



Tiny Little Chef
Food, Nutrition, Fitness & Fun

Top 10 Cooking Tips

1. Never put cold meat on a hot surface. Let the meat sit at room temperature for 20-30 minutes before cooking. Also, move the meat as little as possible while cooking.
2. Never use a fork to turn your meat. This will pierce your meat and let the juices out.
3. Always let your cooked meats rest at least 5 minutes before cutting into them. 10 minutes is even better. This lets the juices redistribute.
4. When cutting any onion or shallot, chew on mint gum. I find that the stronger the mint flavor, i.e. peppermint, the more effective it is.
5. Always use a very sharp knife. The duller a knife, the more that you will have to "saw" at the food, which greatly increases the likelihood of an accident.
6. Invest in a good, electric, knife sharpener. Sharpen your most used knives at least once a week.
7. Have a wide variety of knives. Different types, and sizes, for different jobs. I always recommend 2 different lengths of chef knives. 2 different lengths of serrated knives, a boning knife, and 2 good paring knives.
8. Salt is absolutely necessary in some recipes, as it draws out the moisture in foods.
9. Hold your hand like a claw when cutting, and make sure that your fingertips are curled underneath your knuckles. Your knife should run directly across your knuckles, minimizing the chance of cutting your fingers. See a picture at www.tinylittlechef.com
10. Use wet measuring cups for wet ingredients, and dry measuring cups for dry ingredients. This is especially important in baking, as it is an exact science, and using the incorrect measuring cup, and alerting the ingredients by even the tiniest amount, can render your creation a total flop.