

Cooking

Wednesday, 24 September 2008

- Salads rather than cooked veg saves energy.
- Use the microwave whenever you can

- Put the lid on the saucepan

- Many dishes don't need to be boiled – noodles, pasta, rice will almost or completely cook just by having boiling water poured over them

- When you use the oven or grill, it costs no more to cook a full load than to cook just one item of food -
- cook in bulk and then freeze it for later

- Use the leftovers – it saves cooking new food and saves money

- Using an oven on a cold day heats the house – on warm days this “free” heat is wasted.