food is not immersed in the oil for too long, oil penetration will be confined to the outer surface.

Combination

A mixture of cookery method e.g. roasting and steaming.

Describe the following **preparation** method:

- Marinating

To mix with a variety of items to help impart flavor and to tenderise e.g. Cajun.

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

Clarified

This refers to a stock which had been cleared e.g. consommé.

Serving

Serving specification in standard recipe, checking and recording temperatures for both hot and cold dishes.

Plating

Which crockery or serving dish is to be used to enhance the dish? Correct temperature.

What does the term “al dente” mean in relation to pasta?

Firm to the bite

Describe in what forms convenience stock can be purchased?

Frozen, gel, powder vacuum packed.