

# TIPS

Below are some cooking tips that can make your life in the kitchen easier.

## Handy Ingredients to Keep in Stock

Bag of Frozen Onions  
Bag of Frozen Peppers  
Jar of Roasted Aubergines  
Jar of Roasted Peppers  
Frozen Garlic or Really Lazy Garlic  
Really Lazy Chilli  
Jar of Pesto

## Easy Replacements to [Recipes](#)

Buy ready made burgers  
Buy ready made fish cakes  
Buy jars of sauce: Bolognese, Carbonara etc...

## Helpful Tips

- Always make stock in large quantities and freeze in plastic bags.
- Cook pasta for one minute less than the package instructions and cook the rest of the way in the pan with the sauce.
- After working with garlic, rub your hands on your stainless steel sink for 30 seconds before washing them. It will remove the odor.
- When chopping herbs, toss a little salt onto the cutting board; it will keep the herbs from flying around.
- For best results when you're baking, leave butter and eggs at room temperature overnight.

Recipes are only a guideline, not the Bible. Feel comfortable replacing ingredients with similar ingredients that you like.

If you like coriander but not parsley, use coriander.

When you're browning meat, you should blot the surface dry with a paper towel so the meat doesn't release moisture when it hits the hot oil. Too much moisture makes the meat steam instead of sear, and you will lose that rich brown crust.

