

# Cooking from Scratch: Your Quick Kitchen Guide



Cooking from scratch means preparing meals using whole, unprocessed ingredients – giving you full control over what goes into your food. It's a simple way to reduce excess salt, sugar, and unhealthy fats, making it a powerful habit for supporting heart health. Use this quick cheat sheet to get started with confidence.

## Measurement conversions

### Weight conversions:

- 1oz = 28g
- 100g = 3.5oz
- 1lb = 16oz = 454g
- 500g = 1.1lb

### Volume conversions:

- 1 tbsp = 3 tsp
- 1 fl oz = 2 tbsp
- ¼ cup = 4 tbsp
- ⅓ cup = 5 tbsp + 1 tsp
- ½ cup = 8 tbsp
- 1 cup = 16 tbsp = 8 fl oz = 240 ml

## Cooking terms explained

**Dice** – Cut food into small, uniform square pieces, usually about ¼ to ½ inch in size.

**Mince** – Cut food into very tiny, fine pieces – smaller than diced.

**Sauté** – Cook quickly in a small amount of oil over medium-high heat.

**Simmer** – Cook gently in liquid just below boiling – small bubbles form.

**Fold** – Gently combine ingredients by lifting and turning them over with a spatula, preserving airiness.

## How to thicken a sauce

1. Mix 1 tbsp of plain flour with 2 tbsp cold or room temp water – this makes a 'slurry' (a thick paste).
2. Slowly add to your simmering sauce/meal while continuously stirring.
3. Continue to cook the sauce/meal for a further 2-3 minutes until it thickens.
4. If you need to thicken it further, repeat the process.

## Prep tips & time savers

**Batch chop** – chop things like onions, celery & garlic in bulk & freeze for easier use later.

**Kitchen scissors** – these are great time savers to quickly chop herbs, meats, fish and even salad.

**Double up** – simply multiply the recipe ingredients by two to make a larger batch that you can freeze for another meal later.

**Soak** – soak things like dry beans, lentils, brown rice and even oats overnight in water to speed up cooking the next day. Rinse before cooking.