

How do I process herbs & spices?

Grinding



Seasoning



Boiling



Reducing



Julienne



These are in addition to previously taught methods: Dicing, Kneading, Rolling, Baking, Weighing/Measuring, Mashing, Peeling, Grating, Drilling, Frying, Whisking and Folding

Herb

Spice



Leaf



Fruit, Berry, or Flower



Bark



Seed



Root

Glossary:

- Fairtrade – trade between companies in developed countries and producers in developing countries in which fair prices are paid to the producers.
- Seasonality – Different foods grow better at different times of the year. Know that eating foods that are local and in season is better for everyone.
- Aesthetics – The concept of making something visually appealing.
- Serving – The amount of recommended food for a person to consume
- Portion Size – The amount of food that a person chooses to eat (which may be more or less than a portion).
- Reducing – Heating a sauce so that the volume is reduced through rapid evaporation.

Sticky Knowledge:

- Know the name for different cooking methods.
- Know the correlation between seasonality, location and cost of foods.
- Know food can travel far and this impacts the cost/climate.
- Know what Fairtrade is.
- Know the names of at least 8 herbs and spices and their effect upon a dish.



SDG
LINK

2 NO HUNGER



9 INDUSTRY, INNOVATION AND INFRASTRUCTURE



12 RESPONSIBLE CONSUMPTION

