

## Culinary Techniques to boost your kitchen confidence



You don't need to be a Top Chef

#EatRighttND  
@JudyBarbe



## Setting today's table



@JudyBarbe

## Eating should feed all our senses

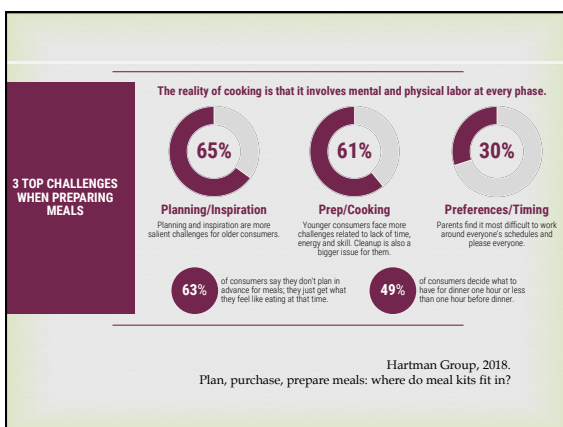


Scent of basil  
Zing of fresh lemon  
Softness of peach skin  
Yeastiness of freshly baked bread  
Aroma of pot roast braising in the oven

## Let's be honest.



When it's time to cook,  
you grab what's available.



## Meal planning

Weekly Meal Plan

day	groceries
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	

food prep list

LiveBest  
www.LiveBest.info



### 3 steps to meal planning

1. **Survey** cupboards, fridge and freezer  
What's on hand to start a recipe?
2. **Plan** 3 meals  
Check grocery ads for sales  
Can you repurpose for another meal?
3. **Cook** power hour to focus

### 6 ways to meal prep

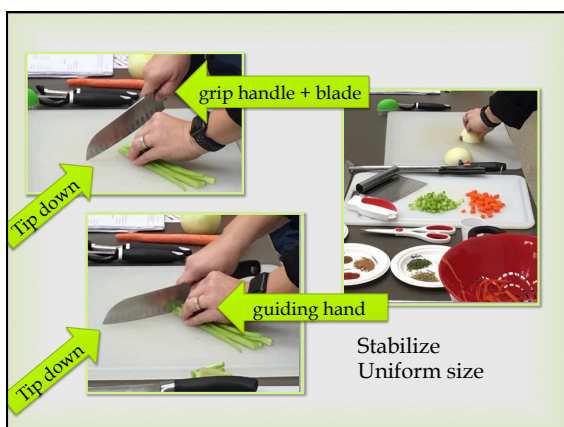
1. **Heat oven to 350°F.** Toast nuts, bake oatmeal, potatoes, braise meat.
2. **Chop vegetables.** Keep some raw. Roast some. Pizza, pasta, salad or frittata.
3. **Simmer** soup or chili.
4. **Hard cook** eggs. Bfast, lunch, salads. Canned beets, toasted walnuts, feta crumbles.
5. **Cook whole grain.** Make quinoa, bulgur, or spelt. Salads or top with yogurt/fruit.
6. **Blend** bean dip or hummus for a high-fiber snack.

### Set for success

tools, kitchen, ingredients

### Basic Tools

1. Knives: serrated paring, Chef's
2. Cutting boards: non-slip
3. Pans: 11-inch, 4-quart
4. Baking sheets
5. Tongs



### Did you know?

A sharp knife cuts. Dull knife crushes, releasing volatile compounds.

If the cutting board is green you've lost flavor.

## Chop, Dice, Mince



Chop mildly flavored foods – carrot, celery, onion  
Mince strong flavors – garlic, ginger, jalapeno

**Chop** cut into irregularly shaped pieces. Walnuts in chocolate chip cookies.

**Cube** cut into small squares – 1/2 inch or larger.

**Dice** small square less than 1/2 inch.

**Mince** chop or cut into very fine pieces.

## Knife uses



### Chef's

- slice meat
- slice grapefruit
- dice vegetables
- mince garlic, herbs

### Paring

- intricate work
- deseed jalapeno
- section grapefruit
- peel/cut small fruits and vegetables
- devein shrimp

## other tools



- ✓ Measuring cups, Pyrex, Tupperware
- ✓ Metal measuring spoons
- ✓ Silicon spatulas, Oxo
- ✓ Mixing bowls, stainless steel, glass
- ✓ Silicon baking mat, Silpat
- ✓ Salad spinner, Oxo
- ✓ Zester, Microplane
- ✓ Box grater, Microplane
- ✓ Vegetable peeler, Tupperware, Oxo
- ✓ Kitchen shears, Joyce Chen

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## Soul food



We eat for  
tradition, connection, deliciousness,  
*joy*

## Honor food traditions

It's essential if we want nutrition therapy and behavior change to be effective.



Food isn't simply food

It's emotional, generational, cultural.

## Italian

- Basil
- Parsley
- Garlic
- Thyme
- Oregano
- Rosemary
- Sage
- Lemon



*Mushroom ravioli + squash +  
Browned sage butter*

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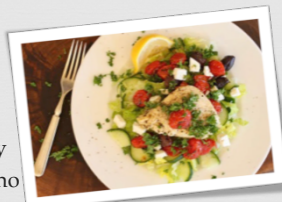
## Pasta Puttanesca



- tomatoes
- olives
- capers
- garlic
- olive oil
- oregano
- red pepper flakes
- anchovies

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## Mediterranean



*One-pan Roasted Greek Salad*

- Garlic
- Basil
- Parsley
- Oregano
- Thyme
- Mint
- Dill
- Lemon
- Bay leaves
- Fennel seeds
- Tomatoes
- Sage
- Feta

## Gyros Breakfast Burritos



- oregano
- basil
- mint
- fennel seeds
- feta
- yogurt
- olive oil
- spinach
- beef

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## Indian



*Tomato Spiced Cauliflower*

- Curry
- Coriander
- Ginger
- Cardamom
- Cinnamon
- Turmeric
- Cumin
- Red pepper flakes
- Garam masala
- Coconut milk
- Tamarind
- Yogurt
- Chiles
- Mint

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## Curry Egg Salad



## Masala Chai



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## Mexican



*Sweet Potato Nachos*

- Cumin
- Cinnamon
- Chipotle
- Oregano
- Sesame seeds
- Pumpkin seeds
- Cilantro
- Garlic
- Onion
- Citrus
- Chiles



## Asian

- garlic
- ginger
- mint
- cilantro
- coriander
- lime
- rice vinegar



*Vietnamese Beef Noodle Bowl*

- chiles
- miso
- soy sauce
- fish sauce
- coconut

## Peanut Asian Rice Bowl

- Ready-to-heat rice
- Frozen vegetables
- Peanut sauce
- Siracha
- Peanuts



10 minute meal

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## Air, light, moisture

- Store airtight, cool, dry place
- 1 year for ground spices; 2 years for whole spices
- Label date of purchase to track shelf life

*Avoid sprinkling directly from container into a steaming pot*

**Ground** spices release flavor more quickly than whole spices. Short cook recipes.

**Whole** spices need more time to release flavor. Soups and stews.

*"No one is born a great cook,  
one learns by doing."*  
~Julia Child



## Wash your hands

warm water  
fragrant soap

### 4 STEPS TO FOOD SAFETY





## Build flavors *low and slow*



- Braise and stew perfect for less tender cuts
- Cooking at low temperature for a long period of time allows collagen to break down, resulting in tender product.



### Short Rib Ragu

## Build flavors *rub*s



Rubs: seasoning blends

➤ add flavor, but don't tenderize.

- Dry rubs: herbs, spices and other dry seasonings
- Paste rubs: small amounts of wet ingredients, such as oil, crushed garlic, or mustard.
- Apply just before cooking or up to 2 hours before Refrigerate until cooking time.

## Build flavors *marinades*



### 3 basic components

1. Oil
2. Acid
3. Seasoning

- Vegetables, tofu
- Whole cuts: marinate 4-6 hours or overnight
- Small pieces: 15 minutes to 2 hours
  - Not too long!! Acid changes texture



BeefItsWhatsForDinner.com

## Acid/Sour

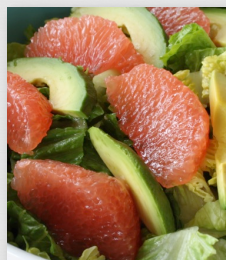


Dollop of yogurt on spicy  
curry



- Vinegar
- Lemon
- Lime
- Orange
- Grapefruit
- Tomatoes + paste
- Yogurt
- Pickled vegetables

*Grapefruit, avocado salad*



### Grilled flank steak salad



Shredded carrots, balsamic



Beets, yogurt, lime juice, basil, pepper



## Vinaigrette

secret sauce  
3:1+1 = ∞



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## Salt

- Parmesan, feta
- anchovies
- fish sauce
- seaweed
- olives
- miso



1. Sauté tomatoes with anchovies
2. Sprinkle hard cheese
3. Add soy sauce to broth

## Bitter

Sweet, salty, sour flavors = easier to eat

- Kale
- Radicchio
- Broccoli
- Coffee
- Cocoa



1. Roast broccoli, Parmesan cheese
2. Raw/roast Brussels sprouts

## Sweet

- Molasses, honey, maple syrup
- Balsamic vinegar
- Onions (caramelized)
- Sweet potatoes
- BBQ sauce
- Ketchup
- Carrots
- Jam



1. Balsamic on strawberries or ice cream
2. Honey in vinaigrette
3. Honey on cheese

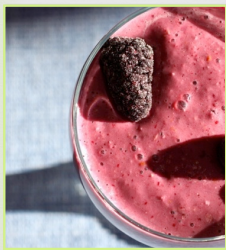
## jam

- Glaze beef, chicken, or fish - melt with splash of vinegar, soy sauce, ginger, red chile flakes.
- Stir into yogurt
- Add to vinaigrette

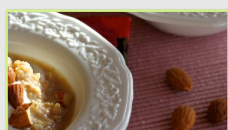


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## Sweet



Banana berry smoothie



Spiced banana oatmeal

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## Heat

### Cooking

Maillard reaction  
Grill  
Roast  
Pan sear



### Flavor

hot sauce  
wasabi  
horseradish  
mustard  
chiles  
harissa

## Toast

spices  
nuts/seeds  
breadcrumbs

Crush bread  
Toss with oil  
350°F, 10 min



Roasted Cauliflower Fettuccine

## Umami = instant flavor boost

beef, pork, poultry  
Parmesan cheese  
sweet potatoes  
mushrooms  
tomatoes  
soy sauce  
seaweed  
carrots  
beets  
miso



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## Mushroom Goat Cheese Dutch Baby



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Cook Carefully

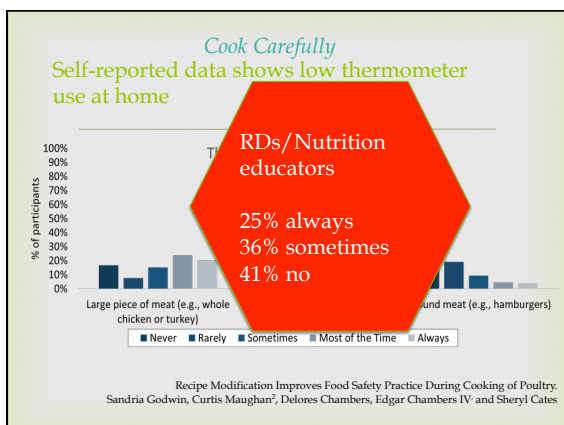
Insert at least 2-3 inches

muscle 145°  
ground 160°



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Photo courtesy of Beef Council



### 3 culinary tips for craveable food

1. Stock a Pantry  
tomatoes, beans, frozen vegetables, eggs, pasta
2. Flavor Amps  
fresh lemon juice, parsley, pepper, salt, olive oil  
butter
3. Texture Matters  
browned meat  
crisp-tender broccoli  
al dente pasta



Korean Beef  
Lettuce Wraps

## Resources

- ◆ Salt Fat Acid Heat, mastering the elements of good cooking, Samin Nosrat
- ◆ The Flavor Bible, Karen Page, Andrew Dornenburg
- ◆ [www.mccormick.com/flavor-forecast-2018](http://www.mccormick.com/flavor-forecast-2018)
- ◆ [www.beefitswhatsfordinner.com](http://www.beefitswhatsfordinner.com)
- ◆ Global Food Practices, Cultural Competency, and Dietetics, March 2015, Journal of the Academy of Nutrition and Dietetics
- ◆ Food and Culinary Professionals DPG

shopping list      equipment list

webinar      free leader guide

Recipes  
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