



## Have You Heard?

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### Simple Steps To Becoming Food And Kitchen Literate

Good cooking starts with good tools: your head, hands — and yes, your eyes, ears, nose and palate, too! The more involved your senses are, the more aware you are and the better cook you will become. For example, watching and listening to butter sizzle in the pan can tell you when the pan is hot enough to add vegetables to saute. The aroma and color of sauteed onions will tell you when they are mellowed from sauteing. Learn to use all of your senses.

Get back to the basics with simple equipment: a good chef's knife, a simple cutting board, a heavy 10- to 12-inch fry pan with a lid and a good saucepan with a lid will serve you for a lifetime.

Learn some basic cooking techniques that will serve you well without the latest in high-tech kitchen equipment. Chopping, sauteing, marinating, omelet-making, and roasting will enable you to create a multitude of meals from fresh ingredients.

Anytime you plan a menu, think about the food components and the possible part they can play in another menu. Fresh green beans in season are great tonight, cooked

fresh; tomorrow they re-appear cold as part of a main-course salad or perhaps chopped into a hearty soup or stew. Think beyond tonight's meal; when preparing a roast, plan how to serve leftovers. Your roast can be sliced and heated in barbecue sauce on buns; julienned for a chef's salad or cubed and stirred into a hot dish like fried rice. If cubing pork loin for grilled kabobs, think about grilling some extra for a goulash later in the week. Do you need some chopped onion for tonight and later in the week? Do enough for both...right now.

The freezer can be full of dividends for future meals or a graveyard of forgotten, ill-planned meals. Label names and dates on all leftovers going into the freezer. Keep a list posted somewhere in the kitchen so you know at a glance what's available. Many cooked foods are best when used within three to four months of being frozen.

The star of one meal can play more than one role. That good chili you stashed in the freezer does not have to be served again with crackers and carrot sticks on the side. Spoon it into a pie pan, top with cornbread batter for a

tamale-like pie. Spoon over a hot baked potato or a plate of spaghetti. Got the idea?

Be flexible. If you were planning on serving fresh green beans, but they don't look so good at the produce sections, select an alternative — how's the zucchini this week?

If you do not see what you want at the supermarket, ask. Your store manager wants you to shop at his store and will gladly package the one pork chop or chicken breast that you want.

Take advantage of today's choices that abound in your local supermarket. For example, many

modern produce sections offer pre-cut or small portions of the fresh veggies you want. You may not want a whole head of cauliflower. Try the supermarket deli section or produce section for

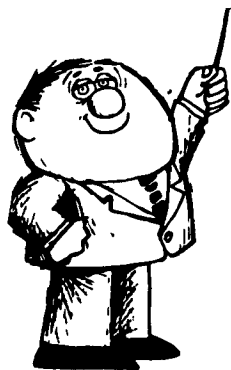
chopped vegetables for stir-frying or salad makings. Five pounds of potatoes may find themselves sprouting in your kitchen before you use them all — so purchase potatoes in the quantity you want.

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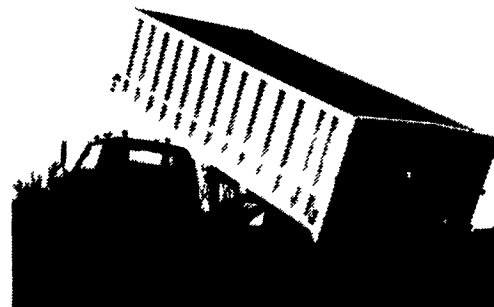
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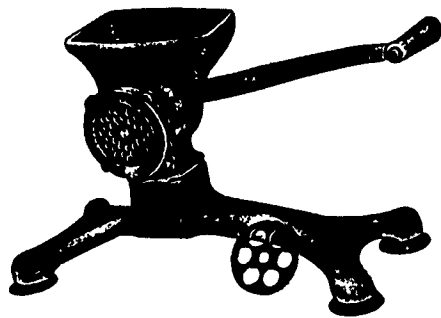
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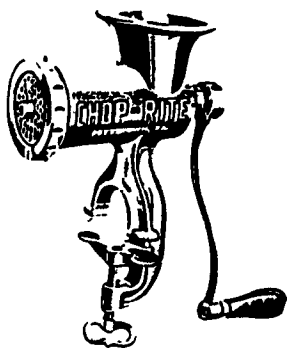
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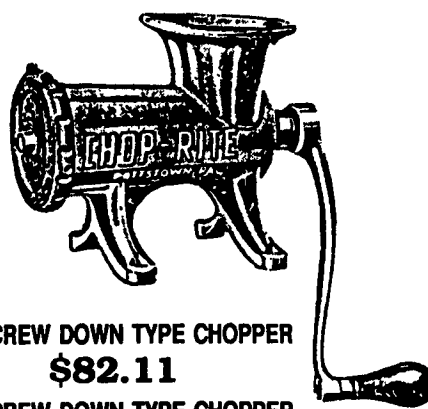
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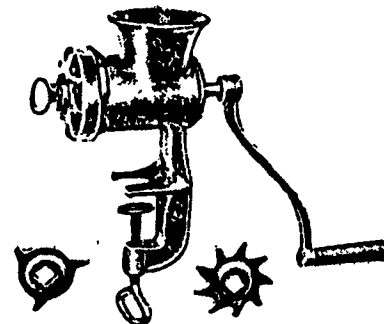
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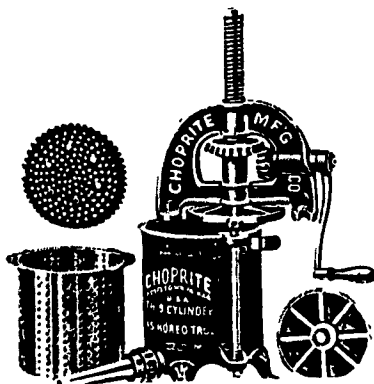
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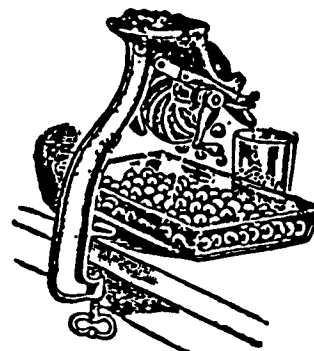
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