

# Essential Cooking Skills

## Knife Skills

Good knife technique helps you chop, dice, mince, and slice safely and efficiently.

## Understanding Heat and Cooking Methods

Learn sautéing, boiling, roasting, grilling, and steaming to control texture and flavor.

## Seasoning and Flavor Building

Balance salt, acid, sweetness, bitterness, and spice to enhance dishes.

## Reading and Following Recipes

Understand measurements and steps to avoid mistakes and learn structured cooking.

## Food Safety and Hygiene

Wash hands, store food properly, and avoid cross-contamination.

## Time Management and Mise en Place

Prepare ingredients and tools before cooking to stay organized.

## Basic Cutting of Ingredients

Different cuts affect cooking time and texture; smaller cuts cook faster.

## Cooking Eggs Perfectly

Master boiling, frying, scrambling, and poaching for control over heat and timing.

## Making Simple Sauces

Learn basic sauces like tomato sauce, gravy, and vinaigrette.

## Tasting and Adjusting

Taste while cooking and adjust seasoning for balanced flavor.