

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

G Thomas

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

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