



COOKING

&

KITCHEN TIPS

IT ALL STARTS WITH THE BASICS

Even The Renegade had to start somewhere. Here are some basic tried and true cooking tips.

Choose recipes that aren't too complicated when you first start cooking like the ones you find at www.renegadegourmet.com. You don't want to be overwhelmed by a recipe that has unusual ingredients or difficult steps, or that is time consuming. Try them all and if you get stuck give me a call

Read the recipe through from beginning to end before you start. Do you have all the right ingredients? Utensils? Appliances? This is called *mies en place* which is a Fancy French word for everything in it's place.

Make sure you understand all the directions.

Check the clock and make sure you have enough time to make the recipe most of the recipies found on www.renegadegourmet.com can be made under 90 minutes

Assemble all your ingredients in one place before you start. Some chefs like to measure out each ingredient ahead of time before cooking. Pull out the utensils, measuring cups, and spoons you'll be using and keep them handy so you won't need to run all over the kitchen remember it's called *mies en place* .

An apron is a good idea if you want to keep your clothes from getting dirty.

Always wash your hands with warm water and soap before any kind of food preparation and make sure that you have a sink filled with hot soapy water so that you can clean as you go. You may need to wash your hands several times as you cook, especially after touching raw meat, poultry (chicken and turkey), fish, and egg products.

Never put cooked or ready-to-serve foods on plates, cutting boards, counters, or other surfaces where you have placed raw meat, poultry, fish, or egg products without first washing these surfaces with hot, soapy water. Remember it's better to be safe than dead.

