

PREP

Before the heat



Get the chopping and measuring out of the way before the pan needs your attention.

- ❑ Read the whole recipe. Find the longest wait and any step that needs you at the stove.
- ❑ Wash hands with soap and water for at least 20 seconds. Wash produce under running water.
- ❑ Chop, measure, and mix sauces. Keep raw meat and its utensils separate from ready-to-eat food.
- ❑ Set out a serving dish, dry oven mitts, and a food thermometer when the recipe calls for one.

Keep perishable ingredients chilled until you need them.

Sources: FoodSafety.gov

Asian American Daddy

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AT THE STOVE

A steadier stir-fry



Small batches and ingredients ready to go give you more control in an ordinary kitchen.

- ❑ Cut each vegetable into similar-sized pieces. Mix the recipe's sauce before heating the pan.
- ❑ Leave room to move the food. Cook in batches if the pan is crowded.
- ❑ Follow the recipe's order: dense vegetables and delicate leaves need different cooking times.
- ❑ Add sauce when directed, toss to coat, and serve promptly. Use the recipe's doneness checks.

Match the heat to your cookware's instructions. Do not heat a nonstick pan until it smokes.

Sources: The Woks of Life

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EQUIPMENT

Set up a steamer



Check the empty pot, rack, dish, and lid together before turning on the burner.

- ☐ Use a stable rack and a dish approved for steaming. Keep the water below the dish.
- ☐ Leave a gap around the dish for steam. The lid should close without pressing on the food.
- ☐ Keep enough water in the pot; never let it boil dry. Follow the recipe's steam and doneness cues.
- ☐ Turn off the heat before lifting out the dish. Open the lid away from your face and use dry mitts or a suitable lifter.

If the setup wobbles or the dish is hard to lift, change the pot or dish before cooking.

Sources: The Woks of Life

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KEEPING FOOD

Put spare rice away



Save tomorrow's portion promptly, before settling in for a long meal.

- ☐ Divide cooked rice into small portions in shallow containers. Chill promptly, ideally within one hour.
- ☐ Keep refrigerated at 40°F (4°C) or below. Use within 24 hours, or freeze promptly in small portions.
- ☐ Reheat only the portion you need, once. Check 165°F (74°C) in several places with a food thermometer.
- ☐ Discard rice left out overnight. Smell and a hot reheat cannot make poorly stored rice safe.

Do not leave rice cooling in the saucepan or switched-off rice cooker.

Sources: UK Food Standards Agency / USDA FSIS

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BEFORE SHOPPING

Check before you buy



Look through the fridge, freezer, and cupboard with the dishes you want to cook in mind.

Use first

Already have

Buy + quantity

Which dish will use it?

Check package storage directions and use-by dates. Buy only the quantities you need.

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MAKE A MEAL

One dinner, in order



Choose a main and a simple side. Check which steps need your attention at the same time.

Main + side

Start first

Prep during a wait

Finish just before serving

Keep the last few minutes clear for dishes that need to go straight from the pan to the table.

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