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# **BEGINNER COOKING STARTER PACK**

## **Your step-by-step guide to home cooking**

### INTRODUCTION

Welcome! This Beginner Cooking Starter Pack gives you the essential tools, skills, and shortcuts to start cooking with confidence. Each section is designed for total beginners — simple, clear, and easy to follow.

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## **SECTION 1: BEGINNER KITCHEN TOOLS CHECKLIST**

### ESSENTIAL TOOLS

- Chef's knife
- Cutting board (large, non-slip)
- Medium pot with lid
- Large nonstick or stainless-steel skillet
- Spatula
- Wooden spoon
- Measuring cups
- Measuring spoons
- Mixing bowls
- Colander/strainer
- Baking sheet

### NICE-TO-HAVE EXTRAS

- Tongs
- Paring knife
- Food thermometer
- Rubber spatula
- Storage containers

### TOOLS TO AVOID (FOR NOW)

- Mandolins
- Fancy blenders

- Expensive mixers
- Gadget-style tools
- Single-use tools

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## SECTION 2: BASIC SPICES CHEAT SHEET

### EVERYDAY ESSENTIALS

- Salt
- Black pepper
- Garlic powder
- Onion powder
- Paprika
- Italian seasoning

### BEGINNER FLAVOR COMBOS

- Chicken: salt + pepper + garlic powder + paprika
- Veggies: salt + pepper + Italian seasoning
- Potatoes: salt + pepper + paprika + garlic
- Pasta: salt + pepper + Italian seasoning
- Rice: salt + garlic powder + butter

### ADD-ON SPICES (FOR LATER)

- Cumin
- Chili powder
- Basil
- Oregano
- Rosemary

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## SECTION 3: COOKING TERMS 101 (BEGINNER GLOSSARY)

- Sauté: cook quickly in a little oil
- Simmer: gentle bubbling
- Boil: rapid bubbling
- Dice: small cubes

- Mince: very small pieces
- Slice: thin cuts
- Fold: gently mix
- Season: add salt, pepper, spices
- Preheat: heat pan/oven before cooking
- Rest: let meat sit after cooking

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## SECTION 4: SIMPLE COOKING CONVERSIONS

### VOLUME

- 1 tablespoon = 3 teaspoons
- 1 cup = 16 tablespoons
- 1 cup = 8 fluid ounces

### WEIGHT

- 1 pound = 16 ounces

### TEMPERATURE

- 350°F = medium oven heat
- 400°F = high oven heat

### IMPORTANT RATIOS

#### Rice

- White rice: 1 cup rice + 2 cups water
- Jasmine rice: 1 cup rice + 1.75 cups water
- Basmati rice: 1 cup rice + 1.5 cups water

#### Pasta

- Salt pasta water with 1–2 tablespoons salt

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## SECTION 5: 7-DAY BEGINNER MEAL PLAN

### Day 1

- One-pot pasta
- Steamed broccoli

Day 2

- Simple chicken breast
- Rice
- Sautéed vegetables

Day 3

- Beginner stir-fry
- Rice or noodles

Day 4

- Sheet-pan chicken and potatoes

Day 5

- Easy ground-meat tacos

Day 6

- Vegetable omelet

Day 7

- Baked salmon (or chicken)
- Roasted vegetables

Season everything with: salt, pepper, garlic powder.



## SECTION 6: FIRST STEPS IN THE KITCHEN (MINI GUIDE)

### STEP 1: LEARN YOUR KNIFE GRIP

Use “the claw” — fingers curled, knuckles forward.

### STEP 2: PREP BEFORE COOKING

Chop, measure, and read the recipe before turning on heat.

### STEP 3: CONTROL HEAT

Use medium heat for most cooking. High heat burns easily.

### STEP 4: TASTE AS YOU GO

Add seasoning gradually and adjust.

### STEP 5: START WITH BASIC METHODS

- Boiling
- Simmering

- Sautéing
- Roasting

#### STEP 6: DON'T FEAR MISTAKES

Every cook burns something! That's part of learning.