

Essay best way to prepare a meal

[Nutrition](#), [Food Safety](#)



The Best Way to Prepare a Meal There are some people who prefer to cook and enjoy spending hours in the kitchen preparing a meal. Other people prefer eating out or only cooking when a special occasion arises. Regardless of what you prefer, preparing a meal can be simple and easy. With a little planning, the experience can be enjoyable, easy, and healthy and cost efficient. When preparing a meal there are common questions and doubts that may come up along the way. What should I prepare? How do I prepare it? What ingredients are needed? Well, organizing your mind and asking yourself these questions in logical order can help you prepare yourself a perfect meal. In order to start preparing for your perfect meal you would need to locate a recipe and all the ingredients needed. Buying your ingredients must be done with keeping in mind what is needed. To save time and money prepare a list of products that you would have to purchase, then when shopping for your ingredients pay attention to the expiration date of the products and quantity needed. Also, if you do not have experience in preparing recipes, take heed to information given on product labels. By following these guidelines you will learn to shop for what is needed as well as save unnecessary food. It's also important to have on hand the correct size and type of cooking ware because this affects the finished product. Use proper measuring spoons and liquid and dry measuring cups to ensure the right blend of ingredients. When using a recipe that calls for zesters, juicers, or special spreading utensils determine if you have these on hand. Look up what it means to stir, fold or beat to verify that you have all utensils necessary to complete each task preparing your meal. Keep in mind when preparing your meal food safety is priority and important as well. Cook food

to a safe internal temperature to destroy and harmful bacteria. Separate cooked and uncooked foods, as well as foods eaten raw and those cooked before eating. Be sure to wash your hands after handling raw meats and raw eggs. Cleaning is crucial when preparing a meal, wash your hands and sanitize work surfaces frequently. Following these simple procedures keep you healthy and safe while preparing your meal. In conclusion, eating out may be convenient; however preparing your own meal offers many more benefits. All that is needed is a little planning and time. Start off by finding a recipe that interests you. In addition, when preparing your meal do not forget to have the proper cookware and ingredients. Most importantly follow all food safety procedures and in turn the experience with preparing your own meals instead of eating out will be rewarding and cost efficient.