

Recipes And Techniques Every Cook Should Know By Heart

1. Perfect Scrambled Eggs



How to Cook Without a Book, Completely Updated and Revised: Recipes and Techniques Every Cook Should Know by Heart: A Cookbook by Pam Anderson

★★★★☆ 4.6 out of 5

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Screen Reader : Supported

Enhanced typesetting : Enabled
X-Ray : Enabled
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Print length : 272 pages



Ingredients:

- 2 large eggs
- 1 tablespoon milk
- Salt and pepper to taste

Instructions:

1. In a bowl, whisk together the eggs, milk, salt, and pepper. 2. Heat a nonstick skillet over low heat. 3. Pour the egg mixture into the skillet and cook, stirring constantly, until the eggs are set. 4. Remove from heat and serve immediately.

2. Basic White Sauce



White sauce is a versatile sauce that can be used in a variety of dishes, including pasta, casseroles, and soups. It is made with a simple roux of butter and flour, which is then cooked with milk.

Ingredients:

- 2 tablespoons butter
- 2 tablespoons all-purpose flour
- 2 cups milk
- Salt and pepper to taste

Instructions:

1. In a saucepan, melt the butter over medium heat. 2. Whisk in the flour and cook for 1 minute. 3. Gradually whisk in the milk until the sauce is smooth and thickened. 4. Season with salt and pepper to taste.

3. Perfect Roast Chicken



Ingredients:

- 1 whole chicken (3-4 pounds)
- 1 tablespoon olive oil
- Salt and pepper to taste

Instructions:

1. Preheat oven to 425 degrees Fahrenheit. 2. Rub the chicken with olive oil and season with salt and pepper. 3. Place the chicken in a roasting pan and roast for 1 hour, or until the skin is golden brown and the meat is cooked through. 4. Let the chicken rest for 10 minutes before carving and serving.

4. Homemade Pizza Dough



Homemade pizza dough is a rewarding endeavor that will make your pizzas taste even better. It is easy to make and only requires a few ingredients.

Ingredients:

- 3 cups all-purpose flour
- 1 teaspoon active dry yeast

- 1 teaspoon sugar
- 1 teaspoon salt
- 1 cup warm water
- 1 tablespoon olive oil

Instructions:

1. In a large bowl, combine the flour, yeast, sugar, and salt. 2. Make a well in the center of the flour mixture and add the warm water and olive oil. 3. Mix until a dough forms. 4. Knead the dough on a lightly floured surface for 10 minutes. 5. Place the dough in a greased bowl and cover with plastic wrap. 6. Let the dough rise in a warm place for 1 hour, or until doubled in size.

5. Basic Knife Skills



How to Hold a Knife

The proper way to hold a knife is to pinch the handle with your thumb and forefinger. The other three fingers should curl around the handle and support the blade. The blade should be held at a 45-degree angle to the cutting board.

How to Chop

Chopping is a basic knife skill that is used to cut food into small pieces. To chop, hold the food in one hand and the knife in the other. Place the blade of the knife on the cutting board and then rock the knife back and forth to chop the food.

How to Dice

Dicing is a knife skill that is used to cut food into small cubes. To dice, first chop the food into small pieces. Then, hold the pieces together and cut them into cubes.

How to Mince

Mincing is a knife skill that is used to cut food into very small pieces. To mince, first chop the food into small pieces. Then, hold the pieces together and chop them again and again until they are very small.

6. How to Make a Roux



A roux is a thickening agent that is made by cooking equal parts flour and butter. It is used to thicken sauces, soups, and stews.

Ingredients:

- 2 tablespoons butter
- 2 tablespoons all-purpose flour

Instructions:

1. In a saucepan, melt the butter over medium heat. 2. Whisk in the flour and cook for 1 minute. 3. The roux is now ready to use.

7. How to Braise Meat



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