

A GUIDE



FEED YOUR SOUL *with* GREAT FOOD



Simple food preparation
to save time and money.

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I am a professional chef,
but I don't want to cook
Every Day! I created this
guide to help you (and me)
to MAKE COOKING FUN
AND EASY.



INTRODUCTION

hello!



Apparently some people don't like being in the kitchen – at all!

My mom didn't like the daily chore of cooking and I don't either. I developed ways to make cooking much easier.

As a personal chef, I help people to make healthy, easy, cost-effective meals.

This guide includes references to meat. If you don't eat meat, please use my suggestions about organization and meal planning by using your own parameters around food selection.

I have figured out ways to make food preparation easier and I am sharing my ideas with you here.

For Example, if you have kids or other house-mates, you can work together, possibly not at the same time.

Join me on this journey.

Chef Mary



01. STARTING LINE – DISCOVER YOUR WHY

- Health Goals: Lose weight, control hormones, gain more energy, sleep better, or _____
- Teaching children to cook and be independent
- Money saving goals to pay off debt or save for a special trip or _____

Determining your motivation will help you to progressing on your journey.

Put reminders around the house with sticky notes and pictures.





02. AUDIT: KITCHEN SUPPLIES & FOOD PREP SKILLS

WorkSpace – Tidy your kitchen so you have room to work. My #1 rule for others in the house is to leave the kitchen as tidy as you found it or better. When the power went out one night, my husband didn't tidy after getting his late night snack. One of the first things I heard the next day was an apology for not tidying the kitchen.

Equipment – Have useful equipment in the kitchen. A Chart is attached to this document to help you determine what is necessary and what can be either tossed or stored away from your main work space. See Bonus #1.

Food Storage – this includes the fridge, freezer and the pantry or kitchen cupboards. Ensure all items are current and not expired. In your fridge, consider having a clear bin marked "EAT NEXT" or something similar. This is for items that are 'on their last legs'. See Bonus #2.



PRO TIPS

Skip the garlic press and smash it with your knife!



02. AUDIT: KITCHEN SUPPLIES & FOOD PREP SKILLS

Service/Eating – Have nice cutlery, glassware and dishes plus serving bowls and platters. More about this is under Enjoyment.

Music – Have playlists or selections for cooking like ‘Proud Mary’ by Tina Turner or ‘Uptown Funk’ by Bruno Mars. Also, have music for mealtime. I like playlists of older rock and blues music.

Assess – the foods that you enjoy or want to be able to make. I like fresh Spring Rolls. One day in Chinatown I bought the wraps and small packages of rice noodles. Assess your knife skills and other cooking abilities. Youtube videos are helpful. When making my Spring Rolls, I watched a video to learn how to roll them. I watched bits of 3 videos until I found one that I liked. You can find videos about knife skills. One day I will produce these types of videos too.





02. AUDIT: KITCHEN SUPPLIES & FOOD PREP SKILLS

Knowledge – Learn about food safety so you don't poison yourself or others.

If you prepare raw meat, use different cutting boards and utensils for the raw meat. Wash anything that is in contact with raw meat.

It is helpful to have a pile of wooden spoons, cutting boards and knives so you can switch to a clean tool. Or, wash the item between use on the raw meat vs. cooked meat.

Also, wash your vegetables which mainly means rinsing (run under cold/cool water).

Buying organic vegetables will often be a better tasting product.

If you have a sensitive system or recovering from weakened immune system, you may want to consider buying organic and using washing solutions.

Next is the fun part OR is any of it fun???





03. PREPARATION, DOING, & ENJOYMENT

After your assessment of your kitchen supplies and skills, it is time to organize and stock up your kitchen with the tools and food that you will be preparing.

Shopping List: Have a list of items that you need to buy on your phone or attached to the fridge with a magnetic clip.

When you want to add something to the list, pick up a pen and write it down or add it to your phone list!

A shopping list will save you time because you will make fewer trips to the grocery store.

This process works for online shopping because your list will be ready when you order your food.





03. PREPARATION, DOING, & ENJOYMENT

Kitchen supplies and food: Items that you no longer need can be given to someone or donated to the thrift store. Perhaps have an exchange party with friends or neighbours.

Items that you use regularly should be easy to reach and other items can be stored further afield.

Refer to the bonus chart about Tools in the Kitchen to help you organize your supplies.

Recipes: A recipe is an idea of how to make something in the kitchen. Find recipes that help you to balance days when you have time to Cook with days for Heat-and-Serve meals.

For Example, foods that you can freeze and use later are slow cooker pulled pork and chili which can be vegetarian.

9 Make it the way you like – it is all up to you!!!!





O3. PREPARATION, DOING, & ENJOYMENT

Do you know how to select recipes for the foods that you like to eat?

Pay attention to the tools and the foods in the recipe.

For everyday cooking, the recipe needs to have:

- ingredients that you have in your kitchen,
- use the tools that you have
- and be at your skill level.

Have a place to store a list of recipes that you like to prepare. Of course, include the location of the recipe!

I write the pages of favourite recipes on the inside cover of the book. Of course I also scribble all over the recipe with my changes.





O3. PREPARATION, DOING, & ENJOYMENT

ENJOYMENT!!!

Music: Find your favourites. There are several platforms and if you pay a subscription fee, you will not have to tolerate the commercials.

While cooking: Music selection could be relaxing if you had a busy day, or lively for when you need to add some action and wake up.

I start with lively favourites. Sometimes I take some time out to dance around the kitchen.

Keep the kitchen tidy so you do not have to clean before cooking. If you have house-mates that use the kitchen, ensure that they leave the kitchen as tidy or better than they found it.





03. PREPARATION, DOING, & ENJOYMENT

ENJOYMENT!!!

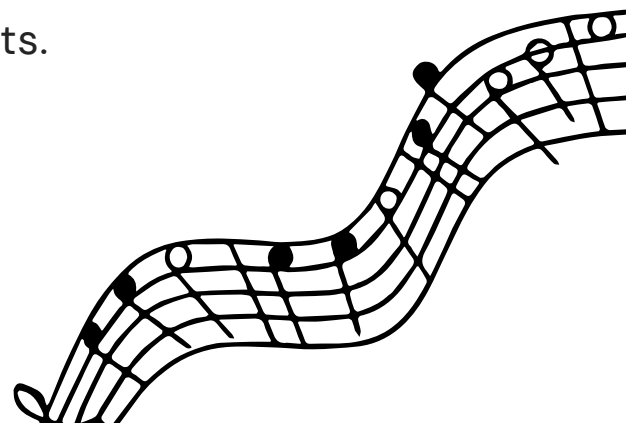
Clearing the clutter will help you to enjoy your preparation time. Reduce clutter by having a compost bucket on the counter. I use the big yogurt container.

AAAAAnnnndddd – get the best apron you can find and wear a chef's hat too perhaps?

While eating: Set the dining table with:

- nice dishes, cutlery and glassware.
- a vase of flowers or a decoration,
- use a lovely table cloth or place mats.

Remember to turn on your music.





SPECIAL TREAT:

O4. BANANA SPLIT ICE CREAM (OR GELATO) DELUXE SUNDAE

Here is something FUN for YOU TO PREPARE. – Amend as you prefer.

INGREDIENTS

Ice cream – Vanilla – the best one available

Fruit – berries or soft/runny jam, crushed pineapple, banana cut into spears

Dark Chocolate (preferably 70% or higher)

Cream – 2 tablespoons (or milk)

Biscuits

Whipping cream – 35% – ½ pint or use aerosol if it is pure cream

Nuts – sliced almonds, chopped pistachios or peanuts (toast in a pan)

Serving bowl(s)–use a long single serving casserole dish or a sundae bowl if available (check the thrift stores!)

Cherry on Top: Please use real cherries or the berries, not the Marachino's as they are made with chemicals.

Mint: for decoration, or edible flowers like pansies and calendula petals

04. SPECIAL TREAT: BANANA SPLIT ICE CREAM (OR GELATO) DELUXE SUNDAE

INSTRUCTIONS

TO whip cream, chill the bowl and the mixer paddles. Whip till getting stiff, add a spoonful or 2 of icing or fine sugar, then whip till stiff. Do not whip further or you will have a bowl of butter!

Berry Fruit sauce: If using strawberries, set a few aside and mash the rest. Add a bit of sugar and let sit till ready. You can use jam. If using blueberries, cook with a bit of water till soft, add a bit of sugar, let cool.

Chocolate sauce: Yes make your own! Use the smallest pot or a small bowl for the microwave. Heat 2 tablespoons of cream or milk, add shaved or chopped chocolate and melt on low heat, stir often, until you have a sauce. Cool slightly. If it gets too cold, it may need reheating.

THE FUN PART – ASSEMBLY: Line the dish with banana spears. Put 3 separate scoops of ice cream in your container, or less if that is too much for you. Put fruit sauce on one scoop, chocolate on the next and pineapple or whatever you have on the third scoop.

Top with whipped cream.

Add sliced almonds, or chopped pistachos or peanuts.

Add a little umbrella if you have one, or edible flower petals or ?????

Serve with the biscuits if available!!!

Take a picture, then turn on your favourite music.

Invite friends or family or enjoy your solitude time.

ENJOY

IT IS ALL UP TO YOU!





STRUGGLING TO GET STARTED?

This Midlife Makeover Festival is a Start to get you on an incredible journey towards enjoying your Life.

This guide helps you take the first steps.

If you struggle with making healthy, easy food, I have a 90 minute **QuickStart to Nourish Your Soul** with luscious food that you prepare for your Self.

I am offering a special rate for Helen's Midlife Makeover Ladies. Use the phrase: FUN IN THE KITCHEN! during our call.

Book a call with me to find out if it is right for you.

<https://calendly.com/chefmarycalendar/30min>

BOOK A CALL





Stocking Your Kitchen



TYPES	PANTRY	REFRIGERATOR	FREEZER
Flavouring	Dried Herbs & Spices	Fresh herbs like thyme, parsley	Fresh herbs-basil,parsley
Cheese	??? can't think of any	Cheeses-grated, asiago, cheddar, cottage, brie etc.	Grated and cheddar can be frozen
Vegetables	Potatoes, onions, garlic	Salad fixings Fresh Vegt-carrots, celery	Frozen peas, corn are basic
Breads	Bread	Wraps/tortilla shells	Bread
Seafood Fish	Tins of crab meat, tuna	Fresh fish & seafood	Shrimp, scallops
Fruit	Apples, oranges, bananas, lemon/lime, oranges	Avocadoes that are ripe & ready to use	Berries, cherries, chopped mango

** NOTE: For simplicity in this chart, this list is the basic selection that I recommend. Selection depends on your preferences. Provided by KitchenTimes.org-YOUR COOKING COACH 2021



TOOLS for YOUR KITCHEN



ITEM	NECESSARY	NICE TO HAVE	NOT REALLY NECESSARY
Knives	French/chef – 1 or 2 Paring/ small – 2 or 3 Serrated for bread-1	Boning knife-mid size, sometimes easier to handle Oyster-if you have oysters occasionally	Electric knife for slicing roasts though some people really appreciate this knife
Peeler	A good one	An extra one for helpers	More than 2
Cooking Spoons - Keep handy on the counter	Wooden-different sizes Plastic ** Metal- solid, slotted	Lots of each kind	Plastic ones-may melt -may not support your food
Ladles	At least one good metal ladle		Extras that are not used
Spatulas —3 types - Cooking - Spreading - Scraping	Cooking - metal - plastic for non-stick Scraping -rubber for cleaning bowls and jars; different sizes are helpful	Spreading - looks like a knife with a round tip -used for frosting cake or making sandwiches	
Graters	2 basic ones: fine and coarse or the box one with 4 grate selections	Zester-for the peel on citrus fruits like lemons & limes	Spiralizers if not used Various kinds of graters which take space and are not used
Whisks	Various sizes and types For sauces and whipping	Mini size – occasionally need one	
Electric Mixers	Electric mixer	Counter model - if used Immersion stick kind	Counter model-if not used
Pie lifter	A Chef knife works	Great for serving pie and quiche	
Funnels	One set which snap together	Cup size for filling jars (while canning or making jam)	
Measuring spoons	One good metal set -in Canada, with metric and Imperial measures	Extra set-in case you can't find the other set	Extra sets that are not used
Measuring Cups	One set of ¼ , ½, 2/3, 1 cup Liquid measure-1 and 2 cup - Glass or plastic	4 cup 8 cup – has a handle so nice for mixing batter	Extras that are not used
BBQ thermometer	Spike kind or automatic		

** NOTE: For simplicity in this chart, please consider 'plastic' to include silicone and rubber. These types are necessary for non-stick surfaces so they don't scratch your pots. Provided by KitchenTimes.org-YOUR COOKING COACH 2021