

Investigation practical

Using 25grms rice or pasta make a cold salad as an experiment with flavours.

<u>While cooking</u>	<u>After cooking</u>
Use one of these	Use 2 -3 of these
chilli powder	peppers cucumber onion
curry powder	tomatoes sweetcorn mushrooms
Oxo cubes	tuna cooked chicken fruit
- beef	cooked bacon raisins parsley
- chicken	boiled egg avocado
- vegetable	prawns smoked salmon
- Italian	radishes croutons basil
- Pilau rice	lettuce peas green beans
- fish	cheese kidney beans carrot
- Chinese	chilli olives red kidney beans
ginger	chick peas salmon
turmeric	pineapple shredded cabbage
coriander	lentils coriander tofu
cumin	Quorn sun dried tomatoes
nutmeg, etc	sausages Peperami, etc
more can be added to these lists, but no nuts nor sauces.	