

Dish cooked:	EXAMPLE: Spaghetti Bolognese					
Date	22/04/20					
Preparation						
Accurate Weighing and measuring	✓					
Preparation of fruit and/or vegetables	✓					
Following a recipe	✓					
Mixing	✓					
Knife Skills	✓					
Baking						
Creaming Method						
Rubbing in method						
Melting method						
Kneading and proving						
Cooking						
Boiling and simmering	✓					
Frying	✓					
Grilling						
Poaching						
Roasting						
Steaming	✓					

