

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?
