

MY 7 MOST HELPFUL KITCHEN TIPS

1. Use a mandoline to cut down on veggie prep time. They're super sharp, so tuck in your fingertips when using one.
2. Keep your knives sharp. Get them professionally sharpened once a year and hone them yourself each month.
3. Salt your pasta water like crazy (before you put in the pasta). It should be salty like the sea. This is the only chance you'll have to salt your pasta, so make it count.
4. Keep an extra towel with you while you cook (I throw mine over my shoulder). Use it to wipe your hands, knives, or clean up spills - it saves you from going back and forth from the sink.
5. Keep an empty bowl for scraps near your cutting board. Throw food waste and other trash in it to cut down on multiple trips to the trash can while you're cooking.
6. Don't just salt your food at the end, try to salt it as you go along. And keep tasting it at each step so you know if it needs more seasoning.
7. Don't be afraid to add some vinegar. Splash red wine vinegar on beef, use white wine vinegar in dressings and add a little apple cider vinegar to a soup. Vinegar brightens flavors.