

Mise en Place

Kitchen

Preparing everything before the heat goes on, and why it matters most.

The organising principle of every professional kitchen.

1

Read the whole recipe

Twice. Note anything needing time — resting, chilling, soaking.

2

Prepare every ingredient

Chopped, measured, in bowls, in the order they are used.

3

Set out the equipment

Pans, utensils, trays, timer.

4

Clear the space

Bin ready, sink empty, one clear working surface.

5

Then start cooking

From this point on, cooking is only assembly and heat.

WHERE IT MATTERS MOST

Stir-frying — seconds per step

Risotto — constant attention

Anything with multiple simultaneous components

It feels slower and is faster. Nearly every burnt garlic in a home kitchen was chopped after the pan was already hot.