

Appendix A chart

Complex preparation techniques ***	Medium preparation techniques **	Basic preparation techniques *
Crimping	Creaming	Blending
Laminating pastry	Dehydrating	Beating
Melting using bain-marie	Folding	Grating
Piping	Kneading	Hydrating
Shaping	Measuring	Juicing
Whisking(aeration)	Mixing	Marinating
	Puréeing	Mashing
	Rolling	Melting
	Rub-in	Proving
	Skinning	Shredding
	Toasting(nuts/seeds)	Sieving
	Weighing	Tenderising
		Zesting

Complex Knife techniques ***	Medium Knife techniques **	Basic Knife techniques *
<u>Brunoise</u>	<u>Bâton</u>	Chopping
Deboning	Chiffonade	Peeling
Filleting	Deseeding	Trimming
Julienne	Dicing	
Mincing	Slicing	
Segmenting	Spatchcock	

Complex Cooking technique ***	Medium Cooking technique **	Basic cooking technique *
Baking blind	Baking	Basting
Caramelising	Blanching	Boiling
Deep fat frying	Braising	Chilling
Emulsifying	Frying	Cooling
Foaming	Griddling	Dehydrating
Poaching	Pickling	Freezing
Tempering	Reduction	Grilling
	Roasting	Skimming
	Sauteing	Toasting
	Setting	
	Steaming	
	Stir frying	
	Water bath (sous-vide)	