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

### 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)