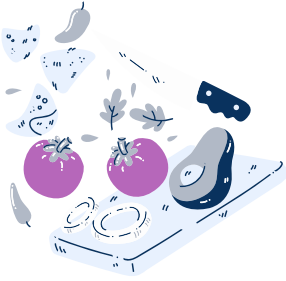
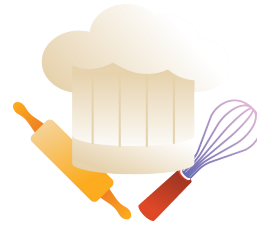


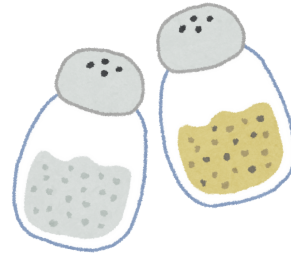
College Cooking: How to Teach Yourself to Cook

Start practicing cooking now during summer break at home. Choose a few days each week to prepare dinner for yourself or your family. Consistency will improve your skills over time.



Start with simple recipes with few ingredients and steps. Include different food groups or prepare side dishes for balance. Involve your family in cooking meals you enjoy to practice cooking together.

To enhance dishes, start with basic spices like salt, black pepper, garlic powder, onion powder, paprika, basil, and parsley. Gradually add more spices as you gain confidence in cooking and explore new recipes.



Start by following the recipe to build your skills and confidence. Family recipes are tried and tested, ensuring a perfected dish. Review the recipe beforehand to gather all necessary ingredients and equipment.

Cooking without distractions is crucial to prevent kitchen fires and accidents. Common distractions include friends, cell phones, and fatigue. Over 40% of home fires start in the kitchen. Plan cooking times when you can focus fully to avoid damage or injuries.



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