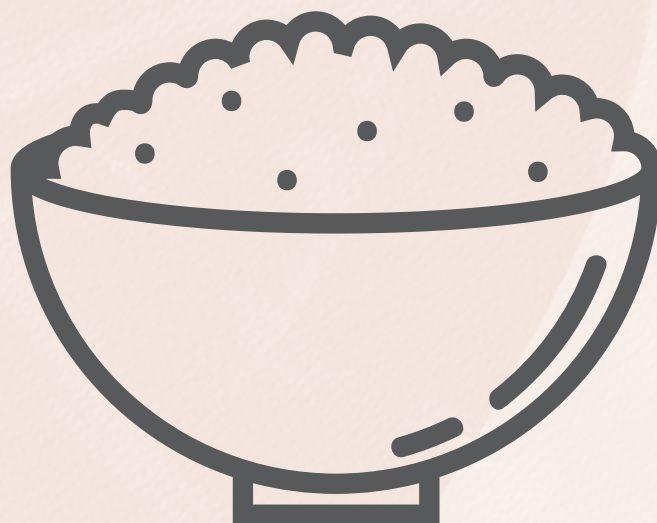


# Back to Basics: A quick guide to basic cooking techniques

Welcome back food folk! How was your journey? Did you hard boil the egg? Did you make deviled eggs with those hard-boiled eggs? Did you perhaps eat a whole carton of deviled eggs in one sitting because no one else in your house eats deviled eggs and had you known that maybe you wouldn't have made so many delicious, deviled eggs...No? Well then, your willpower is stronger than mine. No regrets. Let's move forward, onto lesson two!





# Steaming Rice



In this lesson, we will once again be using the moist-heat cooking method. The great thing about this lesson is you can use this technique to make oh so much more! Quinoa, millet, and lentils oh my! But first, let's make us some rice...

What you will need: a small saucepan, 1 cup rice, and 2 cups water.

Note: 2:1 ratio (2 parts water to 1 part rice) is the typical ratio for most rice as well as the aforementioned foods that can be cooked via this method.



Step 1: pour rice and water into saucepan

Step 2: turn heat to medium and put on lid

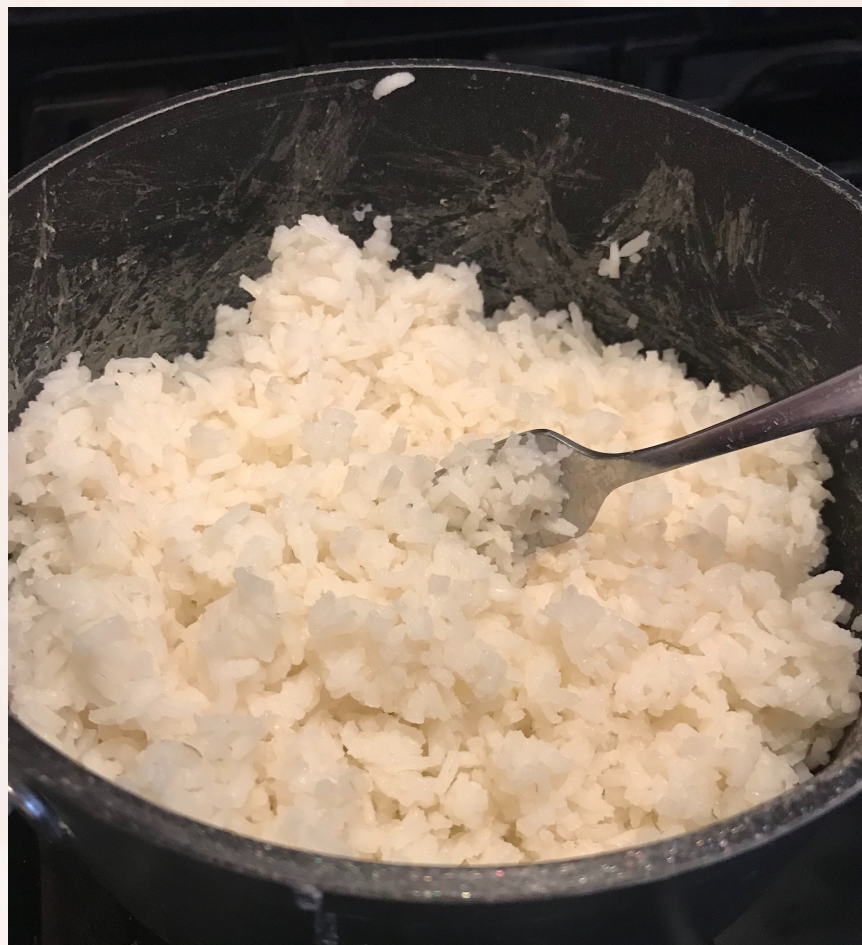
Step 3: once rice/water begins to boil turn the heat down to low.

Keep at this temp till rice is done, about 20 minutes.

Note: DO NOT TAKE OFF LID until that 20 minutes is up! I don't care how curious you are. Let that rice be. If you take off the lid you will be letting out that much-needed steam. That steam has an important job. To cook your rice!



Step 4: once 20 minutes have flown by. Take off the lid, yes, it's okay, I'm sorry I yelled at you before...Take off the lid and use a fork to "fluff" the rice.



Note: using a fork to "fluff" will keep your rice intact as opposed to using a spoon which may smoosh your rice. Yes, smoosh is a technical term.

Fun Fact! Rice is a grass! Specifically, the seed and was believed to be originally cultivated in China.

Great job! Check out the recipes page and elevate your cooking technique!



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 at each corner of the inner rectangle. The word "Recipes" is centered in a large, bold, black font.

# **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

