

2021 – 2022 FCCLA Virginia State Culinary Skill Set

Individual Competition

- Knife skills: cut, chop, dice, slice, and bias
- Grate
- Whisk
- Pound meat, using the back of the sauté pan
- Sauté
- Use of a food thermometer
- Spoon over
- Stir
- Blend
- Boil
- Thicken
- Strain
- Garnish