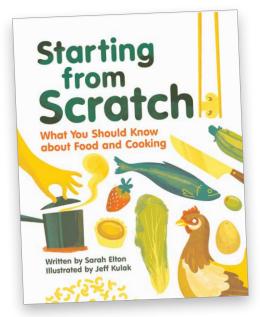
Cooking isn't so hard when you know the basics



Gain the know-how to make creative, delicious, and healthy meals. Cooking is part art, part science, part culture and community—and it's all yummy!

Taste Essentials

There are five basic tastes:

Salty: The taste of salt

Sweet: The taste of sugar

Bitter: A sharp taste that isn't sweet—like strong, black coffee

Sour: A sharp, acidic taste—like a lemon

Umami: A savoury or meaty flavour—like mushrooms or Parmesan cheese

The Five Senses of Flavour

Sight: The look and colour of a food enhance your experience of flavour.

Smell: The scent of what you eat—and what you smell when you eat—affects your experience of a food.

Touch: Nerves in your mouth help your brain interpret the texture and temperature of what you eat and allow you to decide if you like it.

Hearing: The crunch of an apple or the sound of hot tea being poured will shape your eating experience.

Taste: Taste is that unique quality a food has when you put it in your mouth—that something that makes one food different from everything else.

Get Prepped

Chop: Cut roughly into pieces

Dice: Cut into cubes one inch or less

Grate: Shred with a tool called a grater

Mash: Crush or smash

Mince: Cut into bits so small they are almost flecks

Peel: Remove the outer skin from a fruit or vegetable

Slice: Cut into thin pieces

Zest: Remove fine pieces of peel from a citrus fruit with a grater or zester

Cook It!

Boil: Submerge in water so hot that bubbles appear in the pot

Braise: Fry quickly, then cook slowly with some liquid in a covered dish for a long time

Broil: Put under direct, intense heat, usually in an oven

Brown: Cook over high heat until food becomes brown on the outside

Caramelize: Cook your ingredient over low heat for a long time until its natural sugars brown and help to sweeten it Fry: Cook on high heat with fat in a shallow pan

Grill: Cook directly above or below a source of high heat

Roast: Cook with dry heat in an oven or over a fire

Sauté: Fry quickly in a small amount of hot fat

Steam: Cook with the steam of boiling water

Stir fry: Quickly fry small pieces of food over high heat, stirring constantly



Baking Treats

Cream: Beat room-temperature butter, or similar fat, with a wooden spoon or an electric mixer until it is a light yellow color

Fold: Gently mix wet ingredients with dry ingredients by using a spoon or rubber spatula to cut down the middle of your batter, lift it up, and fold it over Separating eggs: Separate egg white from the yolk by gently cracking the shell near its midline and catching the yolk in one half, while letting the white fall into a bowl

Whipping: Beat air into a liquid until it becomes foamy

