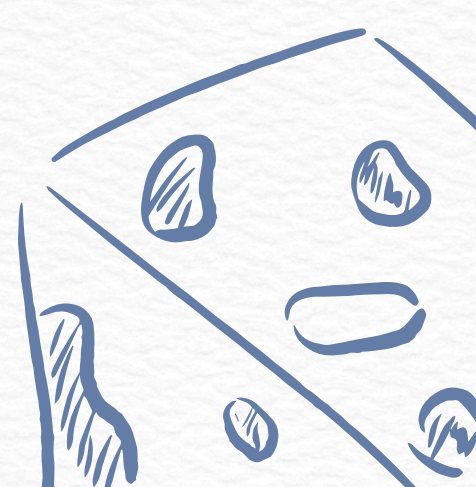


WELCOME TO *B's Kitchen* *Starter Guide*

*Tools, habits, and tips to feel confident
cooking at home.*

Cooking feels so much easier when you have the right basics. These are my favorite kitchen essentials - the ones that make dinner less stressful and baking more fun. Simple and actually worth having.





meat
thermometer
(makes life much
easier)



cast iron skillet
(scary at first but
worth it)



scrap bowl
(keeps area
much more tidy)

KITCHEN TOOLS STARTER GUIDE

my favorite items



wooden cutting board
(i dont like microplastics
in my food)



a good, sharp knife
(you don't need 12 knives,
just one good one)





baking powder + baking soda
(always needed for baking)



a good olive oil



flour
(a baking necessity)

PANTRY STAPLES I ALWAYS KEEP ON HAND



kosher & iodized salt



garlic + onion powder



3 BEGINNER MISTAKES I MADE (SO YOU DON'T HAVE TO)

Using Dull Knives

Dull knives can be dangerous for 3 reasons: you use more force, they slip, and they crush instead of cut. I have an inexpensive knife sharpener to keep my knives sharp constantly.



Not Preheating the Pan

I'm not gonna lie, I still do this sometimes when I'm in a rush. However, this just isn't a good idea. When you put food in a not fully preheated pan, the food steams instead of sears and can become soggy.



Not Salting Pasta Water Enough

If you don't season the water, the pasta itself has no flavor. Make sure to make that water salty!

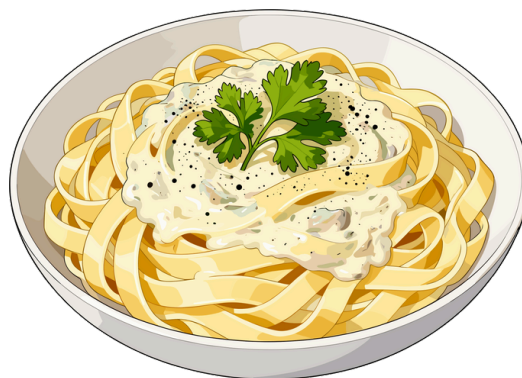


MY 3 BEGINNER DINNER FORMULAS

1. Protein + roasted veggie + starch



2. Pasta + sauce + crunch



3. Bowl formula (grain + protein + sauce + topping)



LASTLY,
MY FAVORITE KITCHEN
ITEM OF ALL TIME...

my kitchen aid



My kitchen aid is my most prized possession. Definitely an investment, but if you are really into cooking and want to stick with it, this is the best purchase I've ever made. Cuts down on so much time, and you can get so much done while this thing does the difficult job.

Thank You!

Thank you for downloading and reading my kitchen starter guide! There is so much more to come so be sure to sign up for my email list and follow my socials!



JOIN B'S TABLE EMAIL LIST

