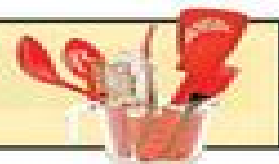


# KITCHEN Tips & Tricks



Money-saving hints for safe & healthy cooking, baking, cleanup & more!

## Kitchen 411

• This may seem obvious, BUT, always read directions carefully before using new products or starting recipes—many kitchen “disasters” can be avoided simply by following instructions.

• **Waxed paper is endlessly useful**—use it to catch grated cheese, place under seasoned steaks for broiling or spacers for blackening, tear into strips to slip under a cake being iced, cover dishes in the microwave, and more!

• As soon as you’ve emptied a pot of its contents, fill it with water—it will be much easier to clean later on.

• **Out of copper cleaner?** Copper-bottomed pots and other copper utensils can be cleaned just as effectively by using toothpaste and coarse salt on a damp cloth.

• **Before you throw out that burned pot**, sprinkle powdered cleanser or baking soda liberally over the burned portion, then add just enough water to thoroughly moisten the powder or soda; cover the pot with plastic wrap and let stand for several hours (preferably overnight); usually, the burned portion will lift out with minimal scraping.

• **For “gold medal” metal**, collect a large assortment of Asian-style wooden and/or bamboo cooking paddles and spoons—none wear and tear on good stainless-steel and copper pots.

• **Wire (mesh) strainers last longer** if you force food through them with a wooden or bamboo spoon, not a metal one.

• **Out of cake pans?** If you thoroughly grease and flour a metal gelatin mold before pouring in the batter, it will work just as well—plus, you’ll have a nice design at the top of the cake if the mold has a design at the bottom!

• **If you find you’ve added too much salt to any liquid you’re cooking**, add some slices of raw potato and cook until parboiled (potato will become translucent)—the amount of potato you use depends on how much excess salt you used; use a slotted spoon or small strainer to

**Kitchen Abbreviations**  
C = cup  
T = tablespoon  
t = teaspoon

Every well-equipped and safe kitchen has a fire extinguisher and a fire extinguisher is one of the most important pieces of kitchen equipment. You may choose to buy a fire extinguisher, but the small spray fire extinguisher works very much in the kitchen. Read the directions for use regularly so that you’re familiar with what and when to do to stop or use them if you need to. Use the extinguisher in an emergency. If you’re unsure, call the fire department or call the fire department on the fire. If you get burned, IMMEDIATELY rinse the affected area with cool water for 15-20 minutes or apply a cold compress. If burn does not feel better or appears too bad, or if blistering appears, see a physician.

overnight; usually, the burned portion



remove and discard the potato, and make sure you don’t cook it too long or it will be hard to remove from the cooking liquid.

• **To store salt, baking soda or cornstarch**, use wide-mouthed lidded canning jars—you’ll avoid clumping, as these ingredients are bound to stay dryer and fresher, for longer, in these jars; the wide mouths of each jar also make it easier to dip measuring spoons inside.

• **If you substitute oil for solid fat in baking**, use LESS than the amount of shortening called for— $\frac{1}{2}$  C of solid shortening uses a  $\frac{1}{4}$  C of oil.

• **To save/store extra tomato paste**, put it into a sheet of plastic wrap in dollops (tablespoon-sized mounds), leaving a few inches between each one; after folding the plastic wrap over each dollop, spin it tightly and make sure the ends are twisted; you now have individual portions ready to put in the freezer.

• **Never use disinfectants to clean the refrigerator**—foods will pick up taste and odor—instead, wipe the inside of the refrigerator with vinegar, which helps prevent mildew (acid in vinegar kills mildew).

• **For a fresh-smelling refrigerator**, just keep any of these items inside it:

- An open box of baking soda
- An open container filled with charcoal or dried coffee grounds
- A cotton ball soaked in vanilla extract

• **Freezers and refrigerators run more efficiently when they’re 75% (3/4) or more full**—fill plastic jug/bottles with water and put them in the freezer or refrigerator; clean newspaper stacks work well to fill empty fridge space, too.

• **To remove odors from plastic storage containers**, after thoroughly washing the container, put a piece of blotter and white newspaper in it, followed sections like the classic DON’T work! and then cover with the lid; open the lid in a few days—the smell should be gone!

• **Hate the awful smell when you cook veggies like cabbage or broccoli?** Try putting several slices of stale bread in the water—chop it with a strainer after the veggies are cooked.

• **To slice an onion without crying**, refrigerate or freeze it before using.

• **To remove the smell of onion from your hands or cutting board**, rub them/it with dry mustard, then rinse off—the smell should disappear.

(Continued on pg. 4)



Always remove the lid from the cooking pot pot—many from pots to avoid a sudden burst of steam in your face.

Also, always turn all pot and pan handles AWAY from you and toward the back of the stove to you won’t accidentally bump into them while cooking.

NEVER use a hot glass dish on a very cold surface or in cold water—or vice versa—doing either can cause even heat-resistant glass to crack.

## Kitchenware & Utensils

### SKEWER SAFETY

To prevent wooden skewer ends from igniting

• Wrap the ends of each wooden skewer in foil

• Metal skewers won’t ignite, but be sure to handle with care—use an oven mitt, pot holder or thick towel

### KNIFE KNOW-HOW

Get a grip! On knives, there is...

• To make knives easier and safer to hold, wrap wide rubber bands around the handles

• To store knives and other sharp kitchen implements safely: Place wine corks on the points/ends of knives and other sharp implements; this also is a handy way to protect knives and implements while transporting them

### STOP STAIN STRESS

• Coat surface with cooking spray—perfect for preventing tomato stains in the blender and elsewhere

• Before puréeing the tomatoes in the blender, coat the bottom of the blender lid with cooking spray; the tomatoes won’t leave stains on the lid and clean-up will be easier; works with other high-stain items, too

### CLEAN & SIMPLE

To cut down on grime, clean that can opener!

• Buy an inexpensive toothbrush and use it to clean off any clinging food; too gross to clean the blades

**Did you know?** Copper cookware tends to be expensive, but it’s worth the investment. Copper is a natural antimicrobial agent, which means it can help kill bacteria on its surface. This makes it a great choice for kitchenware that comes into contact with food, especially in the case of copper-bottomed pots and pans.

of juicers, food processors, cheese graters, and similar kitchen appliances and implements

Clean other metal surfaces, too

• Whenever you wash metal implements, ALWAYS use hot soapy water, and then rinse and dry thoroughly

• ALWAYS wash the tops of cans with hot soapy water BEFORE you open them! Can surfaces can harbor bacteria; plus, most stores spray their shelves with insecticide

Another germ factory - SPONGES!

• **Sponges breed bacteria** because they do not get the opportunity to dry out in-between uses. So, disinfect, wash sponge thoroughly, then microwave the still-wet sponge—when the sponge begins to steam, the bacteria in the sponge will be dead; wash the sponge thoroughly before using again

• **For a fresh-smelling garbage disposal**, cut a lemon in quarters; run lemon quarter through the disposal, as needed, and keep running quarters in the refrigerator until you need to clean disposal again

• **For more effective dishwashing**, add a few tablespoons of vinegar, along with the dishwasher detergent, when washing dishes; the vinegar cuts the grime and leaves dishes sparkling

• **To clean up spills in the oven**, sprinkle salt over the spills immediately—when the oven has cooled, brush away the salt-soaked spills with a damp sponge

• **An easy way to clean the strainer** when using it to strain homemade stock is to pour the stock onto paper towels (or paper coffee filters) that have been placed at the bottom of the strainer; once the liquid comes through, throw away the solids and the towels (or filters)



# Kitchen Tips And Tricks Quickstudy Home

**Sabine Zange**



## **Kitchen Tips And Tricks Quickstudy Home:**

**Kitchen Tips and Tricks** BarCharts, Inc.,2008-09-15 While being a master of the kitchen is sometimes no easy feat this handy 2 panel 4 page guidepacked with informative money saving hints for safe and healthy cooking baking and cleanupwill make even the most frustrating culinary and cleaning duties a breeze **Subject Guide to Books in Print** ,1991

Computerworld ,2003-04-14 For more than 40 years Computerworld has been the leading source of technology news and information for IT influencers worldwide Computerworld s award winning Web site Computerworld com twice monthly publication focused conference series and custom research form the hub of the world s largest global IT media network

**Civic Passions** Cecelia Tichi,2009 A gripping and inspiring book Civic Passionsexamines innovative leadership in periods of crisis in American history Starting from the late nineteenth century when respected voices warned that America was on the brink of collapse Cecelia Tichi e **Men's Health** ,2008-06 Men s Health magazine contains daily tips and articles on fitness nutrition relationships sex career and lifestyle

**New York Magazine** ,1981-08-31 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine s consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea Men's Health ,2008-06 Men s Health magazine contains daily tips and articles on fitness nutrition relationships sex career and lifestyle

**Table Five** Sally Long,2016-12-01 Aggie Lantana has a plan It is to shake the ill fated roots of her Midwest life and replant herself to thrive in a large city More than a geographic solution she reinvents herself simply as Lantana As sometimes happens good intentions go awry Suddenly she finds herself a suspect in a double death case that has occurred at Table Five the focal point of a prestigious restaurant This is not part of her long term strategy Murder or suicide is a mystery yet to be determined The FBI IRS and a persistent police detective are relentless in their investigation But the case becomes secondary as Lantana faces even greater danger from a money hungry cast of kinky characters and ruthless murderers lurking around each corner Bizarre events continue as Lantana discovers shes involved in an international diamond smuggling ringand that people closest to her may be involved in this nefarious circle As the murder suicide case unfolds Lantana is further implicated in more serious crimes Her heartland wisdom quickly becomes street smart savvy as gently curving country roads turn into abrupt twists and turns in the back alleys of upstate New York ultimately forcing her to travel internationally to unravel this plot Wary of her situation Lantana begins to think it might have been wiser to have remained Aggie a farm girl from Nebraska It certainly would have been safer

**Making Modern Meals** Amy B. Trubek,2017-10-24 Home cooking is crucial to our lives but today we no longer identify it as an obligatory everyday chore By looking closely at the stories and practices of contemporary American home cooks witnessing them in the kitchen and at the table Amy B Trubek reveals our episodic

but also engaged relationship to making meals Making Modern Meals explores the state of American cooking over the past century and across all its varied practices whether cooking is considered a chore a craft or a creative process Trubek challenges current assumptions about who cooks who doesn't and what this means for culture cuisine and health She locates identifies and discusses the myriad ways Americans cook in the modern age and in doing so argues that changes in making our meals from shopping to cooking to dining have created new cooks new cooking categories and new culinary challenges

**Bluegrass Unlimited**, 2002      **Based on a Lie** Joy Miller, 2010-09-28 Divorced and down on her luck Lindsey Sherwood works in a nowhere job in a nowhere place with nowhere else to go Her loving heart prevails when she happens upon an injured cowboy while filling her 95 Impala car with gas at the station near her home in Dayton Indiana The cowboy Brent Garrison is bleeding badly and he refuses to be taken to a hospital Lindsey nurses the mysterious Colorado man until he's well enough to travel and in a state of impulsiveness Lindsey accompanies him to Denver Their relationship moves forward despite hinging on a tangled web of stories During their travels Lindsey discovers that her son kidnapped by her ex husband three years ago has been accidentally shot and killed by his father Brent seeks the return of an important family heirloom and will stop at nothing even murder to get it back And both Lindsey and Brent have skeletons in their family closet Everyone has a thread in the mysterious tapestry and it's all based on a lie      Pawdie Irene E. Cory, 1968 Mrs Cory's memoir of her years with a grandfather of wonderful wisdom and wit a rare human being      Organizing for Your Brain Type Lanna Nakone, 2005-05-01 Discover which organizing techniques work best for your thinking style and make it easier to gain control of your environment Drawing on the science of brain function and her experience as a professional organizer Lanna Nakone offers tailored and specific advice that will actually work to help you tame your desk unclutter your closet manage your time and save your sanity Take the Brain Style quiz to determine which of the four parts of the brain you rely on the most to process information and which organizing style complements your brain function If you rely on the Posterior left section of your brain you're a Maintaining Style You develop and follow routines well and adhere to traditional organizing methods Frontal right section of your brain you're an Innovating Style Artistically creative you have a unique stacking system that no one else understands Posterior right section of your brain you're a Harmonizing Style Valuing interconnectedness with your family or coworkers you need to be organized enough to keep your environment peaceful Frontal left section of your brain you're a Prioritizing Style Adept at analyzing data you prefer to delegate organizing Chapters specific to each type offer practical tips and strategies for implementing an organizing system maintaining your system and coexisting with different brain styles Insightful and understanding Organizing for Your Brain Type turns the task of managing your life into an enjoyable experience Chapters specific to each type offer practical tips and strategies for implementing an organizing system maintaining your system and coexisting with different brain styles Insightful and understanding Organizing for Your Brain Type turns the task of managing your life into an enjoyable experience      *The Woman Entrepreneur* Linda Pinson, 1992 By

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*Entrepreneur* ,1992      **Western Industry** ,1948      **Western Industry and Western Industrial Guide** ,1948

**Ancestral Passions** Virginia Morell,2011-01-11 This biography of the First Family of anthropology reveals how their discoveries collaborations and rivalries contributed to our own knowledge of the origins of humankind In this fascinating and authoritative work acclaimed science writer Virginia Morell brings to vivid life the famous and infamous Leakey family pioneers in the field of paleoanthropology Louis Leakey the patriarch who persisted through initial scientific failures and scandal ridden divorce to achieve spectacular success in digs throughout East Africa Mary his second wife who worked alongside Louis as they made their outstanding discoveries at Olduvai Gorge and elsewhere and Richard their son who ascended to the top of the field in his parents wake only to be threatened with both near fatal illness and fierce professional rivalry Morell transports us into the world of these compelling personalities demonstrating how a small clan of highly talented and fiercely competitive people came to dominate an entire field of science and to contribute immeasurably to our understanding of the origins of humanity      *Jane & Michael Stern's Encyclopedia of Pop Culture* Jane Stern,Michael Stern,1992 An A to Z of Who s Who and What s What from Aerobics and Bubble Gum to Valley of the Dolls and Moon Unit Zappa      **The Hollywood Reporter** ,1991

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