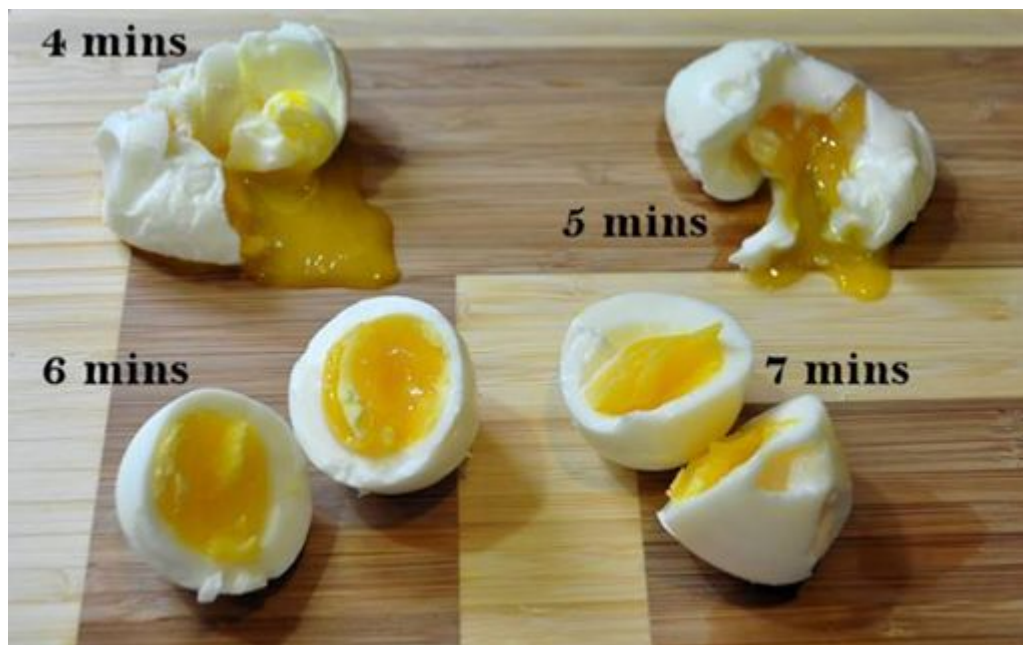


# Kitchen Hacks You Should Know!

## 1. Perfect hard boiled eggs every time:

Place eggs in pot of cold water and bring the water to a boil. Immediately turn off the heat. Let the eggs sit in the water for the allotted time then move them to a bowl with cold water for 2 minutes.



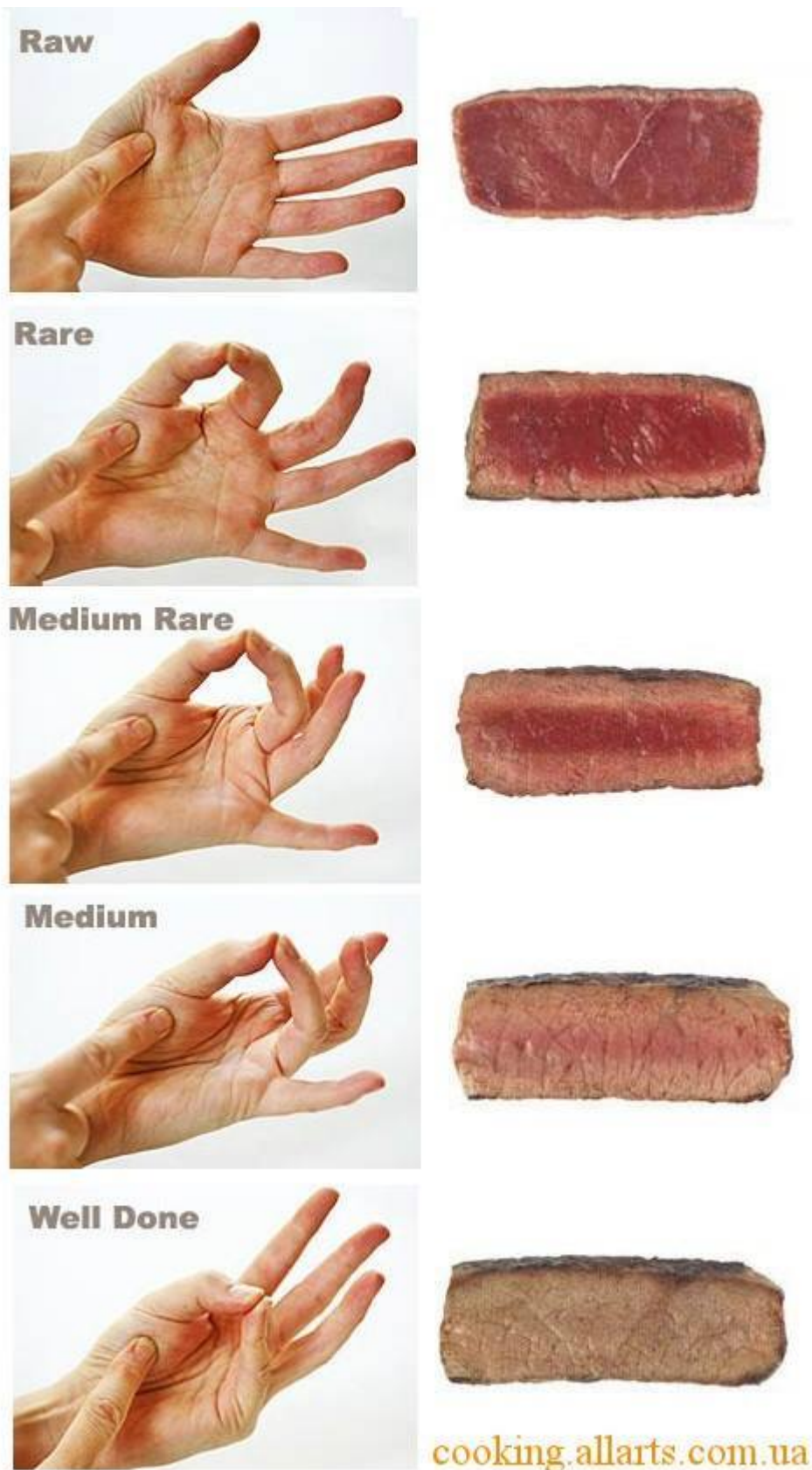
## 2. How to get more juice from citrus fruit?

Steps:

1. Place the citrus fruits in the microwave.
2. Heat on high for 20-30 seconds.
3. Remove from the microwave.
4. Leave to sit for about half a minute.
5. Cut the citrus fruit in half and squeeze. The juice will flow easily.

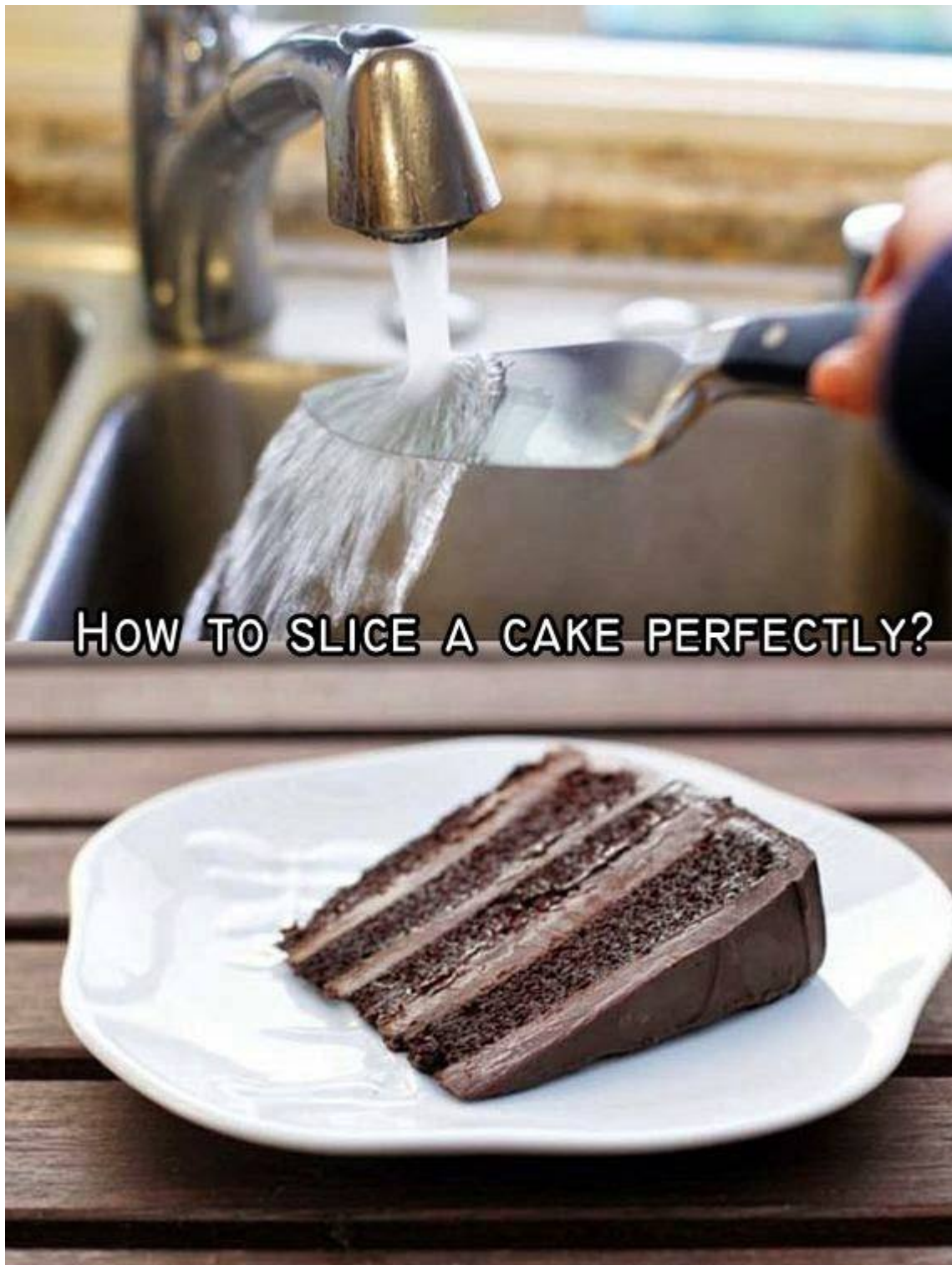


**3. The Finger Test to Check the Doneness of Meat.**



#### 4. A perfect slice:

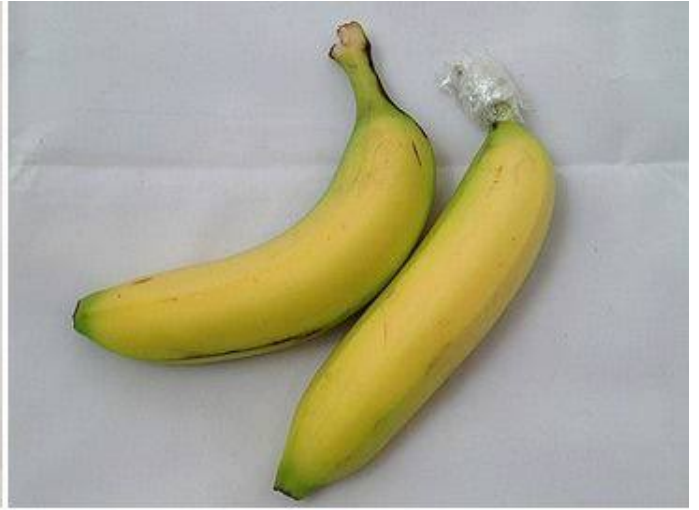
Before you end up with a plate full of big cake crumbs, run a knife under hot water before cutting into the cake.



**HOW TO SLICE A CAKE PERFECTLY?**

**5. Give bananas a longer life.**

Keep bananas fresher, longer by wrapping the end of the bunch with plastic wrap. Better yet, separate each banana. The plastic wrap blocks ethylene gases from releasing out of the stem, consequently ripening the fruit too fast



## **HOW TO KEEP BANANA FRESH LONGER?**



**6. Use baking soda for easy-to-peel hard-boiled eggs.**



7. How to prevent dough stick on hand without flour your hands?

TIP #50:  
WORKING WITH DOUGH

When working with dough, don't flour your hands; coat them with olive oil to prevent sticking.

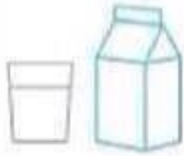


PICTURETHERECIPE.COM

8. Feel hungry during bedtime? 10 healthy bedtime snacks for you.

## 10 Healthy Bedtime Snacks

1



A warm glass of milk  
(plain milk - not sweetened!)

2



Plain oatmeal with banana

3



Apple slices with almond butter

4



Whole grain crackers  
with turkey and cheese

5



A banana with peanut butter

6



Hummus with celery  
and red pepper strips

7



Black beans with shredded  
cheese and avocado

8



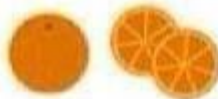
Whole grain toast with peanut  
butter or a slice of cheese

9



Whole grain toast  
with a hard-boiled egg

10



An orange and  
some cashews



## 9. How to Clean and Season a Cast Iron Pan?

### Materials:

Cast iron pan

1 raw potato, sliced in half

2 tbsp salt

1-2 tbsp cooking oil with a high smoke point (flax, grapeseed and peanut oils work well)

paper towels

Wooden or metal flat-edged spatula

### Methods:

1. Sprinkle the salt into the pan.
2. Using the flat side of the potato, scrub the salt into the surface of the pan.
3. Use a slightly damp paper towel to wipe the salt from the pan.
4. Once the salt has been removed and the pan is dry, pour in the oil.
5. The surface should be lightly coated in oil, with no excess oil pooling anywhere.
6. Wipe out all of the excess oil before placing in the oven.
7. Preheat oven to 400 degrees F.
8. Place it in the oven at 400 degrees F for one hour.
9. Allow the pan to cool and wipe out any excess oil that may be left behind.

Ps: Re-season the pan once every 15-20 uses, or whenever you start to notice foods sticking more and/or the seasoning wearing away.



## 10.The Correct Way to Cut a Mango



11. Heating your pizza with a cup of water prevents the crust from getting chewy. However, you can also apply this hack to any leftovers to prevent food from drying out.



**Put a small amount of water in a glass when you microwave your pizza to keep the crust from getting chewy**

**12. Add marshmallows to your brown sugar to keep it soft:**

**The molasses in brown sugar can evaporate over time, but a couple of marshmallows will keep it moist.**



**13. Best Way To Shuck Corn On The Cob.**



14. How to determine if an egg is fresh?



15. How to clean a blender fast?

Step 1: Add soap into blender.

Step 2: Add water

Step 3: Turn on the blender and whirl the mixture

Step 4: Rinse the blender with running water.

Step 5: DONE!



16. How to cut watermelon for little fingers?

Step 1: Cut the watermelon in half.

Step 2: Take one half and place it cut side down. Cut it into sections approximately 1 to 1.5 inches thick.

Step 3: Rotate the melon 90° and repeat, creating 1 inch squares in the skin.

Step 4: Toss the end pieces that are mostly or all skin and rind. Then pick up the pieces and eat.

Step 5: Enjoy!



**17. How to cook vegetables correctly.**



# VEGGIE COOKING Cheat sheet

| VEGETABLE                                                                                                        | BOILED                                         | STEAMED                                  | MICROWAVE   |
|------------------------------------------------------------------------------------------------------------------|------------------------------------------------|------------------------------------------|-------------|
|  Asparagus                      | Not recommended                                | 8-10 min                                 | 2-4 min     |
|  Beetroot                       | 30-60 min                                      | 40-60 min                                | 9-12 min    |
|  Bok choy                       | Stalks for 3 - 4 min<br>Leaves for 1 - 1 ½ min | Stalks for 6 min<br>Leaves for 2 - 3 min | 2-4 min     |
|  Brussels sprouts               | Bring to boil and<br>simmer for 5-7 min        | 8-10 min                                 | 4-6 min     |
|  Broccoli<br>(cut into florets) | 4-6 min                                        | 5-6 min                                  | 2-3 min     |
|  Cabbage (shredded)             | 5-10 min                                       | 5-8 min                                  | 5-6 min     |
|  Cauliflower                    | 4-6 min                                        | 3-5 min                                  | 2-3 min     |
|  Carrots (sliced)               | 5-10 min                                       | 4-5 min                                  | 4-5 min     |
|  Corn on the cob                | 5-8 min                                        | 4-7 min                                  | 1 ½ - 2 min |
|  Eggplant (sliced)             | Not recommended                                | 5-6 min                                  | 2-4 min     |
|  Beans                        | 6-8 min                                        | 5-8 min                                  | 3-4 min     |
|  Mushrooms                    | Not recommended                                | 4-5 min                                  | 2-3 min     |
|  Peas                         | 8-12 min                                       | 4-5 min                                  | 2-3 min     |
|  Capsicum                     | Not recommended                                | 2-4 min                                  | 2-3 min     |
|  Potatoes (cut)               | 15-20 min                                      | 10-12 min                                | 6-8 min     |
|  Spinach                      | 2-5 min                                        | 5-6 min                                  | 1-2 min     |
|  Zucchini                     | 3-5 min                                        | 4-6 min                                  | 2-3 min     |

18. Another trick to impress anyone.



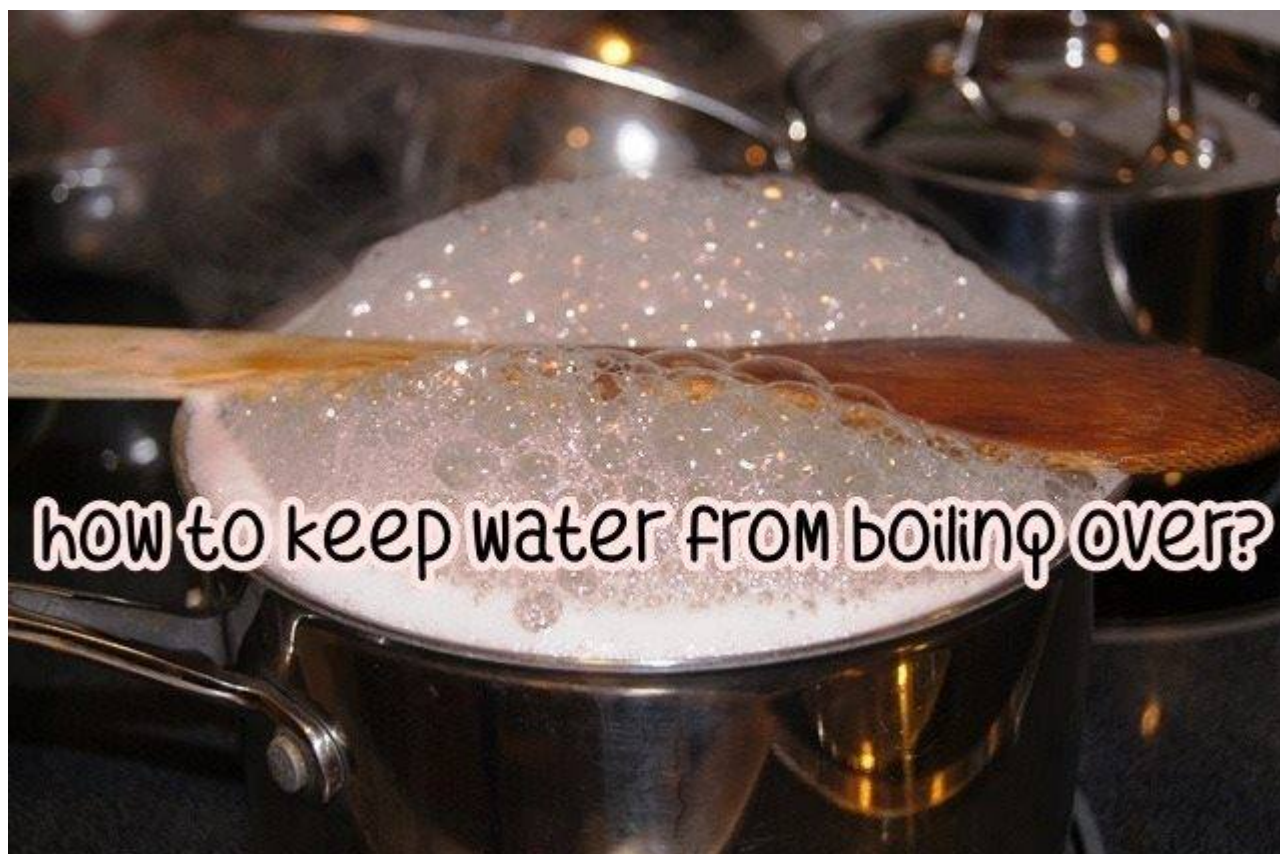
**19. Don't Have Any Eggs?**  
**Replace It With These In Baking Cakes!**



## 20. How to Keep Water From Boiling Over?

When you put a pot of water on, put a wooden spoon over the top of the pot. If it starts to boil up too high, the spoon will pop the bubbles and keep it from boiling over as quickly, meaning you have more time to get back and turn the heat down.

You could use something metal, but you'd have to remove it with an oven mitt because it will become very hot (unlike wood, which won't transfer as much heat).



## 21. Recycled Bottle Caps to Seal Plastic Bags



## 22. How to heat 2 bowls in 1 microwave?

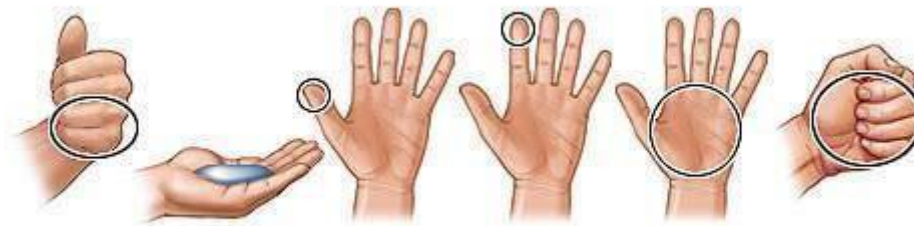


23. How to cut many cherry tomatoes in seconds?

1. Place all cherry tomatoes on a plate.
2. Place another plate on top of the cherry tomatoes.
3. Slice it with sharp knife at the gap between 2 plates.
4. DONE!



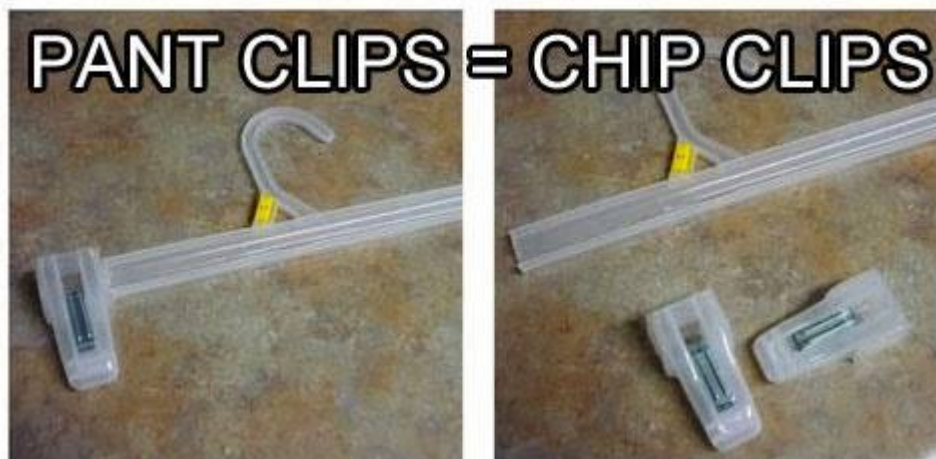
**24. How to measure ingredients with your hand?**



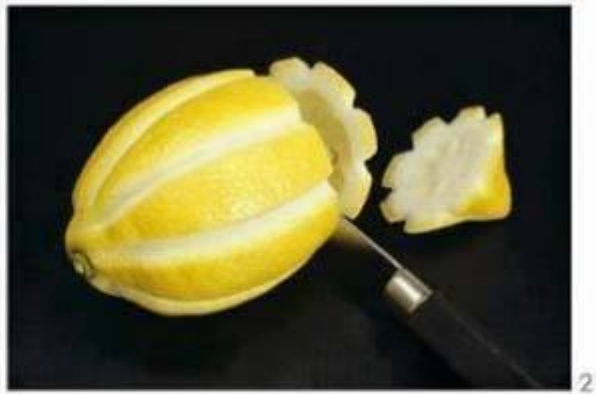
|       |      |        |       |      |       |
|-------|------|--------|-------|------|-------|
| ½ cup | 1 oz | 1 Tbsp | 1 tsp | 3 oz | 1 cup |
|-------|------|--------|-------|------|-------|

© Healthwise, Incorporated

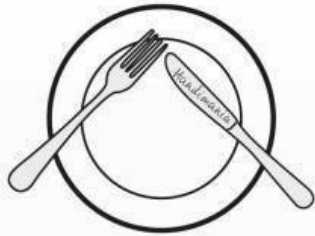
**25. Reuse the hanger, pant clips become chip clips.**



**26. How to peel lemons in style.**



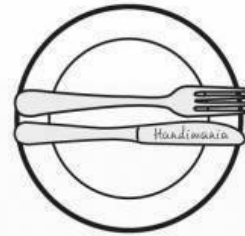
27. Table manners you should know.



Pause



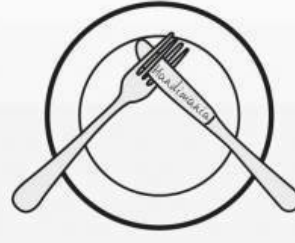
Ready for a  
second plate



Excellent



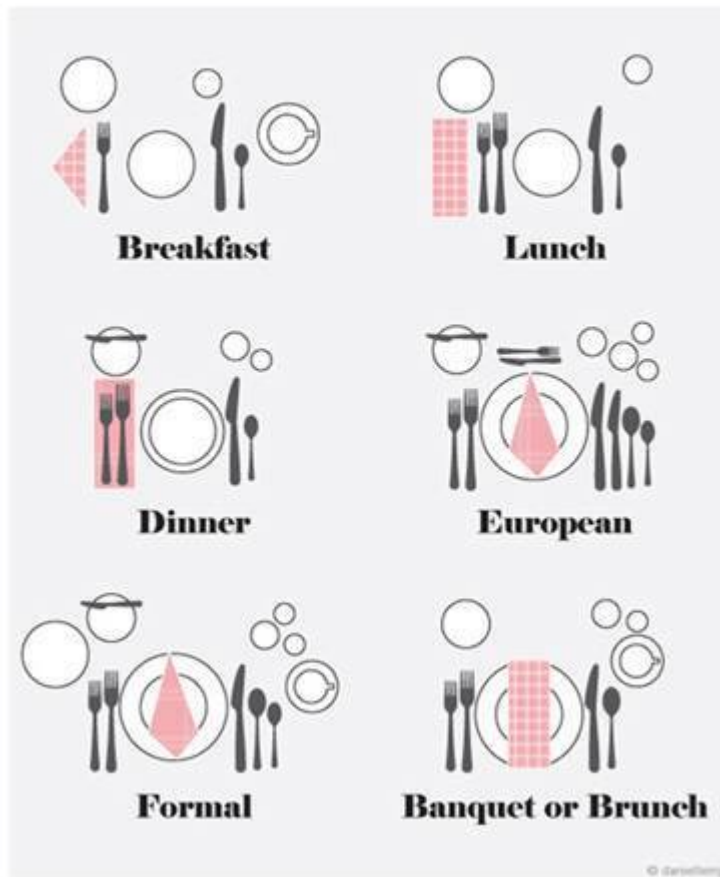
Finished



Don't like

28. How to set a table?

## THE PROPER WAY TO SET A TABLE



29. Use a clothes pin to make chopsticks foolproof.



30. How to cook pasta quickly?

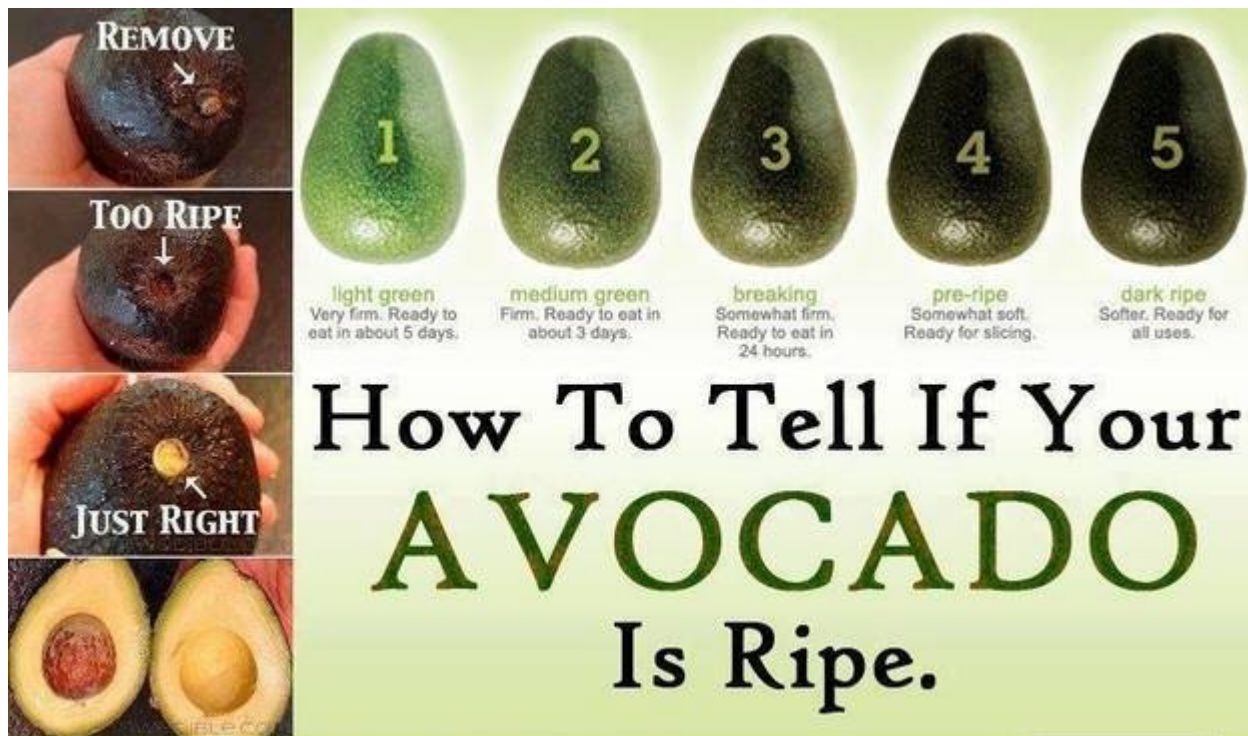


**Pre-soak pasta and it will cook in about 60 seconds.**

### 31. How to Tweak Chocolate Chip Cookies to Your Favourite



### 32. This tip will help you pick the correct Avocado!



33. To refrigerate or not.

### Refrigerate

APPLES  
BEANS  
BERRIES  
BROCCOLI  
CARROTS  
CELERY  
CHERRIES  
EGGPLANT  
GRAPES  
JALAPENOS  
LEAFY GREENS  
ZUCCHINI

### Room Temp

AVOCADOS  
APRICOTS  
BANANAS  
CITRUS  
GARLIC  
KIWI  
MELONS  
ONIONS  
PEARS  
PEACHES  
PINEAPPLE  
POTATOES

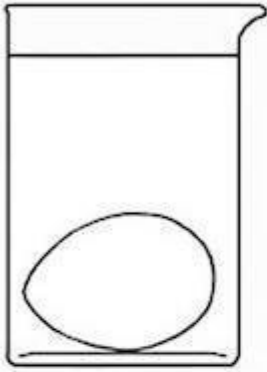
34. You can use it as your checklist of drinks you have yet to try.



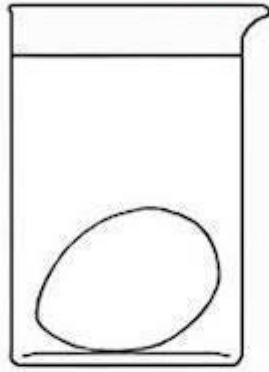
35. How to test the freshness of the eggs.

# TESTING EGG FRESHNESS

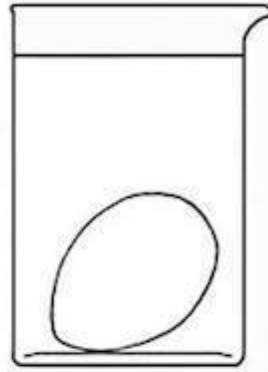
**If it floats, toss it!**



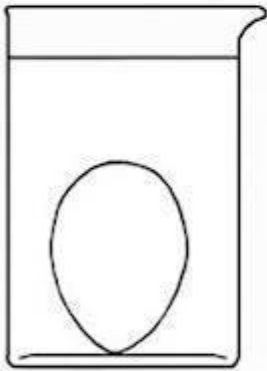
**1-3 days**



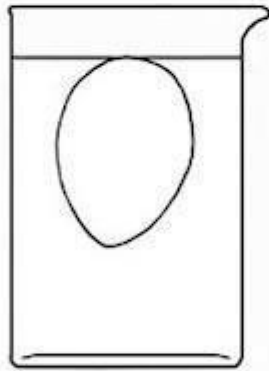
**4-6 days**



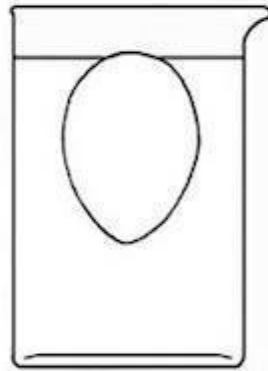
**7-9 days**



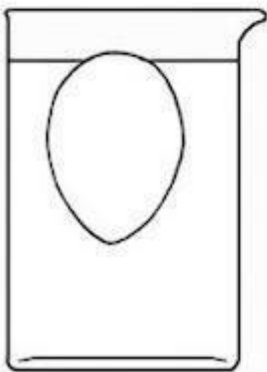
**10-12 days**



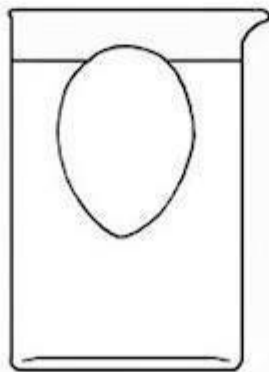
**13-15 days**



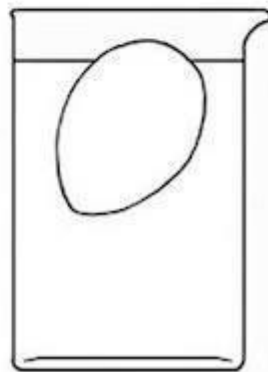
**16-18 days**



**19-21 days**



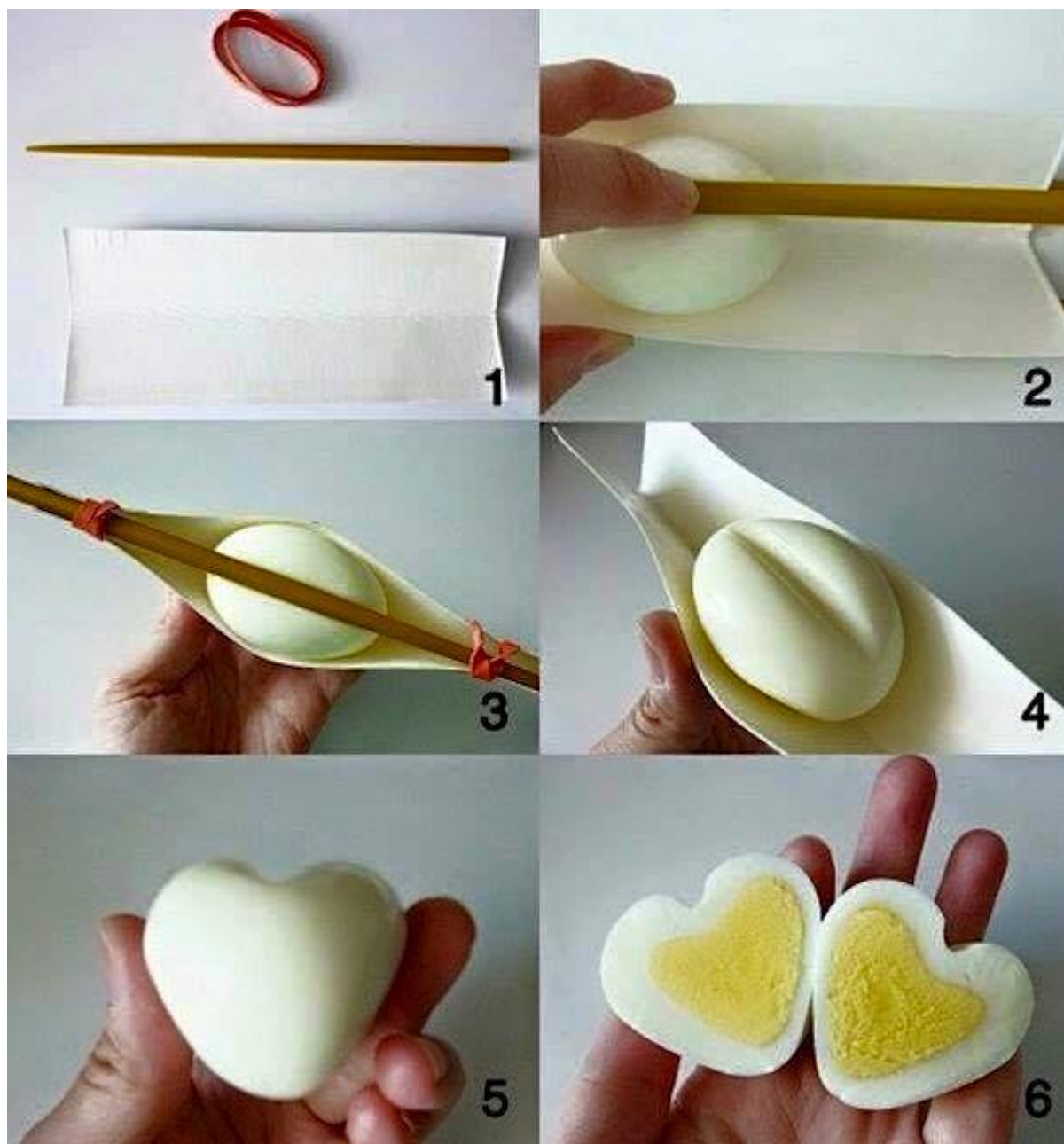
**22-24 days**



**25-26 days**



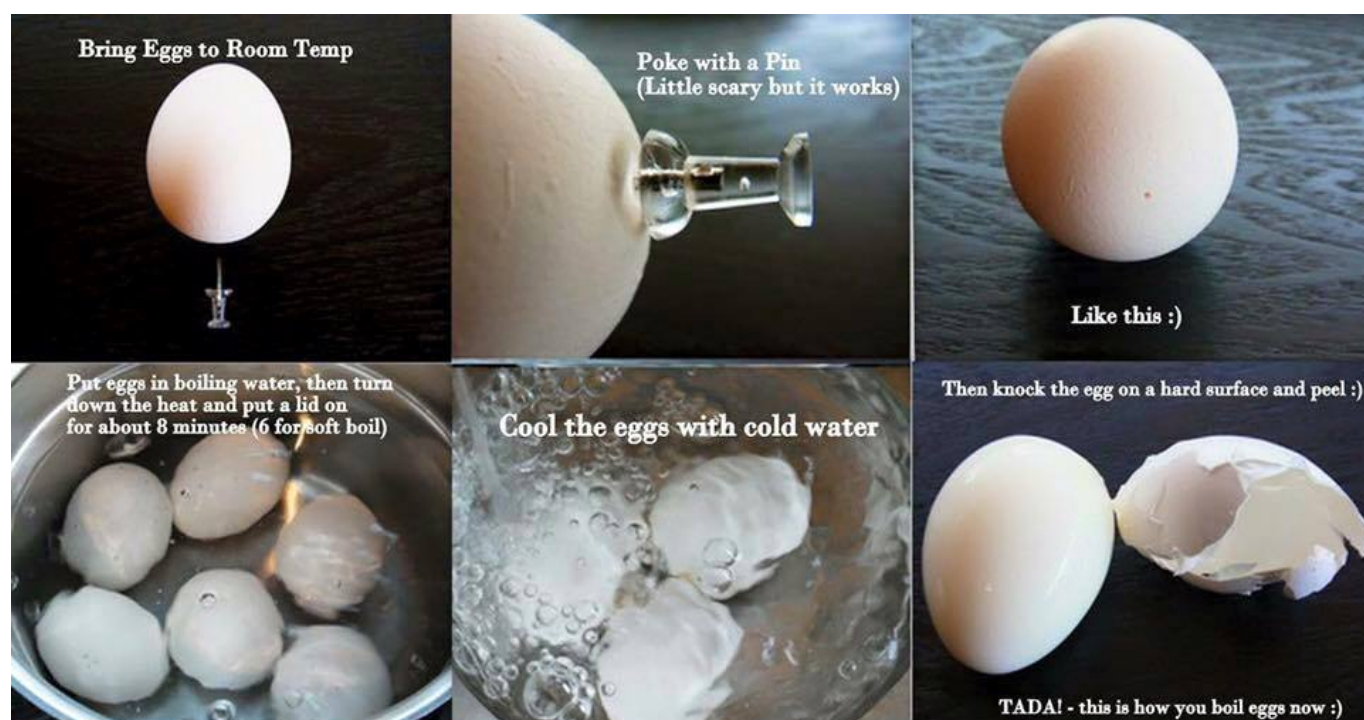
37.



38.

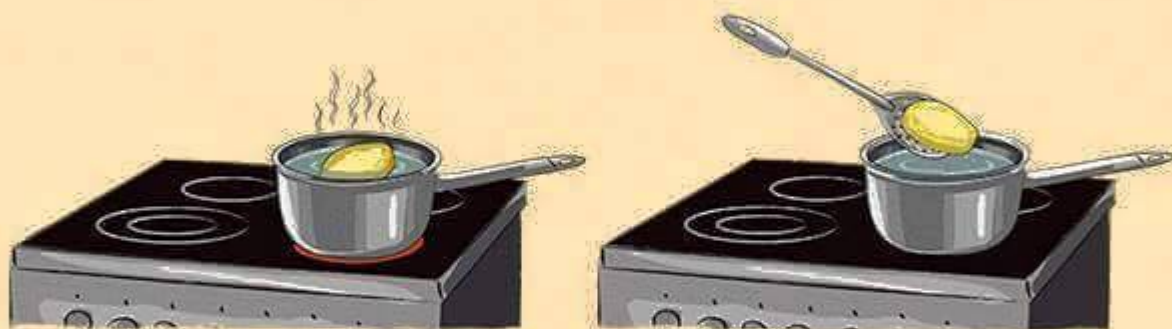


39.



40.

## IF YOU OVER-SALTED SOME SOUP



Toss in a peeled potato and continue cooking for a couple of minutes.

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41.

## HOW TO CLEAN A BLENDER



Pour water in the blender, add some dish soap and turn it on.

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42.

## A CONVENIENT WAY TO STORE HERBS



Chop the herbs and make  
ice cubes with some oil.

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43.

## TO MAKE YOUR LEFTOVER PIZZA SMELL GOOD THE NEXT DAY



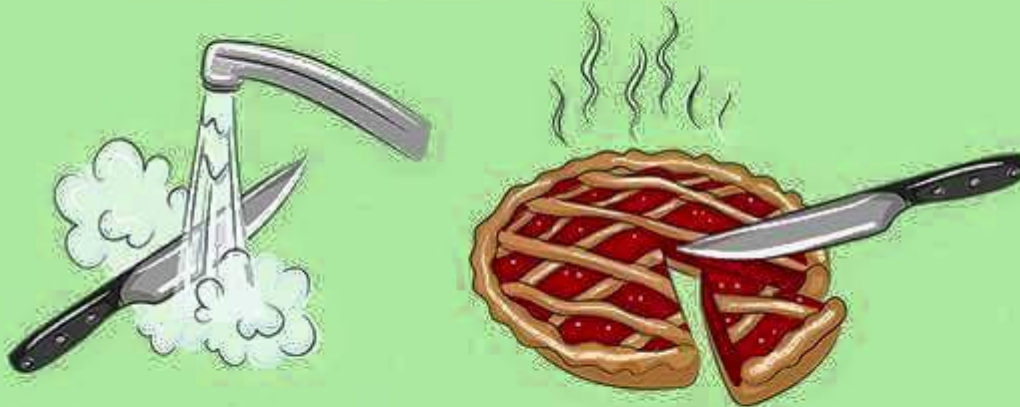
Reheat it in a pan instead of a microwave.

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44.

## HOW TO CUT A HOT PIE



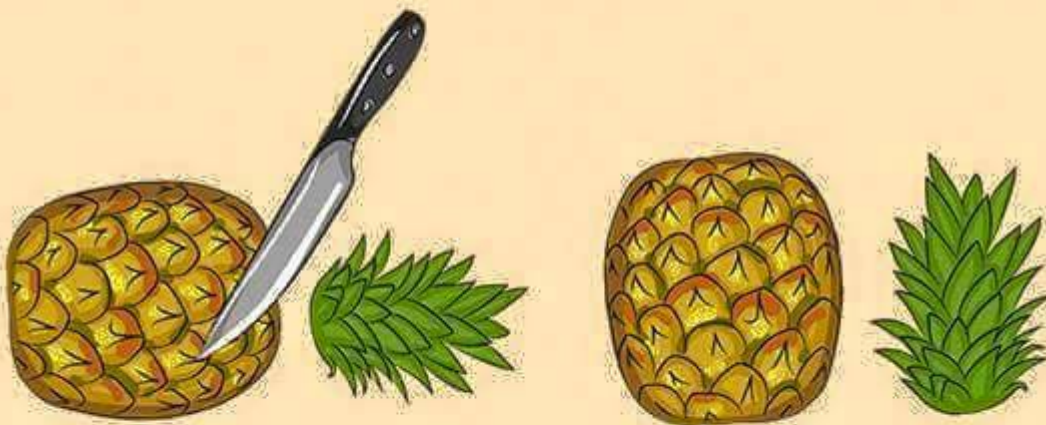
Put a knife under a stream of hot water.

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45.

## HOW TO MAKE A PINEAPPLE RIPEN QUICKLY



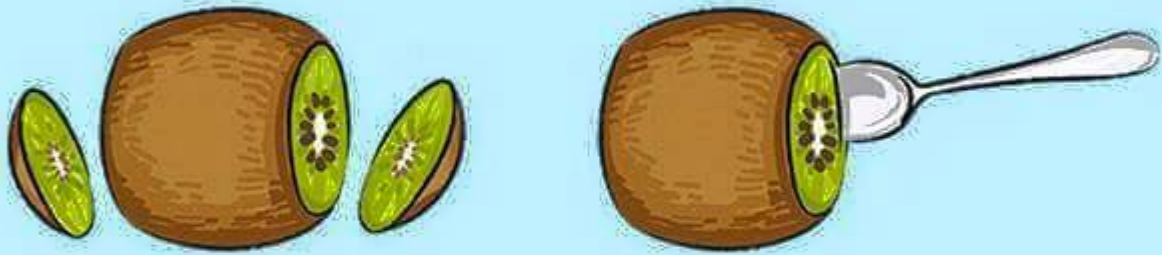
Cut off the stem and crown of the pineapple  
and leave it upside down.

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46.

## HOW TO EASILY PEEL A KIWI



Cut both ends off the kiwi, slip a spoon next to the skin and turn in a circle.

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47.

## HOW TO STORE CITRUS FRUIT FOR A LONGER TIME



Keep it at room temperature and not in the fridge.

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## HOW TO CLEAN A POT



Sprinkle 2-3 tablespoons of baking soda on the bottom, pour some water in, and then bring to the boil.

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49.

## WHAT TO DO WITH LEFTOVER WINE



Pour it into an ice cube tray and use it for cooking.

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50.



51.

# 5 Types of Onions



## Shallot

Subtle flavor, sweet with a little spiciness, great for an egg dish, vinaigrette, garnish.

## White Onion

Crunchiest, high water content, sharpest, large, mostly used in Mexican cooking.

## Red Onion

Mild, best eaten raw, crisp, adds color to guacamole, salsa, pickling, sliced in salads, on burgers, in sandwiches.

## Sweet Onion

Vidalia and walla walla, thick layers, frying, onion rings, baked gratin, French Onion Soup.

## Yellow Onion

Sharp and spicy which mellows when cooked, caramelizes well because of the high sugar content.

*fivelittlechefs.com*

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Sursa: facebook.com