

PROFESSIONAL VEGETARIAN COOKING CURRICULUM FRAMEWORK

Developing the Green Apron curriculum - O2 A1

DEFINITION :

This curriculum preferably targets *mainly hospitality VET students and also adult learners and employees who require upskilling in vegetarian cooking.*

The cook will be capable of conceiving and producing balanced menus with plant-based ingredients respecting nutritional basic rules, food hygiene and security, cost effectiveness and profitability, striving to use healthy ingredients. He/she will organize his/her workplace, take part in products supply chain and storage. He /she will also be able to support customers' choices having a clear view of their expectations and demands.

NOTICE:

This framework is the guideline for a specific module architecture which Green Apron partners are to create through 10 videos of two-course menus and exercise sets based on the videos.

The number of training hours required to cover this curriculum should be 100 hours, not including work experience placements (possible internships) which could be introduced in the pathways.

WORKING CONTEXT

Being trained and assessed through the course, the cook can apply for employment in vegan and vegetarian restaurants and all kinds of catering or restaurants which supply plant-based food, including businesses having a mixed offer .

FUNCTIONS

Specific functions(blocks of skills, competencies, knowledge to undertake activities required by the job) of vegetarian cooking such as described further are undertaken according to the specificities of the businesses and cook's skill level needed.

1. Organisation and supply function

- Planning and control of supply

Notice: this function is also part of other catering, *nevertheless requires specificities with regards to plant-based products and suppliers*

2. Menu-conception function

- Conception of menus with plant-based products taking into account basic nutritional rules for a healthy cuisine

3. Production-and-delivery function

- preliminary vegetarian preparations
- classical or original cold starters
- classical or original warm starters
- main course vegetarian dishes
- conception of local supply original dishes

4. Marketing function :

- Enhancement of dishes for customers
- Providing guidance to customers taking into account their nutritious claims

Learning architecture



1 Organisation and supply function	Professional skills			Associate knowledge		
	Skills (to be able to)	Ressources	Performance criteria	Knowledge	Competencies (To be able to)	Knowledge boundaries
	To Plan supply and undertake delivery control	Production data sheets Market sheets List of retailers Delivery slips Control slips, storage slips Labelling guidelines	Consistency of contents, weighs, quantities Clarity and reliability of documents	Supply, Delivery and control issues European and national regulations regarding quality of goods, labelling, transport, equipment, storing, handling, with regards to food safety Ways to avoid food poisoning	Collect data and fill in documents, Complete technical data sheets Establish the list of quantities according to needs Search for retailers, Order by phone fax, email Control quality and quantity of goods delivered Ensure traceability apply safety rules	Technical sheets, Market sheets, Order sheets, Delivery slips, Control of delivery slips, Storage provision, Seasonality of products Hygiene and food safety rules:

	Professional skills	Associate knowledge
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	Skills (to be able to)	Ressources	Performance criteria	Knowledge	Competencies (to be able to)	Knowledge boundaries
2 Menu and dishes conception function	To produce a plant-based menu taking into account nutritional facts	<p>Menus technical sheets</p> <p>Nutritional charts of components</p> <p>Food safety guidelines</p>	Consistence of content of menu, reporting on choices	Balanced meal / risks of nutrient deficiencies and food poisoning National and European rules. Types of recipes according to each vegetarianism type	<p>To choose and conceive plant-based balanced menu in respect of safety rules</p> <p>To make choices relevant to each vegetarianism type particularly to differentiate vegetarian/ vegan dishes</p> <p>To target balanced menus</p>	<p>Vegetarianism categories</p> <p>The 5 components of a meal</p> <p>Meat substitutes</p> <p>Nutritional intake of ingredients</p> <p>Food safety rules</p>

3 Production-and-delivery function	Professional skills			Associate knowledge		
	Skills (to be able to)(Ressources	Performance criteria	Knowledge	Competencies (to be able to)	Knowledge boundaries
	To conceive local supply original dishes(starters, main course, desserts) and use meat substitutes, typical products of vegetarian/ vegan cooking like Tofu, seitan, muscle wheat, algae	Data sheets including locally grown food supply and operating modes videos	Use of local products (specificities of the area chosen, labelling accreditation, homologation of suppliers)	Local products and their culinary uses Homologation of suppliers, origin of products including organic food and meat substitutes Edible plants, fruit, bygone vegetables and soya, tofu,seitan,muscle wheat, algae	To get consistent method to create recipes (Creativity) To differentiate vegetarian vegan dishes To understand why to use various doughs porridges and meat substitutes	Basic Classification, seasonality, origin, commercial presentation, Labelling and rules, freshness and quality criteria, Comparison in nutritional intake: meat V plant-based food,vegetarian V; Vegan food, Organic food and its standards, Level of Creativity
	To undertake preliminary vegetarian preparations .	Data sheets on production preliminaries Videos	Clear synthetic documents	Characteristics of vegetarianism European standards with regards to vegetarianism	To apply the different preparatory provisions	Definitions of vegetarianisms, European standards, Meat substitutes...
	To undertake classical or original cold starters Undertake classical or original warm starters	Data sheets Videos	Original Plating and tasting Implementation of classical recipes Mastering of techniques	Health and safety for cold dishes	To apply health security rules in undertaking cold starters To understand why to use various doughs and porridges and meat substitutes	Sanitizing and cleaning of fruit and vegetables banning hazardous chemicals, Cutting, Steps in production and plating, seasoning



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	<p>To undertake classical or original warm starters</p> <p>To undertake classical or original warm starters</p> <p>Use of various techniques</p>	Videos and operating modes	<p>Creation of recipes and original associations</p> <p>Undertaking classical recipes</p> <p>Mastering techniques</p>	<p>Health and safety for warm dishes</p> <p>Various kinds of basic doughs and porridges like polenta</p>	<p>To apply health safety rules in undertaking warm starters</p> <p>To understand why to use various doughs and porridges and meat substitutes</p>	<p>Sanitizing and cleaning of fruit and vegetables banning hazardous chemicals, Cutting, Steps in production and plating, seasoning</p>
	<p>To undertake main vegetarian dishes traditional and original</p>	<p>Recipes manual</p> <p>Technical sheets</p> <p>operating modes</p>	<p>Creation of recipes and original associations</p> <p>Undertaking classical recipes</p> <p>Mastering techniques</p> <p>Consistent synthetic documents</p>	<p>Origin of vegetarian recipes and culinary terms</p>	<p>To list contents of traditional vegetarian dishes</p> <p>To classify them according to their international cultural origin</p> <p>To understand why to use various doughs and porridges and meat substitutes</p>	<p>Sanitizing and cleaning of fruit and vegetables banning hazardous chemicals, Cutting, Steps in production and plating, seasoning</p> <p>The most famous recipes, typical of vegetarianism.</p>
	To undertake treatment of waste	Treatment of waste guidelines	Handling waste in respect of standards	treatment of waste issue	To apply sanitizing processes	Norms in the treatment of waste

4 marketing function	Professional skills			Associate knowledge		
	Skills (to be able to)	Ressources	Performance criteria	Knowledge	Competencies (to be able to)	Knowledge boundaries
	To value dishes to customers (enhancement)	A- la- carte and Menus	Relevance of ways to address vegetarian customers	Sales pitch	To Create sales pitch taking into account customers' expectations	Commercial display of dishes
				Organic food	To Identify organic products and explain added values: <ul style="list-style-type: none"> • Nutritional • Economical • Ethical • Hedonist 	Quality approach Quality landmarks, Advantages versus drawbacks of these products
				Sustainable development	To argue on sustainable development without political commitment	Carbon emission impact of products, advantages versus drawbacks of short supply

	To have a customer-wise attitude and support customers' choice taking into account their ethical and nutritional orientation	A-la-carte and menus	Identification of customers' expectations	Vegetarianism, Veganism, flexitarianism	To gain references to understand the issue at stake regarding health, customs and habits, ethos, economy, To be able to argue without personal commitment	History of vegetarianism The types of vegetarianism and typical dishes for each category Flexitarianism
				The market for vegetarian cuisine Introduction of vegetarian food in all kinds of catering (fastfood gastronomical...) together with meat dishes offer, Different types of businesses	To make relevant choice according to the enterprises through a customer-wise approach To understand flexitarians' motivations	Socio-economic factors: specialised catering and market state of affairs, mixed offer in all kinds of catering.

Small vegetables and polenta gratin

Country	Dish type	Total time	Servings
France	Principal	45 min.	6

This dish is composed of smooth creamy polenta and seasonal vegetables, crisp cooked. Cooking is completed in the oven.



Vegetarian	Vegan	Lactose intolerant	Gluten free	Wholegrain	Local	Organic	In season
x			x		x	x	X

Ingredients :

250 g	Polenta
1 litre	milk
25cl	Liquid milk fat
450 gr	seasonal vegetables (French beans, green peas, mangetouts , asparagus according to season)
12 u	Sundried tomatos (preserved in olive oil)
50gr	Butter
1	Garlic clove
100gr	Grated parmesan cheese
	Salt, pepper, Espelette chilli pepper

Instructions :

1. prepare and cook vegetables

Clean and disinfect vegetables. Cook them separately in salted boiling water by poaching them until still crispy. For that, cool them in some very cold icy water then drain them. Then, just heat them in a pan with melted butter. Season with salt and pepper and set them aside.

2. cook the polenta :

Boill the milk in a pan, sprinkle in polenta and cook gently stirring it with a spatula . Add the butter when the polenta stops sticking to the edge of the pan then stop cooking and add milk fat. Season with salt , pepper and espelette chilli pepper.

3. finish and dress the gratin :

In a baking dish, place in layers : polenta, vegetables, polenta then grated parmesan cheese. Place it in the oven and brown at 180° during +-20 minutes. Right out of the oven, dress the gratin with sundried tomatoes and sprinkle with parsley. Serve with mesclun salad seasoned with raspberry vinaigrette

Competences : (be able to)

Clean and disinfect vegetables

Cook by poaching and keep vegetables crispy
Promote products

Associated knowledge (get to know)

hygiene and organisation of a working place
cooking methods
products and seasonality,
polenta : origin and type of food
rules in dressing dishes

Associated knowledge of the type of dish

Polenta is ground corn kernels. This cereal plant is cultivated all over the world, it is easily supplied locally. Be careful to use organic GMOfree polenta. The main nutrient intake regards carbohydrates, fibers and vitamins : C, B, B9 and vegetable proteins. Polenta is available in various grades, ranging from coarse to fine. Different types take different lengths of time to cook, some up to 45 minutes, but you can also buy part-cooked instant polenta, which is ready in 5-8 minutes.

Verrines of forgotten vegetables

Country	Dish type	Total time	Servings
France	starter	60 min.	4

This starter is composed of various mashed vegetables. It is to be served cold in small transparent verrines (small glasses)

Serve with a glutenfree slice of bread.



(Photo non contractuelle)

Vegetarian	Vegan	Lactose intolerant	Gluten free	Wholegrain	Local	Organic	In season
x	x	x	x		x	x	autumn

Ingrédients

200g	Swede,
200g	Jerusalem artichoke
200g	Custard marrow
1	Lemon
200g	Chick pea
.	olive oil
1	apple
50g	Beetroot
50g	Avocado
.	Beetroot tops, chervil, chives
	Ground salt, hot chili pepper

Instructions

1. Cook the chickpeas in salted water, drain and blend them. Peel and disinfect fruit and vegetables. Chop them in cubes and place them in a pan in cold water and poach them. , do the same with swede, jerusalem artichokes, custard marrow which should be cooked separately. Blend vegetables separately Then bind the purées with blended chickpeas and olive oil. Season and add some lemon juice .
2. Blend the avocado add lemon juice, chili and salt. chop the beetroot in cubes.
3. Cut the apple in thin slices.
4. Dress the verrines as follows :
 - a. Swede , avocado.
 - b. Jerusalem artichoke , beetroot.
 - c. Custard marrow, apple.
5. Decorate with swede tops, chervil and chives.

Competence (to be able to)

Arrange a working place
Peel and disinfect vegetables.
Cook by poaching
Promote the product

Associated knowledge (get to know)

hygiene and organisation of a
working place
cooking methods
products and seasonality,
origin and type of food (forgotten
vegetables)
rules in dressing dishes

Notes : these forgotten vegetables are said to be hardy and then easy to grow., For instance a jerusalem atichoke peel is enough to give out a seedling. The nutrient interest of such a dish is the intake of fibers carbohydrates and vegetable proteins and vitamine C A titre d'exemple, une épluchure de topinambour suffit à redonner un plant. L'intérêt nutritionnel de ce plat est l'apport de fibres, de vitamine C, de glucides et de protéines végétales.

Rutabaga : Cruciferae family, genus Brassiceae campestris

Rutabaga comes from the Swedish word rotbaggar. It is also called swede or yellow turnip. It has the same leaves as cabbage and the white fleshed roots of turnip. Its taste is a mix of the two. This biennial plant has been eaten in France since the end of the 18th century. It is harvested in October or November. Rutabaga is cattle food today, but, due to its hardiness, it has been eaten by humans during periods of food restrictions (notably during the 2nd World War), thus its bad reputation.

Vegan Piadina

Country	Dish type	Total time	Servings
Italy	Starter	10 minutes	1



Vegan version of the famous Italian “piadina”, a thin Italian flatbread, typically prepared in the Romagna region. It is usually made with white flour, lard or olive oil, salt and water. The dough was traditionally cooked on a terracotta dish (called teggia), although nowadays flat pans or electric griddles are commonly used. The vegan version is made with white whole wheat flour with spirulina. As the famous piadina you can fill it with any ingredient you like, in this case with zucchini, soy ham, corn cheese and vegan mayonnaise..... yummy! It’s worth to taste it!!!

Vegetarian	Vegan	Lactose intolerant	Gluten free	Wholegrain	Local	Organic	In season
x	x	x	NO	NO	x	X	Autumn and winter

Ingredients for

100 gr	White whole wheat flour with spirulina
30 gr	Corn cheese (for veghina)
10 gr	Vegan Mayonnaise
8 slices	Soy ham (30 gr)
6 slices	Zucchini (25 gr)

Instructions

1. Warm up the flat bread on the grill to make it crunchy at the end of the preparation.
2. After some minutes, add corn cheese cut in strips, 8 slices of soy ham and 6 slices of zucchini cut in length with a slicer if possible.
3. Add a “snail” of mayonnaise and close it as a fan and brown it to make it crunchy and “darker”

Competences

Clean the kitchen counter

Associated knowledge

of appropriate cleansers and disinfectants before starting working

Piadina dough	how to pour the flour on the table and knead
Make piadine	Shape each piadina using the rolling pin
Wash the zucchini	the zucchini using a disinfectant to eliminate all the bacteria
Using a slider	know how to use the slicer or the appropriate knife
Cutting in strups	cutting the Zucchini into the appropriate thickness
Cook the piadina	always use the cutting board
Filling	appropriate nonstick pan and temperature
	use the right dose not to stuff the piadina too much
Browning	place again the rolled piadina on the hot pan to brown it

Notes

The alga Spirulina is particularly rich in protein, essential amino acids and lipids. The fats contained in it belong to the great family of the mono and polyunsaturated, with a clear prevalence of omega-6 than omega-3 and with high amounts of gamma-linolenic acid. These nutrients, if well balanced with each other, are considered able to normalize the levels of cholesterol in the blood, participate in the formation of myelin sheaths that cover the nerves and improve immune system function.

Among all the vegetables, the zucchini is one of the less caloric (thanks to its high content in water) and this makes it extremely useful in various types of diet (clinical or not). The energy of zucchini comes mainly from carbohydrates and only to a lesser extent from protein (low biological value, with limiting amino acid threonine) and lipids (unsaturated type). Cholesterol is absent.

The content in dietary fiber does not disappoint even if, among vegetables, is certainly not the highest: with respect to a vegetable rich in this nutritional component, such as the artichoke (5.5g / 100g), the zucchini will bring about 4 or 5 times LESS. Obviously, if on the one hand they contain less fiber (important for intestinal balance, the prevention of certain cancers and modulation of the absorption of nutrients), the zucchini are considered among the vegetables more digestible whole category. As for the appearance of vitamins, especially the zucchini make a modest intake of vitamin. C, retinol equivalents (Vit. A) and folic acid (not visible in the table). From the standpoint of saline, instead, the zucchini abound especially potassium and manganese Zucchini lend themselves to any diet and help to increase the supply of water, potassium and fiber in the diet. They have a satiating effect and are perfect in the context of a reduced calorie diet and / or against metabolic diseases.

Green pepper Seitan

Country	Dish type	Total time	Servings
Italy	Main course	20 minutes	4

Although it is made from wheat, seitan has little in common with flour or bread. Also called "wheat meat", "wheat protein", "wheat gluten" or simply "gluten", seitan becomes surprisingly similar to the look and texture of meat when cooked, making it a popular meat substitute.



Vegetarian	Vegan	Lactose intolerant	Gluten free	Wholegrain	Local	Organic	In season
X	x	x	NO	It depends	x	It depends	All

Ingredients

100 gr	Seitan (per person)
100 gr	Soy Cream (for 4 people)
25 gr	Sunflower seed oil
30 gr	Green Pepper
20 gr	Brandy
5 gr	Salt

Instructions

1. Squeeze the green pepper on Seitan slices on both sides
2. Pour a spoon of oil on the pan
3. Brown both sides of seitan and add salt
4. Soak with brandy and flame
5. Add cream and salt and water, cooking it to have a creamy sauce.

Competences

Clean the kitchen counter

Cutting the seitan

Brown

Associated knowledge

use of appropriate cleansers and disinfectants before starting working

use the appropriate knife

cut the seitan into the appropriate thickness

use pliers to turn the seitan and brown it on both sides

Notes

Seitan is primarily a protein food as the name indicates Seitan= protein. 100 grams of product contains more or less 58 grams of water, 36-37 grams of vegetable protein, 5-6 grams of carbohydrates and 0.3-0.8 grams of vegetable fat. The amount can obviously suffer slight variations depending on the method of preparation, as well as from corn flour initially chosen. Moreover it is a food easily to digest and provides an immediate energy therefore it is suitable for all ages, from childhood to old age. In addition, it can also be entered in slimming diets or regimes aimed at controlling cholesterol because really low in fat

The sunflower seed oil is also a very good and healthy ingredient. The composition of sunflower oil is mainly unsaturated fatty acids, about 32% of oleic acid (monounsaturated) and 52% linoleic (polyunsaturated) precursors of fatty acids omega 3 and 6. These omega are important to the health of the heart, for the production of energy, the transport of oxygen, the creation of hemoglobin in the bloodstream and even to keep in balance the hormonal system body.

A component oil in sunflower oil is vitamin E also called tocopherol. Its primary property is to be an excellent antioxidant in amounts even five times higher in olive oil, and is therefore able to protect cell membranes and scavenge free radicals also responsible for cellular aging.

Soybeans are a legume such as beans, chickpeas or lentils, and like all legumes are rich in vitamins B, iron and potassium. Unlike other legumes soybeans, however, is more digestible and rich in protein and fat (monounsaturated, polyunsaturated fats and phospholipids such as lecithin). Soy proteins have a discrete amino acid profile with a biological value of less than 75, and a protein efficiency ratio of 2.1.

ATTENTION: see the high level of gluten seitan nutritionists advise to have seitan maximum twice per week

Chia Spawn Salad

Country	Dish type	Total time	Servings
Romania	Salad	20-50 min	5

This salad is a very good imitation of the real spawns. Due to its nutritional quality, quick preparation, raw food feature and refreshing taste it's very appreciated by vegetarians / vegans. It can be served as starter or as main dish with some wholegrain bread. It's gluten-free, organic and wholegrain.



Vegetarian	Vegan	Lactose intolerant	Raw	Gluten free	Wholegrain	Local	Organic	In season
x	x	x	x	x	x		x	

Ingredients

250 g	Chia seeds, soaked in 800 ml of water for 8-12 hours
4 pcs	Onion
1 pc	Juice of 1 lemon
8 tbsps	Sunflower (or olive) oil
4 tsp	Salt
1 tsp	Spices mix
½ pc	Tomato

Instructions

1. Chop the onions
2. Mix all the ingredients (except the tomato)
3. Adjust the consistency with water/oil or other chia seeds (in this case keep the dish another 30 min before serving - to soak the extra seeds)
4. Slice half of the tomato in 4 pcs and ornate the dish as shown in the picture

Competences

Associated knowledge



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Preparing the chia seeds (soak)
Preparing and cutting the onion and
tomato
Juice the lemon

Notes

Chickpea Patties with tomato sauce

Country	Dish type	Total time	Servings
Romania	Patties	90 min	5

These patties are a favorite delicacy of most vegetarians / vegans. It can be served as starter or as main dish with some wholegrain bread and salad. It's gluten-free and can be frozen for later use. Consider adding a separate bowl with extra sauce and some parsley or other herbs.



Vegetarian	Vegan	Lactose intolerant	Gluten free	Wholegrain	Local	Organic	In season
x	x	x	x		x		

Ingredients

Patties	500 g	Chickpeas, soaked in water for 8-12 hours and boiled
	4 pcs	Potatoes
	1 pc	Zucchini
	2 pcs	Onion
	50 g	Garlic
	5 tbsp	Sunflower oil
	2 pcs	Carrots
	½ cup	Wheat flour
	1 bunch	Parsley
	1 bunch	Dill
	½ tbsp	Salt
	1 tsp	Spices mix
Tomato sauce	4 pcs	Tomatoes
	½ cup	Tomato paste
	¼ pc	Lemon
	3 tbsp	Sunflower (or olive) oil
	1 tsp	Salt
	30 g	Garlic
	½ tsp	Spices mix



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Instructions

Patties

1. Cut/chop and mix all the ingredients
2. Adjust the consistency with wheat flour (or water)
3. Mold the chickpea patties (oval or round) of about 1 cm thickness
4. Bake in oven (turn the patties on the other side at the half of the cooking time)

Tomato sauce

1. Add all the ingredients in the blender
2. Add 3 or 4 ice cubes
3. Blend the entire contents at high speed
4. Part of the content pour over the patties and the rest of it into a bowl (for extra sauce)

Competences

Preparing and cutting the vegetables
Boiling the chickpeas
Baking
Blending

Associated knowledge

Notes



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Rice Paper Rolls with Asian Salad and Peanut Dipping Sauce

Country	Dish type	Total time	Servings
Scotland	Starter	30 min.	4

These vegetarian rice paper rolls are a healthy, light starter that can be made in advance. The rolls can be kept in the refrigerator covered for up to 24 hours. The filling and dipping sauce can be adjusted to suit your taste.



Vegetarian	Vegan	Lactose intolerant	Gluten free	Wholegrain	Local	Organic	In season
x	x	x	x		x	x	Spring/ Summer

Ingredients

Rice Paper Rolls

8	Rice paper wrappers
4	Spring onions finely sliced
1	Small carrot finely sliced/ shredded
1	Baby gem lettuce washed and dried
1/4	Cucumber peeled, deseeded and finely sliced/ shredded
20	Grams Vermicelli rice noodles soaked in boiling water for 4-5 minutes (drain)
4	Tablespoons fresh coriander leaves
2	Tablespoon fresh mint leaves
2	Teaspoons sweet chili sauce
2	Teaspoons Hoi Sin Sauce
	Salt and Pepper

Dipping Sauce

6	Table spoons peanuts (Salt removed if necessary)
2	Cloves garlic Peeled
3cm	Piece Root Ginger Peeled and chopped
1/2	Lime Juiced
1/4	Teaspoon Fish Sauce



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- 1 Red Chili Deseeded
- 1 Tablespoon honey

Instructions

1. Combine spring onion, carrot, cucumber, sweet chili sauce and hoi sin sauce to create an Asian salad.
2. One at a time, soak rice paper wrapper in warm water for approximately 15 seconds until they become pliable, then allow to drain on a towel or cloth.
3. Place rice paper onto a flat surface and fold the bottom edge over, place a piece of baby gem lettuce on the folded edge, top with some Asian salad, noodles and fresh herbs, fold over again, fold in the sides and roll to create a cylinder shape, ensuring all ingredients are enclosed in the rice paper.
4. Place on an oiled tray to prevent sticking, cover to prevent drying out, and refrigerate.
5. To make the sauce, place garlic, ginger, chilli, lime juice, fish sauce and peanuts in a food processor and blend until smooth. Add honey, mix well and adjust seasoning.
6. To serve place the rolls on the plate accompanied by some dipping sauce.
7. Garnish with some sliced chilli and spring onions.

Competences –

Associated Knowledge

Peeling –	How to prepare various vegetables and salads before use.
Slicing / shredding –	How to achieve the correct cut of vegetables, using a knife.
Washing -	The process of cleaning to remove bacteria.
Deseed -	To remove the internal seeds before use.
Soaking –	How to prepare rice noodles and rice paper.
Rolling –	How to create a culinary roll / cylinder.
Measuring –	How to correctly achieve weights and measures.
Blending –	The process of making solid foods liquids or purees.
Mixing –	To incorporate various ingredients together.
Juicing -	The process of removing the juice from citrus fruit.
Garnishing –	To visually enhance the presentation of the dish.



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Butternut squash, spinach, coconut and sweet potato curry with fragrant lemon grass rice

Country	Dish type	Total time	Servings
Scotland	Main course	30 min.	4

This vegan curry can be adapted with other ingredients to suit your own favorite flavours. Different types of vegetables and beans can be included also.



Vegetarian	Vegan	Lactose intolerant	Gluten free	Wholegrain	Local	Organic	In season
x	x	x	x	x	x	x	All Year

Ingredients

Curry

1	Tablespoon tandoori masala powder
1	Tablespoon curry powder
1	Teaspoon cumin powder
1	Tablespoon tomato puree
400 ml	Vegetable stock
1	Butternut squash peeled, deseeded and cut into even sized pieces
100	Grams Spinach leaves washed
1	Large onion diced
1	Sweet potatoes peeled, washed and cut into even sized pieces
2	Cloves garlic crushed
1	2cm piece of ginger finely chopped
1	Red chilli finely chopped
1	Tablespoon mango chutney
1	Teaspoon lemon juice
400ml	Tin coconut milk
4	Tablespoon vegetable oil
	Salt and Pepper

Fragrant rice

300	Grams uncooked rice (Basmati or Long grain)
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- 1 Stick lemon grass bashed
- 1 Cinnamon stick toasted
- 8 Cardamom Pods bashed and toasted
- 600 Grams vegetable stock
- ½ teaspoon Salt

Instruction

1. To make the curry sauce, heat 1 tablespoon oil and fry the ginger, ½ the onion, chilli and garlic until golden colour.
2. Add tandoori masala, curry and cumin powder and cook for 2-3 minutes.
3. Add tomato puree cook for 1 minute , add stock and simmer for 15 minutes., stirring regularly.
4. Add mango chutney then liquidize. Set aside.
5. To make the rice- Place the rice, stock, salt, lemon grass, cinnamon and cardamom pods in a pot. Bring to the boil, stir and cover with a lid. Turn off the heat and allow to steam for 5-6 minutes.
6. In a clean pan with remaining oil gently fry butternut squash, onion and sweet potato without colour.
7. Add curry sauce and coconut milk, and simmer gently for 15 minutes, stirring regularly until the vegetables are soft.
8. Add spinach leaves and cook for 1 minute until the spinach is soft.
9. Check seasoning and serve the rice with the curry
10. Garnish with some finely chopped spring onion.

Competences –

Associated Knowledge

Peeling –	How to prepare various vegetables and salads before use.
Chopping –	How to achieve the correct cut and size of vegetables, using a knife.
Diced -	To prepare foodstuffs into small squares.
Washing -	The process of cleaning to remove bacteria.
Deseed -	To remove the internal seeds before use.
Frying –	How to cook foodstuffs in oil.
Crushed –	How to achieve the correct texture for some foodstuffs.
Measuring –	How to correctly achieve weights and measures.
Blending –	The process of making solid foods liquids or purees.
Mixing –	To incorporate various ingredients together.
Juicing -	The process of removing the juice from citrus fruit.
Garnishing –	To visually enhance the presentation of the dish.
Steam -	To cook foodstuffs in steam as a method of cookery.
Simmer -	To cook in a liquid just below boiling point, to prevent foodstuffs overcooking or breaking up.
Seasoning -	To adjust the flavor of a dish to make more palatable.





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ALCACHOFAS PICANTES CON SETAS Y NÍSCALOS

Country	Dish type	Total time	Servings
Spain	Salad	60 min.	4

The slight bitterness of the artichoke is the perfect counterpoint to the flavor of mushrooms, while the sweet-spicy paprika gives the necessary balance. The aromatic herbs complement the assortment.



Vegetarian	Vegan	Lactose intolerant	Gluten free	Wholegrain	Local	Organic	In season
x		x			x		Autumn

Ingredients

8	Artichoke
1	Lemon juice (from 1 lemon)
	Salt (to taste)
	Extra virgin olive oil
	Chilli pepper (to taste)
	Fresh garlic (Green garlic)
1	Small onion
250 g	Wild mushrooms: 8 oyster mushrooms, 8 chanterelles, 6 mushrooms.
half	Sweet paprika (pimentón dulce de La Vera)
teaspoon	
50 g	Pine nuts
	Mediterranean herbs: rosemary, thyme, oregano.

Instructions

1. We clean and wash the artichokes; we sprinkle the artichoke hearts with the lemon juice, one by one, as we've clean them, and reserve in a bowl.
2. In a casserole, heat the oil over low heat and sauté the chopped garlic, chopped onion, chilli pepper and artichokes.
3. We add the previously well washed mushrooms chopped and drained of water.
4. We season them to taste and cook until the vegetables are ready (the artichokes has to be *al dente*). If necessary, add some water.
5. We incorporate pine nuts and paprika and cook everything a 2 minutes.
6. We turn off the heat, add the herbs and let stand, covered.
7. Serve in the same casserole.



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Competences		Associated knowledge
1	Peeling	How to prepare various vegetables and salads before use.
2	Washing	The process of cleaning to remove bacteria.
3	Chopping/ slicing / shredding	How to achieve the correct cut and size of vegetables, using a knife.
4	Diced	To prepare foodstuffs into small squares.
5	Juicing	The process of removing the juice from citrus fruit.
6	Mixing	To incorporate various ingredients together.
7	Crushed	How to achieve the correct texture for some foodstuffs.
8	Simmer	To cook in a liquid just below boiling point, to prevent foodstuffs overcooking or breaking up.
9	Seasoning	To adjust the flavor of a dish to make more palatable.
10	Garnishing	To visually enhance the presentation of the dish.

Notes

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ENSALADA HUERTANA DE AJO-TOMATE

Country	Dish type	Total time	Servings
Spain	Salad	30 min.	4

It is a light refreshing salad, perfect for the hot summer days, nourishing and full of the flavor of aromatic herbs. It can be served as starter with some wholegrain bread.



Vegetarian	Vegan	Lactose intolerant	Gluten free	Wholegrain	Local	Organic	In season
x		x			x		Summer Autumn

Ingredients

For the dressing	3-5	Blanched almonds
	5	Garlic cloves
		Parsley
		Peppermint
		Salt to taste
		Extra Virgin Olive Oil
	2	Ripe tomatoes
For the salad	4 - 5	Tomatoes for salad
	100 g	Olives of Campo Real
		Half a teaspoon of cumin

Instructions

For the dressing:

1. In a mortar, put the chopped almonds, chopped garlic, parsley and mint, and salt to taste.
2. Mash all until obtain a paste.
3. Add the oil to the thread, stirring to emulsify the sauce.
4. We add ripe, peeled and seeded tomatoes.
5. Mix well to obtain a sauce that reserve in the refrigerator.

For the salad:

6. Cut the tomatoes into pieces and put the salad in a serving bowl.
7. Add the olives and sprinkle over the cumin and the reserved sauce.

8. We waved the bowl to blend flavors, cover it and put the salad for one hour in the refrigerator.
9. We serve the salad on the same bowl, accompanied with country bread.



	Competences	Associated knowledge
1	Peeling	How to prepare various vegetables and salads before use.
2	Washing	The process of cleaning to remove bacteria.
3	Chopping/ slicing / shredding	How to achieve the correct cut and size of vegetables, using a knife.
4	Diced	To prepare foodstuffs into small squares.
5	Deseed	To remove the internal seeds before use.
6	Mixing	To incorporate various ingredients together.
7	Crushing	How to achieve the correct texture for some foodstuffs.
8	Dressing preparation	How to obtain a sauce/dressing with certain touch, taste and texture, using a pestle and mortar.
9	Seasoning	To adjust the flavor of a dish to make more palatable.
10	Garnishing	To visually enhance the presentation of the dish.

Notes

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Small vegetables and polenta gratin



About nutrition :

1. What is the main nutrient intake of polenta ?
 - a. Lipids.
 - b. Carbohydrates.
 - c. Proteins.
2. Polenta contains a lot of :
 - a. Vitamin A
 - b. Vitamin B9
 - c. Vitamin C
 - d. Vitamin K1
3. Which ingredients provide the most important part of proteins in this recipe?
 - a. Meat
 - b. Polenta
 - c. Vegetables
 - d. Pulses
 - e. Dairy products



About food :

4. Why is this recipe vegetarian ?
 - a. No ingredient is from animal origin.
 - b. No meat is used
 - c. Some ingredients are plants
5. If this recipe was vegan, we would need :
 - a. No ingredient from animal origin, for instance no butter, nor cheese, nor cream.
 - b. Only plants
 - c. Only pulses



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6. Polenta is from :
- a. Brazil.
 - b. Spain.
 - c. France.
 - d. Italy.
 - e. Poland.
 - f. Great-Britain.
7. What is the definition of the word « polenta » ?
- a. Porridge or tortilla or chestnut pancake.
 - b. Corn porridge.
 - c. Wheat flour porridge
 - d. Chicken stock.
 - e. A wheat cake
 - f. Other definition...
8. For this recipe, the chef uses a yellow zucchini. This vegetable is a :
- a. Bulb.
 - b. Cucurbit.
 - c. Seed.
 - d. Root.
 - e. Tuber.
 - f. Other answer...



About the culinary techniques :

9. In the video, the chef introduces a type of cooking « glaze ». What does it mean ?
- a. Cook a vegetable by mean of an intense cold.
 - b. Cook a vegetable in salted water and then cool it down in cold water.
 - c. Cook a vegetable in some water with butter, salt and a little sugar.
 - d. Another type of cooking ...
10. What are the two main advantages of boiled cooking?
- a. Fix the colour of green vegetables.
 - b. Keep the vegetables slightly crunchy
 - c. Save the taste of vegetables
 - d. Another advantage : ...

Verrines of forgotten vegetables



About nutrition :

1. Beetroot contains a lot of ?
 - a. Vitamin B6
 - b. Vitamin B9
 - c. Vitamin B12
2. Squash contains a lot of :
 - a. Vitamin A
 - b. Saturated fatty acids
 - c. Unsaturated fatty acids
3. The romanesco cabbage has large amounts of vitamin C.
 - a. True
 - b. False

About food :

4. This recipe can be considered as being :
 - a. Vegetarian
 - b. Vegan
 - c. both
5. How can we eat beetroots ?
 - a. raw
 - b. cooked
 - c. both
6. The taste of squash is very similar to the taste of :
 - a. Asparagus
 - b. Zucchini
 - c. Yellow squash
 - d. pumpkin
7. What can we find inside the squash ?
 - a. A kernel
 - b. Pips

About the culinary techniques :

8. In the video, what type of cooking is used for the squash ? what is the cooking temperature ?
 - a. The squash is boiled



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- b. Steam cooking
- c. +100°C
- d. +120°C

9. Why does the cook choose to cook the romanesco cabbage by boiling it ?
- a. To fix the colour of the vegetable
 - b. To keep as much vitamin as possible
 - c. Both
10. In order to make the agar-agar gel, you have to :
- a. Dilute it into some cold liquid and then make this liquid boil.
 - b. Dilute it into some hot liquid
 - c. Dilute it into some cold liquid, make it boil and cool it.

Vegan Piadina



Knowledge of nutritional values :

1. Which is the main protein ingredient of vegan piadina?
 - a. zucchini
 - b. piadina
 - c. mayonnaise
 - d. soy ham
2. What is spirulina?
 - a. A vegetable
 - b. A spice
 - c. A seaweed
3. What type of fat does spirulina contain?
 - a. saturated
 - b. monoinsaturated
 - c. animal
4. What is zucchini main feature?
 - a. They are rich in vitamins
 - b. They are rich in fibres
 - c. They don't have any cholesterol

Product knowledge :

5. What ingredient makes the difference between vegan piadina and the traditional one ?
 - a. bacon
 - b. creamy lard
 - c. lard
6. Why can we define this recipe VEGAN ?
 - a. Because it contains olive oil



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- b. Because it's rich in proteins
- c. Because there are no animal products
- d. Because it's rich in omega 6

7. What kind of people is this recipe not suitable for ?

- a. vegetarians
- b. celiacs
- c. vegans
- d. milk intolerants
- e. shellfish allergies

8. Which spice is it used to colour mayonnaise ?

- a. nutmeg
- b. saffron
- c. coriander
- d. turmeric
- e. cumin

9. Vegan cheese is made out from a cereal, which one ? :

- a. corn
- b. wheat
- c. rice
- d. buckwheat
- e. oat

Cooking techniques :

10. In the video, zucchini are sliced very thin, why ?

- a. Because they are easier to marinate
- b. Because they are used raw
- c. To cook them faster
- d. To maintain vitamins
- e. Other...

10. In the video which oil is it used to make mayonnaise ?

- a. Linseed oil
- b. Sunflower seeds oil
- c. Olive oil
- d. Pumpkin seeds oil
- e. Other...

Quiz Green pepper Seitan



Nutritional facts knowledge:

1. What is the major nutritional fact of the seitan ?
 - a. lipids.
 - b. carbohydrates
 - c. proteins*
 - d. vitamins
2. Olive Oil is characterised by?
 - a. A high quantity of proteins
 - b. A good balance of monounsaturated fat acids and saturated fat acids*
 - c. A high level of vitamins
3. What type of fats are there in the soya cream ?
 - a. Saturated
 - b. Monounsaturated*
 - c. animal

Knowledge of the products :

4. Which is seitan main ingredient ?
 - a. water
 - b. gluten*
 - c. salt



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5. Why you can say this recipe is VEGAN ?
- a. Because olive oil is there
 - b. Because it is reach with proteins
 - c. Because no animal products are there at all*
 - d. Because it is reach in Omega6
6. This recipe is not good for a precise type of people, which one ?
- a. vegetarian
 - b. celiac*
 - c. vegan
 - d. dairy products
 - e. see food allergic
7. What does « seitan » mean?
- a. steak
 - b. vegetable
 - c. cheese
 - d. vitamin
 - e. protein*
8. In the recipe you can find a spice, which one ?
- a. Tumeric
 - b. cinnamon
 - c. pepper*
 - d. cumin
 - e. other...

Cooking techniques:

9. In the video the chef speaks about « chopping » the seitan. What type of activity is it ?
- a. Beat it vigorously
 - b. Leave it in the fridge before cooking it
 - c. Cut it in small pieces
 - d. Cut it in regular pieces*
 - e. other...
10. In the video the chef speaks about « flambé » the seitan. What does it mean ?
- a. fix the cooking.
 - b. To make the seitan brown in each side
 - c. Make the seitan softer
 - d. Set fire to the brandy to evaporate the alcohol*
 - e. other...

QUIZ FOR CHIA SPAWN SALAD

QUESTION 1 – CHIA ARE NATIVE FROM...?

ANSWER –

- a) UNATED STATES OF AMERICA
- b) MEXICO AND GUATEMALA *
- c) UNITED KINGDOM
- d) INDIA

QUESTION 2 – CHIA IS A RENOWNED SOURCE OF...?

ANSWER –

- a) DIETARY FIBERS
- b) OMEGA-3 FATTY ACIDS
- c) MINERALS (Ca, Fe, Mg, Mn, Zn)
- d) VITAMINES (B1, B3)
- e) ALL OF THE ABOVE *

QUESTION 3 – HOW MUCH WATER ABSORB CHIA SEEDS WHEN SOAKED?

ANSWER –

- a) 3-4 TIMES THEIR WEIGHT
- b) 5-6 TIMES THEIR WEIGHT
- c) 7-8 TIMES THEIR WEIGHT
- d) 9-10 TIMES THEIR WEIGHT
- e) 11-12 TIMES THEIR WEIGHT *
- f) 13-14 TIMES THEIR WEIGHT



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QUESTION 4 – WHAT USUAL RECIPES INGREDIENTS CAN REPLACE CHIA SEEDS, KEEPING THEIR ALIKE PROPERTIES?

ANSWER –

- a) SUGAR
- b) MILK
- c) EGGS *
- d) SALT

QUESTION 5 – HOW ARE THE CHIA SEEDS PROCESSED DURING THE CHIA SPAWN SALAD PREPARATION?

ANSWER –

- a) BOILING
- b) COOKING
- c) STEEMING
- d) SOAKING *
- e) GRINDING

QUIZ FOR CHICKPEAS PATTIES

QUESTION 1 – CHICKPEAS ARE CLASSIFIED AS?

ANSWER –

- a) PULSES
- b) LEGUMES
- c) PEAS
- d) ALL OF THE ABOVE *

QUESTION 2 – BOTANICALLY, WHAT ARE ZUCCHINIS?

ANSWER –

- a) LEGUMES
- b) VEGETABLES
- c) FRUITS *

QUESTION 3 – CARROTS ARE GOOD FOR OUR EYESIGHT BECAUSE IT CONTAINS?

ANSWER –

- a) VITAMINE A
- b) FIBRE
- c) β -CAROTENE *
- d) ALL OF THE ABOVE

QUESTION 4 – WHY DOES THE CHEF SOAK THE CHICKPEAS IN WATER?

ANSWER –

- a) TO GERMINATE
- b) TO SOFTEN *

- c) TO CHANGE THE FLAVOUR
- d) TO INCREASE THE SIZE

QUESTION 5 - WHY THE SAUCE RECIPE USES LEMON?

ANSWER –

- a) FOR FLAVOR
- b) TO MAKE THE SAUCE MORE LIQUID
- c) FOR CONSERVATION
- d) TO GIVE A SOUR TASTE *
- e) ALL OF THE ABOVE

QUIZ FOR RICE PAPER ROLLS

QUESTION 1 – PEANUTS ARE CLASSED AS?

ANSWER –

- a) PULSES
- b) LEGUMES *
- c) PEAS

QUESTION 2 – ROOT GINGER HAS BEEN PROVEN TO BE EFFECTIVE IN KILLING?

ANSWER –

- a) BACTERIA.
- b) CANCER CELLS. *

QUESTION 3- CUCUMBER IS GOOD FOR OUR DIGESTIVE SYSTEM BECAUSE IT CONTAINS?

ANSWER –

- a) WATER
- b) FIBRE
- c) ANTI- INFLAMMATORY
- d) ALL OF THE ABOVE *

QUESTION 4 – WHY DOES THE CHEF SOAK THE RICE PAPER IN WATER?



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ANSWER –

- a) TO MAKE PLIABLE /SOFTEN *
- b) TO CHANGE THE FLAVOUR
- c) TO INCREASE THE SIZE.

QUESTION 5- WHAT TYPE OF LETTUCE IS THE CHEF USING ?

ANSWER –

- a) ICEBERG
- b) LOLOROSSO
- c) BABY GEM *

Question 6 – IDENTIFY THE FOLLOWING INGREDIENTS? (PICTURES TO BE INSERTED FROM VIDEO TO CREATE DRAG AND DROP)

- a) VERMICELLI NOODLES
- b) ROOT GINGER
- c) RICE PAPER WRAPPERS
- d) CUCUMBER

QUESTION 7 – WHAT HERBS DOES THE CHEF USE IN THE MAKING OF THE ROLLS?

- a) CORIANDER *
- b) ROSEMARY *
- c) DILL
- d) TARRAGON

QUESTION 8 – VERMICELLI NOODLES ARE MADE FROM?

- a) RICE FLOUR *
- b) EGGS
- c) PLAIN FLOUR
- d) CORN FLOUR



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QUESTION 9 – THE CARROT, SPRING ONION AND CUCUMBER ARE COMBINED WITH SWEET CHILLI AND HOI SIN SAUCE TO MAKE?

- a) DIPPING SAUCE
- b) ASIAN SALAD *



QUIZ FOR CURRY

QUESTION 1 – THE REASON WE WASH THE VEGETABLES IS ?

ANSWER –

- a) TO REMOVE ANY BACTERIA THAT MAY BE PRESENT. *
- b) TO MAKE THE VEGETABLES ATTRACTIVE
- c) TO IMPROVE THE FLAVOUR

QUESTION 2 – THE TERM LIQUIDISE MEANS?

ANSWER –

- a) TO COOK A FOOD PRODUCT.
- b) TO STRAIN A FOOD PRODUCT.
- c) TO MAKE A SOLID FOOD INTO A LIQUID OR PUREE *

QUESTION 3– TOFU IS DERIVED FROM?

ANSWER –

- a) COWS MILK
- b) SHEEPS MILK
- c) SOY BEANS *
- d) COCONUT

QUESTION 4 – SWEET POTATOES ARE A GOOD SOURCE OF?

ANSWER –

- a) VITAMIN E



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b) VITAMIN C *

c) FAT

QUESTION 5- THE TERM TO SIMMER MEANS ?

ANSWER –

a) TO COOK JUST BELOW BOILING POINT. *

b) TO COOK JUST ABOVE BOILING POINT

c) TO GRILL UNDER A STRONG HEAT

Question 6 – IDENTIFY THE FOLLOWING INGREDIENTS? (PICTURES TO BE INSERTED FROM VIDEO TO CREATE DRAG AND DROP)

a) BUTTERNUT SQUASH

b) SWEET POTATO

c) LEMON GRASS

d) GARLIC

e) GINGER

f) TOFU

g) SPINACH

QUESTION 7 – HOW DOES THE CHEF PREPARE THE GARLIC?

a) GRATES THE GARLIC

b) MAKES THE GARLIC INTO A PASTE *

c) SLICES THE GARLIC

QUESTION 8 - SPINACH HAS A HIGH NUTRITIONAL VALUE AND IS FULL OF?

a) CALORIES

b) STARCH

c) ANTIOXIDANTS *

d) CARROTEEN

QUESTION 9 – TOFU IS A GOOD SOURCE OF?

a) AMINO ACIDS



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- b) PROTEIN
- c) BOTH OF THE ABOVE *





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Spicy artichokes with mushrooms

About nutrition

- 1. The artichoke is well known for its nutritional qualities. It helps our body to fight against diabetes and cholesterol thanks to its anti oxidants.**
 - a. True.
 - b. False
- 2. The mixture composed of cereals and legumes used in this recipe mainly contains starchy foods and**
 - a. lipids.
 - b. protéins.
 - c. othe.



- 3. In the video, what does the cook say concerning the nutritional value of oyster mushrooms ? This food contains a lot of :**
 - a. carbohydrates.
 - b. Lipids.
 - c. Protéins.
 - d. Other.

About food

- 4. What is the wild plant which is at the origin of the artichoke ?**
 - a. The dandelions.
 - b. The thistle.
 - c. other.
- 5. Which type of artichoke is used in the recipe ??**
 - a. The Camus.
 - b. The purple.
 - c. The green artichoke from Italy.





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- d. The « sakis » from Turkey.
- e. Autre.

6. Find out the legume used in the recipe :

- a. Oyster mushroom.
- b. Artichoke.
- c. Lentils.
- d. Whole wheat.
- e. Tomato.
- f. Onion.
- g. garlic.
- h. Basil.

7. There are more than fifty species of oyster mushrooms. This food is :

- a. Cucurbit.
- b. mushroom.
- c. cereals.
- d. Fruit.
- e. Other.

About the culinary techniques

8. In the video, which word is used to cut the artichokes ?

- a. Mince.
- b. Turn.
- c. slice.
- d. other.



9. Why does the cook put some lemon juice onto the artichokes when they are cut ?

- a. To make them tastier.
- b. To avoid or limit oxidation.
- c. To make them soften.
- d. Other.



10. In the video, the cook implement several types of cooking. Match the food used and its type of cooking.

Poach	A	C	Spring onion.
Stir fry	B	A	Céréals / légumes.
Glaze	C	B	Oyster mushroom.

QUIZ FOR TOMATO AND OLIVE SALAD

QUESTION 1 – WHEN USING A KNIFE TO MASH THE INGREDIENTS FOR THE DRESSING, WHAT ELSE COULD BE USED ACCORDING TO THE CHEF?

ANSWER –

- a) PESTLE AND MORTAR *
- b) BLENDER
- c) MASHER

QUESTION 2 – TOMATO CONCASSE IS?

ANSWER –

- a) TOMATOES THAT HAVE BEEN SKINNED
- b) TOMATOES THAT HAVE BEEN DESEEDED
- c) TOMATOES THAT HAVE BEEN SKINNED, DESEEDED AND CHOPPED *

QUESTION 3– HOW DOES THE CHEF SUGGEST TO BLANCH ALMONDS?

ANSWER –

- a) DEEP FRY
- b) COVER WITH BOILING WATER FOR A FEW SECONDS THEN SQUEEZE OFF THE SKIN *
- c) BOIL FOR 10 MINUTES

QUESTION 4 – WHAT HERBS ARE USED IN THE DRESSING?

ANSWER –

- a) CORIANDER AND DILL
- b) ROSEMARY AND PARSLEY
- c) PARSLEY AND MINT *

QUESTION 5- WHAT TYPE OF OIL DOES THE CHEF USE FOR THE DRESSING ?

ANSWER –

- a) SESAME OIL
- b) SUNFLOWER OIL
- c) OLIVE OIL *

Question 6 – WHAT SPICE DOES THE CHEF USE IN THE SALAD?

- a) CUMIN *
- b) CORIANDER
- c) TURMERIC
- d) CINAMMON

QUESTION 7 – WHAT VARIETIES OF TOMATO DOES THE CHEF USE?

- a) PLUM *
- b) BEEF
- c) VINE *
- d) CHERRY *

QUESTION 8 – THE CHEF FINISHES THE SALAD WITH?

- a) SHERRY GLAZE
- b) WHITE WINE GLAZE
- c) BALSAMIC GLAZE *