**Tips: Kitchen Hacks**

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| 1. |  | **Prevent Boil Over:** Balance a **wooden spoon** across top of pot. |
| 2. |  | **Preserve Herbs:** Place herbs in **ice tray** with **olive oil** or water and freeze. Thaw when ready to cook. |
| 3. |  | **Peel Fruit: Microwave** for 20 seconds. Peel should slide right off. |
| 9. |  | **Clean a Cast Iron Pan:** Scrub with **salt** instead of dish soap to clean your cast iron pans. |
| 14. |  | **Easy Peel Eggs:** Place a dozen eggs in a **steamer basket**. Suspend over boiling water 15-16 minutes. Egg shells will slip right off. |
| 19. |  | **Add Flavor to Grains:** Cook quinoa, millet, brown rice, or bulgar with **tea**-infused water. Lapsang souchong, Earl Gray and chai work well for this. |
| 23. |  | **Slow Down Tomato Rot:** (a) Place tomatoes **stem down** when you store them to prevent air and moisture entering stem scar. (b) Store tomatoes at **room temperature**. |
| 26. |  | **Remove Egg Shells from Glass:** Instead of your fingers or a spoon, use **a larger piece of egg shell** to attract and scoop the smaller pieces. |
| 32. |  | **Grate Cheese:** Prior to grating, place semisoft cheeses like mozzarella in **freezer** for about 30 minutes. |
| 33. |  | **Chop Onions:** (a) **Freeze** onion just before chopping, but be sure to cook immediately after. (b) Hold a piece of **bread** in your mouth as you chop. (c) Chop close to stove **flame**. Anytime you feel teary, stand directly above the flame, which clears your eyes instantly. |
| 36. |  | **Cut Cherry Tomatoes:** Place a bunch of cherry tomatoes on an upside down plate and cover with another plate (like a sandwich). |
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