

## Chef Tony Nguyen Shares Basic Cooking Skills for Beginners

Chef Tony Nguyen is the professional Executive Chef for both Crustacean Restaurant and the highly anticipated Da Lat Rose in Beverly Hills.



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**Saint Louis, Missouri Apr 5, 2023 ([Issuewire.com](https://www.issuewire.com))** - Chef Tony Nguyen believes there are so many different techniques and ingredients, and it's hard to know where to start. But don't worry! This beginner's guide to basic cooking skills will teach you everything you need to know, from chopping vegetables to baking a cake.

Assuming you don't know how to cook at all, there are some very basic skills you need to learn before you can start cooking most recipes.

[Chef Tony Nguyen](#) says to get started cooking, you will need some basic kitchen equipment. At a minimum, you will need a stove or other heat source, pots and pans, utensils, dishware, and ingredients. If you have a fridge and freezer, that will make things much easier, but it is not strictly necessary.

As far as pots and pans go, you will need at least one pan that can be used for frying or sautéing. A good all-purpose pan is a skillet or sauté pan. You will also need at least one pot for boiling water or cooking pasta says [Chef Tony Nguyen](#). If you plan on doing any baking, you will need baking pans as well.

As for utensils, you will need something to stir your food with, as well as something to cut it with. A wooden spoon and a chef's knife are both essential pieces of kitchen equipment. You may also want additional utensils like tongs, a spatula, or a whisk.

When it comes to food preparation, there are a few basics that everyone should know. Whether you're just starting out in the kitchen or you've been cooking for years, mastering these techniques will make your time in the kitchen more enjoyable and your dishes more delicious.

One of the most important things to know is how to properly measure ingredients. When a recipe calls for "a cup of flour," that doesn't mean you should scoop up a pile of flour with your measuring cup and dump it into the bowl. Instead, use a spoon to lightly fill the cup with flour, then level it off with the back of a knife. This will ensure that you don't end up with too much or too little of an ingredient, which can ruin a dish.

Another essential cooking skill is learning how to chop vegetables properly. You want your pieces to be uniform in size so they'll cook evenly. Start by cutting the vegetable in half, then slicing it into thin strips. To chop those strips into smaller pieces, hold the vegetable firmly on the cutting board with one hand and use the other hand to quickly chop it into small pieces. Again, practice makes perfect!

Learning how to cook is a great way to enrich your life and ensure that you are able to provide yourself with healthy, delicious meals every day. We hope this beginner's guide has given you the confidence and knowledge you need to get started in the kitchen.



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