

COOKING SKILLS CHECK-LIST

What can you do? Check the skills that you already have and get ready to explore and enjoy the wonder of food and the delicious results!

Getting Ready

- Read the Recipe Thoroughly
- Ingredients Available
- Equipment Available
- Follow Directions

Clean-Up

- Food Safety
- Clean-up

Measuring Basics

- Kitchen Measurements
 - Teaspoons
 - Tablespoons
 - Cups
 - Scales, U.S./English/Metric
- Dry Ingredients
- Liquid Ingredients
- Brown Sugar
- Shortening and Butter

Food Package Label

- Net Weight
- Food Label
- Ingredient Label

Mixing Methods

- Muffin Method
- Biscuit Method
- Drop Cookie Method
- Rolled Cookie Method
- Shaped Cookie Method
- Cake Method
- Rapid Mix Yeast Dough Method
- Straight Dough Method
- Cool-Rise Method

Techniques/Terms

- Shelling an egg
- Separating an egg
- Sift, blend/whisk
- Creaming
- Cut-in
- Kneading
- Ferment, raise, rest, punch
- Fold-in
- Peeling
- Slice; dice; grate
- Roll out
- Divide dough
- Simmer
- Boiling

Equipment

- Oven Use
- Microwave Use
- Small Appliances
 - Hand Mixer
 - Stand Mixer
 - Food Processor
 - Bread Machine
 - Griddle, skillet, waffle iron

Foods & Nutrition Resources

Meal Planning

- Menus
- Setting a Table
- Dining Etiquette

Other: _____