

Skill Number	Skill Group	Techniques you need to demonstrate	<input checked="" type="checkbox"/>	Comment
1	Knife Skills	Fillet a chicken breast	<input type="checkbox"/>	
		Portion a chicken	<input type="checkbox"/>	
		Remove fat and rind from meat	<input type="checkbox"/>	
		Slice raw and cooked meat or fish and alternatives such as tofu and halloumi, evenly and accurately	<input type="checkbox"/>	
		Cut and slice fruit and vegetables using the bridge and claw grip	<input type="checkbox"/>	
		Peel, slice, dice and cut fruit and vegetables into evenly-sized pieces	<input type="checkbox"/>	
2	Prepare fruit and vegetables (All of these must be done while demonstrating the skills of controlling enzymic browning and spoilage, and preventing food poisoning)	Mash, shred, scissor snip, scoop, crush, grate, peel and segment fruit and vegetables	<input type="checkbox"/>	
		De-skin, de-seed, blanch, shape, pipe and juice fruit and vegetables	<input type="checkbox"/>	
		Prepare garnishes	<input type="checkbox"/>	
3	Prepare, combine and shape (All of these must be done while preventing cross contamination, and showing that you can handle high risk foods safely)	Roll, wrap, skewer, mix, coat and layer meat, fish and alternatives	<input type="checkbox"/>	
		Shape and bind wet mixtures such as fish cakes and meatballs	<input type="checkbox"/>	
4	Tenderise and marinate	Show acid denature protein by using a marinade	<input type="checkbox"/>	
		Show how marinades add flavour and moisture while preparing meat, fish, vegetables and alternatives	<input type="checkbox"/>	
5	Select and adjust a cooking process	Select and adjust the cooking process and length of time to suit the ingredient (An example of this is that your meat or fish may be a thinner cut, so will need less time than the recipe says)	<input type="checkbox"/>	
6	Weigh and measure	Weigh and measure out solid and liquid ingredients accurately	<input type="checkbox"/>	
7	Preparation of ingredients and equipment	Grease, oil, line and flour evenly (You can do this to make sure your finished product looks as good as possible)	<input type="checkbox"/>	
8	Use of equipment (safely and accurately)	Blender	<input type="checkbox"/>	
		Food processor	<input type="checkbox"/>	
		Mixer	<input type="checkbox"/>	
		Microwave oven	<input type="checkbox"/>	
9	Water-based cooking methods using the hob	Steam foods (e.g. vegetables)	<input type="checkbox"/>	
		Boil and simmer foods (e.g. vegetables)	<input type="checkbox"/>	
		Blanch foods (e.g. vegetables)	<input type="checkbox"/>	
		Poach foods (e.g. salmon or eggs)	<input type="checkbox"/>	
10	Dry heat and fat-based cooking methods using the hob	Dry fry (e.g. beef mince)	<input type="checkbox"/>	
		Pan or shallow-fry (e.g. a piece of fish)	<input type="checkbox"/>	
		Stir-fry (e.g. a mushroom stir-fry in a wok)	<input type="checkbox"/>	
11	Using the grill (You can do this with a range of foods)	Char (this means to blacken the surface of a food such as a pepper)	<input type="checkbox"/>	
		Toast and grill	<input type="checkbox"/>	
12	Using the oven	Bake (e.g. making cakes or biscuits)	<input type="checkbox"/>	
		Roast (e.g. a roast piece of meat)	<input type="checkbox"/>	
		Make a casserole or use a tagine (e.g. a chicken casserole)	<input type="checkbox"/>	
		Braise (e.g. braised beef)	<input type="checkbox"/>	

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13	Making sauces	Make a roux sauce	<input type="checkbox"/>	
		Make an all-in-one sauce	<input type="checkbox"/>	
		Make an infused sauce such as a veloute or bechamel sauce	<input type="checkbox"/>	
		Make a reduction sauce, where the sauce simmers to thicken it (e.g. curry sauce, pasta sauce and meat sauce - to include alternatives, such as Quorn)	<input type="checkbox"/>	
		Make an emulsion sauce such as mayonnaise or hollandaise	<input type="checkbox"/>	
14	Set a mixture by removing heat (gelation)	Use a starch to set mixture on chilling desserts such as a cheesecake or custard	<input type="checkbox"/>	
15	Set a mixture by heating (coagulation)	Use protein to set a mixture when it is heated (e.g. using the denaturing of the protein in egg to set the inside of a quiche, or making choux buns)	<input type="checkbox"/>	
16	Using raising agents	Use egg (colloidal foam) as a raising agent, by creating a gas-in-foam product (e.g. whisked sponge or meringues)	<input type="checkbox"/>	
		Use chemical raising agents such as self-raising flour, baking powder and bicarbonate of soda	<input type="checkbox"/>	
		Use steam in a mixture as a raising agent (e.g. choux buns)	<input type="checkbox"/>	
17	Make a dough	Shortening (e.g. using fat to coat flour to shorten gluten strands in shortcrust pastry)	<input type="checkbox"/>	
		Gluten formation (e.g. kneading bread)	<input type="checkbox"/>	
		Fermentation (e.g. when you leave bread to prove)	<input type="checkbox"/>	
18	Shaping and finishing a dough	Roll out pastry accurately	<input type="checkbox"/>	
		Use a pasta machine	<input type="checkbox"/>	
		Accurately use pastry to line a flan ring or dish	<input type="checkbox"/>	
		Create layers (e.g. using puff pastry to make palmiers or vanilla slices)	<input type="checkbox"/>	
		Allow a dough to prove or to rest in the fridge to relax it.	<input type="checkbox"/>	
		Piping choux pastry (e.g. eclairs)	<input type="checkbox"/>	
		Egg wash bread rolls to glaze	<input type="checkbox"/>	
		Make homemade pasta	<input type="checkbox"/>	
		Make flat breads, pinwheels, bread rolls, pizza or calzone	<input type="checkbox"/>	
19	Test for readiness	Use a temperature probe (e.g. to see if the inside of a piece of meat has reached the correct temperature to kill bacteria)	<input type="checkbox"/>	
		Use a knife or skewer (e.g. to see if a fruit cake is cooked in the centre)	<input type="checkbox"/>	
		Check to see if the 'bite' is correct (e.g. if pasta is cooked)	<input type="checkbox"/>	
		Check if the colour is correct (e.g. a pie crust is sufficiently browned)	<input type="checkbox"/>	
		Check if it sounds cooked (e.g. tapping the base of bread to see if it sounds hollow)	<input type="checkbox"/>	
20	Judge and manipulate sensory properties	Taste and season during the cooking process to ensure the food tastes good	<input type="checkbox"/>	
		Alter the taste and aroma by using herbs, spices, pastes, jus and reductions	<input type="checkbox"/>	
		Change the texture and flavour by using browning (dextrinisation) and glazing. Also by adding crusts, crisp and crumbs to make a product crunchy	<input type="checkbox"/>	
		Present and style food by using garnishes and decorative techniques (such as piping), to improve the aesthetic qualities (how the food looks)	<input type="checkbox"/>	