

Food Journey

| BASIC | | | | MEDIUM | | | | | | COMPLEX | | | |
|----------|-------------|------------|-------------|------------|-------------|-----------|-----------|-------------|--------------|-----------------|------------|--------------|--|
| Basting | Cooling | Juicing | Skimming | Baking | Deglazing | Griddling | Reduction | Simmering | Bain-marie | Deep fat frying | Piping | Whisking | |
| Beating | Dehydrating | Marinating | Tenderising | Baton | Dehydrating | Kneading | Roasting | Slicing | Blind bake | Emulsifying | Poaching | Roux sauce | |
| Blending | Freezing | Mashing | Toasting | Blanching | Deseeding | Measuring | Rolling | Spatchcock | Brunoise | Filleting | Segmenting | Pasta making | |
| Boiling | Grating | Melting | Trimming | Braising | Dicing | Mixing | Rub-in | Steaming | Caramelising | Julienne | Shaping | Choux pastry | |
| Chilling | Grilling | Proving | Zesting | Chiffonade | Folding | Pickling | Sautéing | Stir frying | Crimping | Laminating | Tempering | Breading | |
| Chopping | Hydrating | Sieving | | Creaming | Frying | Pureeing | Setting | Toast nuts | Deboning | Mincing | Unmoulding | Skinning | |
| | | | | | | | | Water bath | | | | | |
| | | | | | | | | Weighing | | | | | |

