

# PRESCRIPTIVE ONE-PAGER FOR COOKING

Just follow these rules:

## PROBE IT

Use a probe thermometer for just about everything. You'll never need to guess if something is done or not again. Whether the perfect cup of coffee or the best steak you've ever had, this is your key to the kingdom. (page 186)

## TOP IT OFF

For entertainment or conversational value, offer one of the following as a topping at the table:

- Edible green tea leaves (eatgreentea.com)
- Lemon or "Buddha's hand" zest (using Microplane)
- Crickets, roasted and placed in a pepper grinder; they taste nutty. (page 306)

## JUST STEAM IT

Just steam vegetables: Put ½" of water in a pot, throw in the veggies, cover, and leave for 15 minutes on a burner set to high. Squeeze lemon juice on them just before serving. Note: Almost all vegetables are done when you can slide a fork, held between thumb and index finger, into them easily.

## 350

Set the oven at 350°F (180°C). But what about roast chicken, squash, or brownies? Doesn't matter. Setting the oven at 350 will work more than 90% of the time. Just use the probe thermometer and cook all proteins (steak, chicken, etc.) until the internal temperature reaches 140°F (60°C), and yank 'em when the alarm goes off.

## MAKE IT PRETTY

To make your served food look pretty and "restaurant-made":

- Sprinkle sliced almonds (they should look like flakes, not chippings), *pepitas* (pumpkin seeds), or chopped chives on top. Beeeaa-utiful.
- Stack things atop or against each other on the plate: make the food look tall. You can cheat by cutting a paper coffee cup in half around the equator and using the top half as a cylinder: put food in, press down slightly, then remove the coffee cup.
- Buy or make pesto (page 212) and follow photos on the opposite page before "plating" your food (putting cooked food on the plate).

## HERB PAIRINGS

For each type of protein, there is a spice or herb that will never fail you. (Don't forget to add Maldon sea salt.)

- Fish → fennel or dill
- Beef → rosemary
- Pork or lamb → rosemary
- Lamb → mint
- Eggs → tarragon (tarragon goes with little else, but it's miraculous on eggs)
- Non-protein bonus: tomatoes → basil

## GO COLD

If you need an appetizer for a group and want to minimize stress, always go cold: make gazpacho in advance (takes 10 minutes) and leave in the fridge until ready. (page 208)

## ADD INSURANCE

Add one or more of the following to make anything delicious:

- Montreal steak rub
- Prosciutto—it's already cooked, unlike bacon
- Guacamole
- Ghee
- Thyme

## AND... THAT'S IT

You'll make awesome stuff, and nothing should be overcooked or undercooked. Congrats! You are now cooking better than at least 50% of the people in the entire U.S.!

If you ever feel overwhelmed while reading this book, just return here.

CUT HERE ✂