

Culinary Skills Checklist

What can you do? Check all of the culinary skills that you already have.

I know how to:

Preparation

- ☐ Read a standardized recipe
- ☐ Mise en place ingredients and tools
- Knife skills:
 - ☐ Safely cut food
 - ☐ Dice and mince food

Safety and Sanitation

- ☐ Follow the steps to washing hands correctly
- ☐ Use a three compartment sink
- ☐ Clean and sanitize counters and tables
- ☐ Follow the HACCP basics
- ☐ Receive and store food correctly
- ☐ Use a fire extinguisher

Measuring

- ☐ Use a balance scale
- ☐ Weigh ingredients
- ☐ Measure volume
- ☐ Use the metric system
- Determine the conversion factor for:
 - ☐ Ingredients
 - ☐ Portion size

Foodservice

- ☐ identify the kitchen brigade system
- ☐ identify different types of restaurants

Appliances

- ☐ Use a convection oven safely
- ☐ Use a griddle
- ☐ Use a bench mixer
- ☐ Use a tilting skillet
- ☐ Use a salamander
- ☐ Clean and maintain appliance

Culinary Terms

Identify definitions of:

- ☐ Blanching
- ☐ Boiling
- ☐ Braising
- ☐ Poaching
- ☐ Roasting
- ☐ Sautéing
- ☐ Searing
- ☐ Stewing

Baking and cooking techniques

- ☐ Cook using dry cooking techniques
- ☐ Cook using moist cooking techniques
- ☐ Use herbs and spices
- ☐ Cook eggs six different ways
- ☐ Make scrambled eggs
- ☐ Prepare pasta
- ☐ Half or double a recipe

Menu Planning

- ☐ Plan a menu
- ☐ Calculate food costs
- ☐ Set a Russian service table setting
- ☐ Fold various napkins for service

Anything else?

Kitchen Skills Checklist

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A red circular graphic with a gradient, appearing as a stylized arrow or a decorative element, located to the right of the name bar.

Kitchen Skills Checklist:

Unveiling the Magic of Words: A Report on "**Kitchen Skills Checklist**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Kitchen Skills Checklist**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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