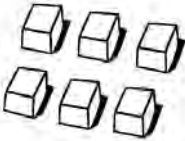
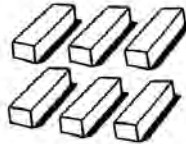







**PRECISION CUTS****Julienne – small baton 3mm x 3mm x 40mm****Brunoise – fine dice 3mm x 3mm cube****Mirepoix – rough cut of vegetables****Paysanne – various shapes of 15mm width x 3mm thick****Macedoine – 8mm x 8mm cube****Jardinere – medium baton 5mm x 5mm x 20mm****Chiffonade – fine shred 3mm thick****Finely chopped parsley**

### PREPARATION OF A ROUX

<p>1. Melt butter or margarine in saucepan.</p>  A line drawing showing a hand holding a wooden spoon and stirring a small amount of butter melting in a saucepan. A lid is placed to the right of the pan.	<p>2. Remove from heat, add flour, and stir with wooden spoon until a smooth paste is formed.</p>  A line drawing showing a hand pouring flour from a small container into the saucepan while another hand stirs with a wooden spoon.
<p>3. Return to a low heat and cook for further minute – <b>do not brown</b>.</p>  A line drawing showing a hand stirring the roux in the saucepan over a low flame. The lid is to the right.	<p>4. Remove from heat and slowly add milk, stir thoroughly.</p>  A line drawing showing a hand pouring milk from a jug into the saucepan while another hand stirs with a wooden spoon.
<p>5. Return to heat and stir until boils and thickens.</p>  A line drawing showing a hand stirring the thickened sauce in the saucepan over a flame. The lid is to the right.	<p><b>Cooks note:</b> To prevent a skim layer forming on top of a sauce, push a sheet of plastic wrap down onto the sauce to exclude all air.</p>

## CRUSHING GARLIC

1. Place unpeeled garlic clove on a chopping board. Using the flat of knife blade, press down firmly with heel of hand.



2. Remove skin and roughly chop.








3. Add a large pinch salt; hold knife firmly and work garlic into a paste applying pressure to toe of blade.



**Cooks note:** Crushed garlic can be stored in an airtight jar in the refrigerator for up to one month.

## ***BLANCHING AND PEELING TOMATO***

<p>1. <i>Bring a saucepan of water to the boil. Using a sharp knife, remove stem (hull) portion of tomato.</i></p> 	<p>2. <i>Place tomato on a board and score a cross on base of tomato.</i></p> 
<p>3. <i>Use a slotted spoon to lower the tomato into boiling water.</i></p> 	<p>4. <i>Remove after 30 seconds; plunge tomato in ice cold water for 60 seconds.</i></p> 
<p>5. <i>Using clean hands, peel and remove the skin.</i></p> 	<p><b><i>Cooks note: To maximise the flavour of a tomato after blanching and peeling, remove the seeds. Cut the tomato into half or quarters, and using a teaspoon scoop out the seeds. Discard the seeds and use tomato as desired.</i></b></p>

## ***TOMATO CONCASSÉ***

1. Using a sharp knife, remove stem (hull) portion of tomato. Place tomato on board and score a cross on base.



2. Use a slotted spoon to lower the tomato into boiling water.



3. Remove after 30 seconds, plunge tomato in ice cold water for 60 seconds.



4. Peel and remove the skin.



5. Cut tomato into quarters; using a teaspoon, scoop out all of the seeds.



6. Slice tomato into strips, chop into dice – macedoine.



## CRUMBING

1. Whisk eggs and liquid in a bowl to create an egg wash.



2. Set out flour, egg wash and dry breadcrumbs in separate bowls or plates.



3. Use one hand to dip the food to be crumbed in the flour; shake off any excess.



4. Use the other hand to dip the floured food into egg wash, completely cover food, and drain off excess.



5. Transfer food to the breadcrumbs, press firmly to coat on both sides.



6. Place the crumbed food, single layer, on a plate. Cover with plastic wrap. Chill for 30 minutes before frying.



## ***FRENCHING***

1. *Cut and remove a cutlet from a well trimmed rack of lamb.*



2. *Using a sharp paring knife, scrape all the connective tissue and fat from the bone, leaving just the eye fillet.*









3. *Using the heel of a large chef's knife, chop off the very tip of the bone to neaten the appearance.*



***Cooks note: To prepare a crown roast, use the frenching method in order to enhance the finished product.***

### JOINTING A CHICKEN

<p>1. Pull legs away from the body. Cut through skin between the thigh and body around the entire leg.</p> 	<p>2. Bend leg back on itself, expose thigh joint and ball. Cut between ball and socket to release leg.</p> 
<p>3. Cut through joint joining the thigh to the drumstick to split the whole leg into two pieces.</p> 	<p>4. Pull wings away from body. Cut through joint where wing is attached to body.</p> 
<p>5. Cut along the ridge at the top of the carcass and then scrape the meat from the ribcage to release breast fillet.</p> 	<p>6. Repeat on other side, and remove second breast from the carcass.</p> 



## **TRUSSING A CHICKEN**

1. Tuck the wings underneath the chicken to secure. Turn chicken onto back.



2. Cut a length of kitchen twine, secure firmly around the tail.



3. Next, wrap the twine around the end of each drumstick, pull and draw legs together, finish with a knot.



4. Turn chicken over, with neck away from you. Pull kitchen twine up over the thighs.









5. Wrap kitchen twine around and secure wings, close to the body. Both ends are brought to the upper side.








6. Tie the ends of twine securely. Chicken is ready for roasting.



### FILLETING A FLAT FISH

<p>1. Place cleaned, scaled and dried fish on a chopping board.</p> 	<p>2. To remove skin, use a sharp filleting knife and make a shallow incision at the tail end; loosen skin from flesh.</p> 
<p>3. Dip fingertips into cooking salt; grasp the tail with one hand and pull the skin towards the head with the other.</p> 	<p>4. Run the knife down the centre backbone of the fish.</p> 
<p>5. Laying knife on an angle, scrape knife under the flesh and along the skeletal frame and remove two fillets.</p> 	<p>6. Turn fish over and repeat steps 2 to 5 to retrieve a total of four fillets from the fish.</p> 

## **FILLETING A ROUND FISH**

<p>1. Place cleaned, finless, scaled and dried fish on a chopping board.</p> 	<p>2. To remove skin, use a sharp filleting knife and make a shallow incision at the tail end; loosen skin from flesh.</p> 
<p>3. Dip fingertips into cooking salt; grasp the tail with one hand and pull the skin towards the head with the other.</p> 	<p>4. Run the knife down the backbone, cutting flesh cleanly from the skeletal frame, keeping knife close to bone.</p> 
<p>5. Turn fish over and remove second fillet from other side.</p> 	<p><b>Cooks note:</b> The skeletal frame from the fish can be used to make fish stock or frozen for use at a later date.</p>

### SEPARATING AN EGG

1. Lightly crack an egg on the edge of a bowl.



2. Over a bowl, carefully open the shell into two halves, keeping most of the egg in the lower half.



3. Tip egg from one half of shell to the other, allow egg white to fall into the bowl, keep yolk intact in the shell.



**Cooks note:** Egg yolks can be frozen in ice cube trays to be used at a later date.

**BEATING EGG WHITES TO A STIFF FOAM**

1. Place egg whites into a clean, dry stainless steel, glass or copper bowl.



2. Using electric mixer, beat whites slowly until they foam, gradually increase speed until thickened.



3. Lift beaters from the egg white mixture. Peaks should stand firm and maintain shape.



**Cooks note:** Do not beat egg whites too far ahead of time as the whites will separate.

## POACHING AN EGG

1. Put 10 cm water into a small pan and bring to the simmer; add vinegar.



2. Break egg onto a saucer. Using a spoon, stir the water vigorously until the water swirls.



3. Gently slide egg into water. Simmer slowly for 3 to 5 minutes.



4. Lift the egg out with a slotted spoon and serve.



## ***COLLARING A SOUFFLÉ DISH***

1. Grease soufflé dish according to recipe directions.



2. Cut a strip of baking paper large enough to wrap around the circumference of the soufflé dish.





3. Trim the paper width until it measures 6 cm higher than the top of the soufflé dish.



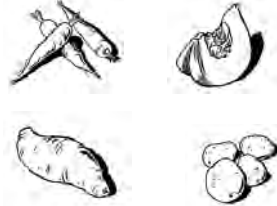

4. Secure collar by tying string around the circumference.



### ***STOVE TOP COOKING: vegetables grown above the ground***





<p>1. <i>Bring sufficient water to cover vegetables to the boil; add prepared vegetables to the boiling water.</i></p> 	<p>2. <i>Cook vegetables until tender. Strain through a colander.</i></p> 
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### ***STOVE TOP COOKING: vegetables grown below the ground***

<p>1. <i>Prepare vegetables, add to a saucepan, cover with cold water and bring to the boil.</i></p> 	<p>2. <i>Cook vegetables until tender. Strain vegetables through a colander.</i></p> 
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## VARIETIES OF STEAMING VESSELS

	<p>1. <i>Double saucepan with perforated upper pan and covered with lid.</i></p>
	<p>2. <i>Steaming bamboo baskets that sit over saucepan of simmering water.</i></p>
	<p>3. <i>Saucepan of simmering water with a metal colander placed inside saucepan and covered with a lid.</i></p>
	<p>4. <i>Domestic electric steaming appliance.</i></p>

### ***BLIND BAKING PASTRY***

1. Lay rolled pastry over rolling pin.



2. Carefully drape pastry over pie dish or flan tin.



3. Using fingertips, gently lift and press pastry into pie dish.



4. Trim off excess pastry using back of knife blade.



5. Line with baking paper and weigh down with uncooked rice or dried beans. Bake till golden brown.



***Cooks note: Weights can be reused many times over. Remove excess pastry and flour; store in an airtight container.***

## MAKING CHOUX PASTRY

1. Place water and butter in saucepan; bring to boil. Remove from heat.



2. Add flour and beat mixture to a smooth paste.



3. Return to heat, continue beating until a ball of paste forms around spoon and leaves the sides of the saucepan.



4. Remove from heat; add eggs beating well after each addition until smooth and glossy.



5. Lightly grease baking sheet; spoon or pipe paste onto sheet, sprinkle with water and bake.



**Cooks note:** Baked choux puffs can be stored in an airtight container in the dry store for up to one week.

## ***MAKING SHORTCRUST PASTRY***

1. *Using fingertips, rub chilled, diced butter into the flour until mixture resembles coarse breadcrumbs.*



2. *Add iced water; using a butter knife, mix until incorporated and the mixture begins to bind together.*



3. *Using clean hands, work the dough together until a soft ball is formed.*



4. *Transfer to a lightly floured surface; knead until smooth.*



5. *Remove from bowl, wrap in plastic wrap and allow to rest in fridge for 20 minutes before use.*



***Cooks note: Do not overwork the dough or it will toughen.***

## ***FLUTING AND SECTIONING SHORTBREAD***

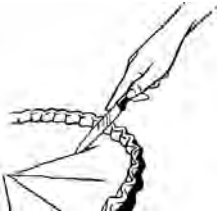
1. Roll shortbread out to desired size round.



2. Using thumb on left hand and thumb and forefinger on right hand, pinch the edge of the shortbread.









3. Score the shortbread into wedge size pieces with a sharp knife.




***Cooks note: A shortbread mould can also be used to achieve a more decorative finish.***

### MAKING A SCONE DOUGH

<p>1. Rub butter into dry ingredients using the tips of the fingers until mixture resembles coarse breadcrumbs.</p> 	<p>2. Make a well in the centre; pour liquid into well.</p> 
<p>3. Use a butter knife to mix liquid into dry ingredients, starting from the centre and working outwards.</p> 	<p>4. Turn dough out onto a lightly floured surface. Knead gently until mix comes together.</p> 
<p>5. Press dough out to required thickness with fingertips.</p> 	<p>6. Using a scone cutter dipped in flour, press down onto dough, lift and remove, place scone onto baking tray.</p> 

## MAKING A YEAST SPONGE

<p>1. In a bowl, sprinkle yeast over lukewarm liquid, cover, leave to rest in a warm place until frothy.</p> 	<p>2. In a warm bowl; add yeast mixture into dry ingredients.</p> 
<p>3. Turn dough out onto floured board, knead well until dough springs back to the touch.</p> 	<p>4. Place dough into greased bowl, cover and leave in warm area until double in size.</p> 
<p>5. Using a fist, punch down into dough. On a floured board, knead well, then shape as desired.</p> 	<p>6. Place dough into a greased loaf tin and allow to prove until doubled in size.</p> 

**GREASE AND LINE A ROUND CAKE PAN**

1. Place pan to be lined on a large piece of baking paper. Trace around circumference.



2. Cut around traced circle.



3. Cut a long strip of paper 3 cm higher than the side of pan.



4. Make 1 cm fold along the edge of paper, then snip along the 1 cm fold. Grease base and side of pan.



5. Press strip of paper to inside wall of pan, with snipped edge sitting flat on the base.



6. Place circle of baking paper on base of pan.





## CREAMING METHODS

1. Using a wooden spoon: beat softened butter and sugar together until pale cream colour and fluffy in texture.



2. Using an electric mixer on high speed: beat softened butter and sugar until pale cream colour and fluffy in texture.



## RUB-IN METHOD

1. Chop very cold butter into cubes, combine with flour.



2. Use tips of fingers to rub butter through the flour until mix resembles coarse breadcrumbs.



## MIXING MUFFINS

1. Place all dry ingredients into a large bowl. Make a well in the centre.



2. Pour liquid into the well.



3. Using a metal spoon (sharp edge), mix liquid into dry ingredients until just combined, **no more than 12 strokes**.



4. Using two spoons, scoop mix with one spoon and push off with the other into a well-greased muffin pan.



## ***ROLLING A SWISS ROLL SPONGE***

1. Whilst still warm, turn sponge out onto a sheet of baking paper that has been sprinkled with sugar.



2. Trim edges. Starting with the short side of the sponge, roll with paper to the other end.



3. After a few minutes, unroll sponge; spread with desired filling.



4. Roll up again, allow to cool. Plate and garnish.



**PREPARATION OF STEAM PUDDING BOWL**

1. Grease a pudding mould with melted butter.



2. Cut a piece of baking paper and piece of foil the same shape as top of the mould with a 3 cm border.



3. Spoon the mixture into the pudding mould.



4. Make a pleat in the centre of the paper (allows for pudding mix to swell); cover pudding with paper.



5. Crease pleated baking paper over the edge of pudding mould; tie securely with kitchen twine.



6. Lastly, cover top of pudding bowl with foil and crimp over the edge of bowl to seal.



## ***CORING, SCORING AND FILLING AN APPLE***

1. *Using an apple corer insert into apple, twist and remove core. Retain base of core to use as a plug.*



2. *With a sharp knife, make a shallow incision around the circumference of the apple.*









3. *Fill cavity with stuffing, insert plug into base, bake as per recipe.*



***Cooks note: If you do not have access to an apple corer, a melon baller can also be used by scooping the core away from the base of the apple.***

### SEGMENTING AN ORANGE

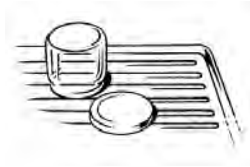
<p>1. <i>Cut off the top and bottom of an orange using a paring knife.</i></p> 	<p>2. <i>Place orange on cutting board, cut side down. Start from top of orange and cut downwards removing skin and pith.</i></p> 
<p>3. <i>Continue working your way around the orange until no skin remains.</i></p> 	<p>4. <i>Hold the orange in the palm of one hand and the knife in the other hand.</i></p> 
<p>5. <i>Run a knife on the right side of the segment next to membrane, and then on the left side.</i></p> 	<p>6. <i>Loosen the segment and remove it from the orange, continue until all segments are free.</i></p> 

***STERILISING JARS: oven method***

1. Preheat oven to 100°C. Wash jars and lids in hot, soapy water. Rinse well.



2. Place jars and lids, open end facing down, on an oven rack.



3. Leave in oven for 30 minutes. Use sterilised tongs, remove jars and lids from oven.



4. Fill warm jars; when cool, seal, lid and label as per recipe.



### ***JELL TEST FOR JAM***

1. *Chill a saucer in refrigerator for 30 minutes.*



2. *Place a spoonful of jam onto chilled saucer, and allow to cool slightly.*



3. *Tip saucer onto side. If the surface wrinkles, the jam is ready.*



***Cooks note: Jam may be tested for setting using a sugar thermometer. The jam is set when the temperature on the thermometer reaches 105°C (221°F).***



***DISSOLVING GELATINE: powdered***

1. *Mix powdered gelatine with a small amount of hot water. Stir until dissolved.*



2. *Place gelatine bowl over another bowl of hot water until required.*

***DISSOLVING GELATINE: leaf***

1. *Place gelatine leaf into cold water. Allow to soak until soft.*



2. *When gelatine is required, squeeze water from gelatine leaf and use according to recipe.*

