Unit 307 Produce and present advanced starters using standardised recipes

**Worksheet 9: Prepare, cook and serve cold soups and advanced cold starters and mezze (Tutor)**

Explain thedifferent methods of cookery cold soups, advanced cold starters and mezze:

Poaching

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

Boiling

Commodities and items boiled at a temperature of 100 decree celsius.

Simmering

Just off boiling, around 95 degrees celsius.

Steaming

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

Describe the following ingredients and give a menu example incorporating each item:

Cheese

For service as a course or as an ingredient, e.g. goats' cheese, raclette, parmesan, pecorino.

Eggs

Hens, duck and quail's eggs are most suitable for starters.

Fish

Small fish like sardines and fillets of small fish, other large fish for terrines and mousses.

Shellfish

All shellfish; including prawns, crab, oysters, abalone, mussels, calamari, octopus.

List six appropriate **finishing methods** for a range of cold soups, mezze and advanced cold starters.

Any of the following:

* Garnishing
* Saucing
* Dressing
* Gratinating
* Flambéing
* Passed
* Strained
* Pureed
* Un passed
* Clarified
* Serving
* Plating
* Chilling

Name the main food poisoning bacteria associated with eggs:

Salmonella

Give four examples of cheeses which can be used in pasta cookery:

* Ricotta
* Parmesan
* Pecorino
* Mozzerella
* Gorgonzola
* Dolcelatte