

ALL THE RECIPES YOU NEED

1ST  
EDITION

# TODAY'S COOKING

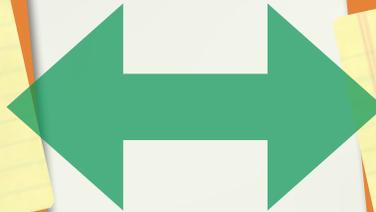
*Delicious Made Easy!*

## MEASURES & EQUIVALENTS COOKING TIPS & TRICKS



Cooking tips & tricks

Measures & equivalents



# TODAY'S COOKING

## Welcome!



[Skip Introduction](#)

## *Introduction*



I like to cook! I cook every day. Many years ago I owned a restaurant in the Caribbean, so I've known my way around the kitchen for quite some time. Since then I have continued to experiment, have tried new ways of doing things and searched for new recipes. This book is a compilation of just a few of those recipes that I have received, read and created over the years. Some are as is; some have been modified; some are original and some not so original. All are good, although a few "questionables" may have slipped in (if so, please let me know).

The premise here is that you know how to cook, but you're tired of the same old things and would like to add a little variety and zip to your meals, whether for entertaining and special occasions or simply Thursday night's dinner.

(To keep the file size within reason, photos of the dishes were not included.)

Feed mynde with myrth, thy mawe with meate

And eat to lyve not lyve to eate.

For gorging doth offende thy health,

Thy God, thy soul, thy witt and wealth.

(from a set of English roundels - approximately 1600 AD)

# TODAY'S COOKING

“Cooking is one of the oldest arts...” - Brillat-Savarin

“With money anyone can offer succulent dishes and famous wines, but courtesy and kindness cannot be bought.” - Lucien Tendret

“Intellectual men who quickly wolf down whatever nourishment is necessary for their bodies with a kind of disdain, may be very rational and have a noble intelligence, but they are not men of taste.” - Sainte-Beuve

“The cook is no less an artist...To give life to beauty, the painter uses a whole range of colours, musicians of sound, the cook of tastes - and it is indeed remarkable that there are seven colours, seven musical notes and seven tastes.” - Lucien Tendret

“The discovery of a new dish does more for the happiness of mankind than the discovery of a star.” - Brillat-Savarin

“Those who have a profound indifference to the pleasures of the table are generally gloomy, charmless and unamiable.” - Lucien Tendret

“The science which feeds men is worth at least as much as the one which teaches how to kill them.” - Brillat-Savarin

“Gastonomy is the joy of all conditions and all ages. It adds wit to beauty.”  
- Monselet

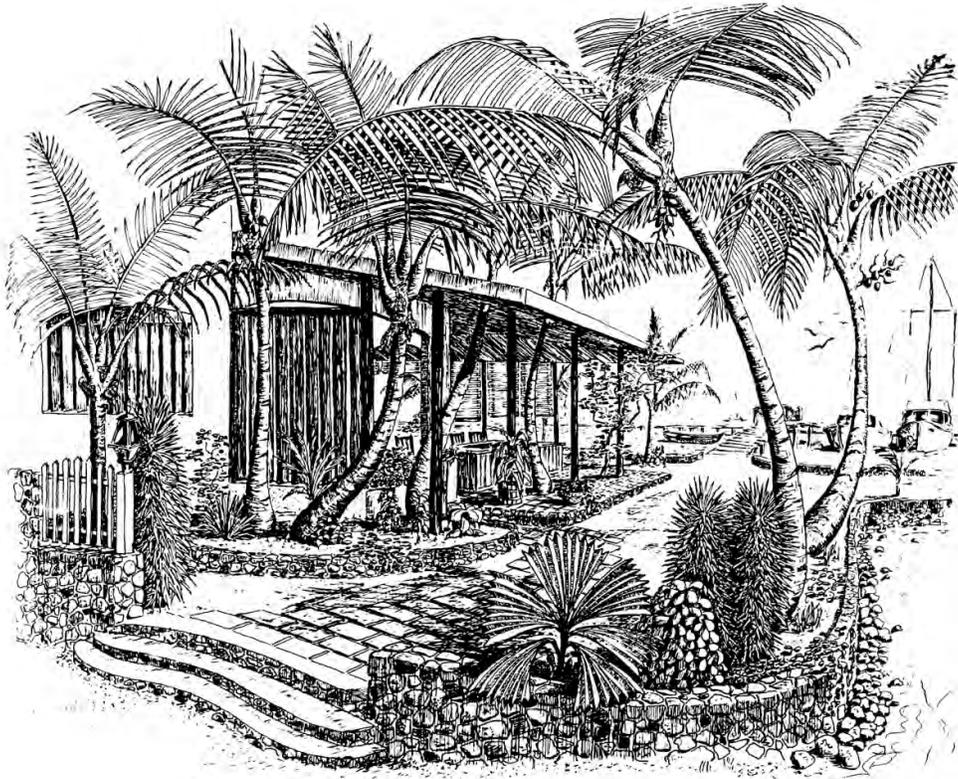
“The most indispensable quality of a cook is punctuality; it should also be that of a guest.” - Brillat-Savarin

“Good cookery is the food of a pure conscience.” - Des Essarts

“Those who give themselves indigestion or get drunk, do not know how to eat or drink.” - Brillat-Savarin

Hunger is nothing more than the need to eat. Appetite is anticipating the pleasure of eating well. - SD

# TODAY'S COOKING



Rusty Pelican Restaurant Sint Maarten Dutch West Indies 1979

# TODAY'S COOKING



AP

R. Nicholas

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# TODAY'S COOKING

# TODAY'S COOKING

## Measurements & Conversions

### OVEN TEMPERATURE EQUIVALENTS

DEGREES F	DEGREES C	DEGREES F	DEGREES C
170	77	300	150
175	79	325	170
200	93	350	180
210	99	375	190
220	104	400	200
225	107	425	220
230	110	450	230
240	116	475	246
250	120	500	260
275	135	550	290

### MEASUREMENT ABBREVIATIONS

tsp. = teaspoon	qt. = quart	lg. = large
Tbs. = tablespoon	gal. = gallon	g. = gram
fl. = fluid	pkg. = package	kg. = kilogram
oz. = ounce	lb. = pound	ml. = milliliter
c. = cup	sm. = small	cc. = cubic centimeter
pt. = pint	med. = medium	L. = liter

# TODAY'S COOKING

## WEIGHTS & MEASURES

3 tsp. = 1 Tbs.	6 Tbs. = 3/8 cup	8 fl. oz. = 1 cup
1 Tbs. = 1/16 cup	8 Tbs. = 1/2 cup	2 cups = 1 pint
2 Tbs. = 1/8 cup	10 Tbs. + 2 tsp. = 2/3 cup	4 cups = 1 quart
2 Tbs. + 2 tsp. = 1/6 cup	12 Tbs. = 3/4 cup	2 pints = 1 quart
4 Tbs. = 1/4 cup	16 Tbs. = 1 cup	4 quarts = 1 gallon
5 Tbs. + 1 tsp. = 1/3 cup	48 tsp. = 1 cup	4 quarts = 128 fl. oz.

## WEIGHTS & MEASURES

1 oz. = 28 grams	1 tsp. = 1/6 fl. oz.	1/5 tsp. = 1 milliliter
1 pound = 454 grams	1 Tbs. = 1/2 fl. oz.	1 tsp. = 5 ml.
1 gram = .035 oz.	1/8 cup = 1 fl. oz.	1 Tbs. = 15 ml.
100 grams = 3.5 oz.	1/3 cup = 2 3/4 fl. oz.	1 cup = 240 ml.
500 grams = 1.10 Lbs.	1/2 cup = 4 fl. oz.	1 quart = .95 liter
1000 grams = 1 kilogram	1 cup = 8 fl. oz.	4 quarts = 3.8 liter
1 kilogram = 35 oz.	1 pint = 16 fl. oz.	1 liter = 34 fl. oz.
1 kilogram = 2.205 Lbs.	1 quart = 32 fl. oz.	1 liter = 4.2 cups
16 oz. = 1 Lb.	1 gallon = 128 fl. oz.	1 liter = 2.1 pints
1 milliliter = 1 cubic centimeter (cc)		1 liter = 1.06 quarts
1 inch = 2.54 centimeters (cm)		1 liter = .26 gallon

# TODAY'S COOKING

## BAR DRINK MEASURES

dash = 6 drops	1 jigger = 1 1/2 oz.	1 pint = 16 fl. oz.
3 tsp. = 1/2 oz.	1 large jigger = 2 oz.	1 fifth = 25.6 fl. oz.
1 pony = 1 oz.	1 std. whiskey glass = 2 oz.	1 quart = 32 fl. oz.

## METRIC CONVERTER

Metric	Multiply by:	Imperial
grams	x 0.035	ounces
kilograms	x 2.2	pounds
milliliters	x 0.03	fluid ounces
liters	x 2.1	pint
liters	x 1.06	quart
liters	x 0.026	gallon

## DILUTING CONCENTRATES

Ratio	Concentrate	Water
4 to 1	32 oz.	1 gallon
5 to 1	26 oz.	1 gallon
10 to 1	13 oz.	1 gallon
15 to 1	8.5 oz.	1 gallon
20 to 1	6.5 oz.	1 gallon

# TODAY'S COOKING

## DILUTING CONCENTRATES

25 to 1	5.5 oz.	1 gallon
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## CAN SIZES CONTENTS

6 oz.	3/4 cup	6 fl. oz.
8 oz.	1 cup	7 3/4 fl. oz.
# 1 can	1 1/4 cups	9 1/2 fl. oz.
# 300 can	1 3/4 cups	13 1/2 fl. oz.
# 303 can	2 cups	15 fl. oz.
# 2 can	2.5 cups	1 pt. + 2 fl. oz.
# 2.5 can	3.5 cups	1 pt. + 10 fl. oz.
46 oz. can	5 3/4 cups	1 qt. + 14 fl. oz.
# 10 can	12 cups	3 qt.

## FOOD EQUIVALENTS

Apples 1Lb.	3 med. (3 c. sliced)	Lemon 1 med.	3 Tbs. juice 1 Tbs zest
Bananas 1Lb.	3 med. (1 1/2 c. mashed)	Lime 1 med.	2 Tbs. juice 1/2 Tbs. zest
Berries 1 pint	1 3/4 cups	Orange 1 med.	1/2 cup juice 2 Tbs. zest
Bread 1 slice w/ crust	1/2 cup bread crumbs	Onion 1 large	3/4 to 1 cup chopped
Bread 1 Lb. loaf	14 to 20 slices	Potatoes 1 Lb.	3 med. (2 1/4 diced)
Cheese 1/4 Lb.	1 cup shredded	Tomatoes 1 Lb.	3 medium
Cream cheese 3oz	6 Tbs.	Raisins 1 Lb.	3 cups loosely packed

# TODAY'S COOKING

## FOOD EQUIVALENTS

shred coconut 4oz	1 1/3 cup	Nuts shelled	3 1/2 to 4 cups
flake coconut 3oz	1 1/3 cup	Rice reg. 1 cup	3 cups cooked
Egg whites large 1 cup	8 to 10 whites	Egg yolks large 1 cup	12 to 14 yolks
How to convert a 13x9 pan recipe to a 8x8 pan recipe ?	Simply divide the original recipe by half	How to divide a whole egg in half ?	Lightly beat the egg and divide in half

## Baking by weight

Ingredient	1 cup	1/2 cup	1/3 cup	1/4 cup
All-purpose flour	4.25 oz. 120 g	2.125 oz. 60 g	1.4 oz. 40 g	1.1 oz. 30 g
Bread flour	4.25 oz. 120 g	2.125 oz. 60 g	1.4 oz. 40 g	1.1 oz. 30 g
Cake flour	4.25 oz. 120 g	2.125 oz. 60 g	1.4 oz. 40 g	1.1 oz. 30 g
Self-rising flour	4 oz. 112 g	2 oz. 58 g	1.3 oz. 37 g	1 oz. 28 g
Whole wheat flour	4 oz. 112 g	2 oz. 58 g	1.3 oz. 37 g	1 oz. 28 g

# TODAY'S COOKING

Ingredient	1 cup	1/2 cup	1/3 cup	1/4 cup
Brown sugar, light or dark	7.5 oz. 212 g	3.875 oz. 106 g	2.5 oz. 71 g	1.875 oz. 53 g
Confectioners sugar	8 oz. 228 g	4 oz. 114 g	2.7 oz. 76 g	2 oz. 58 g
Granulated sugar (regular, white sugar)	7 oz. 198 g	3.5 oz. 99 g	2.3 oz. 66 g	1.75 oz. 50 g
Turbinado, demerara or raw sugar	7.75 oz. 220 g	3.875 oz. 110 g	2.6 oz. 73 g	1.9 oz. 55 g

Ingredient	1 cup	1/2 cup	1/3 cup	1/4 cup
Almonds, sliced	1.5 oz. 42 g	0.75 oz. 21 g	0.5 oz. 14 g	0.375 oz. 10 g
Almonds, slivered	2 oz. 58 g	1 oz. 28 g	0.6 oz. 19 g	0.5 oz. 14 g
Almonds, whole	5 oz. 142 g	2.5 oz. 71 g	1.6 oz. 47 g	1.25 oz. 36 g
Cashews, chopped or whole	4 oz. 112 g	2 oz. 56 g	1.3 oz. 37 g	1 oz. 28 g

# TODAY'S COOKING

Pecans, chopped	4 oz. 112 g	2 oz. 56 g	1.3 oz. 37 g	1 oz. 28 g
Pecans, halved	3.5 oz. 99 g	1.75 oz. 50 g	1.2 oz. 33 g	0.875 oz. 25 g
Pistachios, chopped or whole	2.125 oz. 60 g	1.1 oz. 30 g	0.7 oz. 20 g	0.5 oz. 14 g
Walnuts, chopped	4 oz. 112 g	2 oz. 58 g	1.3 oz. 37 g	1 oz. 28 g
Walnuts, whole	2.25 oz. 64 g	1.125 32 g	0.75 oz. 21 g	0.6 oz. 16 g

Ingredient	1 cup	1/2 cup	1/3 cup	1/4 cup
Chocolate chips	6 oz. 170 g	3 oz. 85 g	2 oz. 57 g	1.5 oz. 43 g
Cocoa	3 oz. 85 g	1.5 oz. 43 g	1 oz. 28 g	0.75 oz. 21 g
Coconut, shredded, unsweetened	3 oz. 85 g	1.5 oz. 43 g	1 oz. 28 g	0.75 oz. 21 g
Coconut, shredded, sweetened	4 oz. 113 g	2 oz. 57 g	1.3 oz. 38 g	1 oz. 28 g
Graham cracker crumbs	3.5 oz. 99 g	1.75 oz. 49 g	1.2 oz. 33 g	0.875 oz. 25 g

# TODAY'S COOKING

Honey	12 oz. 340 g	6 oz. 170 g	4 oz. 113 g	3 oz. 85 g
Mini marshmallows	1.5 oz. 43 g	0.75 oz. 22 g	0.5 oz. 14 g	0.375 oz. 11 g
Oats, traditional rolled	3.5 oz. 99 g	1.75 oz. 49 g	1.2 oz. 33 g	0.875 oz. 25 g
Oats, quick-cooking	3.125 oz. 89 g	1.5 oz. 45 g	1 oz. 30 g	0.8 oz. 22 g
Peanut butter	9.5 oz. 270 g	4.75 oz. 135 g	3.2 oz. 90 g	2.375 oz. 68 g
Raisins	5.5 oz. 156 g	2.75 oz. 78 g	1.8 oz. 52 g	1.375 oz. 39 g

## BAKING INGREDIENT SUBSTITUTIONS

Ingredient	Substitute	Formula
Baking Powder	Baking Soda & Cream of Tartar	¼ teaspoon baking soda + ½ teaspoon cream of tartar for 1 teaspoon baking powder
Brown Sugar	Sugar & Molasses	
Chocolate - semisweet	Unsweetened Chocolate & Sugar	1 oz. unsweetened chocolate + 4 tea sugar
Chocolate - unsweetened	Unsweetened Cocoa & Shortening	3 tbl unsweetened cocoa + 1 tbl shortening

# TODAY'S COOKING

Cream of Tartar	Lemon Juice & White Vinegar	
Fats for Baking	Applesauce or Fruit Puree	
Mayonnaise	Yogurt or Sour Cream	
Oil	Applesauce	
Pastry Flour	Cake Flour & All Purpose Flour	
Pastry Flour	All Purpose Flour & Cornstarch	Combine 1 tbl cornstarch + 1 cup flour

## COOKING INGREDIENT SUBSTITUTIONS

Ingredient	Substitute	Formula
Anise	Fennel Seeds or Anise Extract	
Bread Crumbs	Crushed Crackers	
Butter	Vegetable Shortening	
Butter Milk	Lemon Juice & Milk	
Butter Milk	White Vinegar & Milk	
Chicken Broth	Bouillon Cube	
Chili Paste	Sriracha Chili Sauce	
Cinnamon	Nutmeg or All Spice	equal amounts
Cream Cheese	Cottage Cheese	1 cup pureed cottage cheese
Garlic	None	
Ginger	Allspice, Cinnamon, Mace, Nutmeg	equal amounts

# TODAY'S COOKING

Crème Fraiche	Heavy Cream & Plain Yogurt	1 cup heavy cream + 1 tbl plain yogurt
Green Onion	Onion, Leek or Shallot	equal amounts
Half and Half	Milk & Butter	1 tbl butter + $\frac{7}{8}$ cup milk
Heavy Cream	Milk & Butter	$\frac{3}{4}$ cup milk + $\frac{1}{3}$ cup butter
Heavy Cream	Evaporated Milk & Butter	1 cup evaporated milk + $\frac{1}{3}$ cup butter
Kale	Spinach, Collard Greens	equal amounts
Lemon Grass	Lemon Zest	1 lemon = 2 stalks lemon grass
Mascarpone Cheese	Cream Cheese & Whipping Cream	8 oz softened cream cheese + $\frac{1}{4}$ cup whipping cream
Milk	Dairy-Free Milk	equal amounts
Molasses	Dark Corn Syrup & Brown Sugar	$\frac{3}{4}$ cup brown sugar + 1 cup dark corn syrup yields 1 cup molasses
Onion	Shallot, Leek, Green Onion	equal amounts
Panko	Bread Crumbs	
Parmesan Cheese	Grana Padano, Pecorino Romano	
Pepitas	Sunflower Seeds	shells removed
Raisins	Dried Currents or Dried Cranberries	equal amounts
Saffron	Turmeric	equal amounts
Salami	Pepperoni	equal amounts
Shallot	Onion, Leek, Green Onion	equal amounts

# TODAY'S COOKING

Spinach	Kale, Collard Greens	equal amounts
Sour Cream	Yogurt	equal amounts
Soy Sauce	Worcestershire Sauce & Water	¼ cup Worcestershire sauce + tbl water
Sugar	Agave Nectar, Honey, Maple Syrup	
Tomato Paste	Tomato Puree	1 tbl paste to 3 tbl puree
Tomato Sauce	Tomato Paste & Water	equal parts tomato paste & water
Tomato Sauce	Red Peppers and Eggplant Spread	Zergut Mild Ajvar
Ricotta Cheese	Dry Cottage Cheese	equal amounts
Vinegar	Lemon Juice	both acidic

## HERBS - FRESH TO DRIED EQUIVALENTS

# TODAY'S COOKING

<b>Herb</b>	<b>Fresh</b>	<b>Corresponding Dried</b>
Basil	2 teaspoons finely chopped	1 teaspoon dried
Bay Leaf	1 leaf fresh	2 leaves dried
Chervil	3 teaspoons fresh	1 teaspoon dried
Cilantro	3 teaspoons fresh	1 teaspoon dried
Cinnamon	1 cinnamon stick	½ teaspoon ground
Cumin	4.5 tablespoons whole seed	4 TBS ground (1 oz.)
Dill	3 teaspoons fresh	1 teaspoon dried
Garlic (large)	1 clove fresh (1.5 teaspoon minced)	½ teaspoon powder
Garlic (small)	1 clove fresh (½ teaspoon minced)	⅛ teaspoon powder
Ginger	1 tablespoon freshly grated	¼ teaspoon dry ground
Ginger	1 tablespoon minced	½ teaspoon dry ground
Marjoram	3 teaspoons fresh	1 teaspoon dried
Onion	1 medium onion	1 teaspoon onion powder
Oregano	3 teaspoons fresh	1 teaspoon dried
Parsley	2 teaspoons fresh	1 teaspoon dried
Rosemary	3 teaspoons fresh	1 teaspoon dried
Sage	2 teaspoons fresh	1 teaspoon dried
Star Anise	1 star anise fresh	½ teaspoon anise seed
Tarragon	3 teaspoons fresh	1 teaspoon dried
Thyme	3 teaspoons fresh	1 teaspoon dried
Thyme	1 teaspoon dried	¾ teaspoons ground
Vanilla	1 inch vanilla bean	1 teaspoon extract

# TODAY'S COOKING

## Tips & Tricks

### BAKING

#### TO MEASURE FLOUR

Use a spoon to “fluff up” the flour in its container and then lightly spoon it into a measuring cup without packing it. Use a straight edge to level the flour with the top of the cup.

#### HOW TO FOLD IN INGREDIENTS

By over-mixing and you lose the air that provides the lightness, under-mixing and end up with a streaky batter.

Always add your lighter ingredients (beaten egg whites or whipped cream) to your heavier mixture. Starting at the center of the bowl, cut straight down the center with a wide, flexible spatula all the way to the bottom of the bowl.

You can start by incorporating just a bit of the lighter ingredients before folding in the rest. This will help keep the airy, puffy nature intact.

Scrape along the bottom of the bowl towards you, continue up the side and scoop the mixture over the top. Rotate the bowl a quarter turn and repeat. Repeat until just combined. Once the mixture is blended without streaks or separation, Stop - it's done!

#### BAKING POWDER VS. BAKING SODA

The names are similar and they look alike, but they are not interchangeable.

Baking soda is a single-ingredient leavener (sodium bicarbonate) used in baked goods. It's used in recipes that require a quick rise, such as pancakes, muffins, and quick breads. Baked goods rise when it's combined with an acidic ingredient, such as buttermilk, lemon juice, molasses, brown sugar, or cocoa powder.

Baking powder also contains sodium bicarbonate, plus two other ingredients: a powdered acid, such as cream of tartar, and a buffer, such as cornstarch. All it needs is a wet ingredient to be activated. It is activated even more by the oven heat. This double action produces light and fluffy textures to biscuits and cakes.

Many recipes call for one or the other and some call for both. Be sure to follow the recipe measurements exactly.

Once opened, both will last for 6 months. To test for freshness: Baking Soda - drop a little into some vinegar. Baking Powder - drop a little into some hot water. If it fizzes, it's OK.

# TODAY'S COOKING

## FISH

### FOR CRISPY SKIN

Place the fish skin-side down on paper towels for a few minutes to absorb moisture. Sauté skin-side down over medium heat in a combination of butter and oil. Turn the fish for the last few minutes of cooking.

## FRUITS

### EASY CITRUS ZEST

Use a vegetable peeler to get strips of peel without the pith. Chop or julienne the peels or use a spice grinder to make a fine zest.

### GRAPES

Freeze grapes on a baking sheet and then transfer to plastic bags. Store in the freezer for up to a year.

### KIWI

Cut the kiwi in half crosswise. Use the beater from a hand-held mixer and push it down into the flesh and twist. You'll have 4 wedges free of the skin. By-the-way, the skin is the most nutritious part of the fruit.

### LEMONS & LIMES

To get the most out of these fruits, use the palm of your hand and roll them on the kitchen counter until softened up. They are then much juicier.

### PINEAPPLE

To keep fresh pineapple, place cut pineapple in a glass or plastic container; cover with orange juice and store in the refrigerator for up to a week. The orange juice is delicious, too!

## MEATS

When cooking meat, use an instant read thermometer. Remove meat when internal temperature reaches: rare = 125° F, medium-rare = 130° F, medium = 140° F. Let meat rest for at least 10 minutes before carving.

# TODAY'S COOKING

In order to brown meat properly, dry the surface with paper towels. You want the meat to sear, not steam, so that you get a rich brown crust.

Unless you are cooking a very lean meat, trim some of the fat off and render down to use for not only cooking the meat, but also to use cooking accompanying vegetables.

## BACON

When you cook bacon, save the fat and store it in the freezer in an air tight container. Use a little of the fat in cooking.

To cut bacon or pancetta into lardons (matchsticks), freeze for 15 minutes to make it easier to cut. This is true for any meat you need to thinly slice prior to cooking.

## POULTRY

When roasting a whole chicken or turkey, prevent the breast from drying out by separating the breast from the rest of the bird. Cook as you normally do, but remove the breast sooner.

Instead of using a rack, line an oiled pan with thickly sliced pieces of onion; place the chicken on top and roast as usual. You can use the onions as a side dish or use with a little stock or water to make a sauce.

For crispy skin and juicy meat, dry brine poultry at least 1 hour prior to cooking by heavily salting the bird inside and out. Longer is better. Wipe dry and roast as usual.

## COOKING OILS

Canola oil comes from the seeds of the canola plant. It's a good source of omega-3 fatty acids and vitamin E. With the least saturated fat of all the cooking oils, canola is one of the healthiest options available. It has a neutral taste and can withstand heat, so it works well for grilling, baking or sautéing.

Mild-flavored safflower oil comes in two types: high-oleic and high- linoleic. You want to use high-oleic oil for high-temp cooking like frying or baking. High- linoleic oil has more polyunsaturated fats, which lose some health benefits when heated, so it's best used for cold applications like salad dressings and marinades.

# TODAY'S COOKING

The highest grade of olive oil is extra virgin olive oil, or unrefined olive oil produced simply by pressing. Virgin olive oil is heat-treated to remove impurities. It has a milder flavor and a higher smoke point than extra virgin olive oil. High heat decreases the flavor and health benefits of olive oil, so use it for fast browning or light sautéing-not frying-and for dips, drizzles, and dressings like the one below. Unopened olive oils will last about 2 years from the harvest date, but some olive oils may just have an expiration date. Once the olive oil is opened, use it within the next 3 to 6 months.

Coconut oil is high in unhealthy saturated fat. If you're going to use it, opt for the raw, cold-pressed kind. Make sure you don't overheat unrefined coconut oil: It has a lower smoke point than other oils.

## WHAT IS SMOKE POINT?

Smoke point is the temperature at which an oil begins to break down, burn and smoke. Its flavor starts to degrade, free radicals are released and off-odors develop. Oils that perform well at higher temperatures are better for deep frying. Safflower oil has the highest smoke point (510° F); coconut oil has the lowest (350° F).

For high temperature cooking use oils with a high smoke point, such as safflower, grape seed, avocado, peanut, canola and vegetable oil.

## HOW DO I STORE OIL?

Buy oil in sealed, dark containers and store in a cool, dark place, away from direct sunlight or heat. Wrap clear oil bottles in aluminum foil (or put bottle in a box) to extend shelf life-most can last up to two years.

## WHAT ARE SOME OF THE DIFFERENCES AMONG TYPES OF COOKING OIL?

Olive, safflower, grape seed, avocado and canola oils are plant oils that are liquid at room temperature. They're composed mainly of monounsaturated or polyunsaturated fats (the good kind). Coconut oil is solid at room temperature and is high in saturated fat, the not-so-good kind (and so are shortening, butter and lard).

Buy oil in dark containers and store in a cool, dark place. Don't refrigerate. For high temperature cooking use oils with a high smoke point, such as safflower, grape seed, avocado, peanut, canola and vegetable oil.

While sautéing food and you need more oil, add it along the edge of the pan so that it heats up before it reaches the food.

# TODAY'S COOKING

Unopened olive oils will last about 2 years from the harvest date, but some olive oils may just have an expiration date. Once the olive oil is opened, use it within the next 3 to 6 months.

When deep frying, use tongs to add food just below the surface of the oil and hold for about 5 seconds. This will seal the surface of the food and prevent it from sticking to the fryer or other food.

Want the olive oil taste, but need a higher smoke point? Mix 1 cup grape seed oil with 1/4 cup olive oil (a 4 to 1 ration). This blend can even be used for deep-frying

## PASTA

Do *not* add oil to the cooking water. It prevents the sauce from sticking to the pasta.

Drain pasta and while hot, toss with grated Parmesan *before* adding sauce.

Always save 1/3 to 1/2 cup of the pasta cooking water. When you add the sauce to the pasta, add a little of the cooking water, too. The starch in the water adds body and makes the dish creamier.

**How to cook rice vermicelli (rice noodles).**

Place into boiling water; cover and remove from heat. Let sit 3 to 4 minutes and then loosen the noodles with a fork. Drain and rinse with cold water. Noodles are now ready for stir frying.

## SOUPS

When cooking vegetables for chilled soups or salads, use oil rather than butter or margarine.

With any creamed soup, a dash of curry gives it a new taste.

For vegetable soups, sauté diced or sliced onions, carrots and bell peppers in oil and butter before you add any liquid.

Add cheese rind to soups to boost flavor.

If using sour cream in hot soups, be sure the sour cream is at room temperature.

Save chicken wings (frozen packaged wings, from whole birds or rotisserie chicken) to make quick chicken stock. Throw into a pot with vegetables, water and herbs and simmer an hour or so.

# TODAY'S COOKING

## HOW TO THICKEN & FINISH SOUPS, SAUCES & STEWS

1. Cornstarch - make a slurry of 1 part cornstarch to 3 parts water, stock or wine.
2. Roux - cook equal parts butter and flour over medium-low heat for at least 2 minutes. For each cup of liquid to be thickened, whisk in 1 to 2 Tbs.
3. Pureed vegetables - puree cooked vegetables, such as potato, and add to the dish.
4. Tomato paste - stir some in towards the end of cooking, leaving at least 5 minutes to blend in.
5. Butter - at the end of cooking, stir in a Tbs. of butter.
6. Egg yolk - place in a small bowl and whisk in 1 cup of the warm liquid. Add the mixture back into the main dish, whisking continually until thickened.

## VEGETABLES

### BLANCHING VEGETABLES

Bring a large pot of salted water to a boil and fill a large bowl with ice water. Add the vegetable to the pot and cook, uncovered, 1 to 3 minutes. Drain and immediately plunge into the ice water to stop the cooking process and maintain a vibrant, bright color. If you have a mix of vegetables to blanch, blanch separately unless the consistency and cooking time are the same.

### ROASTING VEGETABLES

Set your oven to 500°F (260°C). Preheat a roasting pan or baking sheet for 10 to 15 minutes. Coat the vegetables with a little olive oil, salt and pepper and spread out on the pan. Roast, stirring occasionally until done.

### ASPARAGUS

Trimming: use a sharp knife and starting at the base, gently tap the spear and work your way towards the tip. The knife will not slice through until you reach the tender section.

# TODAY'S COOKING

Freshness: keep asparagus fresh in the refrigerator by trimming the ends and standing the spears up in a glass container with about an inch of water.

Peel the stalks and roll in equal amounts of salt and sugar. Let sit 10 minutes; rinse and prepare as you prefer.

## CAULIFLOWER

Add some milk and salt when cooking cauliflower in water. It helps to keep the vegetable bright white.

## CORN

To cook a large quantity of corn, use an ice cooler. Shuck the corn and place in the cooler. Pour in enough boiling water to cover the corn and close the lid. The corn will be cooked in 15 to 20 minutes and will stay hot and ready to eat whenever you want.

When cutting corn off the cob, use the back of the knife and scrape the cob to “milk it”. This milk-like juice adds great flavor to any corn dish.

## EASY PEEL GARLIC

Buy only fresh garlic. It should have firm tissue-like skin without bruises, sprouts or soft/shriveled spots.

Separate the cloves by rocking the bulb on the countertop. Place separated cloves in a bowl of cold water and let sit for 20 minutes. The skin will peel right off.

To keep your knife, cutting board and hands from smelling like garlic, place the cloves inside a resealable plastic bag and then smash them with the flat side of a knife.

## GREENS AND HERBS

Store fresh basil at room temperature with the stems in water.

Store fresh parsley in the refrigerator with the stems in water.

Store greens loosely wrapped in a damp paper towel inside a sealable plastic bag placed in the refrigerator.

## POTATOES

Store potatoes in a cool, dark place in a paper bag. Do not store near onions.

Mashed Potatoes: Drain the cooked potatoes and return to the hot pot. Cover and let sit 5 minutes so the spuds dry out. They'll mash much better.

# TODAY'S COOKING

## ONIONS

Store onions in a cool, dark place. Use a paper bag with holes punched in it to store them

To quickly caramelize onions, cook them in a dry nonstick pan over medium-high heat.

When using raw onions, soak the sliced or diced onion in cold water for 10 to 15 minutes. Drain and pat dry before using.

## PEARL ONIONS

To peel: soak them in a bowl of hot water for about 10 minutes. Cut off a very small piece of the root end. Remove the peel in strips from the root end to the tip.

## QUICKLY SOFTEN STICK BUTTER

Take a large glass and fill it with hot water; let it sit for 30 seconds or so; drain it and place over a stick of butter standing on end. Butter should be soft in 20 minutes.

## QUICKLY SOFTEN CREAM CHEESE

Place the sealed package in a bowl of hot water. Let sit 5 minutes and it's ready to use.

## QUICKLY MAKE CRÈME FRAÎCHE

Make it using 1 cup half'n'half and 1 Tbs. or more of any of the following: buttermilk, yogurt or sour cream.

# TODAY'S COOKING

## POTS & PANS

### CAST IRON

**Buying** - Depending on size, prices vary from \$25 to \$40 apiece new for standard pans. Fancy enameled pans will cost you more. Used cast iron pans are a great buy.

**Seasoning** - Heat oven to 350 F. Coat the pan inside and out with oil, preferably grape seed oil. Place the pan upside down on the center rack and bake 1 hour. Let cool and wipe out with paper towels.

**Using** - Do not cook with cast iron pans using foods high in acidity, such as tomatoes.

**Cleaning** - Do not use soap! Rinse; use a nonabrasive pad and rinse again. Dry with paper towels and lightly coat with oil

### WOODEN SKEWERS

To soak wooden skewers for grilling, place them in an empty wine bottle; fill the bottle with water and insert the cork. The skewers will be ready in 30 minutes.

To test if your oil for frying is hot enough, stick a wooden skewer or spoon in the oil. If the oil bubbles up, then the oil is ready to use.

### SHINE SILVERWARE IN THE DISHWASHER

Crumple a piece of aluminum foil into a ball. Place it into the cutlery basket and run a cleaning cycle as usual. Shiny silverware every time!

## CLEAN UP

### VINEGAR

When frying, boiling or sautéing foods that give off a strong odor, place a bowl of white vinegar next to the stove to help neutralize the smells.

Smelly refrigerator? Throw out items that are bad or out-of-date and wipe down the walls and shelves with white vinegar. Put an opened box of baking soda inside and change every 3 months. And

# TODAY'S COOKING

speaking of baking soda, when food splatters in the microwave, fill a bowl with 1 cup of water and 2 Tbs. baking soda. Microwave on high for 2 to 3 minutes and wipe off the splatters.

## SALT

After handling garlic and onions, briskly rub your hands with salt and rinse with water.

Not if, but when food bubbles over in the oven, to eliminate the smoky smell and make clean-up easier, sprinkle salt over the spill. Clean up when the oven has cooled.

## COOKING TERMS/TECHNIQUES

### A LA CARTE

Individual dishes ordered and priced separately

### A LA MODE

Meats al mode are braised with vegetables and served with gravy. Desserts are served with ice cream.

### AL DENTE

An Italian term meaning food cooked so they are "firm to the bite".

### ALMANDINE

Made with or garnished with almonds.

### ANTIPASTO

An appetizer assortment.

### APERITIF

A drink to whet the appetite.

### BASTE

To keep foods moist while cooking by repeatedly spooning over or brushing liquid on the food.

# TODAY'S COOKING

## **BEAT**

Briskly stirring or whipping a mixture until smooth.

## **BLANCH**

Used to preserve color and flavor of fruits and vegetables by plunging them into boiling water to cook briefly and plunging into ice water to stop the cooking process.

## **BRAISE**

Slowly cook food on the stove or oven in a tightly covered pan with a small amount of liquid.

## **BROIL**

Cooking directly under either a gas or electric heat source.

## **CREAM**

Beating an ingredient or ingredients until smooth and “creamy”.

## **CHIFFONADE**

Finely shredded or cut.

## **DEGLAZE**

Adding water, broth or wine to a skillet that has been used to cook food, usually meat. The liquid helps to loosen the browned bits from the pan to make a sauce.

## **DRY RUB**

A blend of herbs and spices rubbed into meat and fish to add flavor.

## **FOLD**

Using a spatula to gently add one whipped ingredient into another.

## **JULIENNE**

Cutting food into “matchstick” like strips.

## **MARINATE**

To flavor food by soaking in a seasoned liquid.

# TODAY'S COOKING

## PANBROIL

Cooking using little or no fat in an open skillet over a burner or grill.

## PARBOIL

Partially cooking food in boiling water.

## POACH

Using a gently simmering liquid to cook food such as fish or eggs.

## PUREE

Using a food processor or blender to break down food into a smooth mixture.

## REDUCE

To boil a liquid to thicken it and concentrate its flavor.

## SAUTÉ

To cook food in a shallow pan over medium-high heat using a small amount of oil, butter or other fat.

## SEAR

Browning the surfaces of meats quickly over high heat to enhance the looks, depth of flavor and sealing in the juices.

## SIMMER

Gently cooking just below the boiling point.

## STEAM

Cooking over a boiling liquid giving off steam. This usually means using a steamer basket.

## STEEP

To flavor a liquid by soaking dry ingredients over a period of time, such as a tea bag in hot water.

## STIR-FRY

To cook food in a small amount of oil over high heat in a wok or skillet while stirring constantly.

# TODAY'S COOKING

## WHIP

Quickly beat an ingredient to add air and increase its volume.

## WHISK

Using a wire whisk or spoon to fully incorporate ingredients together.

## ZEST

Using a zester or peeler to remove the outer, colored part of the peel of a citrus fruit.

## HOW TO BUY & STORE FRUITS AND VEGETABLES

Don't store fruits and vegetables together in a refrigerator drawer, next to each other on the counter or in the pantry. Because many fruits produce ethylene gas that acts as a ripening agent and will cause produce to spoil quickly.

Do not use airtight plastic bags for storing vegetables. They need to breathe, so keep them in mesh bags or poke holes in the plastic bags. When storing vegetables, leave plenty of room, because they need air to circulate or they'll spoil faster.

Lastly, don't wash produce until just before you're ready to use it. Washing fruits or vegetables before storing them makes them more likely to spoil.

## APPLES

Apples should be picked at peak ripeness and kept in the refrigerator. They should keep for several weeks.

Sliced apples are convenient, but brown quickly. To store sliced apples, soak them in a bowl of cold salt water ( $\frac{1}{2}$  teaspoon of salt per quart of water) to prevent oxidation. After five minutes, dry and store your slices in an airtight plastic bag in the refrigerator.

Apple slices turn brown because enzymes in the fruit called polyphenol oxidase (PPO) react with oxygen in the air. Some genetically modified apples have much less PPO such as the Arctic apple. If you don't care for GMOs, there's the Opal apples, which are naturally low in PPO, so they'll stay crisp and white after slicing.

# TODAY'S COOKING

## ASPARAGUS

Place the asparagus upright with the cut ends submerged in a container of water. Place in the refrigerator and loosely cover with a plastic bag over the top. They will stay fresh for about 4 or 5 days. Trim the ends again when using.

## AVOCADOS \* DO CONTINUE TO RIPEN

Avocados contain enzymes that when exposed to oxygen produce a brown color. Using a little lemon or lime juice will help prevent browning for at least a day. You can also store avocado slices with large chunks of onion, which also prevents oxidation. As long as the onion touches only the skin of the avocado, there won't be a noticeable flavor. Wash the avocados before use! Avocados continue to ripen. Use when they yield to squeezing, but do not feel 'mushy'. Only refrigerate if ripe, ripening too quickly or sliced open.

## BANANAS \* DO CONTINUE TO RIPEN

Certain fruits and vegetables emit ethylene gas, which hastens ripening. Separating each banana from the bunch and wrapping the individual stem in plastic wrap will slow down the ripening process. If they've already gotten too ripe, peel them and store in the freezer. But if your bananas aren't ripe just quite yet, place in a paper bag and fold the top a few times to seal.

Bananas are picked before they're ripe and only get more ripe as they sit. When shopping for bananas, look for ones that aren't fully green or deep yellow. A banana that's totally green might never ripen. A banana that's too yellow, on the other hand, can get mushy fast, but are perfect for banana bread.

If you want to speed up the ripening process, place the bananas in a paper bag. Want to slow it down? Pop them in your refrigerator. The skin will darken, but inside they'll be fine.

## BELL PEPPERS

Best stored at room temperature. Only refrigerate if sliced or are ripening too fast.

## BERRIES

Before you put them in the refrigerator, wash strawberries, blueberries and other berries with a mix of vinegar and water (think a 1:3 ratio). This disinfects against mold and can increase the shelf life by weeks. Rinse with water and dry thoroughly when you're ready to eat.

## BLUEBERRIES\* DO CONTINUE TO RIPEN

Blueberries ripen after picking, provided they're picked at the right time. If a blueberry is white or green, it won't ripen. Look for berries with a gray-blue color. They should be ready to eat, or close to it.

# TODAY'S COOKING

## BROCCOLI

Just like carrots, broccoli needs moisture. Place your uncut broccoli stem in a cup of water or wrap a wet paper towel on top of the broccoli head and store in the refrigerator.

## BRUSSELS SPROUTS

They last longer on the stem. Refrigerate the stem end in water and break off sprouts as needed. If you bought them as loose sprouts, refrigerate them unwashed and untrimmed in an unsealed zip-top bag in the crisper drawer. Trim off outer leaves before cooking. The longer they're stored, the stronger the flavor.

## CANTALOUPE & WHOLE MELONS

Look for a slight indentation on the stem, the pattern on the melon should be raised and the exterior should be golden, not green. Like plumbs, good cantaloupes should feel heavy for their size. If you have one that's a little too green, place it in a paper bag for a day or two, and it will ripen up. Store at room temperature. Only refrigerate if ripe, ripening too quickly or sliced open.

## CARROTS

Cut carrot leaves off. They pull nutrients and moisture out of the roots and cause carrots to go limp quickly. Refrigerate the trimmed, unpeeled carrots in an unsealed zip-top bag in the crisper drawer for about two weeks. Baby-cut carrots or carrot sticks will last longer when kept submerged in a tightly covered container filled with water. Change the water often. Fresh carrots will last about 3-4 weeks in the fridge.

## CAULIFLOWER

To preserve cauliflower, loosely wrap a wet paper towel around the head of the cauliflower and place it in a plastic bag in the refrigerator. This storage trick will keep your cauliflower fresh for up to 14 days! To store your cauliflower for even longer, you can freeze cauliflower for up to eight months.

## CELERY

To keep crisp, refrigerate celery. Unlike a plastic bag, aluminum foil will allow the ripening gas ethylene to escape. When ethylene is trapped in a plastic bag, it causes moisture loss and spoilage to occur faster. Rewrap tightly after each use. Store celery sticks submerged in water in a tightly covered container like the carrot sticks.

## CHERRIES, GRAPES AND CITRUS FRUITS # DON'T CONTINUE TO RIPEN

Cherries, grapes, and citrus fruits don't ripen once they're harvested. So what you chose in the store is the final product. These should all be stored in the refrigerator.

# TODAY'S COOKING

## CUCUMBERS

Stored below 50 degrees will cause them to spoil fast. If you refrigerate them, do it for no more than three days. Cucumbers also are sensitive to ethylene gas, so keep them away from fruits.

## GARLIC

Store at room temperature in an open container, allowing air circulation. Don't take off a clove's paper husk until you're ready to use it.

## LEMONS

If you need just a squeeze of juice for a lemon recipe or drink, puncture a whole lemon with a fork or skewer instead of cutting it in half. This way, you can squeeze out what you need without drying out the entire lemon.

## LETTUCE

Store lettuce in a bowl with a paper towel on top, then seal with plastic wrap. The towel will absorb moisture and will prevent the leaves from becoming limp and brown. Replace the towel when it becomes damp.

## MELONS

The best way to store melons like watermelon, cantaloupe and mangoes is by cutting them into large slices. After they're cut, wrap them in plastic wrap and place in the refrigerator. Cantaloupes will continue ripening.

## ONIONS

They can be stored like garlic at room temperature on a countertop. Just keep them away from potatoes. This is definitely one of those foods that shouldn't be stored in the refrigerator. The humidity and cold temperature will cause onions to turn mushy. And store them away from light.

## STONE FRUIT \* PEACHES, PLUMS, NECTARINES & APRICOTS DO CONTINUE TO RIPEN

Store at room temperature. Only refrigerate if ripe or ripening too quickly.

Peaches also continue to ripen once they're picked. Look for peaches that are fragrant and have a slight give when you squeeze them. They will keep ripening at home, so be sure to use them up. If you find your peaches are just a touch underripe, just place them stem down on a dishtowel and lay another dishtowel over the top. This should help speed up the process. You can also pop them in a paper bag.

Like bananas, you don't want to buy peaches that are still green. Those were probably picked too early and won't ripen normally. Also a red color doesn't necessarily mean that the peach is ripe. Certain varieties of peach naturally have a red skin, ripe or not.

# TODAY'S COOKING

## **PINEAPPLE # DON'T CONTINUE TO RIPEN**

Pineapple is a fruit that's picked when it's ripe. Pineapple can be kept on the counter for up to three days. After that, it should be stored in the refrigerator.

Look for pineapples with green leaves and firm flesh. There should be a faint sweet aroma at the base. Medium to large pineapples are often better than small ones.

## **PLUMS\* DO CONTINUE TO RIPEN**

Plums are picked before they're ripe and will ripen if allowed to sit on the countertop for a few days, or you can speed up the process by placing them in a brown paper bag. Unlike bananas and peaches, plums do not become noticeably sweeter as they ripen, only softer. Look for fruit that feels heavy in your hand and has a slight give. Soft plums are already past their prime.

## **POTATOES**

Keep these in a dark and cool place, but don't refrigerate. The cold, damp air in the refrigerator causes their starches to turn into sugars, which can affect taste and texture. Store them in a paper bag in a cool spot. Keep them away from onions, which will make the potatoes to sprout.

## **STRAWBERRIES # DON'T CONTINUE TO RIPEN**

Strawberries don't ripen once they're picked, so if they don't look ripe, they're not and won't be. Look for a bright red color, a natural shine, and fresh looking greens. Avoid berries with white tops or tips. Keep berries refrigerated, although they taste sweeter if you let them come to room temperature before eating. Wash them only just before eating.

## **TOMATOES**

To store tomatoes correctly, do not refrigerate. If you keep them cold, they'll lose their flavor and texture. Place them on the counter stem side down. To hasten ripening, place in a closed paper bag. The best tomatoes are those that are fully ripened on the vine, but tomatoes will ripen somewhat off the vine as long as they're not refrigerated.

Only refrigerate if very ripe, ripening too quickly or sliced open. Let refrigerated tomatoes come to room temperature before using.

## **WATERMELON # DON'T CONTINUE TO RIPEN**

Since watermelons don't keep ripening, you want to choose a ripe one. Look for a buttery yellow spot on the melon. This indicates that the melon ripened in the field. A white or green underside means the melon was picked to soon. It will store for about two weeks in the refrigerator.

# TODAY'S COOKING

## HOW LONG DOES IT LAST

Produce	How Long It Lasts	Tips for Fresh Produce
Apples	4-8 weeks in the fridge	It's OK if your apple has a few brown spots. Those can be cut away. But if it looks wrinkled or feels mushy, it's time to toss.
Avocado	4-7 days at room temperature	Peel off the stem. If the skin underneath is green, the avocado is ripe. It'll also give in to light pressure when squeezed.
Bananas	2-5 days at room temperature	Bananas are best when they're yellow and have just started to develop brown spots. A ripe banana will be easy to peel.
Blueberries	1-2 weeks in the fridge	Most blueberries you get at the store will be ready to gobble down. They'll have a blue-gray color. If they start to feel moist or look moldy, it's time to toss.
Broccoli	7-14 days in the fridge	Your broccoli should have a rich, green color. It's best to eat when the stems feel firm, not limp.

# TODAY'S COOKING

Carrots	3-4 weeks in the fridge	Carrots are past their prime when they feel limp or have developed a white, grainy look. If you bought carrots with their greens on, it's best to cut the greens off and store separately.
Cucumbers	1 week in the fridge	Your cucumber should have a bright and even green color throughout. Discard if it has any sunken areas, is yellow or has wrinkly skin.
Garlic	3-6 months at room temperature	Garlic in its prime will feel firm and have an off-white color. If it's grown any sprouts, peel them away before cooking. Pass up garlic that has turned tan or looks wrinkly.
Iceberg and romaine lettuce	7-10 days in the fridge	If your greens look discolored, feel soggy or have a rotten smell, it's time to discard.
Lemons	3-4 weeks in the fridge	Healthy lemons will be bright yellow and slightly firm to the touch. It's overripe if it has soft spots, dark blotches or is oozing juice.
Onions	2-3 months at room temperature	A good onion will look clean and feel firm. Moisture and soft spots can be a sign it's gone bad.

# TODAY'S COOKING

Oranges	3-4 weeks in the fridge	Juicy oranges will look bright and feel slightly firm to the touch. Check to see that there are no soft spots.
Peaches	1-3 days at room temperature	Ripe peaches will have a deep golden color. They'll also wrinkle slightly around the stem and give in a bit when gently squeezed.
Potatoes	3-5 weeks in the pantry	A good potato will feel firm and smell like earth. It's OK if it has small sprouts, but if the sprouts are longer than a few centimeters, your potato may have gone bad.
Strawberries	3-7 days in the fridge	Fragrant and bright strawberries are the best to eat. Discard if there is any sign of mold.
String beans	3-5 days in the fridge	The beans should be slender and firm without any visible seeds. You'll know they've gone bad if they've turned limp or moist.
Tomatoes	1 week at room temperature	Ready-to-eat tomatoes will feel firm when slightly squeezed and seem slightly heavy compared with their size.

# TODAY'S COOKING

Watermelon	7 to 10 days at room temperature	Tap on the side. If the melon sounds hollow, it's good to eat. Also, it should feel firm when pressed but not hard as a rock.
Whole mushrooms	7-10 days in the fridge	If the mushroom feels sticky or slimy, it's bad. Whole mushrooms will keep longer than sliced mushrooms.
Zucchini	4-5 days in the fridge	Your summer squash should be firm yet slightly flexible and have glossy skin. If the zucchini looks gray, it may be overly ripe.

## STORING OTHER FOODS

### **BROWN SUGAR**

Store the sweet crystals with “friends” to prevent hardening. Transfer to an airtight plastic container and include moist items like marshmallows, a slice of bread, or apple slices; the sugar will soak up the moisture and stay soft. On the other hand, these are some foods you should never store together.

### **BUTTER**

You can freeze bars you don't plan to use quickly. This will prevent spoilage and the scent absorption of fragrant leftovers. In the fridge, unopened butter should last about four months. It can stay in the freezer for about a year. Leave wrapped sticks in the original carton, then enclose in double plastic freezer bags. One sign you need to freeze butter: inconsistent color, which means you're not using yours fast enough. Butter that is lighter on the inside than on the outside is no longer fresh, thanks to oxidation.

### **CHEESE**

Let it breathe. Wrap cheese in porous material. If you don't have cheese paper, parchment will also work. Avoid tinfoil and tight plastic wrap. Failing to expose cheese to enough oxygen will cause it to dry out quickly.

# TODAY'S COOKING

## FLOUR

Keep whole wheat flour chilled. High oil levels in the wheat germ can make this baking staple go rancid if kept in the pantry too long. If you use it infrequently, store in an airtight container in the fridge, where it can last two to six months. Sniff to check freshness — it should be almost completely odorless. Toss it if it smells sharp or bitter. (Regular white flour can last about a year in the pantry in an airtight container.)

## HONEY

Revive crystallized honey by placing the jar in a frying pan on the stove with simmering water; stir the honey until the crystals have dissolved. Don't keep honey in the fridge, which can make it crystallize. Honey can last forever even once opened (pots of it have been excavated from ancient Egyptian tombs, still preserved) because enzymes in bees' stomachs create by-products that fight bacteria. Here are some more genius tricks to keep your groceries fresh longer.

## MAPLE SYRUP (THE 100 % REAL STUFF)

Once opened, store in the freezer to preserve if you use it rarely. Because of its high sugar content, syrup won't freeze. Pure maple syrup should last indefinitely unopened in the pantry; once opened, it can last up to a year refrigerated. Learn which foods you're spoiling by putting in the refrigerator.

## MAYONNAISE

Store in the fridge door. In the inner part of the fridge, mayo may get too cold, which will cause it to separate and leave oil at the top of the jar. If kept in the refrigerator door, your tasty sandwich dressing will last two to three months past the purchase date.

## NUTS

Nuts do not need refrigeration, so store them in an airtight container in a dark place for up to 3 months. After that the quality starts to degrade. Refrigeration will prolong the quality.

## OLIVE OIL

Stick to small bottles unless you use olive oil very frequently. Once opened, olive oil can go rancid in as little as three months (even though the bottle might say it will last longer). Fresh olive oil smells like green, ripe olives and has a bright, peppery taste with a kick; be wary of a crayon- or putty-like odor, which indicates spoilage.

## PEANUT BUTTER

Flip natural varieties upside down to allow the pool of oil near the lid to move through the rest of the jar and make the peanut butter creamier (and to skip messy stirring). Just make sure the cap is screwed on tight to avoid a greasy pantry shelf.

# TODAY'S COOKING

## RED SPICES

Stash red spices in the fridge. Paprika, cayenne powder, and chili powder will stay fresher and keep their bright color, which can be dulled by light and heat, longer.

## SOY SAUCE

Watch the color. Common varieties are reddish brown when fresh. If it's darkened, this go-to ingredient has likely fallen victim to oxidation. Soy sauce doesn't need to be kept chilled, but refrigeration will help the flavor remain at peak quality longer. It should last up to two years this way.

## FOOD EXPIRATION DATES

### SELL-BY DATE

How long the store can display the product.

### USE-BY DATE

The last date that the product is at peak quality.

### BEST IF USED BY DATE

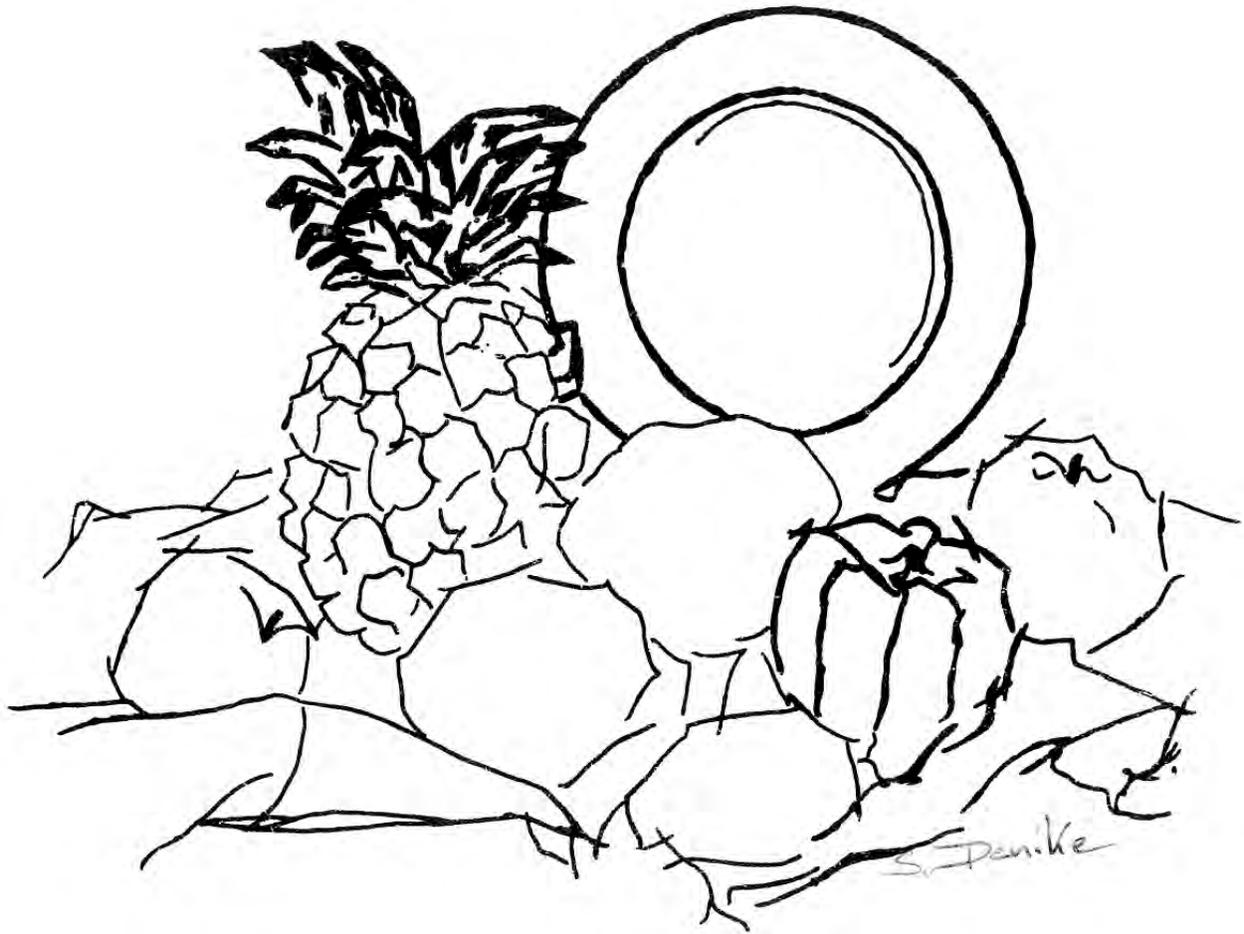
The last date for flavor and quality

None of these are expiration dates nor do they indicate whether the food is safe to eat or not. In fact, the FDA allows manufacturers to sell almost any food past these dates except for baby formula. And guess what, manufacturers aren't required to put any of these dates on their food; the decision is totally up to them.

# TODAY'S COOKING



# TODAY'S COOKING



BUON APPETITO! ITALIAN	EET SMAKELIJK DUTCH	¡BUEN APETITO! SPANISH	BOM APETITE! PORTUGUESE	BON APPÉTIT ! FRENCH
GUTEN APPETIT! GERMAN	ITADAKIMASU JANANESE	SMAKLIG MÁLTID! SWEDISH	CHIÁH HOK TAIWANESE	DA KANA! FIJIAN
VÆR SÅ GOD! DANISH	KALÍ ÓREKSI! GREEK	E 'AI KĀUA HAWAIIAN	KRIPYĀ BHOJAN KĀ ĀNNAŅD LIJĪYAI HINDI	
NIZHÓNÍGO ADÍÍYÍĪĪ NAVAJO	GIN HĀI A-RÒI THAI	JAL MEOKKESSEUMNIDA KOREAN	ES GEZUNTERHEYT! YIDDISH	
SMAKLIG MÁLTID! SWEDISH	POFTĂ BUNĂ! ROMANIAN	MWYNHEWCH EICH BWYD! WELSH	THOKOLEZA UKUDLA! ZULU	
SMACZNEGO! POLISH	TAMA'A TAHITIAN	VÆR SÅ GOD! NORWEGIAN	ĂN NGON NHÉ VIETNAMESE	BIL-HANĀ' WA ASH-SHIFĀ' ARABIC