

Food skills and cooking techniques

There are a number of food skills and cooking techniques which are required to prepare, cook and serve a range of dishes.

Get Ready

Before cooking, prepare yourself and your work area, so you can start work in a safe and hygienic way.



Tie back long hair, wear an apron, remove jewellery and roll up sleeves.



Wash your hands!

Weigh and Measure

Weigh and measure ingredients accurately using a range of different utensils, such as weighing scales, measuring jugs and spoons.



Measure



Weigh

Prepare Ingredients

Prepare ingredients using a range of different food skills. You can adapt a preparation method to create your own recipe.



Mix, using a piece of equipment safely

Chop, holding the knife safely

Peel, using a vegetable peeler

Grate, being careful not to grate knuckles

Cut, using the bridge hold

Trim, using the claw grip

Cook

Different cooking methods are suitable for different foods. When cooking a dish, you may wish to experiment by combining different flavours and cooking methods.



Season and combine different ingredients



Roast



Microwave



Steam



Boil



Stir-fry



Grill



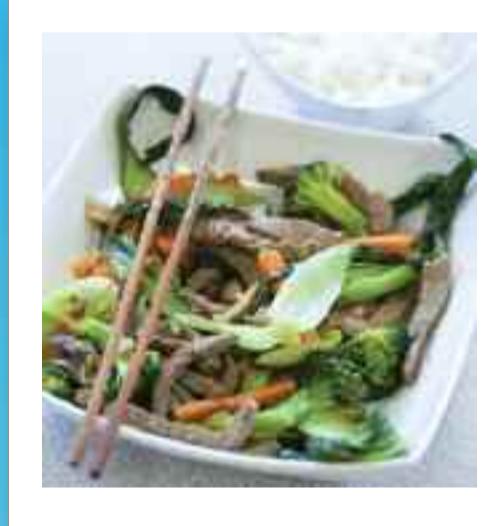
Bake



Casserole

Serve

Serve the dish in a visually appealing way, with side dishes which reflect healthy eating recommendations.



Use interesting serving dishes



Serve an appropriate portion size



Consider table settings



Use contrasting colours and garnishes



Add complementary side dishes