

Your SUPPER SOLUTION

COOKING BASICS GUIDE

You can cook, I know you can. However, it's important that we are all speaking the same language when it comes to getting the food prepared. This guide will help you understand what I mean when I suggest a particular cooking method on the menu.

For example, you may not be familiar with these two:

DFO! --Don't freak out! Sometimes, I use a lot of butter, cream, oils, etc... Fat is an important part of healthy processes in the body. It's a key player in satisfaction as well. That's why I include it in every meal. That, and the fact that it's super tasty. If I say butter, I usually mean a portion like a tablespoon not a whole stick. So, DFO!

TST – Time Saving Tip. You'll want to really pay attention to these suggestions. They'll make packing a lunch or getting your next meal whipped up a snap.



The following terms are likely just a refresher for you but just in case, let's review.

BAKE – A dry heat cooking method using your oven (I bet you knew that ☺). I like to bake things like chicken and roasts. You'll typically see instructions like preheat oven to 350 degrees and bake for 30 minutes.

GRILL – A dry heat cooking method using a preheated outdoor grill. Also known as barbecuing depending on where you live. I "grill" often and even when it's chilly out. You can use an indoor grill or grill pan for "grilling" menus.

ROAST – Another dry heat cooking method similar to baking but with higher temperatures and often less time. You'll see that I like to roast lots of veggies and meats in the oven.

SAUTE – A quick cooking method using a small amount of fat on a skillet or frying pan. I often sauté things like veggies or shrimp. Sometimes, I like to reheat things this way.

BROILING – A cooking method using radiant heat. Generally, the top oven rack is 6-8 inches away from the heat source. Be sure to stay close to oven when broiling. Multi-tasking is a sure way to burn dinner! I use broiling to quickly "toast" or melt cheese.

SEARING – A stovetop cooking method that uses fat to quickly brown food over high heat in a sauté/frying pan before finishing by another method such as baking or roasting. Searing can help seal in liquid & flavor.

STEAMING – A moist cooking method that uses steam to directly cook or soften foods. I steam veggies frequently using the microwave.

BLANCHING – A cooking method that calls for briefly submerging food in boiling water. Occasionally, I will blanch a veggie prior to another cooking method.

OVEN FRYING – A high temperature cooking method that mimics traditional frying without submerging in oil. You can oven fry food by drizzling fat and cooking at 400-450 degrees. Time varies with different food items.

PAN FRYING – This cooking method uses a moderate amount of fat in a skillet/frying pan over medium heat to prepare things like meats or veggies.

POACHING – A cooking method that requires placing a food item in hot liquid and maintaining a low gentle boil with in a shallow pan. It's not something I use often but you may see it sometime.

SIMMERING – A stovetop cooking method where food is heated to just below the boiling point for various time lengths depending on the food. I make a nice tomato sauce and let it simmer for an hour.

DEGLAZING – This tasty cooking step allows you to capture the flavors left in the pan after searing. After removing the main food from the pan, with heat still on, add liquid and gently scrape the crusty goodness off “deglazing” the pan. This is an important step for many tasty sauces.

STIR FRYING – A quick cooking method using a small amount of oil in a stir-fry pan/wok/frying pan. We'll make some yummy dishes with this method here and there.



MY YSS COOKING NOTES:
