

Unit 308: Produce and present advanced main course dishes using standardised recipes

Worksheet 6: Prepare, cook and finish vegetarian dishes (Tutor)

Accept any suitable response

1. Explain the following vegetarian dishes preparation methods:

Marinating

- Marinating of vegetables is conducted to impart or enhance the flavour of the vegetables. This can be achieved by using vinegar, lemon juice, oils infused with herbs etc. Marinades are especially transformative for aubergine and courgette, which soaks them up like a sponge, and leafy greens, which easily absorb infused oil.

Pickling

- Pickling is a normally used to preserve a vegetable, but it can also provide other flavours, or enhance the natural flavours of the vegetables. The process involves the cooking of the vegetables, in most cases, then immersing them in an acid such as vinegar, the vinegar can be flavoured using many different additions, such as sugar, salt and whole spices.

Soaking

- Soaking vegetables means that the vegetables absorb some liquid. In some cases, such as with onions, this may actually increase or boost the flavour. However, in other cases, such as with mushrooms, soaking dilutes the flavour of the vegetable. When using pulses there is a requirement to soak prior to preparing and cooking.

Using acidulated liquid

- Some vegetables, such as artichokes and salsify, require preparing and then storing in acidulated water. This prevents the discolouration of the vegetables before the cooking process begins.

2. Describe the following cooking methods for vegetarian dishes and give an example of a dish that can be cooked using the method of cookery.

Baking

- Similar to roasting. Whole vegetables are used in their skins. Hard vegetable varieties such as parsnips, potatoes and salsify gratin. Baking can be used for stuffed vegetables such as eggplant. Vegetable terrines or custards baked in moulds. Vegetable gratins with cream and/or cheese. Tomato tarte tatin: Encase juicy cherry tomatoes in crisp, golden pastry, a savoury version of the classic French tart.

Stir-fry

- Similar to sauté, the stir-frying method of cooking is widely used in Asian cooking and is said to encourage the sealing in of the nutrients as well as the colour of the vegetables. Most vegetables can be stir fried in one form or another, either from fresh or after they have been cooked and refreshed.

Deep frying

- Need to be protected from the cooking medium to keep the moisture inside. Can be blanched in the fat/oil at a lower temperature to pre-cook and prevent oxidation, then finished at service time in hot fat/oil. Smaller cuts can be cooked and finished directly by deep frying. Can include dishes such as spicy fried cauliflower with a soy and spring onion glaze.

Blanching

- Allows you to partially cook vegetables and cool them quickly so they retain their crunch. Good for service as vegetables can be blanched and portioned ready to quickly reheat during service, saving time and wastage.

3. Describe the following finishing methods for vegetarian dishes and a dish that can be finished using this technique.

Dressing

- You can finish a dish just before service with a liquid, usually flavoured dressing or an oil which helps to improve the and complement the flavour and the overall appearance of the dish. When considering the type of dressing for the dish, use a flavour that complements and combines the flavours of the dish's ingredients. If the dishes ingredients have strong flavours, use dressings that are robust in

flavour. Delicate ingredients require a lighter weight dressing, so it does not overpower the dishes ingredients. Dressing could include sweet orange and balsamic dressing. The weight of the dressing should also be considered. Lighter weight dressing such as a vinaigrette will evenly coat the dishes ingredients. Creamier and heavier dressings provide a deeper and heavier coating.

Flambéing

- Is to cover something with alcohol and then set it alight. The only trace of the alcohol that remains is its flavour. Often used with desserts and meat it can be applied to vegetarian dishes for example pan frying a Greek cheese and then finishing off with a brandy, similarly, can be used to finish a swiss cheese fondue.

Foams

- Made by using natural flavours such as fruit or vegetable purees, vegetable stocks, infusions of aromatic herbs, etc are mixed with a neutrally-flavoured gelling or stabilizing agent such as agar-agar, and either whipped with a hand-held immersion blender or extruded through a whipped cream canister equipped with nitrous oxide cartridges. Some famous food-foams are foamed parmesan, foamed mushroom, foamed pumpkin and foamed lemon and parsley.

Gratinating

- This will involve finishing the dish with a covering of breadcrumbs usually combined with a high fat product such as butter, cream, cheese or eggs for the topping, or alternatively covering using a sauce or grated cheese until a crust or crisp surface forms. It provides textures and colour to the finished dish.