



# Kitchen CONFIDENCE

*Simple Steps for Gaining Confidence in the Kitchen*

Do you avoid the kitchen altogether because you just don't seem to "get it" like other people you know? Some people seem to make it look effortless as if they were born with a talent for cooking. For others of us though, cooking can seem like a foreign concept. Cooking is a skill we acquire over time and through practice. It is a great way to unleash your creativity, take control of your health by knowing exactly what's going into your food, and to save a lot of extra spending by cooking at home. If you want to boost your kitchen confidence, follow these steps to getting comfortable in the kitchen.





# get the GEAR

While you don't need every kitchen gadget on the planet, getting the basic essentials is a must. You need measuring cups and spoons.

You need a decent set of cutlery. Cutting boards, pots, and pans, and bakeware are all necessary items if you expect to cook in your home kitchen. This also includes a pantry filled with necessities and commonly used items

such as olive oil, seasonings, etc.



# FOLLOW *recipes*

A really good cook I know says she is just really good at following directions. Recipes give you step-by-step instructions on how to cook the meal you want to make and puts proper flavors and textures together for you,. Get a basic handle on simpler fare first and work your way up to more challenging techniques. Once you gain the confidence, you'll be there in no time.



# PREP first

When you first get ready to cook a recipe, make sure you've got all the ingredients ready to go. Take them out and arrange them on your countertop, and pre-measure them if necessary. Having everything ready at hand will keep you from scrambling around when you're in the middle of cooking. Pre-chopping and measuring the night before saves a ton of time, too!



## ADD YOUR OWN *elements*

After you've mastered a recipe enough times to confidently make it without looking at it, you can start experimenting. Start by adding in extra ingredients you think will compliment the recipe well, and adding in any extra seasonings you love. Making your own little tweaks will add your personal touch and raise your confidence in the kitchen.



# TAKE A Taste

Famous chefs all take little tastes as they go to see if the flavors measure up to their expectations. Take some tastes along the way to make sure your meal is well-seasoned and that the flavors are cooking well together. Nobody wants to spend time cooking dinner, only to be disappointed when you sit down to eat. This will help prevent that, and who doesn't like to nibble while cooking?



# JOIN A class

Want to make new friends and learn how to cook from the pros? Consider a cooking class in your area, or even an online cooking class. If you don't feel confident cooking at home, you might find that having a professional working alongside you will make all the difference.

If time is an issue, try looking for online cooking classes on websites such as Rouxbe, Udemy & Lynda. You can even learn a lot just by watching cooking shows on the Food Network.



# FIND A friend

Another fun option to try is inviting some friends over to cook together. Choose a recipe and shop for the ingredients together. You can then collectively make the recipe, enjoy a glass of wine and make a fun evening of it. Most people feel overwhelmed and intimidated by cooking, so making cooking fun will certainly help raise your confidence in the kitchen.

# Meet your coach

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Look for cooking demos and workshops held at the SC Wellness Studio in San Clemente. Kim can help you create a kitchen space that works, teach you how to shop well, help you with recipes and shopping lists and even cook with you or your group of friends. Your best health begins in the kitchen ~ let's make it fun, easy and rewarding.



**Kim Lee-Thorp**  
[www.sc-wellness.com.com](http://www.sc-wellness.com.com)