

# Cooking checklist

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- Baking advice
  - Make sure that you have a clean working space
  - It is necessary that you have all the ingredients for the meal item that you want to prepare
  - Make sure that you have the recipe, but don't be afraid to improvise
  - It is important to make sure that you wash your hands before baking
  - Have a cake or pie-form prepared
  - Make sure that the oven is heated in the proper manner
  - Make sure that when you do not need an oven or heater that your fridge has enough room to place the items in
  - Keep track of time, have a cooking alarm prepared for your cake/ pie or anything else.
  - Have fun in what you are doing, for example when baking a pie make sure that you have extra items to decorate it
  - Have people over to enjoy your baked accomplishment with you, the more people you see enjoying your baked result the easier you will do it again
- Cooking/Kitchen safety
  - Have everything you are working with ordered (knives with knives, cups with cups, plates with plates etc ).
  - Make sure that your cooking material is up to date, keep your knives sharp, make sure your pots and plates are clean etc.
  - After using your kitchen supplies, make sure that you clean afterwards; having a clean working space will make it a lot less easy to make a mistake or have an accident.
  - Separate food items; keep the potatoes in one pan and the meat divided from the fish and so on When having these all mixed up you will get confused when it comes to time of preparation etc.
  - Keep the fire of the stove burning low, the possibility of having an accident will be higher if you don't and your final result will fail.
  - Do not cook with too many people around you When having too many people in and around the kitchen you will get distracted and then you are bound to make a mistake.
  - Watch out for electricity and water Even though a lot of people might consider this as 'common sense' you will be surprised how many people fail within that aspect.

- It might be handy if you (and your partner) have had first aid training or at least a kit available within kitchen grounds** In that case anything should happen, then you (and/or your partner) will be prepared.
- Make sure that you know how to divide your refrigerator** Fish and ( most) meat should be placed in the freezer, fruits in the fridge itself as well as items as sauces or spices should be a choice that you will have to decide on.
- When your fridge is divided and looks organized you will have more order in your working area.**
- Make sure that the temperature of your refrigerator is not too high** The normal rate of a fridge's temperature is about 40 degrees. When you have a good thermometer make sure you check it often.