

# Setting up for

# SUCCESS

A lot of being a jefa in the kitchen is setting up your work space to make your life easier. We've outlined some easy tips that can be applied **everytime** you step into the kitchen.

## CLEAN

Kitchens of all sizes benefit from cleaning as you go. Using your down time to clean up dishes and spoons helps to lighten the load once your meal is complete. Ideally the only thing that you need to clean after you've finished cooking are the dishes you ate off of, not the whole cabinet.

## READ

Whether you're following a new recipe or not reading is the most important step of cooking and the first thing you should do. With any recipe read over the entire recipe to make sure you have all the ingredients and understand what the steps are. This will prevent you from stopping mid way realizing you don't have an ingredient.

## PREPARE

mis en place, ever heard of it? basically it means get all your ingredients out and ready to go before you need them. This makes for easier cooking because you don't have to stop halfway to measure or chop something. Part of your prepping should also be a garbage bowl, this is where you put your scraps and garbage so it's all in one place and not all over your work area.

## TASTE

Cooking is very intuitive, learning the basics is important but trusting yourself to know what's good is key. Making sure you're tasting as you go, allows you to be in control of the flavors and helps you develop trust in yourself all while making delicious food.

## DELEGATE

If you share a home with others delegating is an important part of being a jefa in the kitchen. Having other members of your home join you in prep, cleaning, setting the table, and beyond makes life easier for you and establishes responsibilities for others. Get your kids involved too, they can handle more than they can chew!

**MOST IMPORTANTLY** *Have fun!*