



# K-State Extension Connection

## Want to Brush Up On Home Cooking Skills?

Barbara L. Ames

Wildcat District Extension Family and Consumer Sciences Agent

For many, if not most, of us; one result of the COVID-19 pandemic has been that we are staying at home and cooking more family meals. However, healthful and great-tasting food preparation can be overwhelming if you are new to cooking or need a refresher. If you are among those who would like to brush up on kitchen skills, **the Cooking Basics fact sheets can help you get organized and plan and prepare nutritious and great tasting meals.**

Kansans responding to a survey from the state's extension service a few weeks into the pandemic said they needed a brush-up on cooking skills. So Lisa Martin and several of her colleagues on a Kansas State University team focusing on nutrition, food safety and health listened to the request and got to work.

“What we heard was that people wanted help with preparing meals, eating well on a budget and improving their cooking skills because they were spending more time at home,” said Martin, an extension agent in Shawnee County.

The response is a seven-part series now available through the K-State Research and Extension bookstore, listed under the headings ‘Cooking Basics’ and ‘The Well-Stocked Kitchen.’

The full series includes:

- **[Cooking Basics: Getting Started](#)**. Simple meal planning and choosing a recipe that suits the family's needs. Also includes links to many other printed resources and related videos helpful to home cooks.
- **[The Well-Stocked Kitchen: Pantry and Non-Refrigerated Foods](#)**. Shelf stable ingredients to have one hand with advice about healthier choices.
- **[The Well-Stocked Kitchen: Refrigerated and Frozen Foods](#)**. Cold and frozen ingredients and suggestions for healthier choices.
- **[Cooking Basics: Measuring Tools and How to Use Them](#)**. A review of ingredient equivalents and how to measure dry and wet ingredients.

- [\*\*Cooking Basics: Basic Cooking Terms.\*\*](#) Definitions of cooking terms, such as what it means to chop or dice.
- [\*\*Cooking Basics: Making a Meal from What's On Hand.\*\*](#) A guide on using ingredients you have on hand and turning them into a casserole, soup, stir fry, salad or skillet meal.
- [\*\*Cooking Basics: Reducing a Recipe.\*\*](#) To avoid food waste when cooking for smaller groups, this publication has tips on what recipes can be reduced, a worksheet for the cooking math, safe food temperatures and substitutions for utensils you may not have in your kitchen.

“Our goal for this series was to provide something that could be easily used by all populations, such as new cooks, youth learning basic skills, cooks on a budget and people needing to brush up on cooking skills,” Martin said.

**The publications are available for free online**, or can be ordered by calling the K-State Research and Extension bookstore at 785-532-5830. Copies of the publications placed into a notebook would work nicely as a reference kept in the home kitchen.

Find more information about these topics and others, by contacting the Wildcat Extension District offices at: Crawford County, 620-724-8233; Labette County, 620-784-5337; Montgomery County, 620-331-2690; Wilson County, 620-378-2167; Pittsburg Office, Expanded Food and Nutrition Education (EFNEP), 620-232-1930. Wildcat District Extension is on the Web at <http://www.wildcatdistrict.ksu.edu>. Or, like our Facebook page at [www.facebook.com/wildcat.extension.district](http://www.facebook.com/wildcat.extension.district).

For more information, please contact Barbara Ames, Family and Consumers Sciences Agent, [bames@ksu.edu](mailto:bames@ksu.edu), (620)331-2690.

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