



## Glossary of Terms

# Passport -

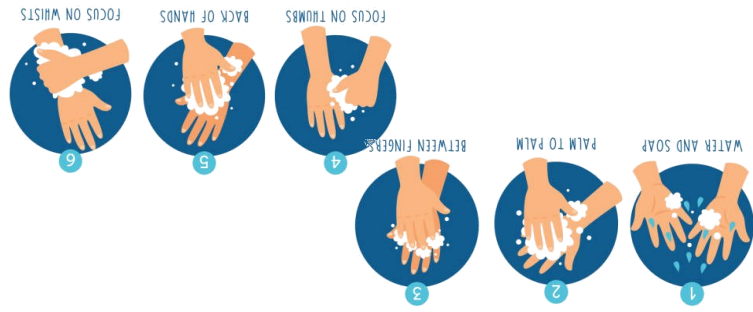
# My Food Skills



## Preparation Skills

These are typically the skills you will use to prepare food prior to cooking.

Weigh	To measure ingredients using weighing scales.
Pour	To transfer a liquid ingredient using a jug or bottle.
Spoon	To add an ingredient in small amounts by using a spoon.
Measure	To determine the quantity or size of the food or ingredient needed using a utensil.
Level	To fill the liquid or ingredient to the level of a utensil such as a spoon.
Wash	The cleaning of raw ingredients prior to prepping or cooking.
Mash	Press food to make a smooth mixture & removal of lumps.
Crush	Create smaller pieces, typically using hands, rolling pin or mortar and pestle.
Grind	Mechanically cut food into smaller pieces, with a food grinder or processor.
Open/Break	To remove the non edible parts of foods ready for use e.g. the shell from an egg.
Grease/Line	Apply a layer of fat or greaseproof paper/foil to a surface to prevent sticking.



Are you Safe & Ready?	Tick
Tie Back Hair	
Roll up Sleeves	
Wear an Apron	
Remove Jewellery and Watches	
Get Ingredients & Equipment Ready	
Have a Clean & Clear Working Space	
Wash Your Hands	

**Personal Hygiene**  
Follow these steps whenever you're preparing or handling food.



## Kitchen Skills

These skills tend to involve sharp utensils and knives.

Peel (Peeler)	Removal of the skin or outer covering of a food, using a peeler.
Peel (Knife)	Removal of the skin or outer covering of a food, using a knife.
Tear	To roughly separate a food or ingredient using your hands.
Squeeze	To remove the juice from a food to add flavouring e.g. orange juice.
Shred	Similar to grating but results in larger pieces - can also be achieved with scissors.
Grate	Moving a food across a grate surface, which results in multiple fine pieces.
Zest	To finely grate a food or the outer skin of a food to add flavour, e.g. lemon.
Cut (Scissors)	Using scissors to divide a food or ingredient.
Cut (Knife)	Using a knife to divide a food or ingredient.
Slice	One or more knife cuts, which result in a long, thin, flat piece (s).
Dice	Multiple knife cuts that result in squared pieces.
Chop	Knife cuts that result in pieces of approximately the same size.



## Combination Skills

Stir	To combine two or more foods or ingredients together.
Mix	To stir two or more foods together until merged.
Combine	To gently stir two or more foods together until combined.
Whisk	Beating an ingredient to incorporate air or blend together.
Blend	To combine two or more ingredients, until consistent in texture & colour.
Sift	Removal of lumps/clumps from dry ingredients through a sifter.

Beat	Rapid mixing to combine ingredients - can be done with a variety of tools.
Fold	Using a spatula from a vertical direction & turning the wrist gently to mix.
Rub (Baking)	Crumbling & breaking of butter into flour using the fingertips
Rub (Cooking)	Combination of herbs & spices rubbed onto the outer layer of a food.
Knead	Handle a dough by pressing, folding and rolling.
Flour/Bread	To coat or dust a food or utensil.



## Cooking Skills

Bake	Something that is baked has a constant heat surrounding the entirety of the item.
Boil	To bring a liquid to boiling point, typically in a pan.
Melt	To heat a solid food over a low heat until it becomes a liquid.
Simmer	Heating liquid in a gentle way just before a boil. Should be on a low/medium heat.
Steam	Cooked using the vapours from a boiled liquid.
Grill	To cook under a heat source, without the additional of fat.
Fry	Cook large pieces of food on a medium to high heat, turning once or twice.

Stir-Fry	Small pieces of food cooked quickly over a very high heat using a wok.
Roast	Cooked using dry heat, typically in an oven.
Microwave	Rapid heating of food at a constant temperature.
Stew	To cook a food in liquid for a long time in a covered pot.
Poach	Cooked at a low temperature in enough liquid or fat to just cover the food.
Braise	The browning of each side before adding a seasoned liquid & cooked low & slow.



## Presentation Skills

Shape	Form a food or mixture into a shape.
Spread	Evenly applied mixture to food both within & on the outer layer.
Layer	Foods or ingredients placed on top of each other in layers.
Roll	Form a food into a shape. To 'Roll Out' is to flatten a food using a rolling pin.
Pipe	Forcing of a semisoft food such as cream or frosting through a pastry bag.

Sprinkle	To scatter a powdered ingredient or droplets of a liquid to a food.
Cover	To add a top final layer, such as icing.
Cool	Allow the food to gradually reduce in heat following cooking.
Glaze	A coating applied to the outside of a food to add flavour or decoration.