

THE KITCHEN **REALITY** CHECKLIST

This is not a recipe book.

This document identifies **silent mistakes** that sabotage your cooking — even when you follow recipes perfectly.

RULE #01

Trusting “Viral” Kitchen Advice

Most viral tips optimize for views, not outcomes. They solve problems that don’t actually exist.

Rule: If it looks clever, question it.

RULE #02

Treating All Heat the Same

“High heat” is not better heat. Different ingredients require different thermal behavior.

Rule: Heat is a variable, not a setting.

RULE #03

Moving Food Too Early

If food sticks, it’s not ready. Interference causes steaming instead of browning.

Rule: Resistance means patience.

RULE #04

Ignoring Rest Time

Cutting immediately releases internal moisture and flavor.

Rule: Cooking doesn’t end when heat stops.

RULE #05

Storing Ingredients Incorrectly

Cold preserves safety — not flavor. Some foods degrade faster in refrigeration.

Rule: Storage affects taste before spoilage.

RULE #06

Measuring by Volume

Cups vary. Scoops lie. Weight is the only consistent measurement.

Rule: Volume guesses. Mass knows.

RULE #07

Believing Tools Fix Technique

Better gear cannot correct flawed decisions.

Rule: Logic beats equipment.

This checklist stops at Rule #07.

Rule #08 arrives in your inbox.

LOGIC OVER TRENDS.