



Cooking Tips & Tricks

Fixing Cooking
Mistakes

Too Salty



- For soup dishes, dilute with water. Add a raw cut potato while cooking to absorb salts
- Add acidity with white wine vinegar or lemon
- Soak uncooked meats that are too salty in water for 2 hours
- Add a creamy component like avocado, sour cream, or heavy cream, if possible

Too Spicy



- Add some texture like rice or quinoa
- Add dairy like sour cream, mayo, or plain yogurt
- Add a little sugar
- Stir in a tablespoon of nut butter
- Add more of the non-spicy ingredients included in the recipe

Too Sweet



- Add lemon or lime juice to balance sugar
- Add fats, such as olive oil or avocado
- Do NOT add salt

Too Sour



- Add a bit of honey or sugar to dishes with excessive vinegar
- Add chopped carrots to overly acidic sauces



Poor Searing



- You may be flipping the meat too soon or too often. It is ready to flip when the spatula slides under the meat easily.
- Be sure the pan is hot enough before adding meat. Wait for oil to ripple. Medium to medium-high quickly cooks the outside while sealing in moisture.

Poorly Browned/ Soggy Food



Overcrowding a pan prevents steam from escaping and increases moisture. Make sure that there is no overlapping of food.

Greasy Deep-Fried Food



- Make sure the frying pan oil is heated to between 325 and 400 degrees. Hotter oil repels water.
- Frying in smaller batches helps maintain hot oil temperature.

Rubbery Hard-Boiled Eggs



Immediately submerge cooked eggs in cold water to halt the cooking process.

Overcooked or Soggy Pasta



- Heat oil in a large shallow pan and add drained pasta.
- Add plenty of salt to the water. This helps prevent sogginess by roughing up the texture of the noodles.

