



# Cook To Work Checklist Module 2

## Kitchen Basics-Prepping

Name \_\_\_\_\_ Date Started \_\_\_\_\_ Date Completed \_\_\_\_\_

Skill	Date completed	Skill	Date completed
Dicing ¼"		Julienne cut	
Dicing ½"		Chiffonade herbs	
Dicing 1"		Fruit-core, pit, prep	
Robot Coup prep of vegetables: attachment		**Make a Tomato Soup	
Mandoline slicer safety		**Making a stock	
Mandoline slicing vegetables		Produce Identification Name 5 items	
Washing, prepping and storing greens		How to use the oven-Roasting vegetables	
Using the Blender: Making salad dressing/ emulsions		How to use the grill-Grilling Vegetables	

\_\_\_\_\_ Received 3 meal coins for completing this module on \_\_\_\_\_  
 from \_\_\_\_\_