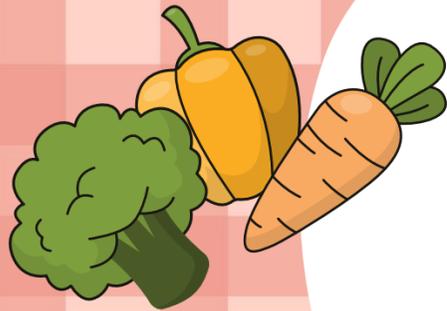


MORE WITH LESS



COOKING TIPS FROM LEE LEE

Hebron Ministry to Women





REMEMBER

Cooking requires time and effort. When done with joy, love and purpose, you create good memories that stay for a lifetime.



SHARE THE KITCHEN



MOTHER

Release control and give others a chance to try cooking.



FATHER

Cooking together can strengthen your relationship if you are not particular about how he does it.



CHILDREN

Let them learn and experience cooking as a meaningful and enjoyable activity.



Keep your kitchen organized so that you do not waste time searching for things. More stress reduction tips on the next page.

1

Get the ingredients and tools ready before you start.



2

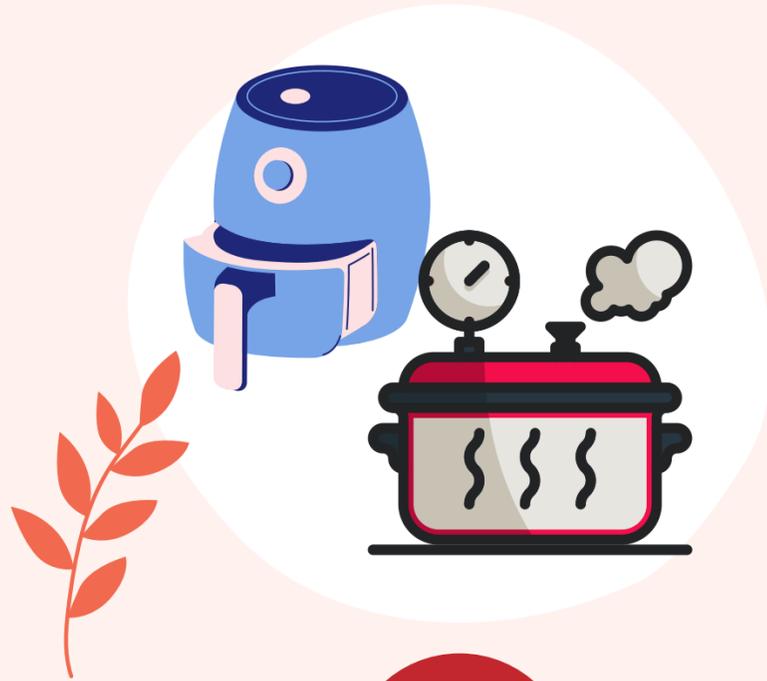
Give yourself enough time, then enjoy the sound, smell and colour during the cooking process.



3

Let your family members suggest what they want so that they look forward to the meal.





4

A pressure cooker and air fryer are useful to have.

5

Experiment with different seasonings. My daughter added a little tomyum paste to our pumpkin soup, and we all liked the spice.



6

Be creative. Sometimes you can make a new dish by changing a few ingredients.

**GO WITH YOUR HEART
AND BE BOLD!**



FOOD IS COMMUNITY

Just as a dish has several ingredients, our family and community is made up of different personalities. We need each other, and we have to complement each other to make it work.



TRY DIY DISHES

- Popiah and wraps
- Kongba Pau
- Salads
- Steamboat/BBQ
- Sandwiches

these are fun because diners can mix and match according to their taste. observe how they make their portion as it may reveal something about their character!





Those who cook for family and friends are beautiful people who nourish the body and knit the bond of love at meal times.



May you have more smiles
and less frowns over
cooking, more good
conversations and less
fuss at meal times!

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