



## COOKING SKILLS

WITH CHEF PHIL NGUYEN



### LOOKING TO INCREASE YOUR KNOWLEDGE IN THE KITCHEN?

Learn the techniques that will make you a better home chef from expert instruction. This class will teach you the fundamentals.

In this session, Chef Phil will guide you through:

- **Basic knife skills:** how to dice, mince, and julienne
- How to sauté
- The method to blanch vegetables



# COOKING SKILLS

## TOOLS

- Chef Knife
- Pan
- Wooden Spoon or spatula
- Cutting board

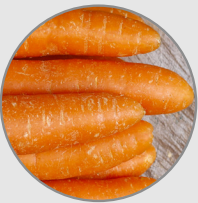
## INGREDIENTS

- 4 carrots
- 1 white onion
- 1 head of garlic
- 3 potatoes

## KNIFE SKILLS

- Anatomy of a kitchen knife
- Types of knives
- Knife safety
- Basic types of knife cuts

## DEMONSTRATION FOLLOWED BY GUIDED PRACTISE



- Julienne (*carrots*)



- Mincing (*onion*)



- Slice (*garlic + potato*)

## SAUTÉING & BLANCHING

Learn and practice sautéing, and learn how is it different than frying.

Learn and practice vegetable blanching, and why is it a great technique for cooking vegetables.

