Home Cooking Skills

Learning a range of cooking skills is an activity that could be fun as well as useful for the rest of your life. Jamie Oliver has some really good videos for teaching you how to do 8 kitchen skills on his website at https://www.jamieoliver.com/features/new-year-kitchen-skills/. Jamie also has a link for 14 recipes that can be made for your kitchen store cupboard which you might like to try. On the keswickfood weebly website www.keswickfood.weebly.com you will find some good recipes for the dishes below under the Home Cooking Skills tab. If you can't get any of the foods do some finding out about other foods that could be used in that recipe instead.

Keep a record of the progress you make learning these cooking skills.

✓ = Good → = Needs improving																
Dishes						alad			ato	m.	aked	wich	3S		ıdwich	
Skills	Omelette	Healthy breakfast	Soup & open sandwich	Caesar salad	Breads	Pizza and salad	Lasagne	Cottage Pie	French potato meal	Italian pasta	Fish pie & baked apple	Steak sandwich	Stir fry fajita	Apple pie	Victoria sandwich	Muffins
Hygienic preparation																
Safe food storage																
Follow a recipe																
Weighing																
Measuring																
Knife safety: Bridge/ Claw																
Peeling fruit and veg																
Knife skills: chop, dice, slice																
Preparing salad leaves																
Using a pestle and mortar																
Using a grater																
<u>Creaming</u> sugar and butter																
Rubbing in flour and fat																
Fold																
Whisk																
Beat for baking																
Stir																
Mix																
Kneading and proving																
Rolling out																
Season																
Boiling																
Simmering																
Steaming																
Poaching																
Scrambling																
Toasting																
Frying																
Grilling																
Baking																
Roasting																
Garnish																
Decorate																
Piping																
Date made																