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Fast Cooking – 3 Easy Tricks How to Prepare Oven Dishes With Minimal Effort

When you are in a hurry and don't have time to cook, using your oven is the least thing you would consider. Oven dishes are not precisely what we consider to be fast cooking, since most of them take quite some time.

Yet I found that my oven is a great asset on days when I am at home but still I don't actually have time to cook. Like Saturdays when I have to do all the housework I never got to during the week. Or Sundays when I would like to prepare a special meal but I don't feel like standing in the kitchen.

There are many oven dishes that taste and look special and impressing whilst requiring only little time to prepare. And once in the oven, they basically cook themselves. I set my timer and quickly check on my food at certain times, and otherwise I can do some other work or simply relax. No need to worry about how long the food will take. That's a perfect opportunity to enjoy long-cooking foods without having to invest much actual working time.

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Here are some tips for getting your fabulous dishes into the oven quick:

Use ready-to-use or no sauces

Use easy-to-prepare foods

Only do what you really have to

Tip #1: Use ready-to-use or no sauces

If you need to prepare your veggies and still make a sauce you won't get the preparation done in half an hour, so say goodbye to sauces. If your veggies need liquid to cook, add some chicken or vegetable stock and cover with foil, or cover the vegetables with a mixture of milk and beaten eggs (I use about half a liter and 2 eggs for 1,5 kg veggies).

Alternately, prepare your sauce in advance. Most vegetable or veggie-meat sauces can easily be frozen. If you love your sauce Bolognese for example, cook a lot of in one day and freeze portions of it. When you feel like having a quick lasagna, simply defrost your sauce, add to the pasta, cover with cheese, and done you are.

Tip #2: Use easy-to-prepare foods

Use mainly foods that don't require much preparation. That is

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everything that does not need to be peeled and has no pips or seeds to remove, like tomatoes, mushrooms, marrows, aubergines, broccoli or cauliflower. Peppers, potatoes and carrots are also good to use if you are a bit skilled in peeling and seeding them (tip for preparing peppers faster: quarter them, cut the stem away and wash the seeds off under running water).

If it comes to meat, we talk about everything you just need to wash and season, like chops, fillets or chicken pieces.

Tip #3: Only do what you really have to

Cut your meat and veggies (especially the faster cooking ones) into rather large pieces. If you don't care much whether your food takes half an hour or one hour in the oven as long as you get it in quick, then there is no need to finely chop things. Larger cuts simply go quicker.

You may also want to buy foods that are already washed, peeled, seeded and cut so that you can use them straight away. Many vegetables are available like that. And check the instructions on frozen foods if they can be baked in the oven from frozen.

If you want a cheese topping, buy your cheese grated or grate it a day or two in advance. If you use it often, you can

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constantly keep stock of grated cheese in your fridge.

If you apply these three simple yet effective tips, you will be able to create great healthy meals in your oven without having to spend much time actually working in the kitchen. Get your food in the oven quickly, then check on it periodically (don't forget to set your timer) and do whatever you want whilst your food is cooking itself.

Bettina Berlin is a health professional specializing in healthy nutrition even on a tight schedule. Eating healthy and thus maintaining a healthy weight can significantly improve your health and help prevent many diseases. Is your life so hectic that preparing healthy food often seems impossible? Then visit <http://www.elishas-quick-recipes.blogspot.com> today and get your FREE fast cooking tips and much delicious quick easy recipes!

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Is Microwave Cooking Safe and Healthy?

Almost every modern house owns a microwave oven today. Many people find it convenient, quick and safe to use. But, is it safe to use a microwave oven? Many health experts believe that microwaves are not good for health, and thus should never be used. Here's why:

Microwaves harm food particles

Microwave Oven produces microwaves that can severely harm the cell wall of foods. As a result, the gut receptors fail to identify microwaved food particles as food. Do you know that microwave technology is used in the field of gene altering technology to reduce the strength of cell membranes? Therefore, you should avoid using a microwave oven.

Microwaves affect the nutritional value of food

Many health studies indicate that foods cooked in a Microwave Oven lose lots of important nutrients. According to a study, broccoli cooked in it loses more than 90% of its antioxidant chemicals. On the other hand, steamed broccoli loses only 10%

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of its total antioxidants. Similarly, meat cooked in the also loses much of its nutritional value.

Microwaves produce harmful radiation

An oven produces lots of electromagnetic radiation, which can be harmful. In fact, you should avoid going into the kitchen or near it to avoid these electromagnetic fields. Many doctors believe that there is a sharp increase of childhood cancers due to the exposure caused by electromagnetic waves. No wonder, many hospitals have stopped using these ovens for heating baby foods or formula milk.

Microwave heating is harmful

When you heat food in an oven, the chemical components polymers, paper, and paperboard products enter into the food, which can make it unhealthy and unsafe to use.

If you cannot avoid using a microwave oven, you should operate it on a low power setting to cause less damage to the food particles. It is highly recommended to avoid heating breast milk even at low settings as it can damage the disease fighting capacity of breast milk. So, avoid using this oven as much as possible even for preparing adults food.

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Helen R. Miller is a diet control fanatic, who has lost over 70 pounds of body fat. She shares her amazing story of how she did it through her weight and diet control blog.

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Enameled Cast Iron Dutch Ovens Are Easy to Use

When it comes to preparing all the food you love, Dutch ovens are a must. They can turn any dish into your favorite comfort food. When the days and nights get chilly, these cast iron cookware are great to use. They enable you to make delicious soups and stews that are heartwarming and hearty.

There is a long history when it comes to Dutch ovens. There are a lot of theories as to how it got started in the United States. Most believe that Pilgrims who came from Holland boarded the Mayflower and brought it to the country. Some say that American pioneers molded and cast their own Dutch ovens. Whichever the case is, it has become a part of cooking for Americans. Traditional Dutch oven cooking is very rewarding.

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In fact, there are still a lot of people who support this. Old fashioned ovens have a rounded bottom, and come with a stand. Sometimes, a wire can be use so that the pot is suspended over an open fire. However, perhaps the most popular cooking technique is using charcoal briquettes or hot coals. Usually, the pot is placed in a hole in the ground (or fire pit). Charcoal briquette or coal pieces are then placed at the lid of the pot and the bottom. The lid of the pot is specially designed to keep any ashes out of the food.

Rounded bottom Dutch ovens are very traditional. However, they can be quite hard to use indoors, especially on a stovetop or oven. They are harder to balance, and are more suited for outdoor use. This doesn't mean that you can't use a Dutch oven inside the kitchen. You can use flat-bottomed ovens when cooking indoors. These are easier to use as you can mount it on the stove or cook your food in the oven. These are more versatile, as although they do not come with a stand, you can use them outdoors as well.

There are a few quirks when it comes to Dutch ovens. The main problem for people is that they need special care and attention. You can't just put them in the dishwasher like all your other pots. You'll have to use very hot water or just

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burn off any food that sticks to the bottom. Using soap will damage the seasoning and while we're on the subject, remember that you'll also have to season and re-season your pot periodically.

Enameled Dutch ovens are a step up from other regular cast iron pots. They have a thin layer of enamel. This makes the oven look much more sophisticated, meaning you can serve your food directly in it! Also, it creates a barrier between moisture and your cast iron pot, preventing rust. You won't have to season your pot often. Furthermore, they are dishwasher safe. You won't have to go through all the hassle of cleaning a regular cast iron pot. Because of the glass finish, you won't be embarrassed to take this pot out to the dinner table.

The name Dutch Oven; has been used to refer to a variety of lidded pots over the generations. However, to fully understand what a real Dutch oven cooking is and why this pot is important you have to understand the history behind this incredible cooking apparatus.

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Versatile Ovens to Meet All Needs

Historically, ovens were once the Dutch ovens that hung over a fire in a fireplace or were units on three legs formed from cast iron. The style destined for a campfire or hearth outside has a lid that fits very tightly, therefore creating an oven inside. The second type of Dutch oven has a flat bottom with a heavy lid as well. Both work very well, but there are more choices today to suit a variety of needs. Oven technology has made these versatile appliances an essential unit in the home.

Solar powered homes can now find appliances fit to accept the electrical units that the solar panels are producing. This technology makes it possible to cook without using limited natural resources that create electricity, or even gas models that use up petroleum supplies. The solar appliances are a fantastic way to bring your home into the green zone. One of these appliances is the solar oven. The panels that collect

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the sun's rays send the energy into a battery that allows the appliance to be used whenever it is needed rather than relying on the constant sun to power it. You will not have to eat cold foods on a rainy day!

One of the most beautiful of the ovens is the brick, wall mounted ovens one might see in bakeries that produce pizzas or other bread dough's. The home models can bake breads and roast meats, especially if a really high temperature is used to sear the meat. The taste is unbelievable! You can lower the heat and cook up some mighty fine stews also. These ovens are very easily adapted to whatever you may need to cook in an oven. These ovens are statistically lower cost oven because the bricks retain the heat and you can shut the oven off and still have your meal cooking with the retained heat in the bricks. That is an efficient way to cook.

Range Ovens come with features that make cooking seem like magic. This type of oven is great for those who love to entertain or have a good sized family. There are often two separate ovens that can be used to bake off the rolls for dinner and roast a beautiful bird for the entre' at the same time at separate temperatures.

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Domestic ovens are able to give you several different options when it comes to cooking. There are both electric and gas models available. The basic domestic style has a single oven with a broiler. The broiler and oven are used in separate functions, determined by the setting you use. You can either bake or broil, but not both at the same time. This is where the double oven is most appreciated! Mini Ovens for tiny spaces

You can have a wall mount oven that saves you even more room on the bottom where you can have cabinets to hold your pots and pans. These units are most often electric, though gas models are available. Counter top ovens are also quite popular. These ovens usually only take up about the same amount of room a microwave would. These are great for singles or a couple that are just starting to put a household together.

The best way to find bargains is to determine the type of ovens that will suit your needs and then browse online to find shops that offer discount appliances. Discounted items do not mean less quality, it means that because the online shop purchases in bulk and do not pay the overhead big appliance warehouses do, and they can pass the savings on to you, the

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consumer. Shop online today for your oven and save a bundle of your hard earned money!

Whether you are looking for a cheap oven or a good deal on built in ovens you can find the right model for your kitchen by shopping online.

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Microwave Ovens

In the modern days, microwave oven has become the most indispensable appliance in the kitchen. It is device by which the food is cooked using microwave radiations. Compared to the other types of cooking appliance, cooking in microwave is quicker and they do not change the colour of the top layer, which in other type of cooking turns brown. This microwave technology is discovered during 1940 and now there are many modernization and up gradation in it. There are many colours, finish and designs offered by many companies, which also has guarantee and warranty.

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The microwaves differ in sizes and the type of construction. The compact microwave is the smallest and they are portable. This can be placed anywhere as the interest of the user and even on table top. They are also small in dimension and less in power. The cavity space of these will be around 2-liter capacity with dimension of 14 inches x 18 inches. The power is less like 500 Watts to 1000 Watts. It cannot cook everything and can mainly be used for reheating.

Medium size microwaves are little bigger and has the dimension of less than 20 inches x 20 inches. They can cook better food and the casseroles can be placed easily into it. The power also is high like 1500 Watts. Large size ones are for the large cooking dishes and have high power that is more than 2000Watts. It had more depth, so big casseroles can also be placed inside the cavity. The height is also more than the other types.

In the modern microwaves there are many features like the auto cook, pre cooking, defrost, timer, the memory cook and other cooking programs for the special cooking like the pizza. There are model with the grill function and without it. In the grill function, the top heat or the bottom heat can be selected.

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There are many advantages of using the microwave like the nutrients present in the food is maintained at higher level and hence it is healthy. Most of the time the cookware is cooler than the food. Therefore, the fear of unloading is not there. It is also safe to use microwave if it is properly used and maintained. In the auto cook programs the function stops when the food is cooked and this is an easy function as the food can be enjoyed without over cooking or under cooking.

Visit Microwave Oven Reviews website for exclusive Reviews, Technical Specification Details of latest, best selling Microwaves. You can find Convection, Combination, Built-in, Stainless Steel Microwave reviews in this website. Whirlpool JetChef 31 Litre Microwave is one of the best buys in UK market.

Pots And Pans , pan Sets, casserole Dish, Casserole

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Dishes, Stovetop, Stove Top, Dutch Oven, Cookware,

Many people like casseroles because they are the easiest and fastest meals they can prepare for themselves and their families. When looking for the casserole dish that is of high quality and stylish, a homeowner should consider the pots and pans. Homeowners will be treated to different kinds of the Cookware of different colors designs, shapes and sizes. The advantages of the stoneware casserole from Le Creuset are that they are durable and are thick enough to ensure that the foods are cooked evenly.

Homeowners can purchase different types of sizes of these casseroles s per the size of the guests they will be serving. To make it easier for them, they can also select stoneware set of casseroles that feature different sizes of casserole dishes. Once they have determined the size, they should also determine the type of casserole they need. There are different types including the petite stovetop, loaf dishes, square and rectangular dishes as well as the fluted flan dishes.

There are many benefits that come with the kitchen ware. The casserole dishes are multipurpose as the homeowners can use them to bake, slice serve as well as store different kinds of

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foods. The stovetop is also durable and resistant to chipping, staining and cracking making them one of the most popular items in households. The other advantage is that they do not absorb flavors and are resistant to absorption of moisture. When it comes to cleaning the kitchen cookware, the homeowner will have no worries because they are safe for to use in the dishwashers. The washing process is simple and requires the users to cool the dish and then use hot soapy water and afterwards rinse and dry off completely. they are also advised not to leave the dishes in water and to use plastic brush or scouring pads to get rid of stubborn residue.

CORNINGWARE the original glass cookware that has enduring style and looks great on the table! Suitable for stovetop, oven & microwave cooking.

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Cooking With Cast Iron Cookware

Cooking with cast iron cookware continues to bring forward the heritage of the pioneers who used it when on the trail to find

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new homes in the West; the best cookware is made from cast iron and is a collector's item, especially the earlier makes and types which were often made in specific cities or towns. The best feature about iron cookware is that it allows for cooking at high temperatures without harming the skillets. This style of cookware is best suited for cooking recipes that take longer to cook or require heat over a longer period of time and are versatile when used between the stove top and oven.

The cookware is made in a variety of sizes, from a skillet just right for frying an egg to a large skillet of golden fried chicken. The iron cookware also comes in the perfect sizes for Dutch oven cooking, cornbread pans and larger kettles meant for cooking for a larger number of people. Campers have used iron cookware for some of the best meals from beef stew to Dutch oven apple pie. Some of the manufacturers of these cookware are located outside the United States, so be certain to examine this carefully and choose that made by a reputable company.

Caring for the iron cookware is not as difficult as it may first seem, but it does take time to do properly. After you purchase or receive the cookware, wipe it off with a dry paper

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towel and then add a thin layer of vegetable oil, Crisco works great. Put the cookware in a warm to medium oven, no higher than 350 degrees F; then let it sit there for about 20 minutes before turning the oven off. Leave the pans in the oven until they cool down completely, then wipe with a paper towel. The reason for leaving the vegetable oil on the cast iron cookware and leaving it there is that the heat allows the vegetable oil to work into the surface of them, giving it a protective coating. This coating is essential for the pans and skillet as it allows food to be cooked without sticking for the pans to be cleaned easier.

Cooking with cast iron cookware means also that the cleaning process is easy to do, just be sure you use hot water to clean the cookware with as it removes residue and grease easily. Usually hard scrubbing is not necessary for good cleaning. Scrubbing will remove the protective seasoning coating of vegetable oil and you will have to re apply and heat the cookware again before using it. It is important to dry it properly, the best way to dry this cookware is to dry it on the stove, with a burner on medium to high heat, which allows it to dry fast and leaves the little if any water residue which could cause the cast iron to develop rust spots. If it does, then the integrity and strength of the cookware is

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harmed.

Welcome to The Jambalaya Pot, inside you will discover an amazing selection of low priced and excellent quality products, and help you understand cooking with cast iron cookware.

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Things I've Learned About Dutch Oven Bread That You Won't Find in the Recipe

Over the past year, I've learned some things about bread making. And along the way, I assumed that these were things that everybody knew, and I had just been the slow one. I didn't really talk about it much with people, because I assumed that they'd just say, "Well, duh, when did you figure THAT one out?"

But I discovered that most dutch oven chefs also didn't know a

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lot of the things I was learning, so I started to come out of my shell and share.

So, here are the things I've learned about baking yeast bread in a dutch oven:

* The Recipe is Only Half What You Need

Baking good bread is half ingredients, and half technique. It's as important to learn how to combine the ingredients and what to do with them as it is what ingredients to combine. This is where so many simple recipes fail you.

* Enrichments are great, but not always necessary

Really, all you absolutely need to make bread are four basic ingredients: Flour, salt, yeast, and water. If you can do it with those, you can do it with anything else you wanna add. I've learned that with just those ingredients, you can make a very fluffy and tasty bread!

* You Need to Knead

Kneading is not only a great way to mix in the right amount of flour, it also develops the gluten strands and makes it so

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that the bread can trap the gas that the yeast makes. That makes the bread rise. For so long, I would be frustrated that my bread wasn't rising. It would take FOREVER. I didn't know what was wrong with me. I'd knead the bread as long as the recipe said to, so why wasn't it working?

Just like different flours absorb water differently, they also take varying amounts of kneading. You can't definitively say, "knead for 8 minutes" and know that it'll be enough. You need to do the "Windowpane Test". That's the only way to know.

Cut off a small piece of the dough you're kneading. Roll it into a ball in your palms. Then, working it in a circle, begin to stretch it out flat in the air. Pull it evenly apart, like you're stretching out a pizza dough. Keep stretching it thinner and thinner. Watch how long it takes to tear. If you can stretch it out so thin it becomes translucent, like a window pane, without it tearing, then you've kneaded it enough. If not, put that piece back in the dough ball and keep kneading.

* Pre-Heat the Oven

It turns out that when you shove a ball of dough into an

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already heated oven, that initial blast of heat will make the dough “spring”. The trapped gas expands, the moisture in the dough turns to steam, and the whole ball just poofs. You get a bigger loaf, with a softer crumb.

One simple method is to pre-heat the lid of the dutch oven. After your bread has risen and you’ve shaped it, put it in an oiled dutch oven to proof. In the meantime, put some (a lot) of coals on the lid and set it aside. When the loaf is ready, take some of the coals off the lid and put them in a ring. Set the dutch oven on the ring of coals, and put the lid on. The advantage of this method is that you’re not handling the bread much, and so there’s less of a chance of punching it down as you’re trying to maneuver it into a hot dutch oven. You can also do some fun shapes, like braids and rings. It’s much easier to do rolls this way, too.

* Use a Thermometer

It can be difficult to strictly regulate the internal temperature of a dutch oven. Counting coals is a good idea, but if it’s cold out, or windy, or any of a number of factors, the heat can vary. That means, I’m never sure when it’s done. Cooking a certain length of time is no guarantee. Looking at

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the “golden brown” of the crust doesn’t work, because I can never tell if it’s done inside. In a dutch oven, it’s not always practical to reach in, lift out the loaf and thump it.

My solution? Stick a meat thermometer in it. If it’s between 180 and 200, it’s done. 180 for the lighter types of breads, 200 for heavier breads.

So, there you have my ideas on making breads in a dutch oven. Follow the recipe, and follow these hints, and you’ll do better than you did before, I can almost guarantee!

Mark Hansen

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Starter Microwave Cooking Tips

Cooking can be quite a lengthy and tiring ordeal and the best way to create things in a straightforward fashion is always to decide on a microwave. Cooking is quicker and tastier and doesn’t take many minutes to cook. A microwave saves time,

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energy and minimizes the mess with the food prep.

A microwave cooks and heats food through the means of dielectric heating. This is accomplished by way of microwave radiation to heat water and other molecules within the food.

The Principle behind its function:

The main principle is that the microwave oven functions by passing non-ionizing microwave radiation at frequencies about 2.45 gigahertz and wavelength of 12.25 centimeter. This radiation offers energy that is absorbed through the food in a method called dielectric heating. There is however a misconception that the micro wave cooks food from “inside out” and that is not true. The power through the microwave radiation is absorbed on the surface layers of food just like heat energy from other sources.

Cooking in a microwave is better since the penetration depth of microwaves is really a lot greater than the typical techniques. In comparison with conventional strategies, a micro wave ensures fast and straight forward cooking. Although when selecting a microwave, those with low microwave frequencies and higher penetration is usually more puissant.

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Choosing the right microwave oven:

You will find there's gamut of microwave ovens and selecting an excellent one can be something of a mission. The distinction is mainly on power levels as well as the defrosting levels. Most microwave ovens are the same because the concentration of microwave radiation is exact same when magnetron is started up, and in cycles of numerous seconds at any given time. This can be specifically of significance to airy foods that inflate throughout heating phases and deflate in the event the magnetron is powered down. The magnetron is pushed by a linear transformer that is either totally switched on or off. The newest gadgets which can be equipped with invertors' power supplies take advantage of pulse width modulation for continuous low power heating. This type of microwave oven is great for many different types of cooking.

The miscellany and accessories to further improve the cooking effect:

The cooking chamber of a microwave is known as the Faraday cage. This enclosure prevents the microwave from escaping in to the environment and also the glass panel door enables quick viewing. The warmth is maintained with a layer of conductive mesh. The size of perforation on the mesh is lesser than the microwaves' wavelength.

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Conventional micro wave carries a variant inside convection microwave which is a combined a standard microwave along with a conventional oven. Food is cooked quickly and achieving them browned or crisped is currently far more easy. They may be on the other hand more expensive that this conventional micro wave. They are often used for cooking prepared dishes.

An additional recent variation can be a micro wave rich in power quartz halogen bulb which utilizes the high intensity halogen lights near the top of the microwave to deposit quite a bit of infrared radiation on the surface of the food.

Accessories like browning tray, pop corn bags etc may possibly accompany the microwave. Consumer microwave from leading brands like Delonghi, Kenstar, Onida, and Electrolux could possibly be bought either from websites or possibly a bricks and mortar shop. Internet shopping is an simpler and convenient choice particularly if you desire to gift it to an individual.

So, waste virtually no time, in adopting the microwave-mode of cooking. Opt for an excellent microwave and get underway with hassle-free and efficient cooking.

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David Pruitt is a kitchen design and appliance expert with a background in industrial design and living engineering. He gives his thoughts regularly at Delonghi Microwave.

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Buy Microwave Ovens to give Cooking a Professional's Touch

Imagine how it feels when after an entire day's effort over a recipe, the family members say that it is not so good? People always demand something new to taste. There are a lot of items that cannot be prepared on the gas stove and even if we try to do it, the taste is not so good. To avoid this, it is better to buy microwave ovens to give cooking a professional's touch. With a microwave oven it is not only that we can make some cakes and bakes, but we can prepare a lot of dishes. Microwave ovens also save a lot of time at cooking. These modern kitchen equipments are quite helpful for the working ladies as they help reduce a lot of time. Moreover, they can also try out new dishes so as to make their family members

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happy.

Owing to the high demand of microwave ovens, almost all electronic goods manufacturing companies have launched their microwave ranges; with the result being that we today have variety of microwave ovens to choose from. One can select from LG microwaves, Samsung Microwaves, Kenstar microwave oven or any other microwave. The microwave ovens could vary in volumes, shapes and also in functions. There are certain microwave ovens in which we can only prepare a few dishes, but on the contrary, many microwave ovens offer wide range of cooking. This is how the capacity and microwave prices also vary. The function and design of the microwave ovens could also vary per brand. With the microwave ovens, cooking not only becomes easier, but also interesting and faster. That is in the today's scenario, they have become a necessity.

Buying a microwave oven is not a big deal for a middle class family today; as there is lots of options open before them. The microwave oven prices could vary from Rs.8000-Rs.15000 or so, which is not too much. If somebody is planning to buy a microwave, then it is advisable that a little bit of research should be done before buying. This could even be done through the online shops if the person does not have so much of time.

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Devika Rajpali is a well known author and has written articles on Electronic Appliances and godrej microwave oven price list,Hard Disk Drives, electrolux microwave price list,Orthopedic Equipments, online shop and many other subjects.

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