**How to Start Cooking at Home**

Now that you’ve discovered how beneficial cooking from home can be, you may be wondering how to get started. If you haven’t done a lot of home cooking before, there’s a few things you’ll want to do before you begin.

Here, you’ll discover how to get started cooking at home and some great tips you can follow.

**Start off slowly**

In your excitement to start improving your health, it’s common to take an ‘all or nothing’ approach to cooking. That is, you attempt to cook your entire week’s meals for the first time.

While you definitely want to work up to cooking almost every night, it’s not a good idea to jump right into exclusive home cooking.

This is because you need to build up your skills and change your routine. Starting off slowly by cooking just a few nights a week, or even just one night to begin with, will help you achieve more success than going all out with it.

Starting off slowly allows you to develop a routine and cooking habits that you’ll be able to stick to.

**Stock up on ingredients**

While each recipe you decide to cook will require different ingredients, there are some staples you’ll want to have in your pantry.

Stocking up on dry ingredients and oils for example, will make cooking from home much more affordable. It will also reduce the things you’ll actually need when you are ready to try new recipes.

Some of the most common things to stock up on include:

* Herbs
* Spices
* Oils
* Condiments
* Baking supplies such as flour

You could take a look at recipes you’ll likely want to cook and see what kind of staples they use. This will give you a better idea of the ingredients to stock up on.

**Ensure you have the right equipment**

As well as staple ingredients, you’re going to need some equipment to get started. This includes pots and pans, measuring jugs and cooking utensils.

You’ll find it tough to cook at home if you don’t have the right equipment. Remember, the higher quality the equipment, the better results you’re going to produce. So, invest in the bets quality equipment you can afford.

**Learn the basics**

Once you’ve stocked up on the ingredients and equipment you’ll need, it’s time to learn the basics.

One of the first things you’ll want to learn is the different cooking terms you’ll come across. For example, do you know what it means when a recipe tells you to cook something al dente? Learning the different terms will ensure you can follow recipes correctly.

You’ll also want to learn basic chopping skills and discover as much about cooking as you can before you begin.

**Consider cooking in bulk**

A great way to get started with cooking from home, is to cook meals in bulk. This way, you’ll simply be cooking one recipe from scratch, using it for multiple meals during the week or month.

A lot of recipes allow you to freeze portions. Think spaghetti Bolognese, stews and macaroni cheese for example. This is a particularly great tip for those who struggle to find the time to cook every night. Once you’ve cooked a meal in bulk, you’ll simply need to warm it up on the additional days you want it.

If you follow these great tips above, it will really help you to get started with home cooking. Like any habit, it takes time to get into a cooking routine. There is a surprising amount to learn before you get started too. So, why not begin by researching everything you need to know about the cooking basics?