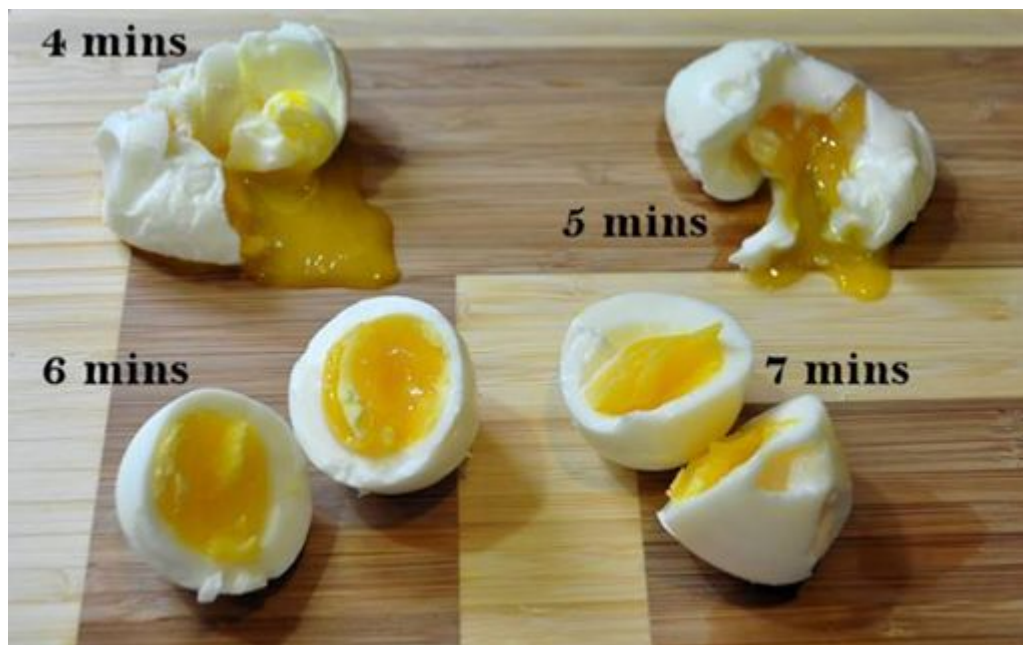


Kitchen Hacks You Should Know!

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.



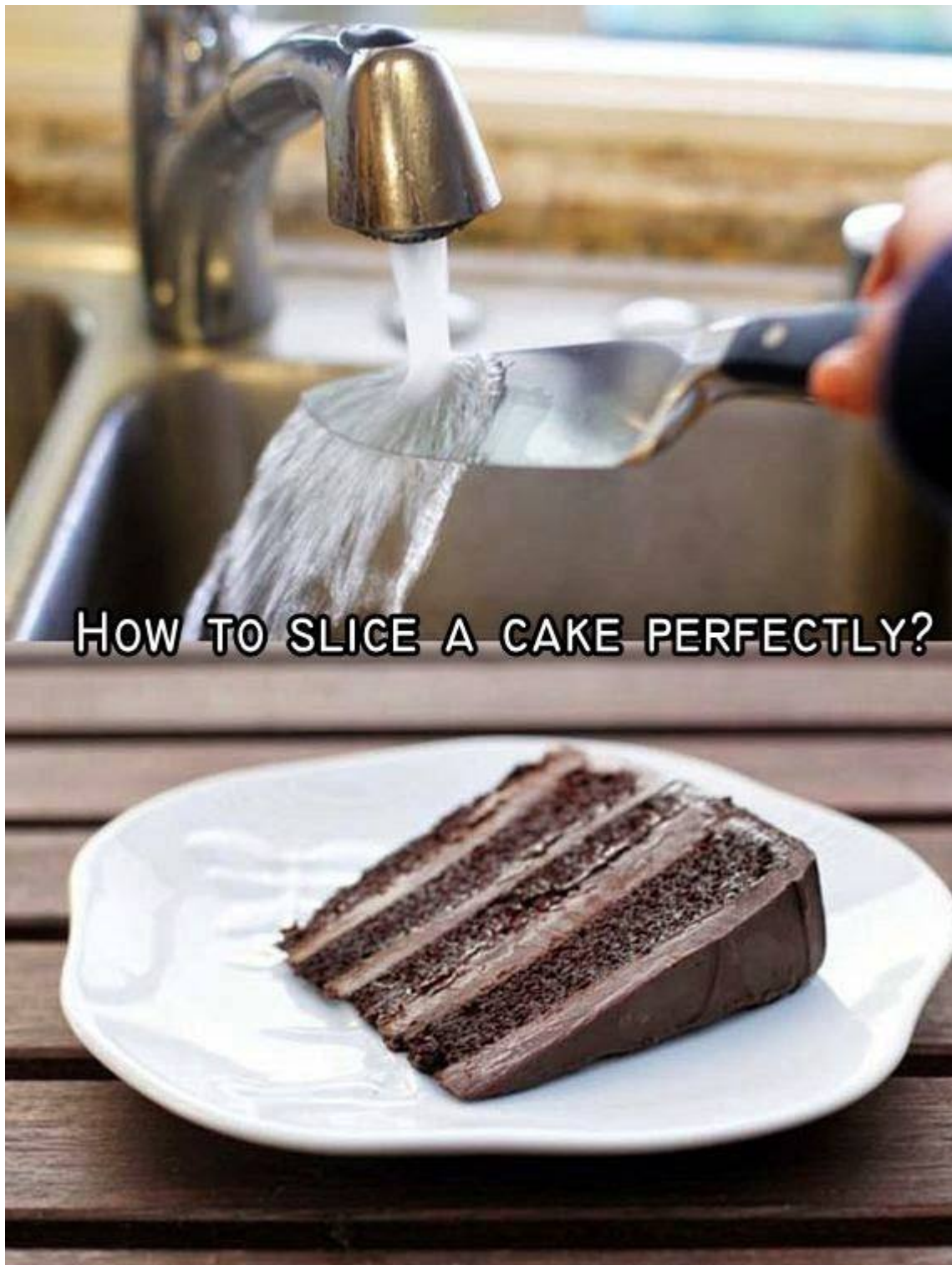
3. The Finger Test to Check the Doneness of Meat.



cooking.allarts.com.ua

4. A perfect slice:

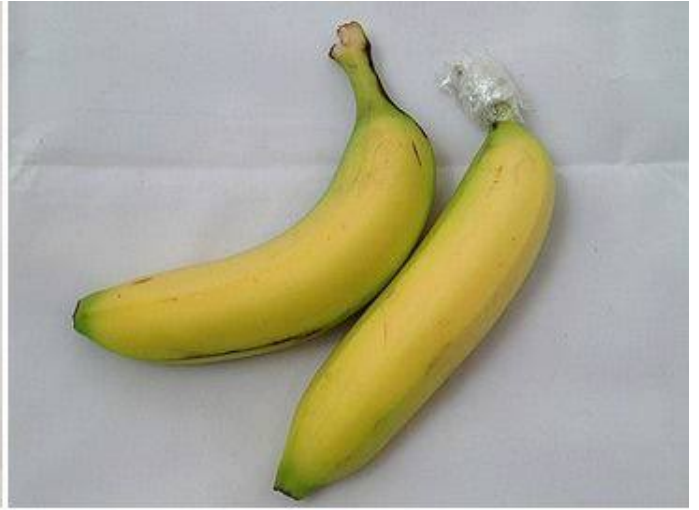
Before you end up with a plate full of big cake crumbs, run a knife under hot water before cutting into the cake.



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.

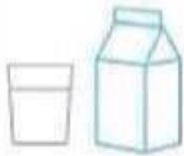


PICTURETHERECIPE.COM

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?

EGG FRESHNESS

REFERENCE CHART



- 1 FRESH EGG**
Less than a week old
- 2 GOOD EGG**
About 10 days old
- 3 FAIR EGG**
Three weeks old
- 4 BAD EGG**
A month old or older

fresh from the hen's behind!

Average supermarket quality

Best for hard-boiling because they're easiest to peel!

Don't eat it!

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 Leaves for 1 - 1 ½ min	Stalks for 6 min Leaves for 2 - 3 min	2-4 min
 Brussels sprouts	Bring to boil and simmer for 5-7 min	8-10 min	4-6 min
 Broccoli (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.



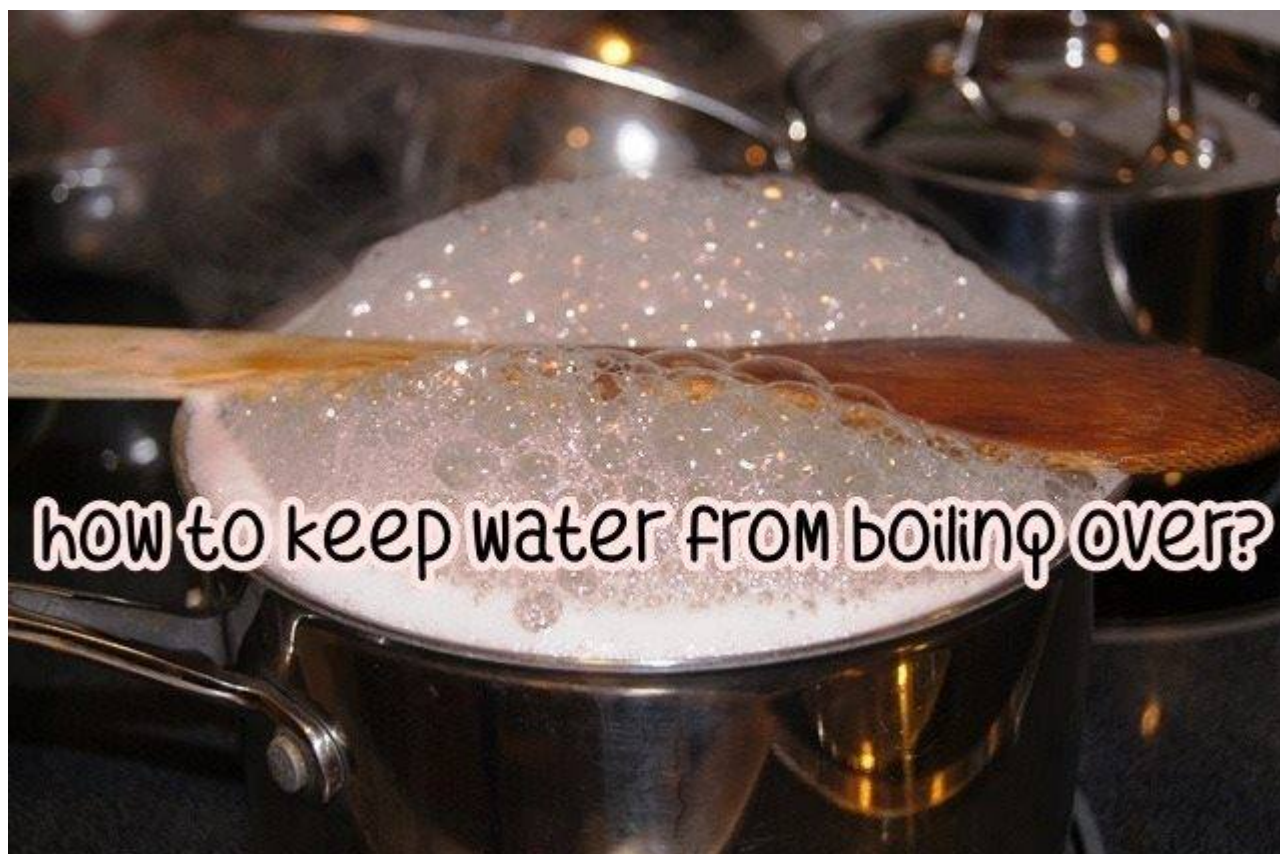
19. Don't Have Any Eggs?
Replace It With These In Baking Cakes!



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?

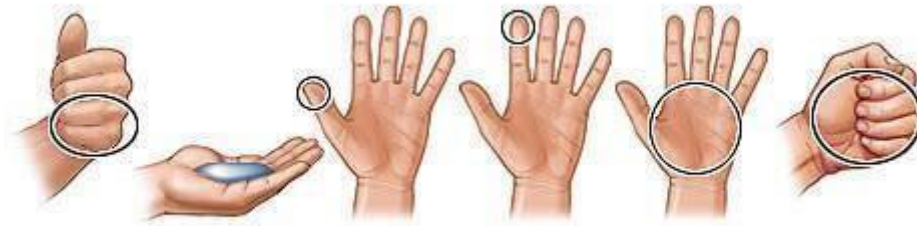


23. How to cut many cherry tomatoes in seconds?

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?



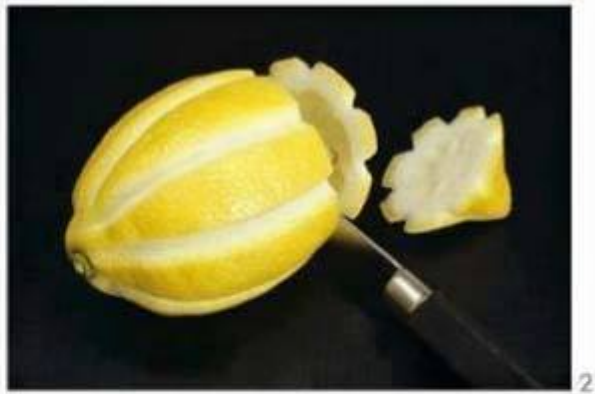
1/2 cup	1 oz	1 Tbsp	1 tsp	3 oz	1 cup
---------	------	--------	-------	------	-------

© Healthwise, Incorporated

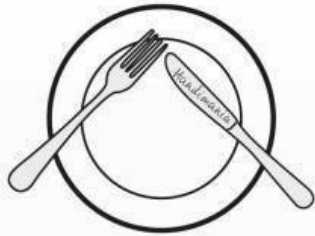
25. Reuse the hanger, pant clips become chip clips.



26. How to peel lemons in style.



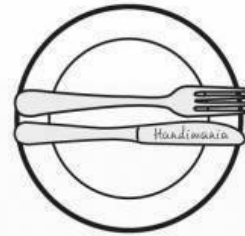
27. Table manners you should know.



Pause



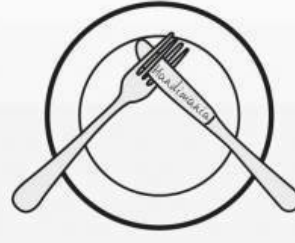
Ready for a
second plate



Excellent



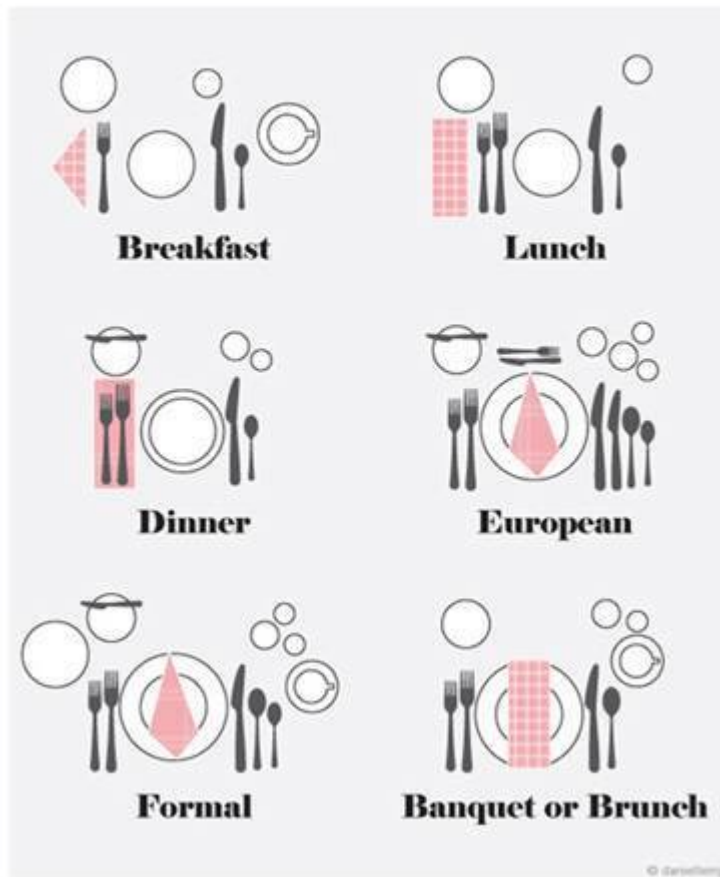
Finished



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.



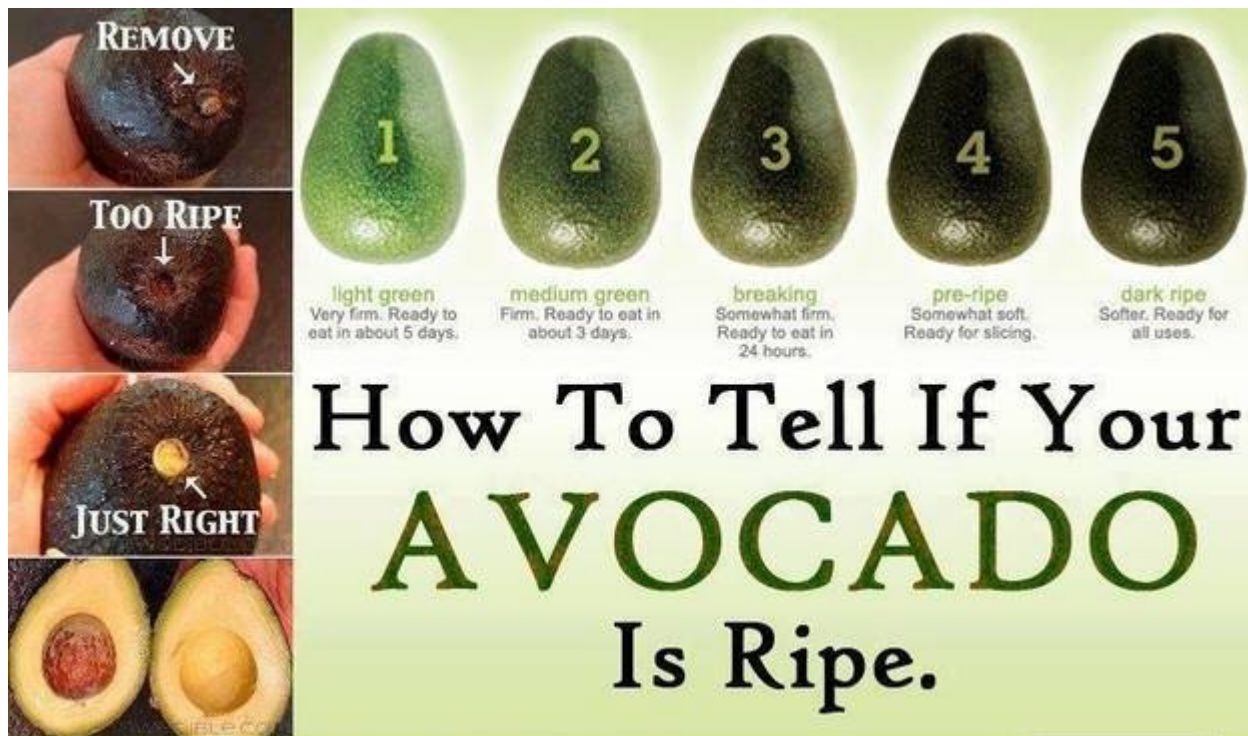
30. How to cook pasta quickly?



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

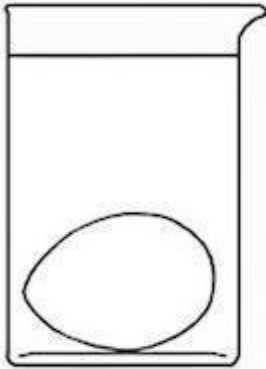
34. You can use it as your checklist of drinks you have yet to try.



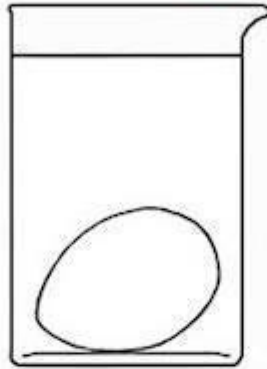
35. How to test the freshness of the eggs.

TESTING EGG FRESHNESS

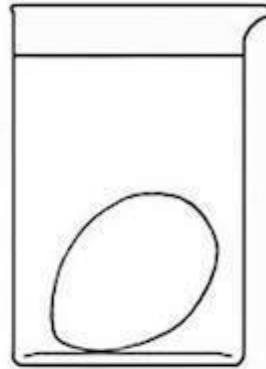
If it floats, toss it!



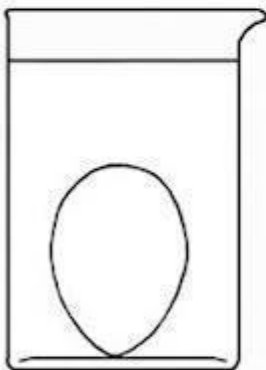
1-3 days



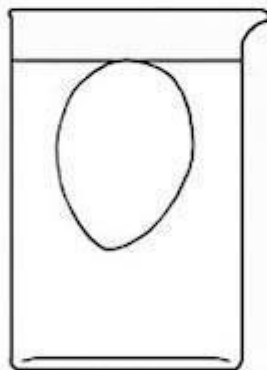
4-6 days



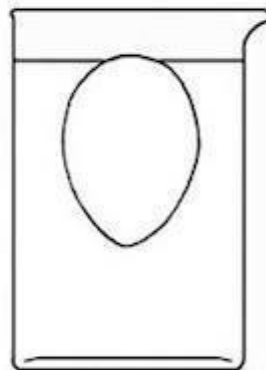
7-9 days



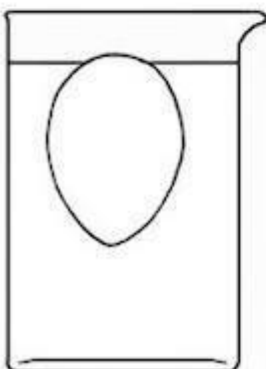
10-12 days



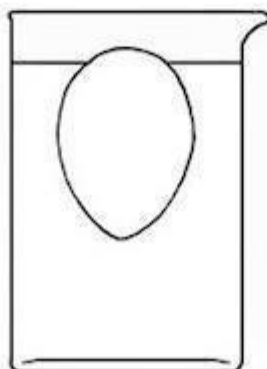
13-15 days



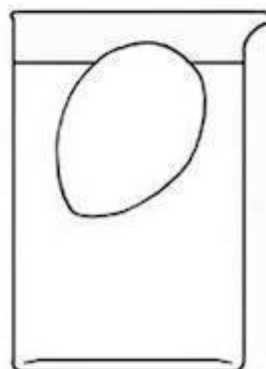
16-18 days



19-21 days



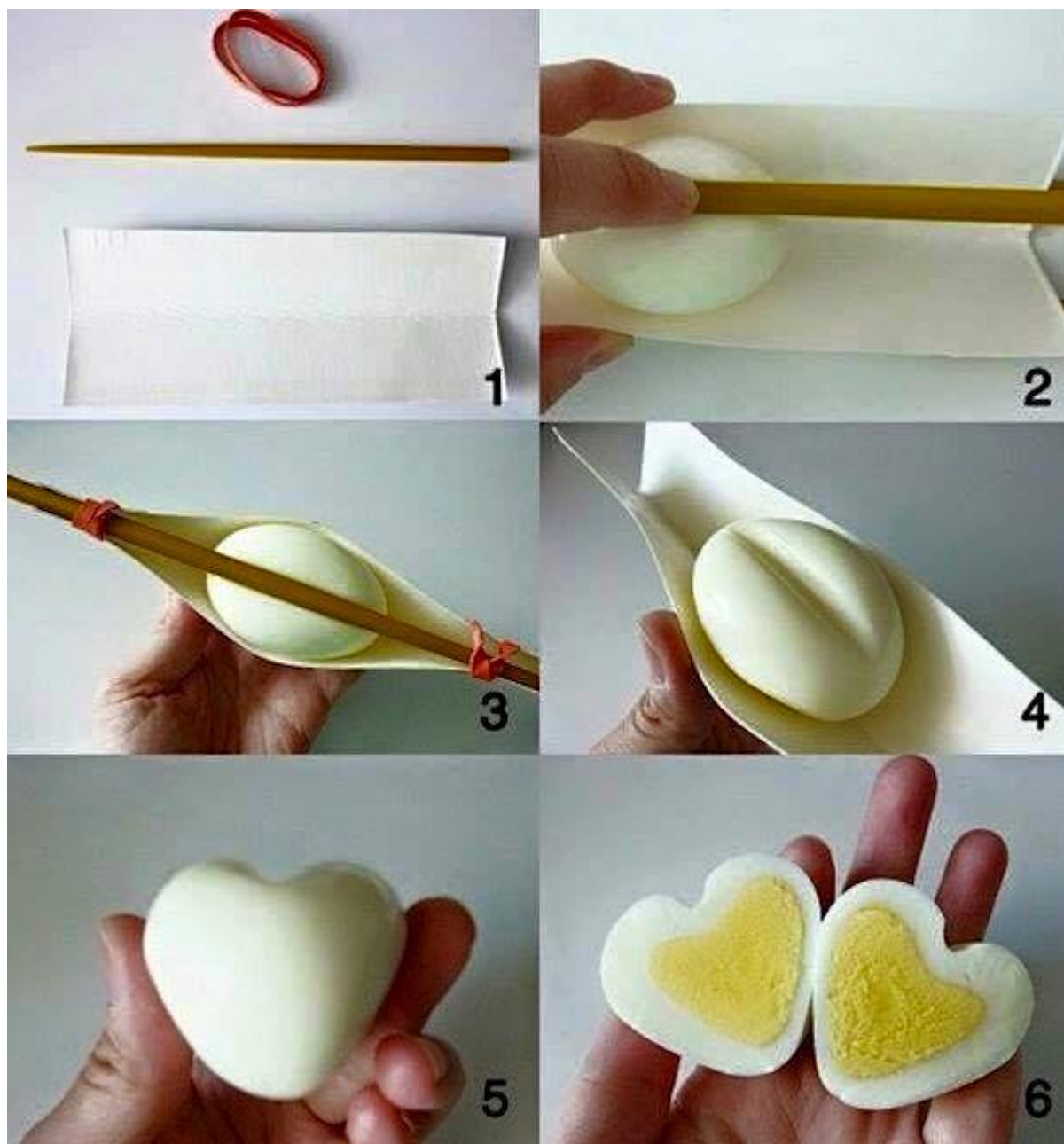
22-24 days



25-26 days



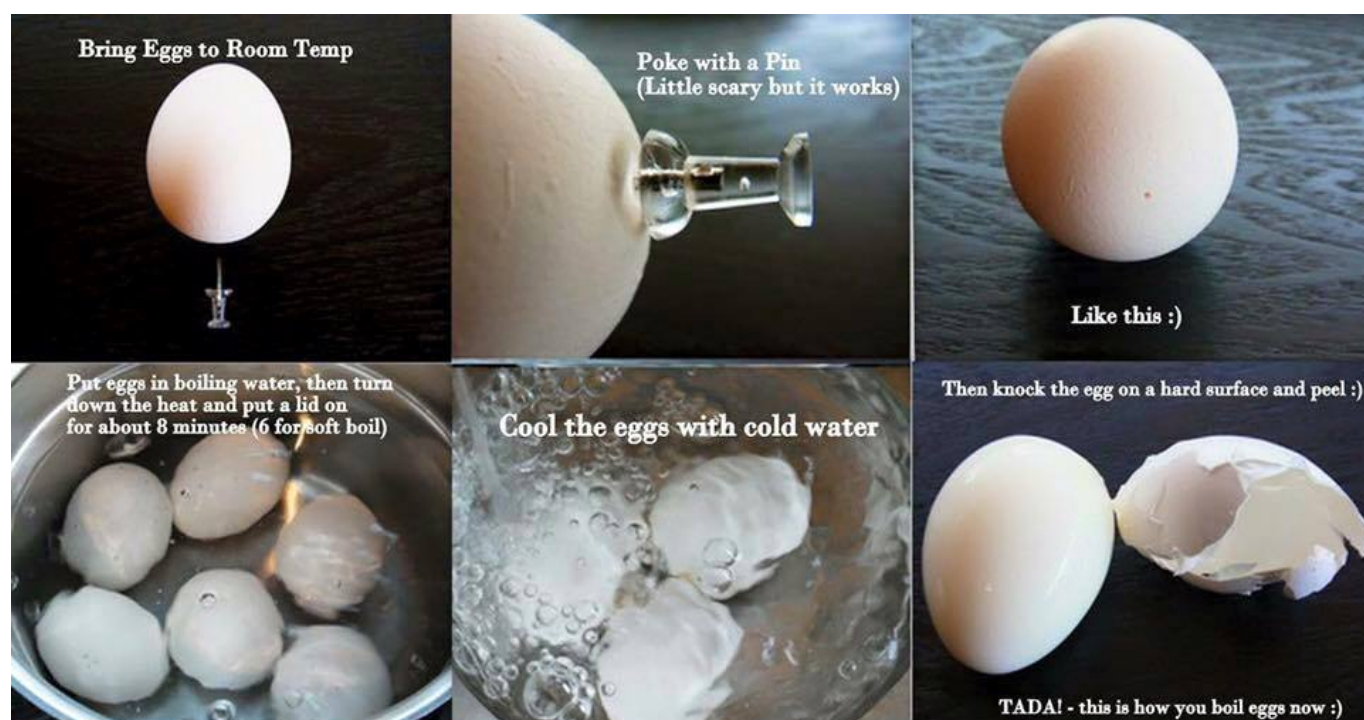
37.



38.

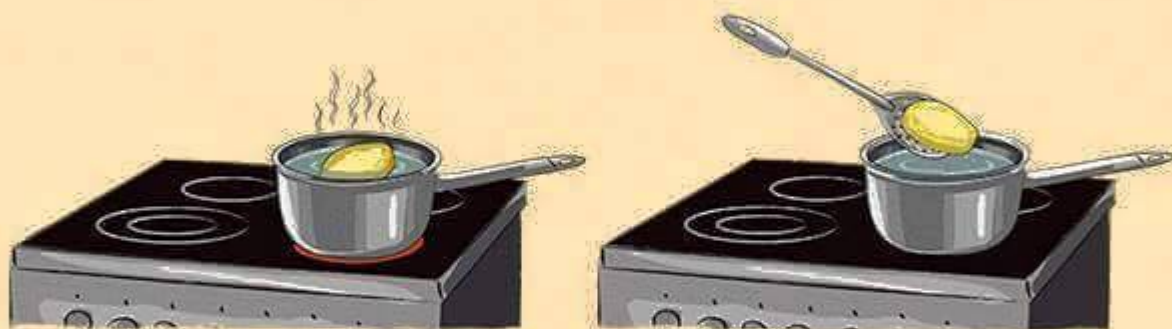


39.



40.

IF YOU OVER-SALTED SOME SOUP



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

© ASTKHIK.COM

BRIGHTSIDE.ME

41.

HOW TO CLEAN A BLENDER



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

© ASTKHIK.COM

BRIGHTSIDE.ME

42.

A CONVENIENT WAY TO STORE HERBS



Chop the herbs and make
ice cubes with some oil.

© ASTKHIK.COM

BRIGHTSIDE.ME

43.

TO MAKE YOUR LEFTOVER PIZZA SMELL GOOD THE NEXT DAY



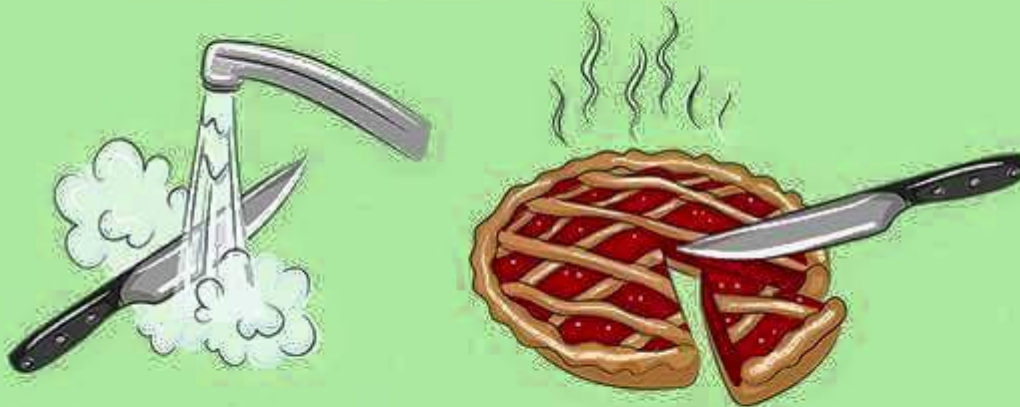
Reheat it in a pan instead of a microwave.

© ASTKHIK.COM

BRIGHTSIDE.ME

44.

HOW TO CUT A HOT PIE



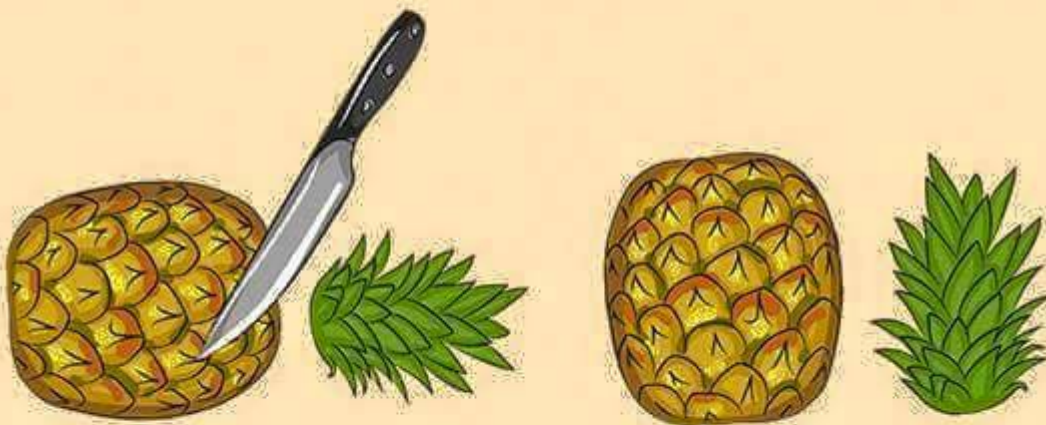
Put a knife under a stream of hot water.

©ASTKHIK.COM

BRIGHTSIDE.ME

45.

HOW TO MAKE A PINEAPPLE RIPEN QUICKLY



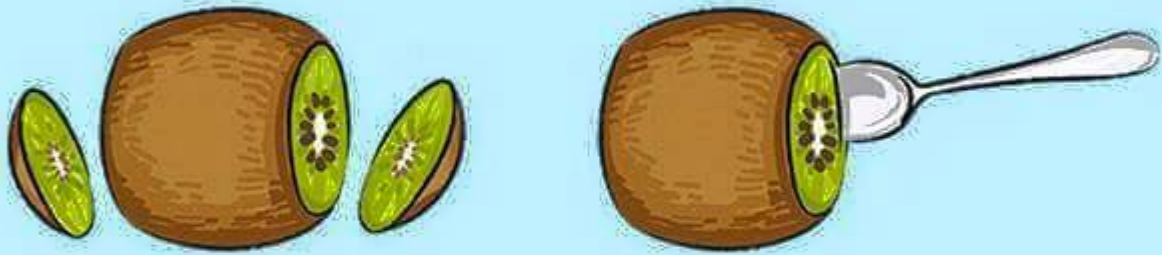
Cut off the stem and crown of the pineapple
and leave it upside down.

©ASTKHIK.COM

BRIGHTSIDE.ME

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.

© ASTKHUK.COM

BRIGHTSIDE.ME

47.

HOW TO STORE CITRUS FRUIT FOR A LONGER TIME



Keep it at room temperature and not in the fridge.

© ASTKHUK.COM

BRIGHTSIDE.ME

48.

HOW TO CLEAN A POT



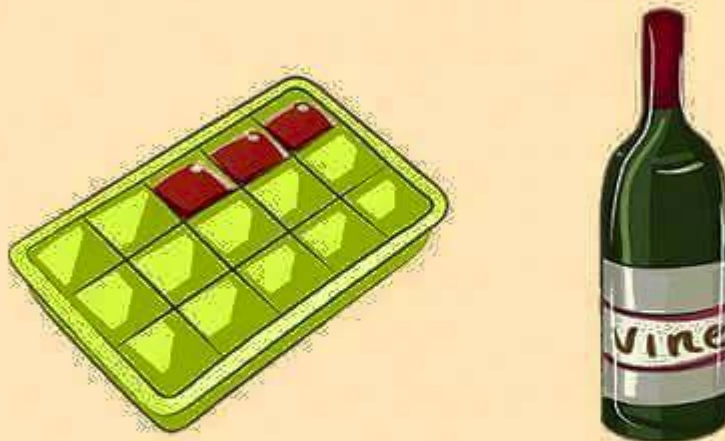
Sprinkle 2-3 tablespoons of baking soda on the bottom, pour some water in, and then bring to the boil.

© ASTKHIK.COM

BRIGHTSIDE.ME

49.

WHAT TO DO WITH LEFTOVER WINE



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

© ASTKHIK.COM

BRIGHTSIDE.ME

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

More hacks: <http://www.elitereaders.com/tag/hacks/>
Sursa: facebook.com