

Culinary Techniques

Beginners can explore a range of culinary techniques using the basic tools and aids available to them, gradually expanding their cooking repertoire and skills.

Sautéing or Stir-Frying

- Utilise a non-stick pan for quick, high-heat cooking of vegetables or meats.

Roasting or Baking

- Use the oven (if available) for roasting vegetables or baking chicken breasts for a flavoursome result.

Simmering or Boiling

- Use saucepans for boiling rice or pasta.

Slow Cooking

- Utilise the slow cooker for dishes like stews or braised meats.

Grilling or Broiling

- Utilise the non-stick frying pan or oven grill for grilling or broiling meats and vegetables.

Integrating the Toolkit

- **Chef's Knife & Chopping Board:** Essential for prep work needed for sautéing, roasting, or cutting vegetables for simmering.
- **Non-Stick Pan or Pot:** Versatile for sautéing, simmering, and even grilling/broiling in some cases.
- **Smart Timer:** Handy for timing various cooking methods, ensuring precise cooking durations.
- **Storage Containers:** Use them for leftovers from slow cooking or batch-prepared dishes.
- **Air Fryer (Convenience Aid):** For quick roasting and a healthier alternative to deep-frying.
- **Rice Cooker/Microwave:** For efficient boiling/simmering or reheating.
- **Soup Maker (Convenience Aid):** Streamlines the simmering process for homemade soups.