

Teaching guide: Skills for recipes

This resource maps individual recipes to the 12 skill groups outlined in the GCSE Food Preparation and Nutrition specification (8585).

The 12 skill groups

- Skill 1: General practical skills
- Skill 2: Knife skills
- Skill 3: Preparing fruit and vegetables
- Skill 4: Use of the cooker
- Skill 5: Use of equipment
- Skill 6: Cooking methods
- Skill 7: Prepare, combine and shape
- Skill 8: Sauce making
- Skill 9: Tenderise and marinate
- Skill 10: Dough
- Skill 11: Raising agents
- Skill 12: Setting mixtures

Version 2.0
February 2025

GCSE FOOD PREPARATION AND NUTRITION – 8585 – SKILLS FOR RECIPES

Recipe	Skills	Techniques	Working characteristics, function and chemical properties
Beef or vegetable cobbler	1, 2, 3, 4, 5, 6, 7, 10, 11	<ul style="list-style-type: none"> • Knife skills – vegetable preparation • Making a dough • Use of chemical raising agent 	<ul style="list-style-type: none"> • Tenderisation of meat • Raising agent in the SR flour • Dextrinisation
Burgers with salad and homemade dressing/mayonnaise	1, 2, 3, 4, 5, 6, 7	<ul style="list-style-type: none"> • Vegetable preparation for salad • Shaping burgers • Baking • Biding 	<ul style="list-style-type: none"> • Coagulation of the proteins in the meat • Emulsification – dressing/mayonnaise
Cheese and tomato flan	1, 2, 3, 4, 5, 6, 10, 12	<ul style="list-style-type: none"> • Veg/meat prep • Using food blender to make pastry • Lining • Baking • Garnishing 	<ul style="list-style-type: none"> • Shortening • Dextrinisation • Coagulation
Cheese and vegetable pasties	1, 2, 3, 4, 5, 6, 10	<ul style="list-style-type: none"> • Shaping • Making shortcrust pastry • Vegetable preparation • Use of the oven • Glazing 	<ul style="list-style-type: none"> • Shortening • Dextrinisation

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Chelsea buns	1, 4, 5, 6, 7, 10, 11	<ul style="list-style-type: none"> • Making an enriched dough • Baking • Use of the hob • Proving • Use of a biological raising agent 	<ul style="list-style-type: none"> • Gluten formation • Caramelization • Dextrinisation
Chicken fajitas	1, 2, 3, 4, 6	<ul style="list-style-type: none"> • Vegetable preparation • Marinating 	<ul style="list-style-type: none"> • Denaturation
Cottage pie with Cheddar and leek mash	1, 2, 3, 4, 5, 6	<ul style="list-style-type: none"> • Vegetable preparation • Grating • Meat cookery • Use of the hob • Baking 	<ul style="list-style-type: none"> • Gelatinisation of starch (potatoes) • Coagulation of protein in the meat • Caramelisation of onions when fried
Eclairs/profiteroles	1, 2, 3, 4, 5, 6, 8, 10, 11, 12	<ul style="list-style-type: none"> • Making a sauce – crème patisserie • Dough using a mixer • Piping • Making ganache • Baking 	<ul style="list-style-type: none"> • Gelatinisation • Gluten formation • Steam as a raising agent • Dextrinisation

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Fishcakes	1, 2, 3, 4, 6, 7, 8	<ul style="list-style-type: none"> • Vegetable preparation • Fish prep mixing • Shaping • Binding • Coating • Boiling • Baking • Making an emulsion 	<ul style="list-style-type: none"> • Emulsification • Denaturation • Gelatinization • Coagulation
Fish pie	1, 2, 4, 5, 6, 8, 12	<ul style="list-style-type: none"> • Veg prep • Fillet fish • Boiling • Roux sauce • Baking • Food styling - piping 	<ul style="list-style-type: none"> • Caramelisation • Denaturation
Gelatine set cheesecake	1, 2, 3, 5, 7, 12	<ul style="list-style-type: none"> • Fruit prep • Using food processor • Setting and • Layering a mixture • Decorating 	<ul style="list-style-type: none"> • Gelatinization • Denaturation • Coagulation

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Jambalaya	1, 2, 3, 4, 6	<ul style="list-style-type: none"> • Vegetable preparation/knife skills • Chicken preparation/knife skills • Cooking rice 	<ul style="list-style-type: none"> • Gelatinisation of starch in the rice when simmering • Caramelisation of natural sugars in the onions when fried • Coagulation of the protein
Kedgeree	1, 2, 3, 4, 6	<ul style="list-style-type: none"> • Fish preparation • Use of hob • Vegetable preparation 	<ul style="list-style-type: none"> • Gelatinisation of rice • Coagulation of egg
Lasagne	1, 2, 3, 4, 5, 6, 7, 8, 10	<ul style="list-style-type: none"> • Vegetable preparation • Garnishing • Layering • Use of pasta machine to make a dough • Simmering • Using cooker • Sauce making • Reducing • Baking 	<ul style="list-style-type: none"> • Gelatinisation

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Lemon meringue pie	1, 2, 3, 4, 5, 6, 7, 8, 11	<ul style="list-style-type: none"> • Making shortcrust pastry • Lining a tin • Blind baking • Making a meringue/foam • Making a blended sauce • Baking 	<ul style="list-style-type: none"> • Gelatinisation of blended sauce • Foam formation – gas in liquid • Shortening – pastry • Dextrinisation – pastry
Lemon roasted chicken with mustard mash	1, 2, 3, 4, 6	<ul style="list-style-type: none"> • Jointing a chicken • Vegetable preparation • Use of hob • Use of oven for roasting 	<ul style="list-style-type: none"> • Gelatinisation of starch in potatoes • Caramelisation of onions • Coagulation of protein in chicken
Nutty apple and apricot crumble	1, 2, 3, 4, 6	<ul style="list-style-type: none"> • Knife skills • Rubbing in • Baking 	<ul style="list-style-type: none"> • Caramelisation • Dextrinisation
Pasta dish – ravioli/tortellini	1, 2, 3, 4, 5, 6, 7, 8, 10	<ul style="list-style-type: none"> • Vegetable preparation • Making pasta • Making a reduced sauce 	<ul style="list-style-type: none"> • Gluten formation when making pasta

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Pizza	1, 2, 3, 4, 5, 8, 10, 11	<ul style="list-style-type: none"> • Vegetable preparation • Marinate toppings • Making a sauce • Shaping a dough • Proving • Baking • Garnishing 	<ul style="list-style-type: none"> • Gluten formation • Use of biological raising agent • Dextrinisation
Roasted vegetable and pasta medley	1, 2, 3, 4, 6, 8	<ul style="list-style-type: none"> • Knife skills – vegetables • Cooking pasta • Sauce making – roux method 	<ul style="list-style-type: none"> • Gelatinisation of starch in the pasta and flour in the sauce • Caramelisation of natural sugars in the vegetables e.g. onions • Coagulation of the protein in the cheese when baked
Roasted vegetable flan	1, 2, 3, 4, 5, 6, 10	<ul style="list-style-type: none"> • Fruit prep • Lining a tin • Blind baking • Baking • Roasting 	<ul style="list-style-type: none"> • Shortening – fat in the pastry • Caramelisation of the natural sugar in the vegetables • Coagulation of the egg and milk filling

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Savoury muffins e.g. carrot cake muffins or courgetti, onion and cheese muffins	1, 2, 3, 4, 6, 11	<ul style="list-style-type: none"> • Vegetable preparation • Making a batter • Baking 	<ul style="list-style-type: none"> • Caramelisation of sugars in the onion • Dextrinisation • Use of chemical raising agent • Coagulation of protein in egg and cheese • Gelatinisation of flour
Stir fry	1, 2, 3, 4, 6	<ul style="list-style-type: none"> • Vegetable preparation • Hob control 	<ul style="list-style-type: none"> • Denaturation of protein • Coagulation of protein
Thai red curry	1, 2, 3, 4, 6, 8	<ul style="list-style-type: none"> • Vegetable and meat preparation • Tenderizing • Frying • Simmering • Reducing 	<ul style="list-style-type: none"> • Denaturation of protein
Whisked sponge decorated with seasonal fruit	1, 2, 3, 4, 5, 11, 12	<ul style="list-style-type: none"> • Fruit preparation • Use of electric mixer • Whisking • Baking • Finishing techniques • Arrowroot gel 	<ul style="list-style-type: none"> • Aeration – whisking, sieving, folding • Caramelisation • Dextrinisation