APPENDIX 2: Kitchen Skills Checklist

**Getting Ready**

* Reading the recipe carefully
* Checking available ingredients
* Checking available equipment
* Following directions

**Clean-Up**

* Following food safety guidelines
* Cleaning up

**Measuring Basics**

* Using kitchen measurements
* Using scales
* Converting amounts
* Using the correct measuring tools
* Measuring dry ingredients
* Measuring liquid ingredients
* Halving/Doubling a recipe
* Understanding of effects of different temperatures
* Other, e.g. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

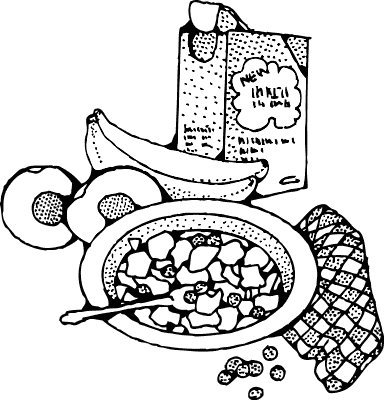
**Food Package Label**

* Reading food labels/packaging
* Having an understanding of ingredients, preservatives, food allergies, etc.
* Identifying nutritional content
* Other, e.g. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Mixing Methods**

* Muffin Method
* Biscuit Method
* Cake Method
* Bread Method
* Scone Method
* Other Methods, e.g. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Techniques**

* Shelling an egg
* Separating an egg
* Sifting, blending/whisking
* Creaming
* Cutting-in
* Kneading
* Fermenting, raising, resting, punching
* Folding-in
* Peeling
* Slicing; dicing; grating
* Rolling out
* Dividing dough
* Making cold cereal
* Making hot cereal
* Making bread/s
* Simmering
* Boiling
* Baking
* Shallow frying
* Grilling
* Poaching
* Seasoning
* Garnishing
* Assisting in preparing and presenting a full Irish cooked breakfast, plated and buffet style
* Assisting in preparing and presenting a continental breakfast, plated and buffet style
* Other, e.g. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Equipment**

* Oven Use
* Microwave Use
* Hand Mixer
* Stand Mixer
* Food Processor
* Bread Machine
* Griddle, skillet, waffle iron
* Other appliances: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Meal Planning**

* Menus
* Making lists
* Checking stock
* Costing
* Other, e.g. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Foods & Nutrition Resources**

* Checking nutritional value
* Taking into account dietary requirements
* Other, e.g. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Safety skills**

* Using correct hand-washing techniques
* Following strict protocols in handling, preparing and serving foods
* Cooking at correct temperatures
* Handling and storing food safely
* Using a fire extinguisher correctly
* Keeping kitchen equipment, tools, and practices sanitary
* Understanding of basic principles of food safety and associated legislation
* Compliance with current food safety and hygiene legislation and regulation
* Other, e.g. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Other kitchen skills**

* Using kitchen terminology
* Knife skills-including knife sharpening
* Using proper temperature control when handling all meat, fish, and vegetables
* Selecting and procuring quality ingredients
* Expertise with kitchen tools
* Being a role model in the kitchen
* Professionalism
* Using imagination and courage to explore
* Using seasoning correctly
* Following a recipe
* Good time management
* A love of cooking
* Focus and attention to detail
* Basic understanding of the food cost and

quality control

* Understanding of a professional kitchen layout

and organisation

* Other, e.g. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Evaluation skills**

* Checking taste
* Checking presentation
* Checking freshness
* Reviewing meal
* Other: \_\_\_\_\_\_\_\_\_\_\_\_