

Create a Buddha Bowl.

Describe, in detail, what a Buddha Bowl is. Think about where did it originate, why is it named such, what it includes....

### Knife skills

This practical will recap and require you to demonstrate some of the knife techniques you learnt at the beginning of the year. Describe them here:

Brunoise:

Julienne:

Paysanne:

Macedoine:

Jardiniere:

Chiffonade:

### What must be included in a Buddha Bowl?

- A minimum of 4 different kinds of vegetables/fruits
- A starch such as sweet potato; brown rice, quinoa
- A vegetarian source of protein – chickpeas, nuts, seeds, tofu
- A dressing or sauce (from scratch, not out of a jar)
- Stunning and creative presentation

State here what is the difference between a Buddha Bowl, a Nourish Bowl and a Poké Bowl?

**Your task is to create your own Buddha Bowl and make it. You must photograph each stage, in particular your knife skills, and you must be in some of the photos to authenticate the work. I am looking for skills and presentation. Complete the next page with a time plan and requisition list. Attach photos of the practical to the third slide and answer the questions on the final slide.**

Create a Buddha Bowl.

Ingredients Required:

Equipment Required:

Time	Action	Food Safety, Contingencies, Special Points,

Continue on another slide if necessary.

## Create a Buddha Bowl

Story board your photos of making the Buddha Bowl here. Add captions to explain what you are doing. Remember to have some photos with you in them (action shots) to authenticate your work.

# Create a Buddha Bowl

Name of Dish:		
Insert a photo of the finished dish here	Briefly describe the dish here. Highlight key ingredients / selling points like it would be worded on a menu:	
<b>Textures:</b> Describe the textures of the dish here	<b>Flavours:</b> Describe the flavours of the dish here	<b>Aromas:</b> Describe the aromas (smells) of the dish here
<b>Colours:</b> Describe the colours of the dish here	<b>Cooking methods:</b> List the cooking methods here	<b>Skills involved:</b> List the skills involved here
<b>Presentation:</b> Describe how you have presented this dish to make it look appealing		
<b>Food safety:</b> Describe any potential food hazards with this dish and what control methods you used to maintain food safety.		
<b>Allergens:</b> List any allergens that are in this dish (from the 14 recognised allergens) and state whether or not the dish could be prepared without them.		
<b>Alterations for special diets:</b> Describe what changes you could make to this dish to make it suitable for people with specific dietary requirements. Use the boxes to the right to help you.		
<b>Nutrition:</b> Describe the key nutrients in this dish and who the dish may benefit the most.		

Dietary needs:	Yes	No
Vegetarian		
Vegan		
Pescatarian		
Gluten intolerant		
Lactose intolerant		
Low sugar/diabetic		
High Fibre/ NSP		
Nut allergies		
Low salt		
Low fat		
Clientele	Yes	No
Elderly		
Children		
Teenagers		
Pregnant women		