



Over 350,000 Free Food and 9,000 Drink Recipes

Unequal Quality Of The Accidents, The Electric Pressure Cooker Hidden Hazards

"51" small holiday period, a boat in Lanzhou Teacher Li teaches elementary school about a few friends to Jiazhongzuoke, not a like accident happened. Lee teachers use

Electric pressure cooker

Stew beef, electric pressure cooker exploded, the entire kitchen in ruins. Fortunately, his family was in the living room, did not result in greater losses, but well-prepared meeting broke up because of this accident.

Lee says that pressure cookers are engaged in promotional activities of a mall with more than 300 yuan to buy. He regretted not spending more money to buy a name brand.

Frequent around the accident hidden danger hidden pressure cookers

Recent years, with the kitchen

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

Small appliances

Performance and quality in the kitchen cooking start by the “fire-based” to “electrical Alone.” Reporter noted that, like “

Supor

“Intelligent electric pressure cooker,” Sunpentown “Tien Chu Super pot,”

Boss

“Computers have played electric pressure cooker is the concept of security.

Sell

Personnel, electric pressure cookers in addition to sophisticated computer program control, the various security measures for accident prevention is essential, such as opening the lid or power failure, when the pressure is higher than 0.05 atmospheres could not open the lid, the safety valve in 3 seconds can make the pressure to normal within, these are the most basic security measures. Each brand has its own

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

characteristics in terms of security information, however, the current design of electric pressure cooker, or there are some security flaws.

Recent years, electric pressure cooker over security incidents occurred in many, many of whom are well-known brands. For example in October 2008, Fujian Chu consumers at a local supermarket to buy an electric pressure cooker, he used the pot soup, timing 25 minutes. When the time is coming, Mr Chu Couguo not see Tom Well, surprise, bang, the lid flew. Chu face and neck burns, eye burns conjunctival hyperemia. Conclusions show that the existence of electric pressure cooker virtual button hidden dangers, and Mr. Zhu has responsibility for inappropriate use. March 7 this year,

Guangdong

Consumer Chung family pressure cookers used in the second in less than an hour electric pressure cooker, "fried" open.

Price difference between the poor quality of mixed

's Survey found that

Suning

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

, Gome stores such as home appliances, electric pressure cooker based mainly on high end products, high-end products priced at up to seven or eight hundred dollars, in end product prices mostly four or five hundred dollars, these products have their own unique security assurances and work fine, the description, logo, etc. are more complete.

In

Electronic

Trade City also has only 200 yuan price of electric pressure cooker, these products are more rough workmanship and materials, security is also poor.

According to the relevant departments, China's "electric pressure cooker safety and performance requirements" for the just passed validation not yet implemented. Electric pressure cooker in the present temperature and pressure control functions such as basic to solve security problems, the safety factor has been greatly improved, if it is certified and qualified through 3C products, consumers can rest assured that the basic purchase and use. However, countries such products have not been quality checks, the overall market conditions no

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

specific data reflect the existence of unequal quality.

Order to avoid unsafe incidents, consumers should choose a grade, a factory, a specification, quality, qualified products. Do not just plan to buy cheap counterfeit. Initial use to read the manual, according to the instructions necessarily required to do.

I am a professional writer from China Toys Suppliers, which contains a great deal of information about jordan dub zero , ramp atv, welcome to visit!

How to Make an Outdoor Fountain From a Pot

An outdoor fountain doesn't have to be an elaborate affair. It can be made from just about anything. In these tough economic times why not just build your own?

You probably have old flower pots around the house. Grab a few of these and you can learn how to make an outdoor fountain from a pot! There are only a few things that you probably

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

don't have lying around the house: a pump and tubing.

When picking up some old pots from your shed try using Terra cotta pots, they work best. Not only are they attractive and functional but easy to clean and work with.

Here is a list of things you will need to make your new fountain:

Small fountain pump

Plastic tubing

Power source

3 Terra cotta pots

Wood

Nails

Caulk

The first thing you will want to do is find a place for the fountain that is near a power source. Be sure that it is hooked to a ground fault circuit interrupt (GFCI) these are the outlets that have the little "push to reset" button on them. It prevents an electric shock in case the pump shorts out. Chances are that any outdoor outlet will have one of these. If you aren't sure or comfortable consult an

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

electrician.

Once you've found the perfect spot for your new fountain use the wood and build a simple frame for each of the pots, a square frame that the pots can nestle in works best.

For the top 2 pots be sure to plug the drain holes in the bottom with some caulk or rubber sealant to keep it from leaking and rotting out the frame.

On the bottom pot place the plastic tubing inside the drain hole then seal around it.

Since the pots are tiered you'll want to place the top 2 in the frames at about a 45 degree angle so they will pour into the bottom one. The bottom pot goes in flat.

To keep everything sturdy use a little bit of caulk inside the frames to hold the terra cotta pots in place.

Run the tubing from the bottom pot back up to the top pot inside the frame work. This will hide the tubing.

The pump can be placed inside the bottom of the framework as well to keep it out of sight.

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

Now simply run the power cord to the GFCI outlet, plug it in, turn it on and enjoy!

One quick tip though: be sure to clean the fountain out at least weekly. This will prolong the life of the pump. Just use a small strainer to pick up any leaves or trash that may have fallen into it.

Learning how to make an outdoor fountain from a pot is an easy afternoon task that can provide hours of enjoyment. It will make a great addition to any flower bed or garden. Best of all you made it yourself for pennies compared to what you would have paid to buy one at your local big box home improvement store.

Author Jennifer Akre is an owner of numerous niche online stores that offer customers not only products, but information relating to furnishing and decorating indoor and outdoor living spaces. Whether you want to renew your deck or patio with garden benches or create the ultimate living environment with patio furniture that is perfect for entertaining, there is a lot of helpful advice to take advantage of to make it happen. Click today and indulge your senses.

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

The One Week Marketing Plan by Pot Pie Girl

“One Week Marketing Plan” was written by Jennifer Ledbetter better known as Pot Pie Girl, sharing her experience on how she started an internet business making \$ 154,819.96 a year as a Super Affiliate, using only free methods working from home. If you read her eBook you will quickly see that she is very straight to the point and gives the reader a clear simple step by step guidance of how to make a good living from building Squidoo lenses and writing articles.

Here is how “One Week Marketing Plan” can work for you.

- * Every element of One Week Marketing is broken down into daily tasks. Just pull up that day’s action plan and follow the simple steps and you’ll be well on your way to making money.

- * She has taken all the guesswork and frustration out of making money online for you. She takes you by the hand and show you how to plug in each piece of the puzzle to make money.

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

- * Showing you The Steps to Starting a Successful Online Business with no money to invest. How to get on the ground and running with no money out of your pocket.
- * One of the simplest, most effective ways to gather niche market ideas.
- * How to use Squidoo effectively to draw potential customers.
- * How to get ranked in the first page in Google and hold your position.

These are only a few benefits of this well written guide to help you succeed with your business. As a bonus she also includes a conversation with Nick. This was done as a test to see whether her product will work for anybody that applies these methods. Nick made 5 sales in his first two weeks applying her methods as you will she in the testimonials. I have started implementing her methods myself and am already seeing some great results. My traffic to my Squidoo lenses has almost doubled in my first week and I also made more sales. I am so glad that I now don't have to spend so much money on paid advertising. All you need is a desire and follow her steps and you will see that this really works.

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

If you want to start with a No Budget business then “One Week Marketing Plan” by Pot Pie Girl might be what you are looking for.

Carl Nell has implemented these strategies as described in One Week Marketing and want to encourage new beginners who want to start an internet business with zero investment. Go for it guys the opportunity is here. You can read a full review on “One Week Marketing” at <http://www.squidoo.com/1-week-action-plan>

Related [Instant Pot Articles](#)

Low Sodium Recipes – 7 Cooking Tips Offer Flavorful Low Sodium Results

Low sodium recipes can certainly be challenging. Trying to get the salt and sodium out of a recipe is hard enough, and still have flavorful results without the food tasting like it is missing the salt is the most challenging part.

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

Here are seven simple low sodium cooking tips to try, for more flavorful low sodium recipes.

1. Choose good quality, fresh ingredients, to start with is a must. You are not easily able to mask any off tastes when your meats or vegetables not up to par. Using the freshest ingredients makes a big difference towards achieving good flavor. Try shopping at your local farmer's market. You will find many varieties of fruits, vegetables, even herbs, that you never see in the grocery store. Locally grown will have better flavor.

2. Browning or caramelizing your food especially meats. This tip will not only give a rich look to your food but adds amazing flavor as well. Take your time doing this part. Lower your heat. You want browned not burnt. For example, caramelized onions can take about 45 minutes, but the flavor is worth it.

3. Invest in a pepper grinder or also called a pepper mill. Freshly ground pepper instead of the regular pepper in a can, gives your recipes a huge flavor boost. Add freshly ground pepper while cooking and a little more at the end or even at the table.

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

4. Use freshly minced parsley in most low sodium recipes. Folks usually think of fresh parsley for show, just to dress up a plate and make it pretty. It does that and more. Freshly minced Italian flat leaf parsley (not curly), adds a flavor brightness and a freshness to food. When you are cooking, add some of the freshly minced parsley towards the end of your cooking time and always sprinkle more on top of the dish before you serve. You can also sprinkle freshly minced parsley over your entire plate, over vegetables, meats, sauces, soups, salads, etc., for more added flavor.

5. Using fresh lemons will help give a salty edge to many of your low sodium recipes. The regular Eureka lemons versus the sweeter Meyer lemons, work better for this tip. This tip can be tricky. You want the brightness of the lemon without turning your recipe into a lemon recipe. This works especially well for low sodium soup recipes. Ladle a small amount of soup into a bowl. Add a few drops of fresh lemon juice, stir, then taste. Try again if needed. A few more drops of lemon juice, stir, and taste. This will give you an idea of how much lemon juice you will need to add to the pot. Don't add too much as you can always add more but it is difficult to take a too much lemon taste away. Fresh lemon juice also works well in salad dressings and squeezed on vegetables.

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

6. Find a good tasting salt substitute. A salt substitute without potassium chloride, is preferable. Again most folks pick up that metallic taste in their food from the potassium chloride. You cannot really cover up this taste.

7. Use really good quality salt free or no salt seasonings. Seasonings make a big difference, probably the biggest difference, especially when cooking anything low sodium. For best results find no salt seasonings without potassium chloride, as potassium chloride can add an off metallic taste to your food. Use fresh seasonings. When seasonings start getting old, they lose their flavor, or you might get a flavor change. You want maximum flavor.

These are just a few tips that will help improve the flavor of your low sodium recipes.

If like these tips and would like to learn more, I encourage you to sign up for the FREE Season It Newsletter when you visit Benson's Gourmet Seasonings at <http://BensonsGourmetSeasonings.com>

Get more free information including more low sodium cooking tips, salt free seasonings, and low sodium recipes. You will

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

learn how you can use seasonings, fresh herbs, different spices, unique foods and different cooking techniques to increase flavor without adding salt. You'll find out how to achieve and enjoy more flavor than you ever thought possible.

From Debbie Benson owner of Benson's Gourmet Seasonings with over 30 years experience promoting salt free seasonings. Loving to cook and being salt free most of my life by choice, I have learned a lot of tips and tricks to create flavor without salt and sugar that seems to be in everything these days.

Related [Pressure Cooking Articles](#)

What Exactly is a Potting Bench?

The sunshine greets us once again after winter's deep slumber. The trees, air, and plants come to life once more as we approach the living world once again. This, of course, means it is time once again to think about bringing your potted plants to life, and resurrecting your own outdoor paradise.

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

And as you consider bring potted plants back from the dead, it is time to equally consider bringing a potting bench to be part of your deck furnishings.

Everyone enjoys having their own blend of eleven (plus or minus) herbs and spices, especially when they are freshly grown from your very own secret garden. Flowers provide a warm and welcoming touch to every patio as well – there is nothing as glorious and glamorous as stepping out to be greeted by the gentle scent of these aromatic beauties.

While these are all grand ideas that dance through your head as you stop to think about the wonderful summer months, only one problem turns your dreams into nightmares: the idea of keeping them all perfectly spaced throughout your patio. After all, your plants need to go somewhere – otherwise, they would be a mess of dirt and vines taking over your deck and nobody wants that. You can place them around the edge of your patio, but then you run the risk of watching your plants get kicked off the edge. Your herbs and spices can be planted in the ground, but then are subject to the constant attacks of vermin, both of the insect and furred varieties. This is where a potting bench can be very helpful.

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

As you consider adding this valuable piece to your patio furniture lineup, the first thing you could be asking yourself is “What, exactly, is a potting bench?” This is only followed by “Why do I even need one?” There are many reasons that this is a necessity for your patio. First off, are you tired of making a mess wherever you work on plants at? Don’t like bending down to tend for and pull weeds from plants? Are you frustrated by your flowers and herbs dying over and over again because of bug and pest infestations? If you answered yes to any of the above, you need a potting bench.

A potting bench can serve as a perfect place to display your plants to all your guests as they come to your home. Why let the plants be a passive part of your display, when they can have a prominent space on your patio? You can use your bench to not only keep potted plants organized in one place, but you will also creating a living space on your patio that serves as a great place to keep organized.

Not only does a potting bench serve as a great place to display your plants, but it also serves as an excellent work space for all of your potted plants. Instead of crawling down on your hands and knees to plant and water the flowers and herbs that you love, the plants come to you – working at your

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

comfortable height and level, instead of forcing you to get down, dirty, and downright uncomfortable. Furthermore, it also serves as a great place to store all your gardening tools. Why keep your garden trowel in one place, potting soil in another, and plant bulbs inside, when all three can be at the same place, where you plan on doing your work?

Now that you know what a potting bench is, consider the advantages to getting one. Knowing how it can help you, and what purpose it can serve are the main factors in determining why and how a potting bench can best serve you!

Joe Cortez is a freelance writer with diverse interests including home and garden, outdoor furniture and backyard living, and enjoys his own potting bench very much. As a media professional, his work has been featured on CNN, The CBS Evening News, and provided work for ABC News as well. He currently writes for In Style Patio

Related [Instant Pot Articles](#)

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

Boss Electric Pressure Cooker “up” Technology Health Philosophy – The Boss, Electric

2006, the home appliance industry standard efforts to increase the standardization of the small appliance brand and technology in high demand, sought to create a kitchen environment, people's health.

The increasingly fierce market competition, so the manufacturers one after another raising brand awareness, innovative product technology. On the small household appliance market, more active this year, when the number of kitchen electric appliances industry, strong brand owner, not only in brand building, crowned “Top 500 Brands in Asia”, and its electric pressure cooker of the UP precise control of pressure techniques also allow the market to surprise.

sustained brand climb “Top 500 Brands in Asia” is not easily able to pass the bar. Asian brands in the first 500 of the presentation ceremony, electrical domestic kitchen appliance brand topped the boss, “500” list, is the industry's first electric kitchen selected brands. The boss name brand

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

appliances from China to Asia and even the Sprint brand on the road to the world an important brand to climb the fulcrum.

On the small appliance industry, the 2006 standards, health through to the end, the state promulgated the “Residential Kitchen”, “residential unit bathroom”, on kitchen electrical products business and related industries to enhance brand value, to be more high demand. Boss Electric floor this year, “Standard Chinese” concept, product and brand building services to create a healthy kitchen environment.

Overview of brand building, brand development, the cornerstone of support for the final analysis, or product technology. High-quality products and continuously updated brand awareness and brand concept to enhance the dissemination of business from the inside out the brand appeal. A mosaic of small household appliance market, product characteristics, in order to come to the fore, technology and the appearance of improvement and innovation is one of the essential aspects.

upgrading technology Pressure cooker is 60 years since the last century there products, characterized by shorter cooking time, delicious. However, the pressure cooker is high-pressure high-temperature operation, there is potential safety

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

problems, caused by the explosion incident has occurred frequently, bad master. In the context of this industry, electric pressure cooker a timely. Boss electric pressure cooker has reached "absolute braised chicken" with it, the issue of security, boss electric pressure cooker is set to eight heavy protection. Currently, electric pressure cooker on the market the main types of mechanical switch to control and digital full intelligent control, cost is very high. Followed by "high price" 5,000 yuan "to do yoga for food," owner E electric pressure cooker meals entered people's vision. This Korean joint venture's products, using South Korea imported control chip, the combination of the two high-end technology, core technology is the unique digital preservation technology and pressure equalization technology.

According electrical technician with the boss, all the electric pressure cooker products have excellent performance from the original owner of the technology?? UP precise control of pressure technology.

"UP" Philosophy of Health Preservation

Electric pressure cooker products UP precise pressure control technology, crowned "Top 500 Brands in Asia" by the original owner of electrical appliances. It will be the pressure of the

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

cooking process for the five levels of refinement?? Micro-pressure, low pressure, standard pressure, medium pressure and high pressure, according to different foods, different cooking modes, full self-regulating pressure cooking pot.

More importantly, it will completely solve the nutrition and delicious traditional cooking can not have both problems. Precise control of pressure by UP Technical boss electric pressure cooker, to achieve fully sealed cooking?? Cooking process is not boiling, not steaming, undrained, quiet design; food nutrition and taste are firmly locked in the pan. Meanwhile, the boss of the UP precision electric pressure cooker pressure control technology easy to bring all intelligence operations experience.

In addition, UP precise control of pressure technology also provide employers with energy-saving electric pressure cookers, rice cookers year saving up to 30% to 60%, saving up to 50% to 80%. Break with traditional mechanical methods of artificial conditioning, full details of the work of each real-time monitoring, clearance by 0 seconds without signal butt, precise control of cooking conditions for each operating point, to ensure precise control of pressure UP technology, the stable operation of a number of system technology .

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

With precise control of pressure
UP this sensitive sensor technology, to bring a variety of
delicious food to enjoy.

The e-commerce company in China offers quality products such
as red marble texture Manufacturer , black marble texture, and
more. For more , please visit black marble texture today!

Why Use a Potting Bench?

Any gardener who is serious about their plants knows how
difficult the process can sometimes be. It can be nearly
impossible to maintain your garden in an orderly manner. As
you get older, or if you have problems with your back, it can
also be painful to spend a lot of time down on your knees
while you dig in the dirt.

For these reasons and more, a potting bench is an excellent
improvement to every garden. Not only is a potting table eye-
catching and adds a different ingredient to your patio or
yard, but it also is very sensible and quite adaptable as
well.

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

By making use of a potting bench, you will be able to keep all of your seeds, pots, and other gardening utensils within easy reach. You can store objects such as potting soil, pots, and planters on the lower shelf. A potting bench can also be used as a carving area, a work table, or even for serving drinks to your friends.

A potting bench is also an excellent place to transplant, prune, root, and cut your plants. You can save your back from gratuitous injury by carrying out these activities on your potting bench instead of on your knees in the garden.

Many potting benches in today's market contains a guard rail on the back to keep your soil on the bench and prevent it from falling onto your patio or deck. This quality allows you to keep your work area nice and neat, while still using it for all your planting needs.

You can either choose to buy a pre-made potting table from a furniture manufacturer, or if you are feeling brave, you can try to build it yourself. Many companies will sell you a blueprint and directions, the equipment and materials you will need, and some even pre-drill the holes in your bench. If you desire to build your own potting bench, don't forget to apply

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

a finish to it when you are done.

Ultimately, whether you end up purchasing or building your potting bench, it is incredibly important to make sure your bench is weatherproofed. The most popular weatherproofing finish options for wood furniture are varnish and paint.

Another advantage of using a potting bench is that bending over in the garden can cause damage to your back, which will cause you a lot of pain. Luckily, when you use a potting bench, you can avoid lifting and bending, and perfect your plants at waist-level instead. This option is much better for your back than straining your muscles by planting and transplanting on your knees.

Every gardener, from the novice to the expert, needs to invest in a potting table for their garden. This piece of furniture not only creates an outstanding work area for your gardening, but will also save your back from needless strain. Your garden will look better because of your bench purchase, and you yourself will feel better and be able to enjoy your favorite pastime even more.

Amy Martin is a freelance author who frequently writes about

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

potting benches and outdoor cat houses.

Related [Instant Pot Articles](#)

Crock Pot Corned Beef – Making it Healthier

Crock pot corned beef is an excellent recipe to use as an example of how you can make a dish more “body friendly.” That is, to make recipes healthier so you can maintain a healthy diet plan while consuming foods you like to eat.

This is important if your goal is to maintain a normal weight and your health.

The fact that crock pot corned beef is tasty and easy to prepare make it all the more enticing.

What Is Corned Beef?

Corned beef is beef brisket bathed in salt and spices. It got its name from the large grains of salt originally used for

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

this process known as “corns.”

Beef brisket is a very tough cut of meat and boasts a large amount of fat. The salt and fat will have to be greatly decreased before you include crock pot corned beef in your healthy diet plan.

This is easy to do but takes an extra step or two in the cooking process.

Lengthy Cooking Process

Crock pot corned beef requires a lengthy cooking process. Don't plan on making this dish unless you have the time to invest in it.

Usually you can assemble your crock pot dish and put it on “automatic.” It cooks without any further input on your part.

However, to remove the fat from your crock pot corned beef you will have to add an additional step to the cooking process. The extra time and effort is worth it to reduce your fat consumption. This will reduce the calories in this dish.

That's a good thing!

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

The excess salt found in this dish will remain in the juice, which will be discarded after the food is gone. You will get the flavor but will not consume the majority of the salt.

Less Fat And Reduced Salt

Remove the meat from the crock pot after 8 hours of cooking on low and allow it to cool. Once it is cool remove the large layer of fat off the top. This is most easily accomplished by using a long slicing knife to separate the slab of fat from the meat.

Discard the fat. Cover the meat and store in the refrigerator.

Pour the juice from the crock pot into a bowl and refrigerate overnight. The liquefied fat will float on top of the liquid. The cold from the refrigerator will cause the liquefied fat to congeal overnight.

In the morning remove the congealed fat from the liquid by gently lifting it off the surface with a slotted spoon or spatula. Carefully decant the liquid back into the crock pot leaving the spices in the bowl. Discard the spices.

Cooked Vegetables Supply Fiber

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

In addition to the cabbage this dish is traditionally made with you may opt to add red potatoes, turnips, or rutabagas that have been peeled and cut into edible chunks. Cut the vegetables you want to include and place them into your crock pot.

Pour the defatted liquid over the vegetables. Place the corned beef brisket on top and smear with 3 Tbsp. of yellow mustard.

Cover the crock pot and cook 5 hours on low. The vegetables will be soft when finished. Any raw food enzymes present before cooking will have been destroyed by heat, as will most of the vitamins. The main nutritional benefit of this dish is the fiber found in the vegetables and protein from the meat.

Raw Vegetable Diet Supplies Nutrients

The loss of raw food enzymes and vitamins is why a raw vegetable diet component for most of your meals is a good idea. By consuming raw food diets nutritional food quality is retained.

The simple corned beef meal arose from humble beginnings. There are numerous variations of this basic recipe using different meats and vegetables. Such boiled dinners are easy

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

to make and turn good cheap food into a hearty meal.

With a little planning these inexpensive healthy recipes can be transformed into good health foods fit for a king. To add raw food enzymes lost in cooking back into your diet you can serve a raw vegetable plate before the meal.

Crock pot corned beef may be considered to be a wintertime meal because it is “good comfort food.” It is especially popular on St. Patrick’s Day.

However, crock pot corned beef can be graciously served anytime. Add a huge salad containing fresh, colorful summertime vegetables and it becomes a feast for any season.

Dale Heil, D.C.

Find More [Instant Pot Articles](#)

Don't Go Hungry, Get That

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

Cooking Appliance Repaired!

We tend to rely upon our cookers and other cooking appliances like microwave quite heavily, not everyone is partial to a simple salad or any other cold/raw foods and considering the wide array of textures and tastes achieved through cooking our food you could easily see why cookers are one of the mainstays of the UK household.

When a cooker breaks down or even singular parts such as the oven or the gas burners it can instantly limit what you are able to prepare and eat which may frustrate people, or at the very least grow tired of eating the same thing every day. It's no surprise then that many people at first sight of any problems such as cookers not heating up or a thermostat error will call on a qualified appliance repair engineer to fix their cooker to enable them to enjoy their food once again.

Even microwaves which many consider to be the 'back up cooker' or use for heating up previously cooked food can also break down and considering the harmful materials inside of a microwave oven you are advised not to crack the oven open and have a go at fixing it yourself. Even cookers that have broken down are dangerous as some faults can be that the heating

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

element isn't cooling down or turning off, one touch and you could suffer a nasty burn.

Instead you should leave the task in the hands of the professionals, and by professionals we mean the appliance repair engineers that can easily be found online. These companies are able to easily diagnose what is wrong with your appliances and fix the issue right there and then. Most repair jobs take as little as half an hour as these engineers have seen the same problems in countless other appliances from all brand names.

There have been a lot of people who have avoided hefty replacement costs and only had to pay a fraction of the cost to get their current cooker fixed, which not only gets that model back up and running but it also affords you more time to save money for a new replacement without struggling to gather the money which would certainly be the case if you were to rush out to the shops when your oven broke down to purchase the first model you clap eyes on.

Save money by choosing oven repairs or microwave repairs and you won't go hungry as most repairs are completed under an hour!

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

Find More [Pressure Cooking Articles](#)

Electric Pressure Cooker Patent: Harmonious Industrial Environment – Party Laser Lights

October 13, 2006 the morning of 06 coincides with the opening of China Shunde International Exposition household appliances, domestic appliances the first patent Union – electric pressure cooker Patent Alliance, was formally established in Guangdong Shunde.

Electric pressure cooker is the traditional cooking appliances upgrades, with safety, environmental protection, energy saving function. Pressure Cooker for its culinary tradition of fast, time-saving features of energy saving by the majority of consumers, but since the date of birth, security is the most concern, pressure cooker explosion frightened consumers. Midea Group early retirement from a 63-year-old senior engineer WANG

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

Yong-Guang of the Chinese Academy of Sciences will hand out its “Fang (sound f ng)-type structure,” an exclusive license of patented technology, based on increased R & D and industrialization of patented technology into the core. Electric pressure cooker has rapidly grown to Shunde household electrical appliance industry, another new industry with a broad market prospect. However, in recent years, the domestic appeared in more than 100 electric pressure cooker manufacturing enterprises, these enterprises will not only suspected of infringing intellectual property rights, and because of poor conditions part of the production enterprises, the lack of the necessary safety standards, can easily lead to security risks, and operating blindly lower prices, resulting in the industry internal friction and vicious competition, affecting the healthy development of the industry, it also undermines the interests of consumers.

The patent pool of life from Guangdong Midea Electric Appliance Manufacturing Co., Ltd., Foshan Shunde Chuang Di Electric Co., Ltd., Foshan Shunde Yida Electrical Appliance Manufacturing Co., Ltd., Foshan Shunde Aide Electrical Appliance Co., Ltd. was established, co-sponsored. Union, a founding member of the existing four, will be the gradual expansion in the future to enhance the impact of union power

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

and effectiveness. In which the present patent pool has reached 45, the Union members of the country's total production of electric pressure cooker Electric pressure cooker market share of 65%.

Patent beneficial operation of breakthrough products for the home appliance industry, bondage, from the "scattered to create" moving towards "co-created" establish a new type of win-win cooperation model of development is bound to promote the home appliance industry, the development strategies and the implementation of intellectual property rights in the region as well as upgrading the national electrical appliance industry and sustainable development of far-reaching impact.

Background links:

Patent is a monopoly of technological superiority of Western countries designed an organizational form, is an international intellectual property strategies. China has gradually strengthened the study of Intellectual Property Alliance, understand the background to the establishment, operation mode, organizational characteristics and its impact on China's economic development potential threats. In order to enhance our country's scientific and technological development level and product competitiveness in the international market, China

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

also began to deliberate the formation of the corresponding Intellectual Property Alliance, the development of intellectual property early-warning mechanism.

The establishment of industry or regional intellectual property protection associations, alliances, strengthen enterprise self-protection ability is international practice. Such as the establishment in 1938 of the Japan Intellectual Property Association, 740 members of existing enterprises, these enterprises accounted for a patent application made in Japan 70%, accounting for 16% of the United States, in Europe reached 13%, a big influence. Guangdong is now market economy has entered a new phase, many companies getting bigger, the conditional associations or alliances composed of the patent, as the province's management system, an integral part of the patent.

The e-commerce company in China offers quality products such as Party Laser Lights , DMX Master Controller, and more. For more , please visit Laser Stage Lighting today!

More [Pressure Cooking Articles](#)

Recipes from The Weekend Chef (<http://theweekendchef.com>)