

A cartoon illustration of a green turtle with a smiling face. Its shell is a light brown color and is shaped like a kitchen timer, with a white dial and black numbers. The text "A to Z Of Time Saving Kitchen Tips" is overlaid on the turtle's shell in a bold, orange, sans-serif font.

**A to Z  
Of  
Time Saving Kitchen Tips**



## *A - Arrange Your Kitchen Well*

**K**eeP your kitchen organized. Place everyday items on the work shelf, put pots and pans in one place, tupperware and other storage containers in one.

Organise your pantry in a way so that all spices, sauces, packets and pasta are kept in a designated easy to reach place.



### *B – Buy additional stocks*

**K**Keep a well stocked pantry! Always have few packets of instant noodles, soups and frozen veges. Tins of beans, canned tomatoes and meat balls (for the non veg) ensure that you are prepared for any rainy day!



### *C - Cook Big Batches*

Add an extra 300 to 500gms of any meat, lentils or soya dish you make. Freeze the remaining for those emergency or lazy kitchen is closed days!



### *D - Don't keep Stirring*

**D**o not keep stirring the dish unless making a stir fry or if the recipe calls for it. Constant stirring hinders heating causing vegetables to become a mush and increase cooking time.



*E- Easy Slicing for quick cooking*

**I**t is much easier to slice meat or chicken into very thin slices if kept in the freezer for 15 to 20 minutes until it becomes firm. Slightly slant the knife and cut through the meat for even thin pieces.



### *F- Fancy Gadgets are good*

**I**nvest in some good handy kitchen gadgets such as a blender, chopper, a food processor which also grinds spices, a pressure cooker or a slow cooker.

You will save so much time with chopping, grinding and cooking.



### *G – Gather the garbage*

Save multiple trips to the waste bin and post cooking cleaning time .Use a plastic bag or a bowl to collect all the discarded skins and wastes in one pile. You can throw all of it at one go when work is done.



### *H- Heat the oil*

**F**or quick sautéing ensure that the oil is heated to the right temperature. It should not be too hot, cold or just warm. Do a quick sprinkle water test or drop a small seed like spice to check temperature.



### *I- Instant Spice and Herb Blends*

**M**ake or buy and keep pre-blend spices which you use often and save time mixing them each time. Adding popular spice blends like Indian spice mix, Mexican, Cajun, Italian herbs etc. to a base sauce makes cooking so much more easier and fast.



*JKL- Juice those krusty lemons*

**R**olling lemons between your palms or on the counter top for few seconds softens the lemon releasing the flesh and makes it easier to squeeze the juice out!



### *M-Make different sauce bases*

**L**earn few sauce based dishes and make extra sauce when cooking the dish such as spicy tomato and onion gravy, creamy spinach based gravy, goulash sauce and freeze it. You can add any meat, chicken or vegetable to it and make a different dish each time. Organic shop bought sauces are also good.



### *N – No More Tears Onions*

Soak onions in ice cold water or keep them in the freezer for 10 mins before you cut them! This way your eyes will not water while you cut them. You can also slice or chop them in bulk and freeze for later use!



## *OPQ – Oven Plays an Important Quotient*

**C**ut out on unnecessary cooking, stirring and oil usage by grilling, steaming or baking in the oven. You can put finely cut or sliced pieces of veges, meat or fish in a baking dish top it with a marinade or sauce and place it in the oven for a quick, simple and healthy one dish meal



### *R – Rinse while you cook*

Avoid a stack full of dirty dishes from piling. Rinse small dishes or unload and load your dishes and clean the surface of your kitchen while you cook. This will save you a great deal of time from cleaning the whole kitchen in the end as you would have done most of the leg work!



## *S-Stock up on soups packets and pastes*

**K**Keep instant soup packets and pastes handy and use them to make quick tasty sauces for pasta or fish. Add any meat or veges to soup for making stews. Pastes can be used for making one dish rice or noodles meals added with veges, sliced chicken or prawns !



*T-Trim the stocks while tele watching*

Leafty\_Vegetables like kale, beans, unwashed salad leaves and herbs like parsley, coriander which need to be removed from the stock can be done so while you watch tele. You can also wash them and dry them out before putting them back in the fridge for later use and quick access!



### *U-Use the Grater*

The humble simple kitchen grater is an amazing piece of tool for the kitchen. Use it when a recipe calls to mince anything, such as garlic, ginger, onion, cabbage, cauliflower or many others. It saves you a ton of time!



### V- Vegetables that cook in a jiffy

Some vegetables like leek, capsicum, mushroom, spinach, courgette hardly need any cooking time and is great for a quick stir fry with noodles or rice, when short of time and ideas. Add shredded chicken or prawns to it for non veg option.



### *W - Wine up your sauces*

Give your curries and sauces an instead lift in taste by adding about  $\frac{1}{2}$  cup wine and  $\frac{1}{2}$  tsp of sugar instead of water. Add a tablespoon or 2 of plain flour or courflour to thicken the sauce. For non alcoholic version use any single flavoured juice drink like apple or orange or grape.



*XY – Xtra yummy leftovers are great  
for another days meal*

Instead of throwing away leftover rice, pasta, veges or meat ,reuse it to make frittatas by adding beaten eggs or mash them up, add soaked bread and make cutlets!



## LAYERING MASON JAR SALADS

TOP IT OFF

GREENS

PACK IN SOME PROTEIN

CHOPPED VEGGIES

START WITH DRESSING

! Always put the dressing on the bottom!



### *Z – Zip lock your meals*

**M**ake and store your home made, fresh, ready meals in a zip lock bag or jar. Simply put chicken, meat or fish fillets in a marinade in a zipper bag for grilling later or an assorted pack of fruits plus veg for blending into breakfast smoothie, or a mixture of salad ingredients.



# Take the Mystery out of Indian Cooking !!

Learn the basics of making your own great tasting Indian food at home, the easy way.

Learn all about using spices and their benefits to your health.

See simple family friendly recipes that can be made just under 30 minutes

Visit: [www.spiceitupp.com](http://www.spiceitupp.com)

Follow :

Share the ebook