



KOPPERT CRESS
Architecture Aromatique

COURSE CONTENT
FOR KOPPERT CRESS
EDUCATIONAL PROGRAMME –
UNIT 3



Table of contents

Unit 3 – Practical application of producing dishes

Course setup	23
Course content	23
Additional information	24
Ingredients for lecturer to order	24



Unit 3 – Practical application of producing dishes

Entry level	Level 3 and above
Guided Learning Hours	6 hours kitchen
AIM	To be able execute the pairing of 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	<p>The learner will:</p> <ol style="list-style-type: none">1. Be able to show an understanding of how the Koppert Cress living ingredients work in conjunction with food.2. Be able to demonstrate how to extract the flavour from the Koppert Cress living ingredients through different cooking techniques.3. Have a greater understanding of the flavour profiles of a variety of Koppert Cress living ingredients.
Assessment criteria	<p>The learner can:</p> <ol style="list-style-type: none">1. Independently create a variety of small complex tasting dishes.2. Adhere to an allotted time scale to create all 10 dishes.3. Use the correct techniques for each dish.4. Present the dishes in a pleasing manner.5. Describe the taste and the differences between the Koppert Cress living ingredients and the dishes, in a professional way.

Course setup

1. **Three days in advance** – At least three days in advance order your Koppert Cress products.
2. **Two days in advance** – At least two days in advance (dependent on your particular ordering system) order all the other ingredients.
3. On the day peel and cut the pineapples into 14 wedges each. Soak the lentils in cold water and divide out all the ingredients between 13 stations (adjust if necessary) (25 learners and 1 lecturer; 1 learner and 1 lecturer working together from 1 station).

Course content

1. Learners need to work in pairs to create the following dishes.
2. Lecturer to discuss with the learners the order that the dishes should be prepared in – taking into account how long things take to prepare or need to chill/freeze/cook. There is an optimum order of cooking.
3. Follow the recipes then discuss.



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. Download the Unit 1 recipe:
 - Carpaccio of strawberries with parmesan, Rock Chives®, Basil Cress and Zallotti Blossom
2. Download the Unit 2 recipe:
 - Recipe 2 – Dehydration
 - Recipe 4 – Emulsion
3. Download all Unit 3 recipes (<https://bit.ly/educare-downloads>):
 - Salicornia Cress and grape salad
 - White fish ceviche with Oyster Leaves, Salty Fingers® and BlinQ Blossom®
 - Cauliflower Zaalouk with Ghoea Cress®, Honny® Cress and Limon Cress and Cornabria Blossom®
 - Smoked duck with puy lentils, Tahoon® Cress mayonnaise and Shiso Purple
 - Sour cherry and white chocolate ganache with Floregano® and Apple Blossom
 - Iles flottante with Atsina® Cress milkshake and Paztizz Tops®
 - Exotic fruit salad with Sechuan Buttons® sugar
 - Chargrilled pineapple with Yka Leaves® and Limon Cress
 - Dark chocolate crisps with orange, Acla Cress® and Shiso Green

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
- Equipment 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 3

Please make sure your order is placed with educare@koppertcress.com if anything is unclear 24 hour help is available via WhatsApp +447956976413.

- 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"/> Aolla Cress®	1 box
<input type="checkbox"/> Atsina® Cress	1 box
<input type="checkbox"/> Basil Cress	1 box
<input type="checkbox"/> Salicornia Cress	1 box
<input type="checkbox"/> Rock Chives®	1 box
<input type="checkbox"/> Oyster Leaves	1 punnet
<input type="checkbox"/> Salty Fingers®	1 punnet
<input type="checkbox"/> Ghoa Cress®	1 box
<input type="checkbox"/> Honny® Cress	1 box
<input type="checkbox"/> Limon Cress	2 boxes
<input type="checkbox"/> Tahoon® Cress	1 box
<input type="checkbox"/> Shiso Green	1 box
<input type="checkbox"/> Shiso Purple	1 box
<input type="checkbox"/> Apple Blossom	1 tray
<input type="checkbox"/> BlinQ Blossom®	2 trays
<input type="checkbox"/> Cornabria Blossom®	1 tray
<input type="checkbox"/> Paztizz Tops®	3 trays
<input type="checkbox"/> Yka Leaves®	2 trays
<input type="checkbox"/> Zallotti Blossom	4 trays
<input type="checkbox"/> Floregano®	2 cups
<input type="checkbox"/> Sechuan Buttons®	2 cups
<input type="checkbox"/> _____	_____



General orders shopping list Unit 3

- | | | | |
|---------------------------------|-------------------------------|---------------------------------|---------------------------------------|
| <input type="checkbox"/> 1.5 kg | Seedless white grapes | <input type="checkbox"/> 3 x | Slightly salted butter (250 g each) |
| <input type="checkbox"/> 1.5 kg | Seedless red grapes | <input type="checkbox"/> 3 kg | Natural yogurt |
| <input type="checkbox"/> 1.5 kg | Seedless black grapes | <input type="checkbox"/> 5.5 l | Milk |
| <input type="checkbox"/> 39 x | Passion fruits fresh | <input type="checkbox"/> 1.3 kg | Puy lentils |
| <input type="checkbox"/> 22 x | Limes | <input type="checkbox"/> 500 ml | Olive oil |
| <input type="checkbox"/> 22 x | Lemons | <input type="checkbox"/> 200 ml | Extra virgin olive oil |
| <input type="checkbox"/> 7 x | Oranges | <input type="checkbox"/> 2 tins | Pitted cherries in syrup (425 g each) |
| <input type="checkbox"/> 7 x | Pink grapefruit | <input type="checkbox"/> 2.6 kg | Good quality white chocolate |
| <input type="checkbox"/> 14 x | Pomegranates | <input type="checkbox"/> 2.6 kg | Dark chocolate minimum 70% |
| <input type="checkbox"/> 1.5 kg | Strawberries | <input type="checkbox"/> 3 x | Salted potato crisps (175 g bags) |
| <input type="checkbox"/> 5 x | Cauliflower (Medium) | <input type="checkbox"/> 3 x | Tomato passata (500 ml) |
| <input type="checkbox"/> 1.5 kg | Plum tomatoes | <input type="checkbox"/> 600 g | Icing sugar |
| <input type="checkbox"/> 14 x | White Onions (Medium) | <input type="checkbox"/> 3 kg | Caster sugar |
| <input type="checkbox"/> 4 x | Red onions (ceviche) (Large) | <input type="checkbox"/> 300 g | Bitter orange fine cut marmalade |
| <input type="checkbox"/> 3 x | Garlic (Bulbs) | <input type="checkbox"/> 1 x | Citric acid (Small packet) |
| <input type="checkbox"/> 26 x | Banana | <input type="checkbox"/> 1 x | Liquorice concentrate (Small bottle)* |
| <input type="checkbox"/> 14 x | Mango (ripe for eating) | <input type="checkbox"/> | Fine sea salt |
| <input type="checkbox"/> 3 x | Watermelon (Medium) | <input type="checkbox"/> | White ground pepper |
| <input type="checkbox"/> 14 x | Papaya (not too soft) | <input type="checkbox"/> | Cracked black pepper |
| <input type="checkbox"/> 4 x | Pineapple (Medium) | <input type="checkbox"/> | Turmeric |
| <input type="checkbox"/> 8 x | Smoked duck or chicken breast | <input type="checkbox"/> | Ras el hanout |
| <input type="checkbox"/> 1.5 kg | Monkfish fillet | | |
| <input type="checkbox"/> 26 x | Medium eggs | | |
| <input type="checkbox"/> 500 g | Mature parmesan (aged) | | |
| <input type="checkbox"/> 600 ml | Double cream | | |

* Available at: http://www.france-export-fv.com/epages/6449c484-4b17-11e1-a012-000d609a287c.sf/en_GB/?ObjectPath=/Shops/6449c484-4b17-11e1-a012-000d609a287c/Products/%22C%2050018511%22 or https://www.amazon.co.uk/Flavour-Factory-Liquorice-Strong-Concentrates/dp/B01M1SH79L/ref=sr_1_1_s_it?s=grocery&ie=UTF8&qid=1512725779&sr=1-1&keywords=liquorice+concentrate



Equipment list Unit 3

Equipment needed per station for 2 learners.

- ☐ 2 x Chopping boards
- ☐ 2 x Mixing bowls
- ☐ 2 x Medium saucepans
- ☐ 1 x Small saucepan
- ☐ 1 x Frying pan
- ☐ 1 x Griddle pan
- ☐ 2 x Disposable piping bags
- ☐ 2 x Spoons for quenelling
- ☐ 1 x Whisk
- ☐ 1 x Spatula
- ☐ 1 x Speedy peeler
- ☐ 1 x Microplane grater
- ☐ 1 x Scissors
- ☐ 1 x Baking parchment
- ☐ 1 x Aluminum foil
- ☐ 1 x Cling film
- ☐ 1 x Kitchen paper/blue roll
- ☐ 1 x Thermomix/Robot Coupe
- ☐ Plus general kitchen utensils and knives