# 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

**Culinary Terms**
- Identify definitions of:
  - ☐ Blanching
  - ☐ Boiling
  - ☐ Braising
  - ☐ Poaching
  - ☐ Roasting
  - ☐ Sautéing
  - ☐ Searing
  - ☐ Stewing

**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

**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

**Foodservice**
- ☐ Identify the kitchen brigade system
- ☐ Identify different types of restaurants

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

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

Anything else?

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