

Unit 307: Produce and present advanced starters using standardised recipes

Worksheet 3: Prepare and cook soups and advanced hot starters (Tutor)

When preparing and cooking soups explain the following **cooking** terms:

Boiling

Commodities and items boiled at a temperature of 100 degree celsius

Poaching

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

Steaming

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

Simmering

Just off boiling around 95 degrees celsius

List four **quality checks** during the cooking of hot soups and advanced starters:

Any of the following:

- Correct Temperature
- Timing
- Texture
- Correct degree of cooking
- Seasoning
- Evaporation
- Liquid levels

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

Garnishing

Suitable garnish to enhance the dish as per dish specification

Saucing

Coated or served separate as per dish specifications.

Glazing

Hot dishes can be glazed with the addition of a liaison (egg yolks and cream) of cold items can be glazed with a savory jelly.

Gratinating

Usually glazed with cheese or breadcrumbs.

Give two examples of each of the following soups:

- Puree soup

Red lentil

Split green pea

- Potage soup

Potage bonne femme

Potage partmetier

- Chilled soup

Vichyssoise

Gazpacho

- Broth soup

Scotch broth

Minestrone