

KOPPERT CRESS
Architecture Aromatique

COURSE CONTENT
FOR KOPPERT CRESS
EDUCATIONAL PROGRAMME –
UNIT 2



Table of contents

Unit 2 – Foodpairing

Course setup	17
Course content	18
Additional information	18
Ingredients for lecturer to order	18



Unit 2 – Foodpairing

Entry level	Level 3 and above
Guided Learning Hours	5 hours kitchen
AIM	To understand the importance of food pairing and how it works. To be able to pair the Koppert Cress living ingredients with food and identify how to use them as seasoning in dishes, or how to use them to transform the flavour profile of a dish.
Learning outcome	The learner will: <ol style="list-style-type: none">1. Be able to describe and explain what food pairing is – using descriptive terms.2. Be able to describe how you can use different cooking techniques to give different results – direct heat, dehydration, freezing, emulsion and osmosis.
Assessment criteria	The learner can: <ol style="list-style-type: none">1. Create small tasting dishes within an allotted time using the correct cooking techniques.2. Describe the taste and the differences between the Koppert Cress living ingredients and dishes, in a professional way.3. Describe the differing techniques and how to use them – direct heat, dehydration, freezing, emulsion and osmosis.

Course setup

In order to run Unit 2, please set up the following (on the assumption of 25 learners plus 1 lecturer per class, please adapt accordingly).

1. Prepare the pumpkin soup:
 - 800 g peeled and roughly chopped squash or pumpkin.
 - 200 g peeled and roughly chopped potato.
 - Place both into a medium saucepan and cover with 500 ml cold water – just enough to cover the vegetables by about one centimeter.
 - Bring to the boil, then reduce the heat and simmer for 10–12 minutes until tender.
 - Decant into a food blender and blitz until really smooth.
 - Chill until needed.
2. Print out the 'Foodpairing aroma connections' mat times 26 on A3 in colour (**Reference Additional information**) please download, print and lay out on the learner's work stations.
3. Print out the "tasting notes" times 26 on A4 in colour (**Reference Additional information**) please download, print, cut and layout on the learner's work stations.
4. Print out the 'Koppert Cress living ingredients tasting notes' times 26 on A4 in colour (**Reference Additional information**) and distribute.
5. Set out 26 drinking glasses/plastic cups with still water.
6. Lay out the Koppert Cress living ingredients, placing the relevant living ingredients on the correct picture on the 'Foodpairing aroma connections' mat. Please place one piece of each The Hippo Tops and Kikuna Leaves onto the 'Foodpairing aroma connections' mat. Remove the blue punnet and split the cress in half (one punnet

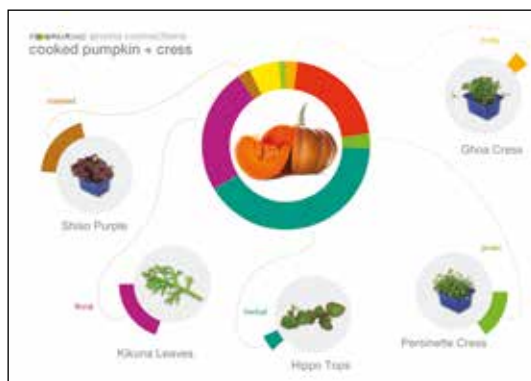


will serve two students). You will need about one punnet of cress per 6 students, but only one piece each of the Kikuna Leaves and Hippo Tops.

7. When ready to run Unit 2, reheat the soup and distribute evenly between 26 shot glasses, then cover in cling film and distribute, placing in the centre of the 'Foodpairing aroma connections' mat.

Course content

1. Foodpairing exercise – the soup has been made without any seasoning and we're aiming to change the flavour profile of the soup with the Koppert Cress living ingredients instead.
2. Taste the soup on its own first of all, then start with the Ghia Cress and go clockwise around the mat. Place the Ghia Cress into your mouth, take a sip of soup and then eat the two together. Discuss the effect and taste, using the relevant tasting notes.
3. Move onto the next Koppert Cress living ingredients and do the same – repeat all the way around the mat, discussing after each one.
4. Summarise with the thought that you don't need salt and pepper – you can season food naturally with healthy Koppert Cress living ingredients and achieve a similar taste to more traditional seasonings, but with a considerable health benefit.
5. Creating a food tasting menu – show how we can use the Koppert Cress living ingredients, using different cooking methods and naturally food pairing at the same time.
6. Learners need to work in pairs to create the dishes. Follow the attached recipes then discuss.



'Foodpairing aroma connections' mat.

Additional information

All the following information is available as downloads when prompted if clarity is needed please e-mail educare@koppertcress.com for immediate assistance:

1. Tasting notes.
1. 'Foodpairing aroma connections' mat please download and print.
2. Download all Unit 2 recipes (<https://bit.ly/educare-downloads>) for all cooking methods, five techniques: direct heat, dehydration, freezing, emulsion and osmosis.

Note: The pumpkin soup can be made in advance and frozen until needed, then defrosted and reheated as required.

Ingredients for lecturer to order

In order to run Unit 2, please order the following (on the assumption of 13 x 2 learners working together plus 1 lecturer per class, please adapt accordingly):

- Koppert Cress shopping list
- General orders shopping list

All support materials and videos are available via the special Koppert Cress EduCare webpage:

<https://bit.ly/educare-downloads>



Koppert Cress shopping list Unit 2

Please make sure your order is placed with educare@koppertcress.com.

- Stage 1: Open and save downloadable shopping list.
- Stage 2: E-mail this shopping list request to Koppert Cress, CC in your vegetable supplier notifying them of the samples request for educational training.
- Stage 3: Remembering sample requests take longer to prepare 2–3 days. Stating your preferred delivery day and date.

<input type="checkbox"/>	Shiso Green	1 box
<input type="checkbox"/>	Shiso Purple	1 box
<input type="checkbox"/>	Tahoon® Cress	1 box
<input type="checkbox"/>	Daikon Cress®	1 box
<input type="checkbox"/>	Sechuan Buttons®	2 cups
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____



General orders shopping list Unit 2

- ☐ 400 g Red beetroot
- ☐ 240 ml Grapeseed oil
- ☐ 200 ml Red wine
- ☐ 380 g Caster sugar
- ☐ 400 g Parsnip
- ☐ 425 g Tinned lychee in syrup
- ☐ ¼ Demi baguette
- ☐ 1 Egg yolk
- ☐ ½ tsp Cider vinegar
- ☐ ½ tsp Dijon mustard
- ☐ Pinch Sea salt
- ☐ Pinch White pepper
- ☐ 120 g Brined artichoke quarters
- ☐ 500 ml Cold water