KEEP IT *quick* IN THE KITCHEN

PRE-HEAT THAT OVEN

Start with this step before you even open the fridge. Get that sucker up to temp so it's ready to go.

MISE EN PLACE

The French phrase for having all your ingredients measured, cut, peeled, sliced, grated, etc. before you start cooking. Pans are prepared. Mixing bowls, tools and equipment set out.

SALT THE WATER

Yes, we want the added flavor, but another reason to add salt to the water is that salted water boils more quickly.

BEGIN WITH A HOT POT

Make sure your pan is fully up to temperature before beginning. Starting with a cold pan is just a waste of time and effort.

USE A SMALLER PAN

Another time waster is using a pan that is too large for your needs. It will mean more time to heat up and less even cooking.

PUT A LID ON IT

Keep the external air temperature out and your food will cook faster.

ONE PAN IF YOU CAN

These types of meals offer minimal fuss and easy clean up.

LINE PANS WITH FOIL

Placing foil down on a baking sheet or pan before roasting will save you time cleaning up after your meal.

CLEAN AS YOU GO

Avoid saving your big kitchen clean up for after the meal is over. By that point, you want out of the kitchen! As soon as something goes in the oven or simmers on the stove, use that time to clean your prep area and tools.