



Answers Koppert Cress Educare book Section 6 – Class exercise

Pages 24–27: Notes for the lecturer to go through with the learners.

6.1 Describing and explaining your dishes.

1. **Banana and Limon Cress smoothie**
Sweet with velvety and creamy textures, citrusy notes.
2. **Garlic and goats cheese souffle with Tahoon® Cress**
Savory umami with garlicky notes. A mild but lasting aftertaste.
3. **Smoked duck with cooked lentils and Shiso Purple**
Smokey with a hint of earthy aroma and cumin (coming from the Shiso Purple).
4. **Vanilla and hazelnut crème brulee**
Creamy, sweet, delectable with a nutty edge.
5. **Strawberries with red wine syrup and Apple Blossom**
Both sweet yet sour with a slightly bitter wine flavour.
6. **Borage Cress, Scarlet Cress and cucumber salad**
Fishy with a herbal oniony salty flavour.

6.2 Describe the aroma of these living ingredients using the correct vocabulary.

1. **Jasmine Blossom** – Fresh, floral and sweet. Highly aromatic with a hint of jasmine.
2. **Paztizz Tops®** – Aniseedy, with a strong but sweet smell.
3. **Aclla Cress®** – Fresh and minty with citrus notes.
4. **Limon Cress** – A delicious lemon verbena scent with the taste of lime.
5. **Shiso Green** – A minty aniseed scent.
6. **Atsina® Cress** – A sweet aniseed and liquorice scent with fennel notes.

6.3 Why you should consume microgreens on a daily basis.

1. Microgreens are packed with flavour and aroma, and make a great addition to food, particularly when paired correctly with an ingredient.
2. Microgreens lend themselves to different forms of flavour extraction – they work well with direct heat, dehydration, freezing, in emulsions and through osmosis, all combining to give ingredients an added boost of flavour.
3. Microgreens are proportionately high in vitamins – they contain a high level of Vitamin C and are loaded with beta carotene. They are also a good source of Vitamins E and Vitamins K.
4. Microgreens have a higher level of nutrients than mature equivalents – 30 g of BroccoCress® contains more than 50 times more solforaphane than a head of broccoli.
5. Sprouts have 100 more enzymes than a mature piece of raw fruit or vegetable. Enzymes are special types of proteins that act as catalysts for all your body's functions, including digestion, making sprouts a great boost for digestion and also fighting off infection.

Note to lecturer! Maybe a refreshment break.



6.4 'Foodpairing' using Koppert Cress products.

Lecturer to bring learners to the front of the class and prepare the presentation screen for a video: [How to create a pairing with Foodpairing](https://inspire.foodpairing.com/). Learners are to go back to their desks and to log onto the Foodpairing website portal <https://inspire.foodpairing.com/> and register for free, this giving the learners direct access and inspiration to numerous recipe combinations.

6.5 Sprout or microgreens?

A sprout is a seed which has been germinated, releasing many more nutrients than would be available in its seed form. A microgreen is the first growth from that germinated seed, giving its own benefits over a fully grown mature plant.

6.6 Define 3 cooking techniques on any one ingredient.

1. **Cauliflower** – Frying, poaching and baking/roasting
2. **Fish** – Steaming, stir-frying and papillotte
3. **Beef** – Sous vide, pot roast and grilled

6.7 Create a healthy juice or smoothie and explain.

1. Explain your choice of ingredients.
2. Describe the taste and aroma of your creation.
3. Explain the nutritional benefits.

■ **Smoothie** – Banana, milk, yoghurt, sugar or Limon Cress

A smooth and delicious smoothie with hint of limon, a citrus note and hint of sweetness.

■ **Juice** – Cucumber, kiwi, BroccoCress®, Wheat Grass or ginger

A refreshing green juice, full of vitamins with a fiery kick of ginger; very good for digestion.