

Good Food
Happier
People
♡

Everything HERBAL
by Cheryl Jabz

Room
to Cook
Room for
Great Flavor
♡

Bubbie's[®]

COOKING CLASS

♡ DON'T CROWD THE PAN ♡

Give meat and vegetables room when browning or roasting. An overcrowded pan traps steam and can prevent that beautiful golden-brown finish.



CROWDED PAN

**STEAMS FOOD
INSTEAD OF BROWNING**



- ✗ Traps steam
- ✗ Prevents browning
- ✗ Food can become soft or soggy
- ✗ Takes longer to cook



ROOM TO COOK

**BEAUTIFUL
GOLDEN-BROWN FINISH**



- ✓ Allows even cooking
- ✓ Creates a golden-brown crust
- ✓ Enhances flavor and texture
- ✓ Cooks more efficiently

Bubbie's Tips: ♡

- ♡ Cook in batches if needed.
- ♡ Use a large enough pan.
- ♡ Pat meat dry before cooking.
- ♡ Give vegetables space to caramelize.
- ♡ Let food sit for a minute before flipping.
- ♡ Good things are worth the wait!



*Patience in the Kitchen
Brings Delicious Rewards*



www.EverythingHerbalByCherylJabz.com

Herbs for the Body • Peace for the Soul • Live Well Naturally Every Day. ♡

