

# 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:** \_\_\_\_\_

# Kitchen Skills Checklist

**Robert R. Redfield**



**Kitchen Skills Checklist:**

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