

# 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



Use contrasting colours and garnishes



Consider table settings



Add complementary side dishes