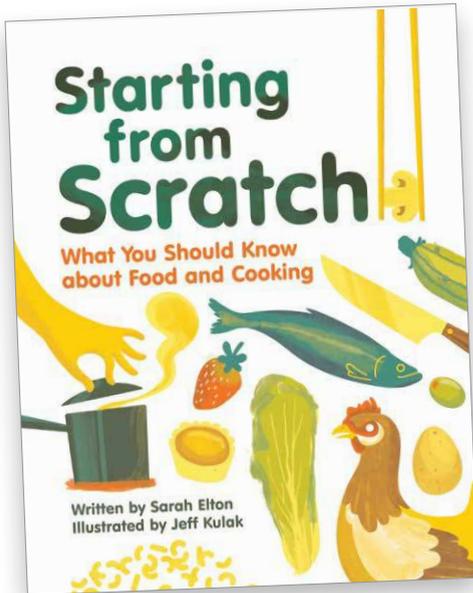


Cooking isn't so hard when you know the basics



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

