

Cooking Basics Checklist for Allergen Awareness

Prepare

- Read the recipe, check for potential allergens in ingredients
- Get all the ingredients and cooking gear out
- Prepare all ingredients per the instructions, and ensure no cross-contamination with allergens
- Verify allergen-free ingredients before starting the recipe

Work Safely

- Position pot/pan handles to prevent accidents
- Place a shelf liner or damp kitchen towel under cutting boards to prevent slipping
- Wash hands and sanitize surfaces immediately after touching ingredients with allergens (e.g., peanuts, dairy, shellfish)
- Use separate cutting boards, utensils, and tools for allergen-free items
- Keep allergenic ingredients clearly labeled and separated from other foods

Work Clean

- Keep a kitchen towel close to wipe down surfaces frequently
- Wipe cutting boards and utensils as you go to avoid cross-contamination
- Keep trash can or another disposal nearby to remove packaging and wrappers of allergenic items
- Clean all cookware thoroughly between uses when working with allergenic ingredients

Learn Basic Prep and Cooking Skills

- Chop an onion (check for onion allergies)
- Hard- or soft-boil an egg (note any egg allergies)
- Poach an egg
- Cook pasta and rice (ensure pasta is gluten-free if needed)
- Melt chocolate (ensure chocolate is allergen-free, especially milk-free for those with dairy allergies)
- Make a scrambled egg or an omelet (ensure dairy-free or egg-free options if required)
- Bake a potato
- Stuff and roast a chicken (or turkey)
- Make gravy (ensure it's free of gluten or dairy, if needed)
- Make stock (avoid adding common allergens like soy or gluten)
- Separate an egg
- Knead dough (ensure gluten-free options for those with gluten sensitivity)

- Crush and chop garlic (check for garlic allergies)
- Prepare peppers (note any nightshade allergies)
- Brown meat
- Cook a perfect steak
- Make salad dressing (use allergen-free oils and ingredients)
- Make batter (ensure allergen-free flour and ingredients)
- Rub flour and butter (use dairy-free butter, if needed)
- Line a cake tin (ensure parchment paper or oil is allergen-friendly)
- Make tomato sauce (ensure no hidden allergens like soy or gluten)
- Pit an avocado (ensure no cross-contact with other allergens)
- Whip cream (use dairy-free cream alternatives if needed)
- Segment an orange (note citrus allergies)

Master Key Cooking Methods

- Braising** (ensure broth or stock is allergen-free)
- Roasting** (separate allergen-free ingredients on different trays)
- Boiling** (use separate pots for allergen-free options if necessary)
- Baking** (always check for allergen-free flour, dairy, and eggs)
- Browning** (ensure no cross-contact with allergens)
- Searing** (use separate pans for allergen-free options)
- Grilling** (prevent cross-contact by using separate grills or surfaces for allergen-free items)
- Frying** (use separate oils for allergen-free options, such as nut-free or gluten-free)
- Basting** (check for allergens in basting sauces or marinades)
- Broiling** (ensure no cross-contact with allergens on the broiler pan)