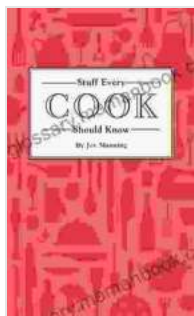


# Stuff Every Cook Should Know: Stuff You Should Know 18



## Stuff Every Cook Should Know (Stuff You Should Know Book 18) by Joy Manning

★★★★☆ 4.2 out of 5

Language : English  
File size : 2436 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 145 pages



In this episode of Stuff You Should Know, Chuck and Josh talk about some of the most important things every cook should know. From how to properly hold a knife to how to make a perfect roux, these tips will help you become a better cook in no time.

## 1. How to Properly Hold a Knife



## How to Hold a Knife Properly

The way you hold your knife can make a big difference in how well you cook. Here's how to do it correctly:

- Pinch the blade of the knife with your thumb and forefinger, about 2 inches from the bolster (the part of the blade that meets the handle).

- Place your middle finger on the back of the blade, just behind your thumb and forefinger.
- Curl your remaining fingers around the handle.
- Keep your wrist straight and your elbow tucked in.

## 2. How to Make a Perfect Roux



### How to Make a Perfect Roux

A roux is a mixture of flour and fat that is used to thicken sauces and soups. It is one of the most basic cooking techniques, but it can be tricky to get right. Here's how to do it:

- In a saucepan, melt equal parts butter and flour over medium heat.

- Cook the mixture, stirring constantly, until it reaches the desired color. The darker the roux, the thicker the sauce will be.
- Once the roux has reached the desired color, add it to your sauce or soup and whisk until smooth.

### 3. How to Make a Perfect Omelet



### How to Make a Perfect Omelet

An omelet is a classic breakfast dish that can be made in endless variations. Here's how to make a perfect omelet:

- In a bowl, whisk together eggs, milk, salt, and pepper.
- Heat a nonstick skillet over medium heat. Add butter or oil to the skillet.

- Pour the egg mixture into the skillet and cook for 2-3 minutes, or until the eggs are set.
- Add your desired fillings to the omelet.
- Fold the omelet in half and cook for an additional minute or two, or until the cheese is melted and the omelet is heated through.

#### **4. How to Make a Perfect Steak**



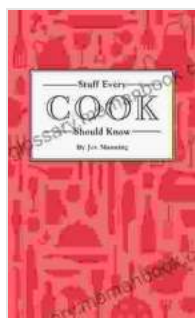
#### **How to Make a Perfect Steak**

A steak is a delicious and satisfying meal that can be cooked in a variety of ways. Here's how to make a perfect steak:

- Preheat your oven to 400 degrees Fahrenheit.
- Season your steak with salt and pepper.

- Sear the steak in a hot skillet for 2-3 minutes per side, or until the steak is browned.
- Transfer the steak to a baking sheet and cook in the preheated oven for 10-12 minutes, or until the steak is cooked to your desired doneness.
- Let the steak rest for 5-10 minutes before slicing and serving.

## 5. How to Make a Perfect Roast Chicken



### Stuff Every Cook Should Know (Stuff You Should Know Book 18) by Joy Manning

★★★★☆ 4.2 out of 5

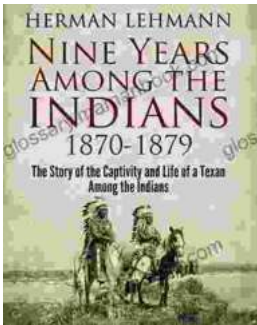
Language : English  
File size : 2436 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 145 pages





## **Will You Ever Pee Alone Again? The Future of Bathroom Technology**

The bathroom has long been a place of privacy and solitude. But as technology advances, it's becoming increasingly likely that our bathrooms will become more social...



## **Nine Years Among the Indians 1870-1879: Witnessing Their Culture, Traditions, and Hardships**

In the annals of American history, the period from 1870 to 1879 witnessed a tumultuous chapter in the relationship between Native American tribes and the United...