

CULINARY COMPETENCY & REWARDS

CHEF: _____ DATE STARTED: _____

SKILL CATEGORY & DESCRIPTION	DATE MET	PASS
Knife Safety & Prep Proper grip, dicing onions, and cleaning blades safely.		
Heat Management Sauteing, simmering vs. boiling, and controlling burner temp.		
The Signature Protein Cooking a chicken breast or steak to safe internal temp.		
Grains & Starches Fluffy rice, al dente pasta, and mashed potatoes from scratch.		
Kitchen Hygiene Cross-contamination prevention and "clean as you go" habits.		

EARNED REWARDS

- 3 Skills Mastered** Select the menu for one full weekend
- All Skills Mastered** New professional chef's knife or Restaurant of choice

Verification requires one fully prepared meal for the family without assistance.