

BACK TO BASICS: A QUICK GUIDE TO BASIC COOKING TECHNIQUES

Welcome inspired food folk! My name is Trista Daniels, I am an MSU dietetic intern and lover of all things food! Cooking, baking, canning, pickling, gardening, and watering (so soothing). And I love to share my passion with my people which includes YOU if you're reading this.

Anyhoo...it has come to my attention that many people have not yet been taught some much important basic cooking techniques. This simply will not do! So, I have taken it upon myself and am performing this civic duty in teaching a lil bit o' basics.

If you are one of these peoples that would greatly appreciate a pinch of Cooking Technique 101 taught by Master of nothing me, then please join me for a quick three part series blog. There will be the MOST professional photos and of course my printed words of wisdom to guide you on this journey. I promise it'll be worth your while...



LESSON NUMBER 1: HARD BOIL AN EGG

I know, it isn't the flashiest of foods, but I've got to shout out to one of my trusted and true tasty bites, the egg.

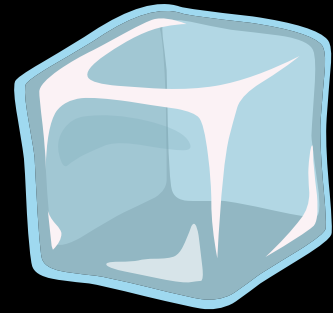
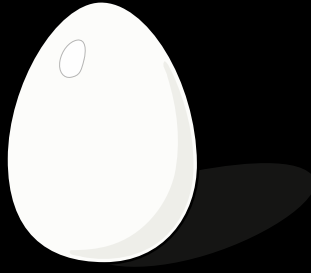
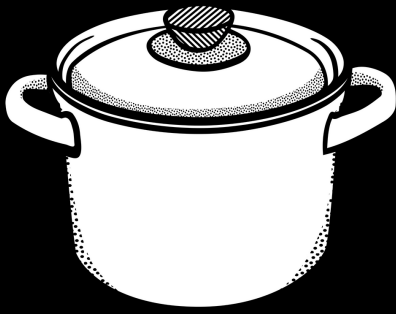
First off, it's easy, it's cheap, it's convenient and it's yummy! Also, this technique (which is the Moist-Heat Cooking Method) can be used to cook a multitude of other foods. Bam! Just increased your cooking IQ, your welcome.

I promised I wouldn't ramble...

Fun fact! The color of the egg depends on the color of the chicken. As in a brown chicken will produce a brown egg, a white chicken will produce a white egg. Which brings the questions, what color chickens produce blue and green eggs?



off to the lesson...



You will need a medium saucepot, eggs, water, and ice. Simple, yes?



1.) Begin by placing the eggs in your saucepan in one single layer

p.s. save your carton for later

2.) Fill your pot with water, leave about one inch from the top of pot.

3.) Set that pot on the stove and turn that burner to MEDIUM.

Note: we are bringing the eggs to a boil. This means we start with room temp water and heat that water. The water is what is cooking the eggs, so it needs time to reach a boil. DO NOT crank up that stove to high. This will cook your eggs too fast making them rubbery and not tasty, actually they'd probably taste fine but, don't do it anyway!



4.) Once you have a vigorous boil turn off the heat, cover your pot, set your timer for 20 minutes and find something fun to do...like watering (hmm, soothing).



5.) After 20 minutes have flown by drain your water. You are then going to run cold water into the pot. It's time to cool those lil chickadees down! Also, this is stopping the cooking process.



6.) Once your pot water is cold to the touch drain that water out, grab yourself some ice, dump that ice in that pot and add some, that's right, more cold water. Let sit for 10-ish minutes.

Note: this is an ice bath. It is necessary to bring the eggs down to a safe temperature (for ingestion) in a safe time frame. This process also makes the eggs much easier to peel!



YOU'RE DONE

Just kidding. But no, really your done, just dry off those tasty egg-ies, put em back in the carton and tuck them away in the fridge.



Now that you're a pro, check out the deviled egg recipe under the recipes page

The image features a background of horizontal white wooden planks. Brown eggs are arranged in a rectangular border around the central text. There are five eggs in each of the four rows, with one egg missing from the second row on the left side.

Recipes

Recipes:

Lesson 1: Simple Deviled Eggs

This is a simple deviled egg recipe, the base if you will. Once your culinary skills and palate begin to develop think about adding some adventurous bits to this recipe. One of my favs is smoked salmon, fresh dill, and capers.

What you will need: 1 dozen hard boiled eggs, ½ C. mayonnaise, 2 tsp. mustard, salt and pepper to taste, zip-lock or plastic sandwich bag

Step 1.) Cut each egg in half lengthwise. Pop out the yolks into a separate bowl. Save the egg halves for later.

Step 2.) Use a fork to smoosh all the yolks.

Step 3.) Add all ingredients and mix well. Add salt and pepper to your liking.

Step 4.) Put egg yolk mix into plastic sandwich bag and cut off half an inch of one bottom corner (this is a cheap and easy way to pipe the yolk mix into the egg halves) fill the saved egg halves.

Step 5.) Enjoy!

Lesson 2: Quinoa Power Bowl

What you'll need: 1 Cup quinoa, 2 Cups water, 1 can black beans, 1 can corn, 1 can diced tomatoes.

Step 1: cook quinoa using moist-heat cooking method

Step 2: add black beans, corn, and diced tomatoes. If you're feeling frisky top with fresh cilantro, jalapeno, and avocado.

Lesson 3: Curry Cauliflower

What you'll need: 1 head cauliflower, 2-4 Tablespoons curry powder, ¼ teaspoon cayenne, 2-4 Tablespoons olive oil, salt and pepper to taste

Step 1: cut cauliflower into bite size pieces

Step 2: put cauliflower pieces into large mixing bowl and add all other ingredients

Step 3: pour cauliflower onto sheet pan and spread out evenly. Put in 375-degree oven and bake for 25 minutes

