



Kitchen Care: Expert Tips and Techniques Guide

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ABSTRACT

The kitchen is the heart of any home, where culinary creativity thrives and cherished memories are made. "Kitchen Care: Expert Tips and Techniques Guide" is a comprehensive resource designed to empower individuals with the knowledge and skills necessary to maintain a pristine and efficient kitchen environment.



This guide covers a wide array of topics, including cleaning and organizing strategies, appliance maintenance, food safety practices, and sustainable kitchen habits. Drawing upon the expertise of seasoned professionals and culinary enthusiasts, it offers practical advice and innovative solutions to common challenges faced in the kitchen.

LET'S GET STARTED

"Kitchen Care: Expert Tips and Techniques Guide" offers a comprehensive overview of strategies and practices to maintain a clean, organized, and efficient kitchen environment. In today's fast-paced world, the kitchen serves as more than just a place to prepare meals; it's a hub for socializing, creativity, and nourishment. This guide recognizes the importance of a well-maintained kitchen in facilitating

these activities and provides expert insights to help readers optimize their kitchen spaces.

Food safety is of paramount importance in the kitchen, and the guide provides essential guidelines to prevent cross-contamination, store perishable items properly, and handle food safely to avoid foodborne illnesses. Moreover, it highlights the importance of sustainability in kitchen practices, encouraging readers to adopt eco-friendly habits such as reducing food waste, composting organic materials, and choosing energy-efficient appliances.

WHY DOES KITCHEN CARE MATTER?

Kitchen care matters for several reasons, encompassing hygiene, efficiency, safety, and sustainability. At its core, the kitchen is where food preparation occurs, making it vital to maintain a clean and hygienic environment to prevent foodborne illnesses and ensure the health and well-being of individuals consuming meals.



Hygiene is paramount in the kitchen as it directly impacts the safety of the food being prepared. Bacteria, mold, and other pathogens can thrive in unclean environments, posing significant health risks if ingested. Proper cleaning of surfaces, utensils, and appliances helps mitigate these risks and promotes food

safety. Efficiency is another key aspect of kitchen care. An organized and well-maintained kitchen enables smooth and efficient meal preparation, reducing time spent searching for ingredients, utensils, or tools. By implementing effective organization strategies and keeping appliances in good working condition, individuals can streamline their cooking processes and optimize their time in the kitchen.

Safety is also a critical consideration in kitchen care. Malfunctioning appliances, cluttered countertops, and improper handling of food can all lead to accidents and injuries. Regular maintenance of kitchen equipment, along with adherence to proper food handling practices, minimizes the risk of accidents and promotes a safe cooking environment for everyone.

Furthermore, kitchen care plays a significant role in sustainability efforts. By reducing food waste, conserving energy, and utilizing eco-friendly cleaning products, individuals can minimize their environmental footprint and contribute to a healthier planet. Sustainable kitchen practices, such as composting food scraps and choosing energy-efficient appliances, not only benefit the environment but also save money in the long run.

HOW CAN YOU ORGANISE YOUR KITCHEN PROPERLY?

The kitchen is the beating heart of a home, where the aroma of delicious meals fills the air and laughter echoes through the space. But, if the counters are cluttered with appliances and the cupboards are overflowing with pots and pans, it can feel more like a war zone than a warm and inviting landing pad.

Imagine a kitchen where everything has a designated place, where you can find the right lid for your pot in seconds and where you can prepare dinner without having to move mountains of Tupperware. A well-organized kitchen can be the key to a more relaxed, stress-free home. It's time to take control of your kitchen and turn it into the inviting and functional space you deserve. Here's how to organize and clean your kitchen like a professional.

Where to Start With Kitchen Organization

Starting the process of organizing your kitchen can be overwhelming, especially when you're staring at a mountain of dishes, a cluttered countertop and a pantry that looks like a tornado ran through it. But don't panic. Just like with any big project, the key is to start small. Break it down into manageable chunks and tackle one area at a time.

To paint a broad view, you could start by cleaning off the counters which should help you feel like you are working with a blank canvas. You can then focus on one cupboard and drawer at a time so the task doesn't feel too enormous. The lack of stress in knowing you can find anything in your kitchen immediately will be worth any headache you might experience during the process. Once you start seeing progress, it will be easier to keep muddling through the task and before you know it, your kitchen will be the room you always hoped it would be.



9 Steps to Decluttering Your Kitchen

- **Clear the Clutter**

Think of this step as hitting the reset button on your kitchen. The end goal here is to be able to move forward with a clean slate in order to design your dream space. Start by sweeping off any items from your counters and like

magic, you'll start to see the full potential of your kitchen. This may seem like a small step but it makes a big difference.

- **Purge and Sort**

Imagine this step as a treasure hunt in your own kitchen, where you'll unearth hidden gems you've been missing out on. Start by sorting through every cabinet and drawer to identify any expired spices, broken utensils or any items you simply don't use anymore. To play into the treasure hunt theme, don't keep anything that doesn't have value to you anymore. So grab a trash bag and discard the coal and keep the gold.

- **Create Zones**

Creating zones is like designing your own culinary masterpiece. Imagine each cupboard and drawer as your favorite meal or dish and each item as the different ingredients. Start by grouping like items together such as:

- Utensils
- Food
- Appliances
- Cutting boards

The list could go on, but the goal here is to be able to find what you need quickly and easily, just like finding the perfect ingredient can elevate a dish. So grab a marker and map out the design recipe that will take your kitchen over the top.

- **Get Labeled**

Shine the spotlight to illuminate your kitchen's hidden gems. Picture opening your pantry and fridge and being able to see everything clearly. Clear containers are the game changer here. Using airtight, clear containers allows you to store food safely and for longer periods. They also help with organization by being able to group like items, and the fact you can see inside the container can help make sure you don't run out of your favorite foods. Next time you are at your favorite home goods store, grab some clear containers and give your kitchen the spotlight it deserves.

- **Streamline Your Surfaces**

Just because most appliances and kitchen gadgets are marketed as countertop-friendly, doesn't mean that they should always be on display. Leaving them out can make your kitchen feel cluttered and claustrophobic.

Instead, prioritize the items you use daily like the coffee maker and maybe a toaster. Everything else should be stored away in the pantry or a dedicated cabinet. This will help keep the kitchen feeling functional versus disorderly.

- **Hang It Up**

This will give your kitchen an immediate makeover. Free up valuable cabinet space by hanging mugs and wine glasses underneath your cabinets, like pictures on a wall. You can also add hooks on the inside of your cabinet doors to hold items such as:

- Measuring cups
- Kitchen gadgets
- Pot lids
- Oven mitts

Consider installing a ceiling rack as well to hang your pots and pans, like a chandelier. Not only is this a practical solution but it will also give your kitchen a unique touch.

- **Divide and Conquer**

Drawer dividers are the gold standard of organization. They work perfectly for every drawer in your kitchen, giving each utensil and accessory its own little home while solving the solution to clutter. Almost like a librarian cataloging books, you'll be able to find what you need quickly and easily when your kitchen drawers are neat and tidy.

- **Be Cool and Collected**

Maintaining an organized fridge and freezer is essential to a smoothly-operating kitchen. Try categorizing similar items together and assigning them specific locations within the refrigerator and freezer. Additionally, it is important to establish a regular schedule for decluttering and discarding expired or spoiled items.

To increase visibility and efficiency, you can also use clear containers for storage. Implementing these methods will not only make it easier to find your food items, but will also help preserve them for longer. This is because airtight containers are typically better suited for storing food items than their original packaging from the grocery store.

- **Re-Evaluate, Reorganize and Rejoice**

When it comes to reorganizing your kitchen, it's important to take your time and get a feel for the space before making any drastic changes. Give yourself several weeks to get accustomed to your new kitchen and pay attention to what's working and what's not. If you find yourself constantly struggling with the location of certain items, jot it down to revisit later.

Remember, don't put too much pressure on yourself to get it perfect the first time. Every kitchen is unique, and what may be a great organizational technique for one, may not be as effective for another. Embrace the process, be open to experimentation and, most importantly, have fun with it.

CLEANING VS SANITISING KITCHEN AREA

As a food business, cleaning and sanitising are important ways to prevent harmful microorganisms or other things contaminating food and making it unsafe to eat.



What are the requirements?

Under Standard 3.2.2 - Food Safety Practices and General Requirements, food businesses need to keep their premises, fixtures, fittings, equipment and food transport vehicles clean and sanitary. This means:

- things like food scraps, garbage, dirt, grease etc should not be left to accumulate
- utensils and surfaces that come in contact with food should be clean and sanitary

Getting it right

Cleaning:

- pre-clean utensils by scraping or wiping food scraps off surfaces and rinse with water
- wash with hot water and detergent to remove grease and food residue (soak if needed)
- rinse off the detergent.

Sanitising:

- soak items in very hot water (77°C for 30 sec) or in diluted bleach, or
- saturate items with 70% isopropyl alcohol or ethanol, or
- use a commercial sanitiser and follow the manufacturer's instructions, or
- use a dishwasher that can sanitise (usually the longest hottest setting)
- air-drying is best
- where you can, remove parts like stab mixer sticks and slicer blades to sanitise.

Tips for using bleach

- use plain bleach to minimise the risk of it contaminating or tainting items
- for cold water, use 100 ppm chlorine - add 10 ml commercial bleach or 25 ml household bleach to 10L water
- for warm water, use 50 ppm chlorine - add 5 ml commercial bleach or 12.5 ml household bleach to 10L water

- contact time is usually 10-30 seconds but check the manufacturer's instructions
- throw diluted bleach away after 24 hours.

Tips for using dishwasher

- follow the manufacturer's instructions and use the right detergent or sanitising chemical
- scrape or rinse excess food off before placing in the dishwasher
- place items in a way so that water can reach all surfaces
- use the longest, hottest cycle (or the program designed for sanitation)
- check that items are clean and dry when the cycle ends
- use clean hands to unpack the dishwasher
- clean and service the dishwasher regularly (including filters).

GOLDEN RULES FOR FOOD SAFETY IN AUSTRALIA

Practicing proper food safety is essential to prevent foodborne illnesses and ensure the health of everyone consuming meals. Here are some key tips, often considered the golden rules, for maintaining food safety in the kitchen:



1. **Cleanliness:** Wash hands thoroughly with soap and water before and after handling food, especially after handling raw meat, poultry, seafood, or eggs. Clean surfaces, utensils, and cutting boards with hot, soapy water after each use to prevent cross-contamination.

2. **Separation:** Keep raw meats, poultry, seafood, and eggs separate from ready-to-eat foods like fruits, vegetables, and cooked items to prevent the spread of harmful bacteria. Use separate cutting boards and utensils for raw and cooked foods, and never place cooked food on surfaces that previously held raw products.

3. **Cook thoroughly:** Ensure that foods, especially meat, poultry, seafood, and eggs, are cooked to the appropriate internal temperature to kill harmful bacteria. Use a food thermometer to verify that the internal temperature reaches the recommended levels: 165°F (74°C) for poultry, 145°F (63°C) for whole cuts of beef, pork, veal, and lamb, and 160°F (71°C) for ground meats.

4. **Refrigeration:** Refrigerate perishable foods promptly, ideally within two hours of cooking or purchasing. Keep the refrigerator temperature at or below 40°F (4°C) and the freezer at 0°F (-18°C) to slow the growth of bacteria. Thaw frozen foods safely in the refrigerator, microwave, or cold water, not on the countertop.

5. **Storage:** Store foods properly to maintain freshness and prevent spoilage. Use airtight containers or wraps to store leftovers and ensure that perishable items are not kept at room temperature for extended periods. Rotate food items in the refrigerator to use older items first and avoid waste.

6. **Beware of expiration dates:** Check expiration dates on packaged foods and discard any items that have expired. Follow storage instructions provided on food packaging to maintain quality and safety.

By following these golden rules for food safety, you can minimize the risk of food borne illnesses and ensure that meals are enjoyed safely by everyone.

HOW TO REDUCE FOOD WASTE IN AUSTRALIA ?

Food waste is food intended for human consumption which is then thrown away. It includes food items that are recycled to make compost.

Food is wasted at every point along the food supply and consumption chain. This includes food waste from:

- farms
- processing and transport
- hospitality operators
- supermarkets
- households.



Australia’s problem with food waste

Food waste is a major problem in Australia. It has significant environmental and economic impacts. The National Food Waste Strategy Feasibility Study reported that:

- Food waste costs the Australian economy around \$36.6 billion each year.
- Each year Australians waste around 7.6 million tonnes of food across the food supply chain. This equals about 312kg per person and can cost up to \$2,500 per household per year.
- Food waste accounts for about 3% of Australia's annual greenhouse gas emissions.
- Australia uses around 2,600 gigalitres of water to grow food that is wasted. This equals the volume of water in 5 Sydney Harbours.
- The amount of land used to grow wasted food in Australia covers more than 25 million hectares. This is a landmass larger than the state of Victoria.
- As a sector, households generate the most food waste in Australia and are responsible for about 30% of the total. This equals around 2.5 million tonnes per year.

The food waste challenge

Reducing food waste is a complex challenge. The solution must consider how to reduce food waste across different parts of the supply chain, from farms to retailers. Food service settings and our own households also play an important role.

The choices individuals make have an impact on how much food waste we produce. These choices are influenced by people's attitudes and behaviours towards food. Targeted behaviour-change interventions are therefore also a key part of the solution.

There are opportunities to further reduce food waste by:

- effectively redistributing surplus food to Australians in need
- repurposing potential food waste for use in other products.

10 TIPS FOR KEEPING YOUR KITCHEN CLEAN

- Keep it minimal

A few years ago, my counters were lined end to end with appliances, jars, utensils, etc. I was perfectly content with that, and felt that my kitchen was tidy.

Someone commented on my blog mentioning that I had SO much stuff on my counters. I didn't think much of it because I liked my stuff displayed and within easy reach. Then I read an article about how it's much better to put everything away in a cupboard so your counters are completely clear. That sounded extreme to me. Besides, there was NO way I could fit everything on my counters into my cupboards

But then I tried it. And it was heavenly.

Without a bunch of junk cluttering up your counters, you have so much more room for prep work. Plus you're more motivated to actually wipe down your counters if you don't have to move everything first. And if anything is out of place, it's super obvious.

I know this isn't for everyone, but the more things you can put away in your cupboards, the better. If you don't have room in your cupboards, throw out, donate, or sell things that you never use.

- Start with a clean kitchen

If at all possible, don't start cooking until your kitchen is relatively clean. If you start cooking and your kitchen is already a disaster, you'll just get depressed and throw up your hands in despair after cooking a meal.

If you start with a clean slate, you'll be more motivated to keep it clean.

- Clean while you wait

If you find yourself with some free time in the kitchen, use it wisely! For example, if you're waiting for a pot of water to come to a boil, instead of standing around, do a bit of cleaning. Start unloading the dishwasher. Put away cooking utensils that you're done using. Wipe down the counters. You'll be amazed at how much you can get done during the in-between times of cooking.

- Let the water out of the sink right away

I know this sounds super basic, but it really makes a difference. It's so gross when I forget to let the water out, and have to stick my hands in cold, greasy water. If you do it right after you wash dishes, it's way easier to wipe out the sink.

- Wipe out the sink after washing dishes

I know it's super gross, but I used to leave all the little chunks of food from washing dishes in the sink when I was done. If you take 2 minutes to dump out the food scraps and wipe down the surfaces, your sink will be ready to go the next time you need to wash dishes. #worthit

- Clean up spills ASAP

This is another one that we all know we should do, but neglect when we are in a hurry. The reality is, if you get to a spill as soon as possible, it will be so much easier to clean up. Dried-on gunk has to be soaked or scraped first, when it could have been cleaned up with a simple wipe.

- Clean as you go

Along those same lines, it's a good idea to put things away as you go when you cook (my mom tried to teach me this one). Instead of leaving everything out on your counter, put things away as you use them.

Now, if you're really in a rush to get something in the oven, it can be handy to mix it together as fast as you can, and clean up the mess while it bakes. Just make sure you actually do clean up after yourself...

- Have a compost/trash bowl

Instead of throwing your food scraps onto the counter, it's much more efficient to place them in a dedicated compost bowl. This way you don't have to wipe up the food juice, and you can quickly dump the scraps all at once. You can even peel carrots, potatoes, cucumbers, etc. directly into the bowl to save time.

- A place for everything

Have a place for everything, and everything—you know what I mean!

Instead of having things scattered here and there about your kitchen, it's much better to have similar things all in one spot. For example, I have a large plate on which I keep all of my non-refrigerated fruit. I also like to keep all of my cooking utensils on one end of my kitchen. That gives me a long expanse of counter with nothing on it. Glorious!

- Have set days and times for doing things

I have found that forgetfulness is one of my main reasons for not getting certain chores done. When you have set days for doing certain things, it's much easier to actually remember to do them!

For example, my stove used to get so grimy because I never remembered to wipe it down. Now that I have a set day for doing it, it's much more likely to get done. I don't always get to it on exactly the right day, but just knowing that it needs to be done once a week really helps.

You can also have certain times of the day for specific chores. For example, I like to unload the dishwasher after breakfast. That way, it's ready to be filled throughout the day. And I like to wash dishes right after supper whenever possible. Then I can wake up to a clean kitchen!

HOW TO CLEAN KITCHEN WOOD CABINETS?

Wooden cabinets are the classic backdrop of your kitchen. They bring charm and beauty to your cooking station. So, it becomes imperative to keep them clean and shiny all the time. However, these take a lot of wear and tear because of splattered oil, grease, dust build-up, and much more. As these cabinets collect blemishes and grime every time you cook, regularly clean those using the proper products and tools. Here is a comprehensive guide to help clean kitchen wood cabinets with natural or chemical-free cleaning products. But be extra cautious because excessive scrubbing can leave scratches on your finished wood. That's why most tenants outsource cheap end of lease cleaning Sydney when running at the end of their tenancy. They thoroughly spruce up the entire property, including your wood

cabinets, kitchen appliances, windows, bathroom fixtures, floors, etc to help get full bond money back without any hassle. But the following tips will make it super easy to remove build-up grime and grease from your kitchen cabinets:

How Often Should You Clean Kitchen Cabinets?

The cleaning frequency depends on how often you cook in the kitchen. The wood cabinets get extremely dirty when you heat oil and fat during cooking. The oil becomes airborne and spreads into the room- around your stovetop, oven and cabinets. This attracts loose dust particles and debris over the greasy and oily wood surface. So, it is important to clean your kitchen cabinets:

- Weekly: Use a DIY cleaning solution and wipe away oil splatters, fingerprints and grime.
- Monthly: Remove all contents from your cabinets and deep clean every nook and cranny using a mild cleaner. Use a soft-bristled brush to tackle stubborn stains.

Tip: Consider the fire safety in your home whenever you cook meals to keep your family safe.

Types Of Stains To Remove From Wood Cabinets

Before getting into the process, let's figure out the common types of stains to deal with. This will help you achieve better outcomes:

1. Fingerprints

The dirty and oily residue on your fingers can leave unpleasant marks on your polished wooden cabinets. It can easily be treated with a white vinegar solution.

2. Build-Up Grease

The kitchen cabinets tend to accumulate sticky and stubborn grease stains. This can make the wood finish look dull and dingy. Well, you can use the same vinegar solution for sparkling results.

3. Food Splatters

This often happens during the cooking process. From ketchup spills to juice and coffee splatters, your cabinets take a lot on a daily basis. You can tackle food messes using baking soda, which is mildly abrasive and can do wonders in removing dried stains. However, it is always good to hire professionals for a quality end of lease cleaning Sydney to get your full bond back. They follow the pre-approved checklist, as they clean your kitchen for a bond clean, living room, cabinets, and other surfaces with perfection.

4. Hard Water Stains

Do you see white blemishes or stains on your wood cabinets? This could be because of hard water. When hard water evaporates, it will leave mineral deposits behind, causing a nasty stain on the surface. While removing mineral or calcium deposits from delicate wood cabinets require a lot of elbow grease, you can easily tackle them using the right method. Use all natural cleaning products or baking soda to tackle stains and grime. Tip: It is good to swap tap water with distilled water whenever you clean cabinets. This will prevent the accumulation of limescale or white stains on the surface.



Step-By-Step Guide To Clean Kitchen Wood Cabinets

Learn the best way to eliminate all types of stains, caked-on-grime and grease from your beautiful wood cabinets:

1. Arrange Necessary Cleaning Products & Tools

- Make sure you stock up on the following cleaning supplies:
- Microfiber cloths
- Vacuum cleaner with a crevice attachment
- Dishwashing Liquid
- White vinegar
- Baking soda

Use hot water for effective cleaning and removal of gunk and food messes.

2. Remove Food Contents From Cabinets

Empty your kitchen cabinet by taking out all food items, such as jars, bottles, food packets, utensils, etc. This will make cleaning super easy and save you a lot of time. As you empty, make sure you group similar items and decide what to keep and what to toss. This will maximise storage space in your kitchen.

3. Eliminate Food Crumbs And Dust From The Inside

Take out your handheld vacuum cleaner with a crevice attachment to remove dust particles, food messes and grime from pesky nooks and crannies. You can also use a brush attachment for heavier dust and grime.

4. Prepare A DIY Cleaning Solution

Once you are done with dusting, take a spray bottle and add equal parts of white vinegar, water and one teaspoon of liquid dishwashing detergent. The vinegar helps you cut through build-up oil and grease without causing any damage. Spray the solution, leave it for a few minutes before gently scrubbing or wiping with a sponge. Make sure you rinse and dry the surface to see sparkling results. For more effective results, you can use cleaning vinegar as it is more acidic and can break down built-up grease, grime, gunk and other stubborn stains from the surface. However, it is good to use the diluted version of cleaning vinegar and clean your

wooden cabinets with a damp cloth. Tip: Test the solution on a hidden area to see how it reacts.

5. Clean Inside Doors And Shelves

Do not forget to clean the interiors of your cabinets. Spray the white vinegar solution and wait for a few minutes until you wipe down with a clean cloth. In order to tackle food messes, you can sprinkle a generous amount of baking soda and let it sit for another 5 minutes. Wipe down the surface again.

6. Spray Outside The Cabinet

Start spraying the solution outside the wood cabinet. Cover the doors, walls and top of your storage unit. Allow it to rest for three to five minutes. This will break down tough stains and make your work easier. Tip: You can also try unusual cleaning hacks to keep your entire house clean and shiny all year round.

7. Wipe Clean Using A Microfiber Cloth

Instead of using any fancy tool, you can grab a microfiber cloth and wipe your kitchen cabinets inside and out. Do it gently to achieve shiny results. You can also repeat the process and wipe clean the dirt-laden outer surfaces again.

8. Buff Dry The Surface

Take a clean and dry microfiber cloth and dry all surfaces. Don't leave the doors, sides and handles. However, if you want to clean up the entire rental property before the property inspection, book certified end of lease cleaners in Sydney. They can help you get your rental bond back without letting you face any dispute.

Wrapping Up

Shiny and clean wood cabinets can transform your entire kitchen. You can follow this article and learn how to tackle build-up grease, grime and gunk from your kitchen cabinets. You will need eco-friendly products that are super effective, affordable and convenient to use.

CONCLUSION

In conclusion, prioritizing food safety in the kitchen is paramount for the health and well-being of individuals and their families. By adhering to the golden rules of food safety, including cleanliness, separation, thorough cooking, proper refrigeration, storage, and awareness of expiration dates, individuals can significantly reduce the risk of foodborne illnesses and promote a safe culinary environment.



Maintaining a clean and organized kitchen, washing hands frequently, and using separate utensils for raw and cooked foods help prevent cross-contamination and the spread of harmful bacteria. Cooking foods to the appropriate internal temperatures and refrigerating perishable items promptly inhibit the growth of pathogens and preserve food quality.

Ultimately, fostering a culture of food safety in the kitchen requires diligence, awareness, and a commitment to best practices. By following these guidelines, individuals can enjoy meals with confidence, knowing that they have taken the necessary steps to protect themselves and their loved ones from foodborne hazards.

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