

# Helpful Kitchen Hints

If you're new to the kitchen, and even if you're not, there's plenty to know about this center of the home. Keeping things clean and staying safe are a few helpful hints. Here are more things to remember when preparing foods in the kitchen.

## Come Clean!



Before you cook, wash your hands with warm, soapy water. Dry them well so they're not slippery.

Wear an apron or an old shirt so

you don't get your clothes dirty. Roll up long sleeves. Tie back long hair so it won't get in the way or in the food.

Keep a roll of paper towels or a damp cloth handy so you can wipe up spills.

## Power Play



Turn off the electric mixer and unplug it, whenever you put in or take out the beaters. Also, turn the mixer off when you scrape the side of a bowl.

Keep electrical appliances away from water to avoid getting a shock. Make sure hands are dry.

## Hot Pots and Pans



Turn the handles of saucepans and skillets toward the center of the stove so you don't bump them off the stove.

Use a wooden spoon or a long-handled spoon with a nonmetal

handle, if you're stirring something on the stove. An all-metal spoon can get hot.

Tip the lid away from you, when you lift it off a pot. That will keep your face away from steam that could burn you.

## Oven Ins and Outs



Check the recipe before you turn on the oven to see if the oven rack needs to be moved higher or lower. Moving racks is easier and safer when the oven is cold. For most baking, position the

rack so the food is in the middle of the oven.

If you need to peek into the oven, close the oven door quickly to keep the oven hot.

Always use thick, dry pot holders, when you put pans in and take them out of the oven.

## Chop! Chop!



Use a cutting board when you use a knife to chop. Keep the sharp edge of the knife away from you when you cut.