

COOKING SHORTCUTS

Called to be a Keeper Skill Session
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Proverbs 31:15 "...she provides food for her family"

INTRODUCTION

THE BASICS:

- I. **RECIPES - SOURCES**
 - A. Friends/Family
 - B. Online
 1. Websites with Review Features
 2. Food blogs
 3. List of sites available online at www.keepersministry.com
 - C. Cookbooks
 1. Teaching cookbooks
 2. Church/non-profit cookbooks
 3. Junior League cookbooks
 4. List of favorites available at www.keepersministry.com

- II. **STORING RECIPES**
 - A. GO-TO Book
 - B. TO-TRY Book
 - C. Can do digitally

- III. **MEAL PLANNING**
 - A. Plan in a way that works for your family (3 days, 1 week, 1 month, etc.)
 - B. Make it fun
 - C. Plan according to family calendar
 - D. Grocery List - make at same time as meal plan
 - E. Smart phone grocery list - sort by aisle
 - F. Freezer list
 - G. Limit "ready at the last minute" dishes.
 - H. Back-up meals
 - I. Eating Out

- IV. **GENERAL GROCERY SHOPPING TIPS**
 - A. Shop at the same store
 - B. Warehouse stores
 - C. Coupons

- D. Deli counters, etc.
- E. Organize by pantry when checking out

V. KITCHEN ORGANIZATION

- A. Well-stocked pantry - *list online
- B. Keep Cooking utensils/frequently used items close by
- C. Start with a clean kitchen/clean as you go
- D. Apron/Towel set up
- E. Practice Mise en place [MEEZ ahn plahs]

COOKING IN THE KITCHEN:

I. Kitchen Quick Tips

- A. Use your microwave
 1. Chocolate
 2. Softening cream cheese and butter
 3. Cooking rice/couscous
 4. Precooking vegetables
- B. Cook meat all at once:
 1. Grilled chicken, roast, brisket, etc.
 2. Rotisserie chicken
 3. Cook bone-in, skin-on breasts at 375 degrees for 40 minutes.
 4. Freeze meat in marinade, throw on grill.
- C. Limit bowls and tools you use when cooking
- D. Cook when you can!
- E. Seek out easy/quick fixes to tie in with the rest of your meal, for example:
 1. Montreal Steak and/or chicken seasoning – rub heavily on any meat and
 2. Easy Salad formula: Bagged lettuce, a crunch, a fruit, a cheese – toss with bottle of salad dressing (Brianna's dressings are my favorite)
 3. Use pre-bagged vegetable (green beans, for example) and roast

II. FREEZER ZONE

- A. Soups, spaghetti sauce, etc....great to freeze...organize like books
- B. Fruit – leftovers for smoothies, ripe bananas for banana bread
- C. Nuts, ginger, special flours (whole wheat, bread, cake)
- D. Cookie dough/cookies/unfrosted cake
- E. Portions of rice
- F. Bread/Tortillas/Butter
- G. Individual portions:
 1. Meatballs, berries, etc.
 2. Bacon (roll up bacon pinwheel style)
 3. Tic-Tac-Toe method of scoring for individual portions

III. MUST HAVE TOOLS

- A. Top Twelve Tools
 1. Good sharp knives
 2. Cutting Boards
 3. Good cookie sheets
 4. Parchment Paper
 5. Microplane
 6. Thermometer probe or instant read for roasting meats

7. Whisk
8. Scrapers
9. Tongs
10. Mixer
11. Food Processor
12. Graduated glass bowls

VI. HOW TO MAKE FOOD TASTE BETTER

A. GENERAL TIPS

1. Use stick REAL butter, not margarine – unsalted for baking
2. Use kosher salt
3. Use real extracts instead of imitation extracts – vanilla, almond, etc.
4. As a general rule, choose fresh produce first, frozen 2nd, canned 3rd (tomatoes can be exception) – more healthy
5. Grilling and pan sautéing – make sure pan or grill is HOT before adding meat
6. Anytime you roast, grill, or pan-sear meat let it rest for 5-10 minutes tented w/ foil to “carry-over” cook
7. Toast nuts for salads, etc.
8. Brown that meat! Gray meat – not good!
9. Let your oil get hot before adding ingredients when sautéing so your food doesn’t soak up the oil
10. Check your oven temp! Not all ovens are calibrated properly.
11. Fresh squeeze lemon/lime juice

B. GARNISHING

1. We eat first with our eyes.
2. Consider for company or even for your family
3. Sprinkle powdered sugar, sugar in the raw, cinnamon, paprika, etc.
4. Jarred sauces – caramel, jams (heat first), etc.
5. Use pretty platters & be creative when displaying food

VII. GROWING IN YOUR COOKING

CLOSING

To subscribe to our blog and to locate the lists of recommended resources, please visit our website
www.KeepersMinistry.com