

# Y10 – KO2 - GCSE FOOD PREPARATION AND NUTRITION: SKILL GROUPS 8-12

## A SKILL 8: SAUCE MAKING

	TERM	DEFINITION
1	STARCH BASED	Gelatinisation e.g. roux, all in one, blended, béchamel etc.
2	REDUCTION	Evaporation e.g. tomato pasta sauce, curry sauce, gravy, meat sauce. (including meat alternatives).
3	EMULSION	Emulsion e.g. salad dressing.

## B SKILL 9: TENDERISE AND MARINATE

	TERM	DEFINITION
1	TENDERISE AND MARINATE	<ul style="list-style-type: none"> <li>• how acids denature protein.</li> <li>• how marinades add flavour and moisture when preparing vegetables, meat, fish and alternatives.</li> </ul>

## C SKILL 10: DOUGH

	TERM	DEFINITION
1	MAKING A DOUGH	Shortening, gluten formation, fermentation (proving) for bread, pastry and pasta making.
2	SHAPING AND FINISHING	Be able to demonstrate how to: <ul style="list-style-type: none"> <li>• Use a pasta machine</li> <li>• Line a flan ring</li> <li>• Create layers</li> <li>• Glazing and finishing e.g. pipe.</li> </ul>

## D SKILL 11: RAISING AGENTS

	TERM	DEFINITION
1	EGGS AS A RAISING AGENT	Create a gas-in-liquid foam, whisking eggs whites e.g. lemon meringue pie.
2	CHEMICAL RAISING AGENT	Demonstrate the use of self raising flour, baking powder, bicarbonate of soda.
3	STEAM AS A RAISING AGENT	Demonstrate the use of steam in a mixture e.g. profiteroles, eclairs.
4	BIOLOGICAL RAISING AGENT	Demonstrate the use of yeast in bread making.

## E SKILL 12: SETTING MIXTURES

	TERM	DEFINITION
1	REMOVAL OF HEAT	Demonstrate the use of starch to set a mixture on chilling e.g. custard.
2	USE PROTEIN	Set a mixture upon heating such as denatured and/or coagulated protein in eggs.