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Book of Handy Hints



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TABLE OF CONTENTS

Chapter	Title
1	Foreword
2	About the author
3	Copyright
4	Store wise
5	Cook wise
6	Acknowledgement

CHAPTER 1

FOREWORD

Cooking is a wonderful job if you love it. It helps you to make tasty dishes for your loved ones. But it can be a chore, if one has many errands at hand. Thus, one needs to cook efficiently. It can be done by using the handy hints which make cooking easier, by saving the time or making better dish by using an ingredient instead of other. Here are a hundred handy hints which I have put them in two different categories. One is store wise and the other is cook wise.

Store wise gives some tips on storing items of the kitchen. Cook wise gives some tips to use while cooking. I hope you find this a useful guide which you can implement in your daily cooking. Happy reading!

CHAPTER 2

ABOUT AUTHOR

Jayashree is an enthusiastic freelancer writer. She writes poetry and articles. She has an eBook of poetry titled “soulful melodies”.

Cooking is her passion and hence her site was born. She loves to try her hand at new recipes. An ardent vegetarian, loves cooking and baking all stuff this way.

Happily married, lives with her family in India. She believes in spending quality time with children.



CHAPTER 3

COPYRIGHT

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CHAPTER 4

STORE WISE

- Store the peels of cardamom in the container along with tea powder. It gives a good fragrance to the tea.
 - Place half cut onions in water before cutting. It prevents the eyes from watering.
 - Add half a spoon of salt while washing green leafy vegetables. It removes the dirt from it.
 - Fruits and vegetables should be kept in different shelves in the refrigerator.
 - Line the drawer in the refrigerator with a paper to avoid the moisture.
 - Use paper covers to store green leafy vegetables.
 - Store green chilies with stalks trimmed in paper covers.
 - Use seasonal vegetables and fruits, they are cheaper and better.
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- Wash and dry the vegetables before storing them in the refrigerator.
 - Cut the tops and outermost leaves of leafy vegetables as cabbage and cauliflower.
 - Store vegetables in zip lock bags. They help to store fresh longer.
 - Make good use of the pressure cooker. It hastens your cooking and reduces the consumption of fuel.
 - Use the appropriate whistle to avoid mishaps from occurring.
 - Keeping gaskets of pressure cooker in deep freezer gives a longer shelf life.
 - Add the appropriate quantity of water at the bottom in the pressure cooker.

- Keep your pressure cookers sparkling clean by putting a used lemon at the bottom before keeping the separators into it.
- A blotting paper at the bottom in the crystal salt container prevents moisture.
- To sharpen the mixie blades, grind rock salt once a month in it. The blades will sharpen automatically.
- A match stick along with the pulses keeps insects at bay.
- Use air tight containers while storing cut onions in the refrigerator, otherwise the smell of it will spread to other edibles.
- Other edibles which give foul smell to other stored items are: mango, onion, garlic, guava and jack fruit. Store them well in the refrigerator.
- To prevent liquid from spilling, keep a wooden spoon across the vessel.
- Dry coconuts tend to get spoilt easily. Keep them in the tur dal container along with it.
- Curry leaves stay fresh longer if stored in an air tight container in the refrigerator.
- Store semolina in refrigerator to avoid getting infected with worms. Otherwise, dry roast it and store when cool.
- Coriander leaves are used regularly in cooking. Clean them well and remove the weed that is usually mixed with it. It is harmful.
- Apples are tastier and juicier if you store them in the refrigerator.
- Smear some oil to the knife before cutting lady finger.
- Add some sugar to the fresh cream, if you are refrigerating it for a day or two. Otherwise, it will taste bitter.
- To keep bananas fresh for a long time, separate each one of them and keep. They will ripen slowly.
- One ripe banana in the lot and all others will soon ripen. Keeping all together wrapped in a polythene bag aids in ripening. One rotten fruit shall spoil all others.

- Grapes should be kept unwashed in the refrigerator. Otherwise, they should be dried well before keeping them inside.
- Mint leaves, use immediately otherwise they turn black at ends. To store, fold them in a damp tissue and put them in a plastic cover.
- Left over biscuit powder in the jar? Don't throw it away. Make it to a fine powder and use it in gravies.
- Biscuit powder can also be mixed with the flour while kneading the dough.
- Avoid fungus in pickles by being generous with the quantity of salt and oil.
- Using warm water to mix the dough gives soft chapattis.
- The least vegetables needed for an Indian vegetarian cooking are tomato, onion, ginger, potato and coriander.
- Store fresh peas in zip lock and put them in the freezer. They last longer.
- To make frozen peas, take water in a container and boil it. Put the shelled peas in it for ten minutes. Drain the water out and put them to dry for sometime. Store in zip lock pouches.
- Tomatoes last long if frozen. You can use it to make puree.
- Revive wrinkled apples by soaking them in mildly salted water to make the skin smooth again.
- Prevent mould on cheese by wrapping the cheese in a napkin soaked in salt water before storing in the refrigerator.
- To dry lettuce, wash and shake as much water as you can, then place them in a plastic bag that has been lined with paper towel. Spin the bag in large circles in the air and dries.
- Store grated cheese into self closing covers. It stays fresh and avoids the trouble of grating.
- Make salads by putting the vegetables in cold water. They will be crisper.
- It is always good to have ice cubes in the refrigerator. It helps in making juices and keeps the fridge cool during power cut.
- Make lemon ice cubes. It is handy to make lemon juice
- Ice cube with mint leaf tastes good with other juices.

CHAPTER 5

COOK WISE

- Add ten percent of soy flour to the wheat flour. It is healthier.
- Use non stick cookware for cooking. The oil needed is very little.
- Make good use of the pressure cooker. It saves fuel and quickens your work. You can use it for many purposes.
- Add a little milk while cooking cabbage to eliminate the bad odour.
- Running out of onions, here is a useful remedy. If making gravy, you can use shredded cabbage instead. It gives the same taste. And if you need an onion paste, use ginger paste with some aesofotida. Now, cooking without onions is much easier.
- Soak lentils for an hour before cooking. They cook evenly.
- Add a pinch of turmeric for even cooking of turdal.
- Cardamom can be pounded easily along with a little sugar.
- Potatoes cook faster if you place them in cold water for an hour.
- To remove the skin of boiled potatoes, place them in cold water. The skin comes out easily.
- Vegetables like beans and carrots are boiled separately while preparing some dishes. Do not discard the water. Use it to mix the flour. Chapattis made this way are healthier.
- Rub the knife with some butter before slicing the bread. You can make thin slices.
- Have you put excess salt in gravy? Put a boiled potato in it for some time. It will absorb the excess salt. Or you may add some cut pieces of potato and allow to cook. It will absorb the salt.
- To keep lemon juice fresh for a long time, add a little salt to it and refrigerate.
- While making ghee at home, add a few methi seeds and a crystal of rock salt to get a good aroma.

- If dosa stick to the pan, rub it with salt or a slice of brinjal or a chopped onion.
- To get thick yoghurt, pour the milk upside down a few times before allowing it to set.
- If a curd is sour, pour water over it and keep aside for sometime. Discard the standing water and the sourness is reduced.
- The temperature of milk for setting of curds is usually warm. But in winters, let it be slightly hot than usual and keep it in a warm place. Many people consider the microwave as the safe custody.
- Old non-stick Tawas are ideal to make thalipet. You can make thin ones and the oil needed is much lesser.
- While cooking lady finger, add some lime juice to it. The stickiness subsides.
- Cook healthy food for the family. The lady of the house can really do that.
- Give children fruits, dry fruits and vegetables as cucumber when they are hungry.
- Add cardamom powder to the sweet dishes after it is done.
- Add lime juice to the dal at the end, just before serving.
- Peels of garlic can be removed easily by warming them. Better still, microwave for some time.
- Add a little methi while soaking rice to make the dosa batter. It gives crispiness.
- Soaking almonds in hot water for fifteen minutes helps to peel the skin easily.
- Microwave dry fruits as cashews and almonds and store them in air tight containers when cool. They stay good and taste great.
- Your jam bottle is almost over and it's difficult to lay hands on it. Just microwave the bottle for thirty seconds and voila, you get it!
- Roasting papads in microwave is healthy and makes an ideal accompaniment with rice.

- **Brown foods are healthier.** Try to include them in your diet, brown rice, multi grain bread and brown bread.
- **Choose food in its least processed form.** Potatoes with jackets on, carrots without peeling are healthier.
- **Nutrition of carrots is present just beneath the skin.** Hence, just scrub it with your hands while washing them.
- **Colourful platter is healthier.** Use vegetables of different colours in daily diet. Green cucumber, red beet and orange carrot are nutritious and tasty.
- **While making the seasoning, add the mustard seeds and let it splutter.** Don't be in a hurry to finish your cooking.
- **Make a funnel by filling the bag with your contents.** Snip off the end to transfer.
- **Add the juice of half a lemon to cold water to the dried lettuce.** It will be fresh again.
- **Excess of garlic spoils the food.** It gives a pungent taste to the food.
- **Having a bowl of sour curd in the refrigerator is very useful.** You can use it to make many dishes.
- **You are cooking and in mid way you remember that you have not soaked tamarind for the pulp.** Don't fret, take tamarind in a glass bowl with some water and microwave it for thirty seconds. It's ready in a jiffy.
- **Kids are reluctant to drink milk.** Milk shakes are a better option for them. They are tasty and children usually love drinking them.
- **A powder of dry fruits with sugar and cardamom in it is also good.** The milk needs to be boiled along with the powder.
- **While making custard, always use cold milk to mix the powder.** Hot milk tends to create lumps.
- **Children love noodles and we often make it for them.** Don't forget to add vegetables the next time you serve them. It is healthier and tastes good also.
- **Placing a betel leaf over the idli and dosa batter in the refrigerator will prevent it from turning sour.**
- **To keep curds fresh for a long time, pour water to the brim and refrigerate.** Change the water every day.

- **Avoid deep frying of koftas. Instead shallow fry or bake them in a microwave.**
- **Sprouts in the refrigerator are handy. It makes a good combination with salads and is an ideal snack to binge.**
- **Batter in the refrigerator and bored of the usual idlis. Add some seasoning with a few pepper corns, green chillies, curry leaves and finely cut coriander. Mix it in the batter and steam it the usual way. Tasty idlis are ready to serve.**

CHAPTER 6

ACKNOWLEDGEMENT

Thankyou for subscribing and reading this book. I am happy to share these with you all here. I hope you enjoyed and find them useful. As I come to the end of this book, I promise there is much more in store for you. Keep reading and many good recipes of milkshakes for kids and rice dishes alike are already on my website www.evergreendishes.com Do check them out. Any queries you can write to me at jayashree@evergreendishes.com

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