

**Senior Foods Lab Projects
Cooking Skill Selection Guide**

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A good recipe for competition demonstrates a variety of cooking skills. Using this selection guide, indicate the skills your recipe requires to evaluate your recipe selection for 4-H competition.

Moist Heat Cooking Methods:

- Blanching
- Boiling
- Steaming
- Poaching
- Simmering
- Sautéing
- Pan Frying
- Braising
- Stewing

Dry Cooking Methods:

- Baking
- Roasting
- Grilling
- Toasting
- Broiling

***One moist or dry
cooking method
suggested***

Combination Food Preparation Methods:

(1 or more suggested)

- Mixing
- Making a sauce or marinade
- Whisking
- Blending
- Folding
- Thickening

Other Techniques:

(2 or more suggested)

- Peeling
- Slicing
- Dicing
- Grating
- Mashing
- Mincing
- Shredding
- Garnishing
- Spreading
- Stuffing
- Cracking / breaking & adding an egg
- Measuring (Liquid & Dry)