Cooking Tips

01	Preheat your oven or stovetop before cooking to er that your food cooks evenly	nsure
Use a ti	mer to keep track of cooking times, especially when baking or roasting	02
03	Invest in a good Food processor.	
Alway	s wash your hands before handling food to prevent the spread of bacteria	04
05	Use separate cutting boards for raw meats and vege to prevent cross-contamination	tables
•	well-stocked pantry with a variety of ingredients so can easily whip up a meal at a moment's notice	06
07	Experiment with different herbs and spices to add family and depth to your dishes	flavor
Invest i	in a good set of pots and pans and take care of them to ensure they last for many years	08
09	Freeze leftover sauces and soups in ice cube trays for portioning and quick meals later on	or easy
Don't be afraid to make mistakes in the kitchen – that's		

how we learn and improve our skills!