**COOKING BASIC CHECKLIST**

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| **Learn Basic Prep and Cooking Skills** |
|[ ]  Chop an onion |
|[ ]  Hard- or soft-boil an egg |
|[ ]  Poach an egg |
|[ ]  Cook pasta and rice |
|[ ]  Melt chocolate |
|[ ]  Make a scrambled egg or an omelet |
|[ ]  Bake a potato |
|[ ]  Stuff and roast a chicken (or turkey) |
|[ ]  Make gravy |
|[ ]  Make stock |
|[ ]  Separate an egg |
|[ ]  Crush and chop garlic |
|[ ]  Prepare peppers |
|[ ]  Brown meat |

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| **Key cooking methods** |
|[ ]  Braising |
|[ ]  Roasting |
|[ ]  Boiling |
|[ ]  Baking |
|[ ]  Browning |
|[ ]  Searing |
|[ ]  Grilling |
|[ ]  Frying |
|[ ]  Basting |
|[ ]  Broiling |

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| **Work safely** |
|[ ]  Position pot/pan handles to prevent accidents |
|[ ]  Place a shelf liner or damp kitchen towel under cutting boards to prevent slipping |
|[ ]  Wash any items immediately after touching raw meat to prevent cross. |

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| **Prepare** |
|[ ]  Read the recipe, do any preheating |
|[ ]  Get all the ingredients and cooking gear out |
|[ ]  Prepare all ingredients per the instructions |

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| **First Aid & Hygiene Work Clean** |
|[ ]  Keep a kitchen towel close to wipe down |
|[ ]  Wipe cutting boards as you go |
|[ ]  Keep trash can or another disposal nearby |

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