**Unit 307: Produce and present advanced starters using standardised recipes**

**Worksheet 6: Prepare, cook and serve cold soups and advanced cold starters and mezze (Tutor)**

Describe four checks you would make to ensure the **quality** of **ingredients:**

* Visual
* Aroma
* Texture
* Use by and best before dates

List seven ingredients which could be used for cold soups, advanced cold starters and mezze:

Any of the following:

* Bread
* Convenience stock
* Dairy products
* Fresh stock
* Grains
* Meat
* Noodles
* Pulses
* Seaweed
* Cheese
* Eggs
* Fish
* Game
* Offal
* Pasta
* Pastry
* Poultry
* Rice
* Shellfish
* Textured vegetable proteins
* Vegetables

Briefly describe **textured vegetable protein** and how it can be used?

**Textured** or **texturized vegetable protein** (**TVP**), also known as **textured soy protein** (**TSP**), **soy meat**, or **soya chunks** is a [defatted](https://en.wikipedia.org/wiki/Defatted) [soy flour](https://en.wikipedia.org/wiki/Soy_flour) product, a by-product of extracting [soybean](https://en.wikipedia.org/wiki/Soybean) oil It is often used as a [meat analogue](https://en.wikipedia.org/wiki/Meat_analogue) or meat extender. It is quick to cook, with a [protein](https://en.wikipedia.org/wiki/Protein) content comparable to certain meats

Mainly used for vegetarian dishes.