

# 12 TIPS FOR AN EFFICIENT KITCHEN

If you want to cook more, but are afraid of spending half the night cleaning up, then this is for you. We'll show you how to streamline your cooking and clean-up processes to make them more efficient.

## START WITH YOUR KITCHEN



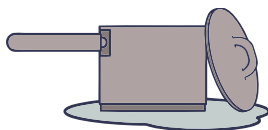
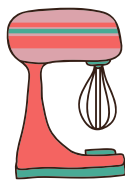
- Maintain a space that is cleared and organized for cooking.

## READ THROUGH THE RECIPE

- Ingredients
- Order
- Time
- Techniques



## MISE EN PLACE



## PREP INGREDIENTS WITH INTENT

SPICES



OIL

FLOUR



MILK

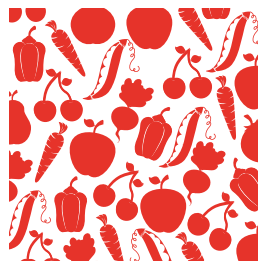
OIL



PEANUT BUTTER

## PREP VEGGIES BEFORE (RAW) MEAT

## USE PREP & TRASH BOWLS



- LESS MESS
- MORE SANITATION

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## CLEAN AS YOU GO

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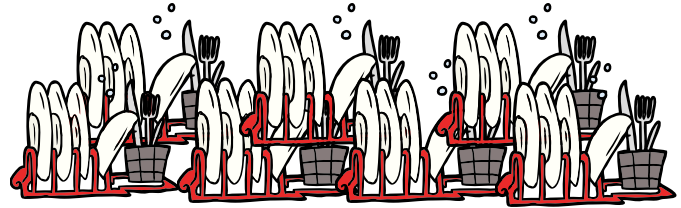


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## BATCH PREP= BATCH CLEAN UP

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If your week feels like this...



Cook once (and clean once) instead!

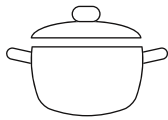
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## RE-USE THE SAME POT

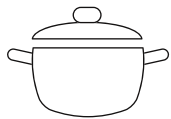
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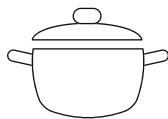
BOIL YOUR  
EGGS



BOIL YOUR  
PASTA



BLANCH YOUR  
VEGGIES



SIMMER YOUR  
SAUCE

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## SOAK DIRTY DISHES

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## GET SOME GOOD TOOLS

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KNIVES

POTS & PANS

MEASURING TOOLS

COOKING UTENSILS

MICROPLANE

COLANDER

SCRAPER

KITCHEN SHEARS

CUTTING BOARD

SHEET PAN

CAN OPENER

Y-SHAPED PEELER

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## MAKE IT A TEAM EFFORT

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■ DIVIDE UP DUTIES

■ SOLICIT FEEDBACK



■ BUILD SKILLS FOR LIFE!