






WJEC GCSE Food and Nutrition



TECHNIQUES SUMMARY









This document has been produced to be used along side the Appendix A from the Specification. It is not a definitive list, but a guide to the techniques with their levels within the dishes



Name of dish	Methods used to prepare	Preparation techniques	Knife techniques	Cooking techniques
Barbeque chicken wings 	Applying ready-made sauce/dusting/marinade to pre-butchered chicken wings. Roasting in oven	Tenderising * Marinating *		Roasting **
Basic white/wholemeal bread 	Making a basic bread	Measuring ** Weighing ** Kneading ** Mixing ** Proving * Shaping ***		Baking **
Basque style cod with prawns	(assuming pre-prepared cod loin/filet is used) Trimming fish to a presentable shape (if needed)	Blending * Reduced sauce ** Measuring ** Weighing ** Skinning**	Dicing ** Trimming * Peeling *	Sauteing ** Roasting ** Reduction **




		Dicing vegetables. Making a reduced sauce. Cooking fish well – not overcooking			
Beef burgers 		Dicing an onion. Binding and forming equally sized meat patty shapes. Cooking evenly and thoroughly (minimum core temperature of 75°C achieved)	Shaping *** Mixing **	Dicing ** Peeling *	Frying/griddling **
Beef (or other meat) curry (marinade with yoghurt) with rice 		Dicing of meat into even pieces Preparing marinade Knife skills – dicing and slicing vegetables Making curry paste from scratch Sautéing, simmering Cooking rice (various methods) so that it is fluffy and grains are well separated	Weighing ** Measuring ** Marinating * Mixing **	Dicing ** Slicing ** Peeling *	Sauteing ** Boiling */Steaming **
Beef in black bean sauce with rice noodles		(assuming it's ready-made black bean sauce, although this can easily be made from scratch)	Weighing ** Measuring ** Mixing **	Dicing ** Slicing ** Peeling *	Sauteing **/Stir frying ** Boiling *


	<p>Slicing of meat into thin and even strips Knife skills – slicing vegetables, etc. Sautéing, wok cookery Cooking rice noodles well – not overcooked or glutinous</p>			
<p>Beef Lasagne (or any meat or vegetable alternative)</p> 	<p>Meat ragu: Knife skills – dicing vegetables, crushing garlic Sautéing, simmering Fresh pasta: Making a pasta dough. Laminating and cutting to shape White sauce: Making a roux. Thickening without lumps – sauce should be smooth and velvety (if adding cheese, ensure it's melted and not stringy) Assembly: Assembling layers of ragu, pasta and white sauce evenly. Ensuring evenly baked and well gratinated</p>	<p>Weighing ** Measuring ** Grating * Laminating (pasta dough) *** Mixing ** Weighing **, Measuring **</p>	<p>Dicing ** Slicing ** Peeling *</p>	<p>Sauteing ** Baking ** Boiling * Emulsifying/gelatinisation for roux***</p>
<p>Beef stroganoff and basmati rice</p>	<p>Slicing of meat into thin and even strips.</p>	<p>Weighing ** Measuring **</p>	<p>Dicing ** Slicing **</p>	<p>Sauteing ** Boiling */steaming **</p>



	<p>Knife skills – dicing an onion, slicing mushrooms. Making sauce without splitting. Sautéing Cooking rice (various methods) so that it is fluffy and grains are well separated.</p>		Peeling *	Emulsifying ***
<p>Boning a whole chicken</p> 	<p>Flesh has been removed cleanly from the carcass All cuts are neatly presented and trimmed and free from bone and cartilage (when expected)</p>		De-boning *** Trimming *	
<p>Breaded fish fillet</p> 	<p>(assuming pre-prepared fish loin/filet is used) Trimming fish to a presentable shape (if needed) Making breadcrumbs Panéing Shallow/deep fat frying</p>	<p>Blending * Beating * Shaping *** (if all uniform shapes and sizes) Skinning **</p>	Trimming *	Frying **/Deep fat Frying ***
<p>Breaded chicken goujons/escalope (breast)</p>	<p>(assuming pre-prepared chicken breast portion is used) Slicing chicken breast into thin and evenly sized goujons or</p>	<p>Blending * Beating * Shaping ***</p>	Slicing **	Frying **/Deep fat Frying ***



	flattening breast into escalope shape Making breadcrumbs Panéing Shallow/deep fat frying			
Caesar salad (with griddled chicken) 	Knife skills – slicing and dicing salad ingredients. Making Caesar style dressing. Making croutons using ready-made bread. Butchering whole chicken to use breast. Griddling chicken until cooked and still tender.	Weighing ** Measuring ** Blending *	Dicing ** Slicing ** Peeling * De-boning ***	Griddling ** Frying ** Roasting (croutons) Emulsifying *** (caesar dressing if made)
Calamari rings with parsley and garlic mayonnaise 	Preparing whole squid (cleaning, slicing into rings) Making tempura batter Use of deep fat fryer Making mayonnaise from scratch (no splitting and correct viscosity) Crushing garlic Chopping parsley	Weighing ** Measuring ** Blending * Mixing ** Grating *	Slicing ** Peeling * Chopping * Crushing * De-boning ***	Deep fat Frying *** Emulsifying ***



<p>Cashew nut pesto</p> 	<p>Use of mini food processor or pestle and mortar – achieving correct texture</p>	<p>Blending * Toasting **</p>		
<p>Cauliflower and broccoli cheese</p> 	<p>Knife skills – preparing florets Steaming vegetables – not overcooking Cheese sauce: Making a roux Thickening without lumps – sauce should be smooth and velvety Ensure cheese is melted and not stringy Well assembled – florets are evenly coated in cheese sauce Florets have kept their colour and still have a little bite (i.e. not soggy) Breadcrumb and cheese mix is prepared from scratch, and finished Product is well gratinated</p>	<p>Weighing ** Measuring ** Grating * Blending *</p>	<p>Chopping * Peeling * Trimming * Slicing ** (could upskill by adding sliced bacon to sauce)</p>	<p>Steaming ** Grilling * Emulsifying/gelatinisation for roux***</p>



<p>Caerphilly cheese and sage scones</p> 	<p>Shredding fresh sage Grating cheese Rubbing-in Mixing Rolling Cutting/shaping Glazing Baking</p>	<p>Weighing ** Measuring ** Grating * Shredding * Mixing ** Rubbing in ** Rolling ** Shaping ***</p>	<p>Chiffonade **</p>	<p>Baking **</p>
<p>Cheese soufflé</p> 	<p>Panada sauce with a roux Separating egg white and yolk Whisking egg white Grating cheese Folding Decanting into dishes evenly Light and well-risen baked soufflé is achieved</p>	<p>Weighing ** Measuring ** Grating * Whisking *** Folding **</p>		<p>Baking ** Emulsifying/gelatinisation for roux***</p>
<p>Chicken and mushroom pie</p> 	<p>Shortcrust pastry: Rubbing-in Mixing Forming dough of correct consistency, resting dough Rolling out to line base and to cover top</p>	<p>Weighing ** Measuring ** Mixing ** Rubbing in ** Rolling ** Crimping ***</p>	<p>Slicing ** Peeling * Chopping * Deboning ***</p>	<p>Sauteing ** Baking ** Baking blind *** Emulsifying/gelatinisation for roux***</p>



	<p>Making pastry leaves or similar to enhance presentation</p> <p>Crimping</p> <p>Béchamel sauce:</p> <p>Infusing</p> <p>Making a roux</p> <p>Thickening without lumps – sauce should be smooth and velvety</p> <p>Chicken: (could also make a stock using chicken carcass)</p> <p>Butchering whole chicken to use breast, cutting into strips or dice</p> <p>Sautéing chicken until cooked and still tender</p> <p>Cleaning and slicing mushrooms, sautéing</p> <p>Glazing</p>	Shaping ***		
<p>Chicken and vegetable kebabs with basil pesto</p> 	<p>Cutting vegetables into even sizes (to ensure even cooking)</p> <p>Dicing ready prepared chicken breast into even sizes (to ensure even cooking)</p> <p>Skewering</p>	<p>Blending *</p> <p>Toasting **</p>	<p>Dicing **</p> <p>Slicing **</p> <p>Peeling *</p>	Grilling *



	Use of mini food processor or pestle and mortar – achieving correct texture (to make pesto)			
Chicken chasseur 	Chicken (could also make a stock using chicken carcass) Butchering whole chicken into portions Sautéing chicken to brown skin Cleaning button mushrooms Sautéing mushrooms and shallots Making a wine reduction based sauce	Weighing ** Measuring ** Blending *	Deboning *** Slicing ** Peeling *	Sauteing ** Boiling * Reduction **
Chicken chow mein 	(assuming ready-made sauce and pre-prepared chicken breast portion is used) Slicing chicken breast into thin and even strips Knife skills – slicing vegetables, etc. Cooking noodles Stir frying (wok cookery)	Mixing **	Slicing ** Peeling *	Stir frying **



<p>Chicken curry and rice</p>  <p>(thighs)</p>	<p>(assuming pre-prepared chicken thighs are used) Preparing marinade (if it's being used) Knife skills – dicing and slicing vegetables Making curry paste from scratch (tempering spices) Sautéing, simmering Cooking rice (various methods) so that it is fluffy and grains are well separated</p>	<p>Marinating * Mixing **</p>	<p>Dicing ** Slicing ** Peeling *</p>	<p>Sauteing ** Boiling * Tempering (spices) ***</p>
<p>Chicken risotto</p> 	<p>(assuming pre-prepared chicken breast portion is used) (higher skill shown if a stock is made using chicken carcass or deboning chicken for the breast) Slicing of chicken breast into thin and even strips or even dice Knife skills – slicing and dicing vegetables, etc. Sautéing Cooking</p>	<p>Weighing ** Measuring **</p>	<p>Deboning *** Slicing ** Peeling * Dicing **</p>	<p>Sauteing ** Simmering *</p>



<p>Chilli con carne with rice</p> 	<p>Meat sauce: Knife skills – dicing vegetables, crushing garlic Sautéing, simmering Cooking rice (various methods) so that it is fluffy and grains are well separated</p>	<p>Weighing ** Measuring **</p>	<p>Slicing ** Peeling * Dicing **</p>	<p>Sauteing ** Boiling *</p>
<p>Cornish pasty</p> 	<p>Shortcrust pastry: Rubbing-in Mixing Forming dough of correct consistency, resting dough Rolling out and cutting into appropriate shape Sealing, crimping and glazing Filling: Knife skills – peeling slicing, dicing, grating Forming filling, each pasty is evenly filled, and filling remains intact during baking (no seepages)</p>	<p>Weighing ** Measuring ** Rubbing in ** Rolling ** Crimping *** Grating * Mashing * Shaping ***</p>	<p>Slicing ** Peeling * Dicing **</p>	<p>Boiling * Baking **</p>



<p>Welsh Lamb Shepherd's Pie</p> 	<p>Meat sauce: Knife skills – neat and small dicing of vegetables, crushing garlic Sautéing, simmering Potato topping: Knife skills – peeling and dicing potatoes Simmering Mashing – achieving a lump free and well seasoned mash Piping potato Even baking – good finished colour and good ratio of meat and potato layers</p>	<p>Weighing ** Measuring ** Mashing * Piping ***</p>	<p>Slicing ** Peeling * Dicing ** Brunoise *** chance to upskill here?</p>	<p>Boiling * Baking **</p>
<p>Fish and potato cakes</p> 	<p>(assuming pre-prepared fish loin/filet is used) Poaching fish and flaking (not overcooking) Panada sauce with a roux (for binding) Knife skills – peeling and dicing potatoes Simmering Mashing – achieving a lump free and well seasoned mash</p>	<p>Weighing ** Measuring ** Mashing* Mixing ** Shaping *** Blending *</p>	<p>Peeling * Dicing **</p>	<p>Poaching *** Boiling* Frying **/deep fat frying *** Emulsifying/gelatinisation for roux***</p>




	<p>Forming equally sized fish and potato patty shapes</p> <p>Making breadcrumbs</p> <p>Panéing</p> <p>Shallow/deep fat frying</p> <p>Cooking evenly and thoroughly</p>			
<p>Gut and fillet flat/round fish</p> 	<p>Flesh has been removed cleanly from the fish carcass</p> <p>Fillets are neatly presented and trimmed and free from bone and excess skin</p> <p>If skinned fish is required, the filet is again cleanly skinned and well presented</p>	<p>Skinning **</p>	<p>Filleting ***</p>	
<p>Hollandaise sauce</p> 	<p>Separating egg white and yolk</p> <p>Melting butter – not burning</p> <p>Make an emulsion with egg yolk and butter – free from splitting and scrambling</p>	<p>Weighing **</p> <p>Measuring **</p> <p>Melting using bain marie ***</p>		<p>Emulsifying ***</p> <p>Tempering ***</p>
<p>Leek and potato soup</p>	<p>Knife skills – peeling, dicing, slicing</p>	<p>Weighing **</p> <p>Measuring **</p> <p>Blending *</p>	<p>Slicing **</p> <p>Peeling *</p> <p>Dicing **</p>	<p>Sauteing **</p> <p>Boiling *</p>


		vegetables, crushing garlic Sautéing, simmering Blending			
Macaroni cheese 	Pasta: Cooking dried pasta until al dente Draining Cheese sauce: Making a roux Thickening without lumps – sauce should be smooth and velvety Ensure cheese is melted and not stringy Well assembled – pleasing ratio of sauce to pasta Breadcrumb and cheese mix is prepared from scratch, and finished product is evenly baked and well gratinated	Weighing ** Measuring ** Blending * Grating *			Boiling * Grilling * Emulsifying/ gelatinisation for roux***
Welsh trout cooked en papillote	Flesh has been removed cleanly from the fish carcass Fillets are neatly presented and trimmed		Slicing ** Peeling * Dicing ** fileting ***		Baking ** Steaming **



	<p>and free from bone and excess skin Vegetables or other ingredients included are prepared accurately Greaseproof paper is folded and presented neatly Fish is perfectly cooked – not dry</p>			
<p>Meat stew and dumplings</p> 	<p>Stew: Dicing of meat into even pieces Knife skills – dicing and slicing vegetables Making sauce (roux or reduction) Sautéing, simmering Dumplings: Mixing Shaping and forming Steaming over stew sauce Baking</p>	<p>Weighing ** Measuring ** Mixing ** Shaping *** Roux sauce **</p>	<p>Slicing ** Peeling * Dicing **</p>	<p>Sauteing ** Baking ** Boiling *</p>
<p>Pasta carbonara (with fresh pasta)</p>	<p>Fresh pasta: Making a pasta dough Laminating and cutting to shape</p>	<p>Weighing ** Measuring ** Laminating (pasta) *** Mixing **</p>		<p>Boiling * Sauteing ** Emulsifying ***</p>



	Cooking fresh pasta until al dente Carbonara: Sautéing Making sauce without scrambling egg			
Pizza (bread base) 	Making a basic bread dough Kneading, proving, knocking back, shaping, glazing Shaping pizza dough – evenly shaped (raise skill with a crimp, could be stuffed) Tomato sauce: Knife skills – dicing vegetables, crushing garlic Sautéing, simmering Topping: Well presented Baking – evenly browned	Weighing ** Measuring ** Kneading ** Shaping *** Grating *	Dicing *** Crushing garlic *	Baking ** Sauteing ** Boiling *
Potato salad (focus is on the mayonnaise)	Knife skills – peeling and dicing potatoes Simmering Separating egg white and yolk	Weighing ** Measuring **	Peeling * Dicing **/Slicing **	Boiling * Deep fat frying *** Emulsifying ***



		Make an emulsion with egg yolk and oil – free from splitting Correct viscosity			
Welsh goats cheese and leek tart 	Shortcrust pastry: Rubbing-in Mixing Forming dough of correct consistency, resting dough Rolling out and lining tin Baking blind Filling: Knife skills – dicing and slicing vegetables and other ingredients Sautéing, Grating cheese Making egg custard – white and yolk of egg well blended Baking	Weighing ** Measuring ** Rubbing in ** Mixing ** Rolling ** Grating * Beating * Shaping *** (pastry dough)	Dicing ** Slicing **	Baking blind*** Sautéing ** Setting **	
Sausage rolls	Rough puff pastry: Rubbing-in Mixing Forming dough of correct consistency, resting dough	Weighing ** Measuring ** Rubbing in ** Mixing ** Rolling ** Shaping ***	Dicing **	Sauteing ** Baking **	



	<p>Rolling to create layers Rolling out and cutting into appropriate shape Sealing, crimping and glazing Filling: Dicing Sautéing Forming filling Each roll is neatly and evenly filled and keeps its shape after baking (no seepages)</p>	<p>Glazing * Laminating ***</p>		
<p>Spaghetti bolognaise (with dried pasta)</p> 	<p>Meat ragu: Knife skills – dicing vegetables, crushing garlic Sautéing, simmering Dried pasta: Cooking dried pasta until al dente</p>		<p>Dicing ** Crushing garlic *</p>	<p>Boiling *</p>
<p>Spinach and ricotta ravioli with a tomato and basil sauce</p> 	<p>Fresh pasta: Making a pasta dough Laminating Rolling pasta out thinly Forming evenly sized pillows free from air pockets Filling:</p>	<p>Weighing ** Measuring ** Laminating (pasta dough) *** Mixing ** Shaping ***</p>	<p>Dicing **</p>	<p>Sauteing ** Boiling *</p>




	Knife skills – dicing vegetables Sautéing Forming filling and assembling into ravioli parcels Cooking pasta: Filling should remain inside ravioli Cooking fresh pasta until al dente			
Vegetable (and chicken) fajitas 	(assuming pre-prepared chicken breast portion and ready-made tortillas are used) (higher skill shown if portioning own chicken, making fajitas from scratch and serving with accompaniments) Knife skills – slicing of chicken breast into thin and even strips Knife skills – dicing and slicing vegetables, crushing garlic Sautéing Assembly – rolling	Mixing **	Slicing ** Dicing **	Sauteing ** Frying **



Vegetable samosas (making samosa pastry from scratch) 	Making samosa dough from scratch Making curry paste from scratch Knife skills – dicing and slicing vegetables Sautéing Rolling out samosa dough Sealing one side of samosa dough by dry frying Forming cone shape, and filling and sealing Use of deep fat fryer	Weighing ** Measuring ** Mixing ** Rolling ** Shaping *** Kneading **	Dicing ** Slicing **	Frying ** Deep fat frying *** Tempering (spices) ***
SWEET DISHES		Preparation Techniques	Knife Techniques	Cooking Techniques
Apple and blackberry pie 	Shortcrust pastry: Rubbing-in Mixing Forming dough of correct consistency, resting dough Rolling out and lining dish Filling: Knife skills – peeling, consistently slicing apple thinly Layering	Weighing ** Measuring ** Rubbing-in ** Mixing ** Rolling ** Crimping *** Shaping *** (pastry dough)	Peeling * Slicing **	Baking ** Simmering *


	Topping with pastry Sealing and crimping Glazing Pastry lid is smooth, free from cracks, crimped and glazed			
Apple crumble and custard 	Crumble: Knife skills – peeling, consistently slicing apple thinly Layering Rubbing-in Assembly and baking Custard: Separating egg white and yolk Make a custard with egg yolk (not custard powder, and not with cornflour as a stabiliser) Making custard without scrambling egg Correct viscosity	Weighing ** Measuring ** Rubbing-in ** Mixing **	Peeling * Slicing **	Baking ** Tempering (custard) ***
Bakewell tart (raspberry) 	Shortcrust pastry/pate sucree: Rubbing-in Mixing Forming dough of correct consistency, resting dough	Weighing ** Measuring ** Rubbing-in ** Mixing ** Rolling ** Creaming **		Baking blind *** Baking **


	Rolling out and lining tin Baking blind Filling: Layering with jam and fresh fruit Making frangipane topping Decoration Baking	Shaping *** (pastry dough)		
Banana, blueberry and cinnamon muffins 	Folding/mixing Dividing mix evenly between paper cases Minimal drips on paper cases Baking	Weighing ** Measuring ** Mixing ** Mashing *		Baking **
Black Forest gâteau 	Cake base made from scratch (various methods of cake making can be used – recipes vary) Even baking, well-risen and not burnt Well assembled with decorative finishes (including piping)	Weighing ** Measuring ** Whisking (cream) *** Cake making (creaming ** or whisking ***) Piping *** Grating (chocolate) * Shaping (of the gâteau) ***		Baking **
Bread and butter pudding	Cutting bread neatly Layering Making basic egg custard Baking	Weighing ** Measuring ** Egg custard **	Slicing bread *	Baking ** Tempering (custard) ***



<p>Cheesecake (baked)</p> 	<p>Base: Crushing biscuits Melting butter Forming base Filling: Beating/whisking eggs, cream cheese and other ingredients Flavouring Baking, cooling (making sure cheesecake is set) Finishing: Applying decorative finishes (could upskill by adding some knife skills for the garnish)</p>	<p>Weighing ** Measuring ** Mixing ** Crushing * Beating **</p>		<p>Baking ** Melting * Chilling *</p>
<p>Cheesecake (gelatine set)</p> 	<p>Base: Crushing biscuits Melting butter Forming base Filling: Beating/whisking cream Flavouring Melting gelatine and using appropriate quantities of gelatine so that cheesecake has required texture Setting Finishing:</p>	<p>Weighing ** Measuring ** Crushing * Beating **</p>		<p>Chilling * Setting **</p>


	Applying decorative finishes			
<p>Chocolate brownies</p> 	<p>Melting method of cake making (other methods also can be used) Folding Baking – still needs to have squidgy texture after baking Cutting into even sized pieces</p>	<p>Weighing ** Measuring ** Mixing ** Melting using bain-marie ***</p>	<p>Trimming/cutting *</p>	<p>Baking * Melting *</p>
<p>Crème caramel</p> 	<p>Making sugar caramel to required colour Making egg custard Baking – ensure egg is set and not overcooked (needs a 'wobble') Removing from dish by inverting – comes out intact not damaged</p>	<p>Weighing ** Measuring **</p>		<p>Baking * Caramelising *** Setting ** Tempering (custard) ***</p>
<p>Fresh fruit salad (including stock syrup)</p> 	<p>Making stock syrup Knife skills – neat and well-presented fruit preparation Well-presented finished dish (colourful and neat)</p>	<p>Weighing ** Measuring **</p>	<p>Chopping * Peeling * Dicing **</p>	<p>Boiling *</p>
<p>Fresh fruit tarts (with crème patissière)</p>	<p>Shortcrust pastry/pate sucee:</p>	<p>Weighing ** Measuring **</p>	<p>Chopping * Peeling *</p>	<p>Baking blind *** Baking **</p>

	<p>Rubbing-in Mixing Forming dough of correct consistency, resting dough Rolling out and lining tin Baking blind</p> <p>Crème patissière: Separating egg white and yolk Make a crème patissière free from lumps and to the required viscosity</p> <p>Topping: Knife skills – neat and well-presented fruit preparation Glaze on fruit – smooth and flowing, not lumpy Well-presented finished dish (colourful and neat)</p>	<p>Rubbing-in ** Mixing ** Rolling **</p> <p>Shaping (pastry) ***</p>	<p>Slicing **</p>	<p>Chilling *</p> <p>Tempering (custard) *** Setting **</p>
<p>Fruit filled Swiss roll</p> 	<p>Whisking method of cake making Even baking, well-risen and not burnt Rolled neatly, free from cracks Filled appropriately (more than solely jam)</p>	<p>Weighing ** Measuring ** Rolling ** Whisking (aeration) (cake mix and cream) ***</p>	<p>Slicing **</p>	<p>Baking **</p>

	Well assembled with decorative finishes			
Lemon meringue pie 	Shortcrust pastry/pate sucree: Rubbing-in Mixing Forming dough of correct consistency, resting dough Rolling out and lining tin Baking blind Lemon filling: Cornflour and egg yolk thickened lemon filling. Correct viscosity. Meringue topping: Egg whites whisked and meringue made successfully. Thought given to piping of meringue topping. Meringue is cooked well and has good colour. Pleasing ratio of base to filling to meringue topping. No weeping of meringue.	Weighing ** Measuring ** Rubbing-in ** Mixing ** Rolling ** Whisking (aeration) *** Blending * Piping *** Zesting * Juicing * Shaping (pastry) ***		Baking Blind *** Baking ** Setting ** Tempering (lemon filling) ***

<p>Lemon tart, with raspberry compote</p> 	<p>Shortcrust pastry/pate sucee: Rubbing-in. Mixing. Forming dough of correct consistency, resting dough. Rolling out and lining tin. Baking blind.</p> <p>Custard: Lemon zesting and squeezing. Separating egg white and yolk. Make a cold custard with egg yolk. Baking – ensure egg is set and not overcooked (needs a wobble) Tart can be cut neatly and will keep its shape (i.e. not flow)</p> <p>Compote: Stewing fruit gently, to produce the compote.</p>	<p>Weighing ** Measuring ** Rubbing-in ** Mixing ** Rolling ** Blending * Zesting * Juicing * Shaping (pastry) ***</p>		<p>Baking blind *** Baking *</p>
<p>Panna cotta</p>	<p>Heating cream Melting gelatine and using appropriate</p>	<p>Weighing ** Measuring **</p>		<p>Chilling * Setting **</p>

	<p>quantities of gelatine so that the panna cotta has required texture and 'wobble'. Removing from dish to serve – free from cracks or too much 'melted' sauce.</p>			Boiling *
<p>Profiteroles/éclairs (choux pastry)</p> 	<p>Ensuring fat and water mix come to a rolling boil before adding sifted flour. Producing raw choux pastry to the correct consistency (not too stiff nor too runny) Piping into even sized profiteroles/éclair shapes Baking – need to be golden brown and well-risen Filled with appropriate filling, e.g., crème patissière/crème Chantilly Finishing technique used – e.g. glacé icing, chocolate topping</p>	<p>Weighing ** Measuring ** Piping *** Mixing ** Beating * Melting * Whisking (aeration) *** Melting using bain-marie (chocolate) ***</p>		<p>Boiling * Baking ** Setting **</p>

<p>Victoria sandwich (decorated: glacé icing, butter icing or whipped cream)</p> 	<p>Creaming method of cake making Even baking, well-risen and not burnt Well-assembled with decorative finishes (slicing strawberries for garnish)</p>	<p>Weighing ** Measuring ** Creaming (cake and butter icing)** Whisking (aeration) *** (if whisking cream)</p>	<p>Slicing**</p>	<p>Baking **</p>
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