



KOPPERT CRESS
Architecture Aromatique

COURSE CONTENT
FOR KOPPERT CRESS
EDUCATIONAL PROGRAMME –
UNIT 5



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Unit 5 – Advanced skills and techniques in preparing dishes plus Final Assessment

Entry level	Level 3 and above
Guided Learning Hours	4 hours kitchen
AIM	<p>The aim is to apply all the knowledge learnt in the previous units to create five bite size dishes. They can be amuse bouche, starter, savoury, main or sweet, but they need to include the Koppert Cress living ingredients as a main component in each of the dishes, not just as the garnish.</p> <p>They need to show a complete understanding of the living ingredients, how to use them and how to pair them with other foods successfully.</p>
Learning outcome	<p>The learner will:</p> <ol style="list-style-type: none">1. Be able to demonstrate the understanding of flavours and aromas.2. Be able to differentiate between a microgreen, a cress and a specialty, all Koppert Cress living ingredients.3. Be able to show correct use of all the living ingredients.4. Be able to correctly match the living ingredients with other foods from a taste and texture point of view.
Assessment criteria	<p>The learner can:</p> <ol style="list-style-type: none">1. Work methodically to produce the dishes within the given time frame, ensuring that at all times, the work area is clean and tidy.2. Be able to demonstrate understanding of the flavours and aromas.3. Be able to differentiate between and show correct use of all the living ingredients.4. Be able to correctly match the living ingredients with other foods from a taste and texture point of view.5. Be able to show good knowledge of the techniques needed to produce the dishes.6. Present the dishes in a professional culinary 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 divide out all the ingredients between 25 stations (plus 1 for the lecturer if needed) – for Unit 5, learners must work independently and choose their ingredients from a **Market Style Display**. They may still work on the same station and share equipment, and ideally produce. Explain the concept of a **'Black Box'** style to create five bite size dishes enclosed is a visual where Koppert Cress is used as a syrup, sugar, emulsion, powder; vinegar, dried, pulp, osmosis or infusion.



Course content

- Learners need to work independently to create five bite size dishes. They can be amuse bouche, starter, savoury, main or sweet, but they need to include the Koppert Cress living ingredients as a main component in each of the dishes, not just as a garnish.
- Lecturer will display the fruit and vegetable produce as a **Market Style Display** along with the Koppert Cress microgreens, cresses, blossoms and specialties.
- Learners will be assessed at the end of the session by a representative of Koppert Cress along with the lecturer:

Note: Wastage of food is not acceptable and therefore extra care should be taken to eliminate any food waste.

Additional information

For the Final Assessment (Unit 5) a representative of Koppert Cress must be present please email educare@koppertcress.com to arrange.

Final notes and completion: Once the Final Assessment has been made, the Koppert Cress representative will make notes and give constructive feedback and comments to learners, should this satisfy the Koppert Cress representative, the learners will be presented with a signed **Koppert Cress Certificate of Achievement**.

Wastage of food is not acceptable and therefore extra care should be taken to eliminate any food waste.

Ingredients for lecturer to order

In order to run Unit 5, please order the following (on the assumption of 25 learners 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>

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



Koppert Cress shopping list Unit 5

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"/> Shiso Mixed	2 boxes
<input type="checkbox"/> Sakura Mix	2 boxes
<input type="checkbox"/> Dulce Mix	2 boxes
<input type="checkbox"/> WhatZnew Mix	2 boxes
<input type="checkbox"/> Basil Cress	1 box
<input type="checkbox"/> Motti Cress	1 box
<input type="checkbox"/> Melissa Cress	1 box
<input type="checkbox"/> Zorri Cress	1 box
<input type="checkbox"/> Borage Cress	1 box
<input type="checkbox"/> Shiso Purple	1 box
<input type="checkbox"/> Sechuan Buttons®	2 cups
<input type="checkbox"/> Cardamom Leaves	2 trays
<input type="checkbox"/> Oyster Leaves	2 trays
<input type="checkbox"/> BlinQ Blossom®	2 cups
<input type="checkbox"/> Apple Blossom	4 trays
<input type="checkbox"/> Kaffir Lime Leaves	4 trays
<input type="checkbox"/> Yka Leaves®	4 trays
<input type="checkbox"/> Salty Fingers®	4 trays
<input type="checkbox"/> Gangnam Tops	4 trays
<input type="checkbox"/> Citra Leaves®	4 trays
<input type="checkbox"/> _____	_____



General orders shopping list Unit 5

- | | | | |
|---------------------------------|--|---------------------------------|----------------|
| <input type="checkbox"/> 20 x | Apples mixed | <input type="checkbox"/> 1.5 kg | Goat's cheese |
| <input type="checkbox"/> 13 x | Oranges | <input type="checkbox"/> 2.6 kg | Puff pastry |
| <input type="checkbox"/> 20 x | Lemons | <input type="checkbox"/> 78 x | Eggs |
| <input type="checkbox"/> 20 x | Limes | <input type="checkbox"/> 8 x | Tofu (packets) |
| <input type="checkbox"/> 4 kg | Heritage carrots | | |
| <input type="checkbox"/> 3 kg | Heirloom tomatoes varieties | | |
| <input type="checkbox"/> 20 x | Mixed peppers | | |
| <input type="checkbox"/> 12 x | Onions (medium) | | |
| <input type="checkbox"/> 3 kg | Banana shallots | | |
| <input type="checkbox"/> 5 kg | Mixed baby potatoes | | |
| <input type="checkbox"/> 5.2 kg | Frozen peas | | |
| <input type="checkbox"/> 5.2 kg | Heritage bunched beetroot | | |
| <input type="checkbox"/> 10 x | Kohl-Rabi | | |
| <input type="checkbox"/> 200 g | Fresh ginger | | |
| <input type="checkbox"/> 10 x | Whole garlic bulbs | | |
| <input type="checkbox"/> 5 x | Celeriac's ¼ cut and wrapped in cling film | | |
| <input type="checkbox"/> 4 kg | Baby fennel | | |
| <input type="checkbox"/> 20 x | Boneless skinless chicken | | |
| <input type="checkbox"/> 2.6 kg | Fresh sustainable white fish | | |
| <input type="checkbox"/> 10 x | Unsalted butter (250 g each) | | |
| <input type="checkbox"/> 5 l | Double cream | | |
| <input type="checkbox"/> 5 kg | Natural yoghurt | | |

From the larder in the college, whatever is available.



Equipment list Unit 5

Equipment needed per station for 2 learners.

- ☐ 2 x Chopping boards
- ☐ 2 x Mixing bowls
- ☐ 2 x Medium saucepans
- ☐ 2 x Small saucepans
- ☐ 1 x Frying pan
- ☐ 1 x Griddle pan
- ☐ 2 x Spoons for quenelling
- ☐ 2 x Whisk
- ☐ 2 x Spatula
- ☐ 1 x Speedy peeler
- ☐ 1 x Scissors
- ☐ 1 x Baking parchment
- ☐ 1 x Aluminium foil
- ☐ 1 x Cling film
- ☐ 1 x Kitchen paper/blue roll
- ☐ 1 x Thermomix/Robot coupe
- ☐ Some disposable piping bags
- ☐ General kitchen utensils and knives