



TASTE and SAVOR
Delicious Healthy Recipes
& Tasty Wine Tips

1. Never crowd your sheet pan when roasting in the oven – half full lets air circulate around the veggies or meat, roasting the product, not steaming it!
2. Never crowd your sauté pan – half full lets air circulate around the veggies or meat, sautéing the product, not steaming it!
3. Don't use parchment paper under the broiler – 400 to 425F is the highest it can stand without burning.
4. Don't waste your time cleaning mushrooms with a brush or a paper towel. Put them in a colander and rinse them with cold running water.
5. Don't start a recipe without reading the ENTIRE recipe first. (RTR – Read the Recipe!)
6. Don't spend time tearing lettuce like romaine. Just slice in half and put it flat on the board. Walk your knife right down the lettuce, chopping as you go.
7. Don't squash your burger – or any meat. Pressing down on meat in a pan or on the grill, dries out the meat.

8. Don't flip your protein too fast. Ever had a chicken breast stick to the pan when you try to turn it? That's because its not ready. When a crust forms on the protein it will allow it to be turned.
9. Don't forget to wash your hands early and often. AND, if you are taking pictures of your food – make sure to wash your hands afterwards.
10. Don't put your wooden spoons in the dishwasher – or any wooden implements or bowls
11. Don't stir the rice! Once you have added your rice to the water and brought it to a bowl, don't stir for the remainder of cooking. Rice has starch on the outside and will stick together when you stir.
12. Don't pull the leaves off cilantro. Some Asian cuisines only use the stems and roots of cilantro, as the leaves are the least flavorful part of the plant. Chop the leaves along with the stems for your recipe.
13. Don't rinse roasted pepper to remove the skin. You are roasting off the roasty-toasty flavor you've worked to develop. Need to know how to roast your own peppers? Click [HERE](#) for a quick video how-to.