

NONNA KNOWS BEST

Lucia's 7 Rules Before Dinner

A one-page checklist you can actually use tonight. Tape it inside a cupboard door.

- ☐ **1 Dry food before it hits hot metal.**
Wet food steams instead of browning — a paper towel is the cheapest nonstick coating there is.

- ☐ **2 Preheat before adding food.**
Give the pan a few patient minutes on medium; food grips cold metal and lets go of hot.

- ☐ **3 Taste before adding more salt.**
Half the time the dish isn't missing salt — it's missing acid. Taste first, then decide.

- ☐ **4 Don't crowd the pan.**
A crowded pan traps steam and cancels the browning you wanted. Cook in batches; the second batch is worth the wait.

- ☐ **5 Save pasta water.**
A mug of that starchy water is what makes sauce hold onto pasta instead of sliding off.

- ☐ **6 Label leftovers immediately.**
What it is and when you made it — unlabeled food is future garbage.

- ☐ **7 Use the oldest food first.**
New groceries go behind the old ones, every single time. The shelf does the remembering for you.

Want the rest of the rules? Two rulebooks and the Complete Collection live at
nonna-lucia.netlify.app