**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 | | |  |  | | --- | --- | | **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 | | |  |  | | --- | --- | | **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 | |