

10 Cooking Tips for On-the-go Moms

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Inquirer.net



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Every working mom out there frets about how to whip up quick, delicious meals for the family. Almost always, they feel they have very little time for meal planning and preparation. After a day's work, the last thing on their mind is spending an hour or more chopping, cutting, cooking and cleaning up afterward.

also be flaked and made into easy fried *lumpia*.

4. Prepare in advance. If you know you're not going to have time to cook one evening, prepare two dinners the night before and just reheat one the next night.

5. Get ready for excess. When preparing a meal using grated cheese, chopped onions, minced garlic, etc., prepare more than the recipe calls for and refrigerate the rest for another meal.

6. Wipe it clean. Clean your kitchen workspace as you go. When you're done there will be little left to clean.

7. Simplify meals. Work around ingredients that are easily available or in season. It's a waste of time to plan a meal only to find out the ingredients are not available. Learn how to make "easy" salads as these are quite easy to make: Fresh greens are available year-round and require less time preparing. Encourage your children to eat fruits for their snack—fruits are convenient, no-cook and nutritious.

8. Jot down. Keep a notepad on the front of the refrigerator for your shopping list. When you run out of something, write it on the list right away. Encourage family members to do the same.

9. Make it big. Prepare favorite beverages such as lemonade, tea and fruit juices in big-sized pitchers so you won't have to make them as often.

10. Use quick mixes. When trying to cut cooking time, use only cooking condiments and/or sauces of the best quality, such as Mama Sita products. They have full-bodied flavors that can stand alone as sauces for Asian dishes. ■

Well, a little advance preparation and some creative menus are all it takes to make mealtime less stressful and more fun.

A recent cooking demonstration organized by Mama Sita, the famous line of mixes and sauces, showed ways on how to cook a bit more wisely and create memorable, tasty yet fuss-free dishes to satisfy the hubby and the hungry brood without having to spend eternity in the kitchen.

The demo was led by culinary expert Nancy Reyes-Lumen, granddaughter of Engracia "Lola Asiang" Reyes, who was the mother of Teresita "Mama Sita" Reyes, and young chef Peachy Reyes, grandchild of Mama Sita.

The Reyeses also shared some nutritional dishes that use a lot of vegetable, fish and chicken enhanced by the addition of Mama Sita products, such as oyster sauce and *pang-gisa* mix.

But more than just cooking, it's about saving a lot of time and energy for most working moms who have to face the demands of cooking at home.

Here are 10 tips that Mama Sita assures can make life easier for career moms.

1. Delegate. Why cook alone when you can share the responsibility of setting up dinner with family members? Each member can assist in preparing the ingredients, such as washing or peeling the veggies, or by washing the dishes and utensils after cooking and after meals.

2. Plan with them. Involve family members in meal planning and take them with you to the supermarket. This is the best way to add some new flavors to your meals since each member may have a different preference and cooking ideas. It will also be a great learning experience for kids. Take note, working as a team is a perfect way to build family ties.

3. Organize. Plan meals at least a week in advance and incorporate the use of leftovers so you don't have to rush home from work everyday just to mind the cooking. For example, the leftover chicken/pork adobo you had for Sunday night can be flaked and refried to make either an *adobo* sandwich or *adobo* fried rice for Monday evening. Leftover fried fish can

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