

## 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)

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Explain the different 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 degree 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
- Mozzarella
- Gorgonzola
- Dolcelatte