# Speed-Cooking for Meal Prep

This playbook outlines techniques and strategies to reduce cooking time during meal preparation. It encompasses rapid cooking methods and kitchen shortcuts aimed at making the meal prep process more efficient.

### Step 1: Plan Meals

Begin by planning the meals you intend to prepare, focusing on recipes that are known for their quick cooking times or can be easily adapted to become quicker.

### Step 2: Prep Ingredients

Gather all necessary ingredients before starting. Use techniques such as chopping vegetables in advance or buying pre-cut items to save time.

### Step 3: Organize Kitchen

Arrange your cooking space for efficiency. Keep commonly used tools and ingredients within easy reach to avoid wasted time searching.

### Step 4: Use Techniques

Implement cooking methods that are inherently fast, such as stir-frying, broiling, or pressure cooking.

### Step 5: Batch Tasks

Group similar tasks together to streamline the cooking process, like chopping all vegetables before starting or cooking multiple portions of a dish at once.

### Step 6: Optimize Cookware

Select cookware that conducts heat efficiently, like cast iron or anodized aluminum, and be mindful of the size to ensure even and quick cooking.

### Step 7: Manage Time

Use timers and be mindful of the order in which you cook items to maximize the use of your time, such as starting with items that take longer to cook.

## General Notes

### Safety First

Never sacrifice safety for speed. Always handle knives carefully, do not leave cooking food unattended, and be cautious when using high heat.

### Seasonal Ingredients

Using seasonal ingredients can enhance flavor and reduce cooking times, as these tend to be fresher and require less manipulation.

### Quality Tools

Invest in quality kitchen tools that are durable and perform well, such as a good chef's knife or a high-powered blender, which can save time in the long run.