

# Tips For Cooking & Seasoning Your Meals

Learn new skills and keep discovering.



## Bias

to cut on an angle



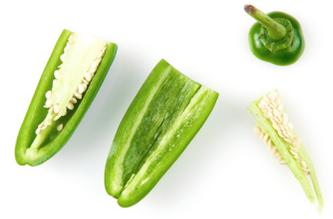
## Chiffonade

to slice into thin ribbons



## Julienne

to cut into thin strips



## Seed

to remove seeds



## Dice

to cut into cubes *large dice = 3/4"* • *medium dice = 1/2"* • *small dice = 1/4"*



## Mince

a very small dice



## Stem

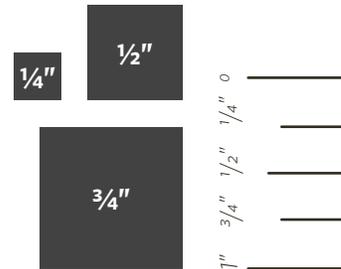
to remove stems from leaves

**Season to taste** means tasting as you cook and tailoring flavors to your palate when adding salt, pepper, spicy ingredients, and strong flavors like shallots or lemon juice. Salt is the most important element because it amplifies flavor and reduces blandness. *We keep kosher salt on hand in a small bowl - it's easier to pinch, more forgiving, and less concentrated than iodized table salt.*

**Al Dente** refers to pasta cooked so it's a little firm and has a slight bite.

**Crisp Tender** refers to a vegetable that's cooked through, but still firm enough to slightly resist your bite.

**Fork Tender** means your fork (or teeth) can easily pierce the vegetable.



## How To...

Pro tips from our chefs

**...Sear Meat:** Searing meat not only creates beautiful browned crust, but amps up deliciousness on the molecular level by creating hundreds of new flavor compounds during caramelization. Get your skillet and oil super hot and make sure not to crowd the pan – otherwise, the proteins will steam each other.

**...Rest Meat:** Don't slice meat immediately after cooking. Doing so dries it out and deprives your dinner of flavorful juices. Let cooked proteins rest for at least 5 minutes to allow juices to redistribute evenly.

**...Practice Food Safety:** Use separate cutting boards for vegetables, raw meats, and fish. Thoroughly wash knives in between prepping meats and vegetables to prevent the spread of bacteria, and always wash your hands thoroughly after handling raw meat.

**...Hold Your Knife Like a Chef:** Hold the handle of your knife with your thumb and index finger, grasping opposite sides of the blade just beyond the handle (like you're pinching the blade). The closer your grip to the blade, the more stability and control you'll have when chopping.