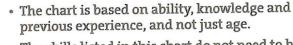


# Skills

#### How to use these charts

These charts can be used to guide Let's Get Cooking clubs' cooking activities. Let can help club members find out what cooking skills they know and what they can learn to do next. Use these charts to measure the progress of club members and their families, as they improve their cooking skills and learn new ones.

This information is available as a poster in your Start-Up pack.



- The skills listed in this chart do not need to be followed in any particular order.
- The different 'spoon levels' show stages of difficulty for that particular skill; they do not always use the same level of skill as those in another section.
- Some techniques can be done by electrical equipment rather than by hand. This can be useful for cooks who find it difficult to use hand held tools.
- This list is not exhaustive and will hopefully lead to some interesting discussions.
- Less experienced cooks should always be wellsupervised.
- Good hygiene and safety is important at all times.

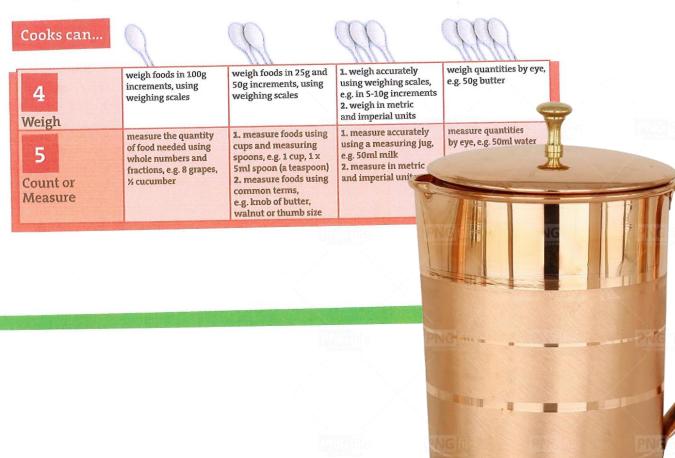




# Read, understand and follow a recipe

Cooks can	9	B	M	SESS
1 Follow	follow simple recipe instructions, presented as images	follow recipe instructions, supported by images	follow text-based recipe instructions     follow recipes where ingredients are provided in metric and imperial units	follow text instructions confidently from a range of sources
2 Write	write their own recipe using images (and/or record video)	write their own recipe, using text and some pictures	write a recipe, using star e.g. ingredients, equipme	dard conventions, ent and method
3 Make changes	make changes to a recipe, selecting ingredients they prefer, e.g. sandwich fillings	make changes to a recipe by swapping its main ingredients, e.g. apple instead of pear in a fruit salad	make changes to recipes and dishes that promote current healthy eating messages, e.g. using lower fat mayonnaise	make changes to recipes and dishes by using different cooking methods, e.g. grilling instead of frying

## Weigh and measure





#### Prepare

	Cooks ca	n	9	R	M	ANA
	6 Clean	a. Wash	gently rinse fruit and vegetables under the tap, removing any visible dirt, e.g. grapes, green beans	1. wash fruit and vegetables to remove dirt, e.g. carrots, beetroot and potatoes 2. pick out any bugs or large pieces of dirt	wash away grit and sand from foods using a colander, e.g. salad leaves	judge when food is clean and ready to use, e.g. leeks are free from dirt
		b. Wipe	wipe fruit and vegetables using kitchen towel, removing any dirt or grit	use a damp cloth to wipe away grit and other debris, e.g. mushrooms		
	7	a. Core		cut away the core by first quartering the fruit, then removing the pips	core an apple or pear using an apple corer	
	Select	<b>b.</b> Deseed	use hands to scoop out seeds, e.g. a melon	use hands to remove the seeds from a red pepper	use a spoon to deseed, e.g. remove pumpkin seeds	safely scrape out the seeds of a chilli pepper using the back of a spoon
		c. Drain		drain away liquid from foods in a can or bottle using a sieve, e.g. tuna or sweetcorn	drain away and keep the liquid from canned foods, e.g. fruit in juice	
		d. Fillet / Debone			use a knife to remove the bone from cooked fish or meat, e.g. salmon	use a knife to carefully remove raw meat/fish from the bone/skin
		e. Juice	squeeze the juice from an orange by hand	use a juice squeezer to press juice, e.g. lemon	place fruit into an electric juicer, with supervision, e.g. pear and cucumber	juice an orange or lime by squeezing it around a fork
		f. Peel	use hands to peel fruit, e.g. banana or satsuma	use a vegetable peeler to peel vegetables, e.g. carrot for a salad or potatoes for mashing	use a vegetable or serrated knife to remove skin, e.g. orange or mango	use a cook's knife to cut away the 'peel' from a 'hard' item, e.g. pineapple or swede
No.	1000	g. Pluck				pull away the feathers from poultry, e.g. pheasant
0		h. Hull	pull the green stalk away from a strawberry using fingers	cut away the top of a strawberry using a knife		
		i. Skin	pull away the skin from poultry, e.g. a chicken leg	cut away the skin from poultry or fish using a sharp knife, e.g. mackerel or chicken portions	plunge fruit or vegetables into boiling water, remove, allow to cool and then peel away the skin, e.g. tomato or peach	remove the skin from fish using the back of a knife, e.g. haddock



		use hands to remove		use a nut cracker to remove nuts from	remove the husk from spices,	
		peas from pods	e.g. cooked prawns	shell	e.g. cardamom pods	
	24 G G F	separate the centre of an egg from shell into a bowl	to separate the yolk	separate the yolk from the white by holding an egg cup over the yolk on a saucer	separate the yolk from the white by juggling the yolk between the 2 halves of shell	
	1. Stone	use a cherry pipper to remove the stones	cut a fruit in half and twist the stone out, e.g. peach, avocado	carefully cut the flesh away from the stone, e.g. mango		
	m. Zest		use the fine side of a grater to 'grate' the zest from citrus fruit	use a zester to 'peel' the zest from citrus fruit		
ke	a. Cut, Chop, Dice and Slice	use the bridge hold and claw grip to cut foods safely into large pieces using a vegetable knife, e.g. strawberries in half	chop foods into evenly sized chunks using a vegetable and/or cook's knife, e.g. potatoes, pineapple	1. slice and dice foods safely, e.g. strips of pepper, cubes of cheese 2. chop garlic or herbs finely		
aller	b. Crush	crush foods in a bowl using a rolling pin or hands, e.g. biscuits for cheese cake	crush foods in a bag using hands or a rolling pin, e.g. nuts for topping	crush garlic using a garlic press	crush garlic using the side of a knife to remove its skin	
	c. Grind		grind spices together in an electric grinder, with attention to safety	grind foods together in a pestle and mortar, e.g. herbs and spices	grind foods to a required size, e.g. powder, fine, coarse	
	d. Grate	use a mouli grater to grate cheese for a sandwich or savoury sauce	use an upright grater to grate foods, e.g. carrot for a winter salad	use a flat or hand held grater over a bowl, e.g. grating cheese into a scone mix	use different graters for different types of foods, e.g. nutrneg, parmesan	2
	e. Portion	divide foods into half or quarters by hand, e.g. a banana		cut, slice or dice ingredients into equal sized pieces/portions e.g. potato	and fish	
	f. Segment	segment a small 'easy peel' piece of fruit by hand, e.g. satsuma	hand		use a knife to segment citrus fruit, e.g. grapefruit	1
	g. Scoop	use a spoon to scoop out, e.g. ripe avocado flesh from the skin	use an ice cream scoop to create 'balls'	use a melon baller (parisienne cutter) to scoop food, e.g. melon balls		
	h. Sieve	sift flour into a bowl using a sieve	push soft fruit through a sieve into a bowl, removing the pips	1		



C	n	O	k	3	C	а	10	

Cooks ca	n	9	B	SPS	BB
9 Mix	a. Cream / Beat	3	cream together fat and sugar for a cake in an electric mixer until it is aerated and pale in colour	cream together fat and sugar for a cake by hand using a wooden spoon, until it is aerated and pale in colour	know when a mixture is creamed by its pale colour, creamy texture and aeration
	b. Fold			fold flour into a whisked mixture carefully, using a metal spoon or spatula	gently fold sugar into whisked egg white
	c. Knead	help to knead bread dough, making it stretchy and smooth	knead bread dough by hand, developing it to become elastic and smooth (no surface cracks)		
	d. Mash	use a fork to mash foods, e.g. banana	use a masher to crush cooked foods to make a fairly smooth mash, e.g. cooked potatoes	use a masher to produce a smooth mash, e.g. cooked swede	use a 'ricer' to make a very smooth mash, e.g. creamed potatoes
	e. Combine	combine ingredients together using a spoon, e.g. stir together a fruit salad	1. combine wet and dry ingredients together uniformly, e.g. gingerbread mixture 2. mix raw foods in a marinade, storing safely until required	know how far to combine ingredients, depending on the recipe, e.g. muffin mixture does not need to be fully combined, yet an all-in-one cake mix should have no single ingredients remaining (e.g. flour, lumps of butter)	
	f. Puree / Blend	puree a soup in an electric blender (soup already put into the blender)	push soft fruits through a sieve into a small bowl	puree a soup using a hand-held blender in a saucepan	judge how long to 'blend' for a desired consistency, e.g. some chunks, coarse, smooth
	g. Rub-in	use a food processor to 'rub-in' fat into flour	use hands to rub fat into flour to make a veggie crumble topping	use hands to rub fat into flour until it resembles fine breadcrumbs ready for scones or pastry	know exactly when to stop rubbing-in, checking that there are no large lumps (by shaking the bowl), and using fingertips





Cooks ca	an	9		M	ARR
	h. Stir	stir cold ingredients together, e.g. a coleslaw	stir hot dishes on the hob safely, e.g. soup	stir hot dishes on the hob, ensuring that food does not burn or catch (keep food moving, ensure that heat is not too high), e.g. risotto	understand that some foods do not need continual stirring while being cooked, e.g. pasta, rice, potatoes
	i. Toss	use hands to 'toss' a salad	use forks or spoons to 'toss' a salad evenly		
	j. Whisk	use a fork to whisk together a dressing or simple sauce/dip	use a hand whisk to whisk together a savoury all-in-one sauce	1. use a balloon whisk, e.g. to thicken cream 2. use an electric hand whisk to 'whisk' air into a mixture	
10 Shape	a. Crimp	use fingers to crimp edges of pastry dishes, e.g. turnover	use a fork to crimp the edge of pastry around a pie	carefully use fingers to crimp (make a fluted edge) along the top of a Cornish pasty to achieve an even finish	
	b. Cut out	use a cutter to cut out a shape, e.g. fruit scones	trim off pastry around the edge of a pie using a palette knife	use a knife to cut out a unique shape	cut out shapes with attention to making maximum use of dough without waste
	c. Prove		allow dough to prove, knowing when it is ready for use, i.e. it doubles in size		
	d. Roll out (Squash / Flatten)	use the palm of hand to flatten dough	use a rolling pin to roll out dough, e.g. scones	use a rolling pin to roll out dough to a uniform thickness and shape	
	e. Seal		brush edges of pastry with water or egg and press together to make a seal		
	f. Form	form dough into simple shapes using hands	place mixture into a burger maker to form 'burgers' or 'cakes'	use hands to shape into evenly sized items, e.g. fish cake	
	g. Pipe		pipe simple biscuits onto a baking tray	use a piping bag and nozzle to pipe, e.g. mashed potato for duchess potatoes	



#### Cooks can...

alla					man man
Cooks ca	n	9	R	M	AM
11	a. Arrange	arrange ingredients attractively in a salad	place ingredients on a dish by hand, e.g. open sandwich, pizza		
Assemble	b. Layer	layer different ingredients together, e.g. layered salad	pour and spread sauces in alternate layers, e.g lasagne	layer slices of cake into strips, e.g. to form Battenberg cake	layer vegetables and other mixtures, e.g. to form a terrine
	c. Spread	spread a soft topping, e.g. margarine over a slice of bread	spread a uniform layer of topping, paying attention to corners	create patterned effects, e.g. use a fork to make peaks in mash	
	d. Thread	thread soft fruits carefully on a kebab stick	thread sliced vegetables carefully on a kebab stick	thread uncooked meat and vegetables carefully onto kebab sticks, ready for cooking	
	e. Glaze	Sur Ma	brush unbaked dishes with milk or egg to achieve a shiny finish, e.g. bread rolls	brush unbaked dishes evenly with milk or egg to achieve a shiny finish, e.g. pasty or pie	
	f. Coat	Let's get Cook ng	roll small pieces of chicken in flour, beaten egg and then breadcrumbs to make nuggets	roll fish cakes in flour, beaten egg and breadcrumbs to make an even coating	





#### Cook

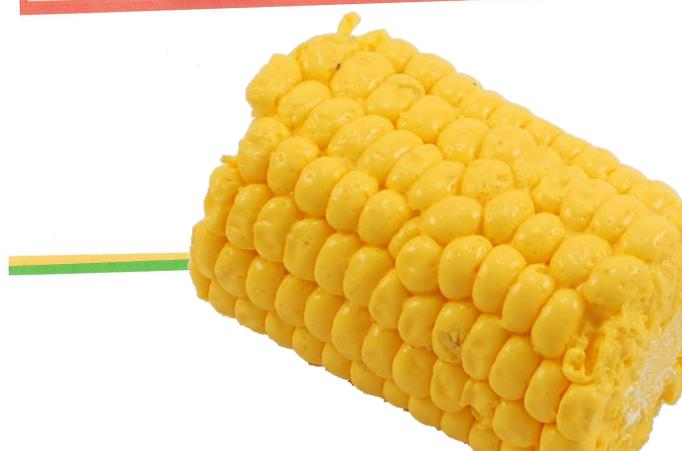
12 Cook	a. Bake		place and remove dishes in the oven safely, e.g. fruit muffins, samosas		check that food being baked is cooked - usually golden brown on the surface, or for bread it sounds hollow when you tap the base
	b. Barbecue			barbecue vegetables, ensuring that they do not burn (move to an area of less heat), e.g. veggie kebabs and corn-on-the-cob	barbecue meat safely, ensuring thorough cooking (pierce with a skewer, checking that no blood runs, move to an area where there is less heat)
	c. Blanche			plunge vegetables into boiling water to blanche	
	d. Microwave	reheat dishes, ensuring they are piping hot, e.g. soup	melt or warm foods, e.g. butter, baked beans	cook simple dishes, e.g. jacket potato, vegetables	
	e. Fry		fry an onion on the hob, e.g. as a base for soup	fry foods in very little oil, ensuring that they are turned over for even cooking (and prevent burning), e.g. fish cakes	on limited occasions deep fat fry foods, e.g. chicken kiev
	f. Grill / Toast	use a toaster to grill bread	place foods under a hot grill to toast or melt, e.g. welsh rarebit	cook foods under the grill, e.g. fish cakes, bacon, nuts	cook foods to different required states, e.g. rare, medium and well- done steak
	g. Poach		poach an egg in water, ensuring that the white has changed colour and is firm	poach a piece of fish in a little milk and/ or water, until it is completely cooked	



### Cook

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	a Va	P. A. S.	1050		

Cook	s can	9	M	M	ARR
	h. Roast		place chicken portions in the oven to roast, ensuring that they are thoroughly cooked (juices run clear when pieced)	1. roast different vegetables in a little oil, knowing when they are cooked (turn whilst being cooked for even cooking and to prevent burning) 2. place, baste and remove large dishes in the oven, e.g. beef joint, roast potatoes, nut roast	
	i. Sauté			sauté foods in a pan on the hob, e.g. mushrooms	
	j. Steam		steam vegetables, poultry or fish in an electric streamer	steam food using a traditional steamer on the hob, ensuring that it does not boil dry	steam pudding in a saucepan, ensuring that it does not boil dry
	k. Stir-fry	A A	stir-fry vegetables, cooked meat and/or noodles together on the hob	stir-fry raw meat, followed by vegetables, on the hob, ensuring that the meat is thoroughly cooked	
	l, Simmer / Boil		regulate and reduce the heat to a simmer (gentle bubbles) from a boil (rapid bubbles) to cook the food	know that rapid boiling is only suitable for some foods, such as rice and pasta, and simmering is better for vegetables, as it is less damaging	





#### Cool

Cooks ca	n	9	M	M	MA
13	a. Chill	place food in the fridge to keep it safe, e.g. sandwiches, salads	place cooked dishes in the fridge to chill when cool (appropriately covered)	allow a mixture to set, knowing when it is ready, e.g. fresh fruit jelly	
	b. Freeze	place fruit juice in lolly moulds into the freezer	place dishes in the freezer to freeze (appropriately covered and labelled)	freeze vegetables that have been 'blanched', (appropriately covered and labelled)	freeze ice cream, sorbet or yoghurt mixtures, whisking regularly to prevent large ice crystals until firm and smooth

### Prepare to serve

#### Cooks can...

Cooks ca	ın	9	B	BR	BAR
14 Serve	a. Drain	drain liquid from cans or bottles using a sieve, e.g. fruit pieces	drain hot liquid safely away from foods using a colander, e.g. pasta, rice	drain using a saucepan lid (not recommended)	
	b. Portion	carefully spoon or scoop servings into a dish, e.g. fruit salad	1. ladle soup or stew into bowls 2. cut a final dish roughly into equal sized portions, e.g. ½ pizza	cut final dishes into equal portions, e.g. lasagne into 8, pie for 7	carve even slices     of cooked meat     from the bone, e.g.     chicken or turkey 2.     carve slices of cooked     meat, e.g. boiled ham
15	a. Coat	coat food with a topping, e.g. pasta with a tomato sauce	dip food into a sauce, e.g. fresh fruit in chocolate and nuts	spread food evenly with a coating, e.g. icing over a cake	
Decorate and garnish	b. Sprinkle / Dredge / Dust	use fingers to sprinkle ingredients over a dish, e.g. cheese on pasta	sprinkle spice from a jar, e.g. ground nutmeg	place icing sugar in a sieve and lightly dust over a sponge	dust a cake with icing sugar using a stencil
	c. Drizzle	pour a little dressing over a salad	drizzle oil, yogurt or cream over a cooked dish, e.g. soup	create a swirl pattern using yogurt in a soup	
	d. Pipe		use a piping bag and nozzle to pipe simple decorations, e.g. faces on gingerbread people	use a piping bag and nozzle to create more intricate designs, e.g. write letters and numbers	



# Tidy up and clear away

Cooks ca	n	9	M	M	ARR
Tidy up and clear away	a. Clear away	clear away equipment from working area	clear area and wipe down work surfaces	remove and tidy all items of equipment and clean work surfaces	thoroughly clean work surfaces and kitchen area of all equipment and debris
	b. Wash up	help to wash up items, e.g. plates, cups	wash dirtier and different pieces of equipment	wash and rinse equipment, paying attention to detail, e.g. glasses, graters	thoroughly wash and scrub cooking equipment, e.g. saucepans, casserole dishes and baking trays

