The 5 Skills Only Taught In Culinary College Webinar Guide

J_________ cut measures _____ x _____ x _____ x _____ (stick)
B_________ cut measures _____ x _____ x _____ x _____ (stick)
☐ B_________ cut measures _____ x _____ x _____ (cube)
☐ S_______ D_______ cut measures _____ x _____ x _____ (cube)
☐ M_______ D_______ cut measures _____ x _____ x _____ (cube)

Consistency of C_________ is consistency of C_________

What Happens To Food When You Cook It? - The 4 Effects Of Heat On Food

_________ degrees F/C = Gel __________ of St_____________

_________ degrees F/C = Coa __________ of Pro___________

_________ degrees F/C = Evap __________ of Mol___________

_________ degrees F/C = Cara __________ of Sug__________

Steps To Making Sauces With Roux

1) Combine F_______ and St_______
2) 2) Cook Out The Pr___________ (So You Won’t Have A Pasty Sauce)
3) Add Cold L___________ (Any kind will do)

The difference between Flavoring and Seasoning

Flavoring changes the O____________ F________ of the food.

Seasoning brings out the N____________ flavor of the food.

Herbs are usually the L________________ of a plant

Spices are usually the St________________ and/or S________________ of the plant

Putting It All Together

C_______ M_______ + P___________ + A____________ + S________________ + S___________ = Your Original Recipe!