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How to develop professional cooking skills

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A training pathway for developing station skills and recording progress with reviewable work samples.

Start with a measurable task

Choose one task, such as preparing six equal portions of one ingredient. Agree with the instructor on portion weight, cut size and handover. Record time, usable weight and the number of portions that meet the brief. Present a sample for review.

Move from repetition to coordination

Repeat until the result stays within the tolerance agreed with your instructor. Then take on two tasks with a shared deadline. Identify what can be prepared first and what depends on another station. At handover, report the actual quantity and any discrepancy that affects service.

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Build a portfolio that shows progress

Keep the brief, a photograph of the result, a review note and one decision for the next attempt. For example, four of six portions met the target weight on the first attempt and five on the second. Record whether the specification stayed the same before interpreting the difference.

Culinary Skills Manual (2018)

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