

# Cooking FOR BACHELORS

*Eat Healthier • Live Greener • Save Money • Have Fun*

[www.cookingforbachelors.tv](http://www.cookingforbachelors.tv)

## TIPS AND TECHNIQUES

The most important things about cooking are to have proper knives (only two are an absolute must), use proper temperatures and use fresh ingredients and pay attention to timing.

Be creative and remember there are no rules to what you prepare and eat. When you are cooking for yourself, your taste and preferences are the most important.

Food is meant to nourish us. We get the most nutrition from what we eat if we cook our food properly.

There are no shortcuts. It's important to pre-heat the oven before baking, let oil heat properly before sautéing or frying.

Use pure ingredients. Try to buy from local growers whenever you can. Make your own salad dressings with olive oil. Olive oil has no cholesterol. Lowfat bottled dressings do not always have pure ingredients.

When you are cooking a meal start preparing the food that will take the longest to cook first, i.e. boil water for pasta before beginning your sauce.

Mix colors and textures – sweet and savory to get a balanced meal. This is especially true when creating a one bowl or one pan meal. Cut your ingredients all the same size. That's the best way to blend flavors. Think of a fruit salad. When all the fruits are cut the same size your spoon will likely hold a bit of everything in the salad.

Eat with intention. Enjoy your food. Try not to read, watch television, drive or walk when you are eating. When you eat without distractions you will not only enjoy your food more – you will consume only what you need to satisfy your hunger.

Start cooking today. You'll be amazed at what you can create.