

Nancy's **top 10** ways to never **overcook** or **undercook** food

- 1** Source and choose fresh, juicy foods
- 2** Use quality equipment and utensils
- 3** Cook even-sized foods
- 4** Watch, check, listen, smell, taste, think and touch
- 5** Rotate, circulate, flip and stir
- 6** Maintain optimal temperature
- 7** Test for doneness
- 8** Remember—hot food will continue cooking after removal from the heat source
- 9** Be organized
- 10** Use common sense



BONUS TIP*

If your food is sticking to the pan or the BBQ grill—that usually means it's not ready to be flipped. Wait a minute, cook it a bit more and try again. See? It came unstuck naturally. Your food is talking to you all the time!