

The Oven: The Most Under-Used And Appreciated Tool In The Kitchen

When I first started cooking I barely used the oven. I learned basic sauté and pan-frying technique and thought the oven to be a mystery so I stuck with what I knew. After learning the basic veggie-roasting technique below it transformed my cooking and appreciation of the oven. The oven is powerful simple to use, and hard to mess up (as long as you check often).

The oven is great for reheating leftover's as well. Cover leftovers with some foil and reheat at 325 degrees for 20 minutes. After 20 minutes check temperature and return to oven until desired temperature.

Basic Oven Roasted Vegetables

1. **Preheat** Oven for 10-15 minutes. Most Ovens take longer to heat to the desired setting. Let your oven heat longer than the prescribed time on your stove
2. **Salt** and oil vegetables in a mixing bowl. Toss to coat
3. **Place** veggies on sheet pan and spread evenly
4. **Go** enjoy life for 15-20 minutes
5. **Test** doneness with knife or fork OR cook until a nice roasted char has formed on the outside
6. **Serve** immediately and salt/pepper to taste

Basic Oven Roasted Protein

1. **Preheat** Oven for 10-15 minutes
2. **Salt** and pepper protein and sear on the stovetop 4-6 minutes per side until a nice crust is formed.
3. **Place** protein on a sheet pan or in a baking dish
4. **Insert** probe thermometer into deepest part of meat. Run cord to outside of oven.
5. **Set** thermometer to desired temperate doneness
6. **Listen** for alarm. Check Protein
7. **Rest** protein for 10-15 minutes then Serve



Oven Tips:

- Avoid opening the oven door during cooking as it releases heat, and if necessary close quickly*
- Buy a cheap oven thermometer to show oven temperature. Oven settings are often wrong*
- 350 degrees is the most common oven setting. If unsure of a cooking time, set to 350 degrees and check for doneness regularly*