

Skills to Know for Texas FCCLA Culinary Arts Competition:

- Braise: [Link to Braise video](#) *Braise and deglaze can be done with any liquid (chicken stock, water, etc.)
- Pan Fry: [Link to Pan Fry video](#)
- Sauté: [Link 1 to Sauté video](#) and [Link 2 to Sauté video](#)
- Stew
- Simple Pan Sauce: [Link to Simple Pan Sauce video](#)
- Veloute or Béchamel
- Vinaigrette: [Link to Vinaigrette video](#)
- Basic Knife Cuts (ex: brunoise, julienne, batonet, oblique...)
- Emulsification: [Link to Emulsification video](#)
- Pilaf: [Link to Pilaf video](#)
- Toasting (in a pan)
- Pan Roast (on burner- no oven)
- Gravy