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Advantages of Various Cabbage Recipes

You might believe that cabbage is simply a traditional vegetable, but actually cabbage recipes are extensively cherished for their high dietary value. A lot of the cabbage recipes are named magic recipes by diverse nutritional specialists. Cabbage is full of vitamins and other nutrients such as vitamin C, A, and E, all of the B vitamins, plus minerals selenium, magnesium, potassium, iron and calcium.

Additionally, cabbage is incredibly low calorie, along with simply 15 calories in one cup. Also, cabbage recipes are abundant with fiber, some protein, some carbs. Cabbage is one of the few vegetable that are known for not obtaining secretion of insulin. Additionally, one of the most important benefits of making cabbage recipes is that it is rather easily obtainable and inexpensive too.

The entire Cabbage recipes are also suggested for being full of dietary fiber which additionally comes with the very needed insoluble fiber cellulose. Also, extra use of cabbage dishes could also raise the majority of stools and encourages

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removal. This robotically reduces likelihood of catching a few important fitness troubles such as colon cancer.

It might amaze you to understand that our ancestors used cabbage for a variety of factors. Cabbage is also considered extremely useful in curing and preventing from another serious troubles such as ulcers and infections. Additionally, it kills bacteria and viruses in the lab plus can enhance the immune system, to help fight sickness.

Besides rising body's metabolism, cabbage recipes are helpful in preparing the medicines similar to acetaminophen quicker in body.

Cabbage dishes are excellent in purification the belly and keeping your body free from every type of gastrointestinal troubles. This is because of the high levels of sulfur and iron present in cabbage. Aside from these fundamental advantages, cabbage recipes are also responsible for eliminating body fat and clearing mucous membranes.

What is the Bottom Line?

Cabbage dishes are tremendously full of phytochemicals, antioxidants, minerals and vitamins. The Health benefits and

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dietary worth of cabbage considers it supreme for weight loss and keeping optimum health. For best consequences, eat cabbage raw or lightly cooked. Also, you may even try stuff, quarter, shred, slice, roll, simmer, pressure, microwave or bake your cabbage. One exception: If you have an interest in weight gain, don't include a lot of cabbage as part of your diet.

For more details on Great Cabbage Recipes please browse Easy Cabbage Recipes. You can also have a look at some awesome Cabbage soup recipes by clicking Cabbage Soup Recipes.

The Advantages of Cast Iron Dutch Oven

Inherited from Dutch ancestors, cast iron Dutch oven has been used for almost a decade now. This cooking pot was made of thick material that created the long-lasting and stability features. Cast iron Dutch oven is very convenient to use, the excellent heat retention allows you to cook food perfectly.

There are two types of cast iron Dutch oven in the market today, there's the outdoor cookware that has three legs known

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as the chuck wagon or cowboy Dutch oven. This cast iron cookware is useful especially for those people who love doing outdoor activities. It is easy to use and clean. It came in handy so you don't need to worry how to squeeze on your backpack. Your camping and hiking will definitely be extra fun having this on your bag. You can cook conveniently even if you are not in your own kitchen. It doesn't limit your cast iron cooking, from full course meal, soups to appetizers this cookware will definitely give you the best. Another type is without the legs in which you can use inside your household kitchen. Even it looks different it will give you and guarantee you the same cast iron Dutch oven cooking.

The common Dutch oven was made of cast iron although some are made of aluminum. This is the perfect choice for your activities outdoor as you can also use it if you are having parties in your backyard. Beside the grilling and having barbeque with your cast iron skillet, you can use your Dutch oven on other meal. If you are health conscious then this is also perfect for you. For the reason that it adds up flavor and supplement from the iron on the cookware. This is advisable especially for those who suffer from anemia. However keep in mind that cast iron cookware from flea market might not yet pre-seasoned. So you need to know this so you can

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prepare for seasoning to make it non-stick and make your cooking more convenient.

Taking care and cleaning up your cast iron Dutch oven is not that hard. In fact it is easier like your skillet; just wash it with water and a small amount of dishwasher soap. Make sure not to use hard sponge or brush to avoid damaging the seasoning.

If you are planning to have an outdoor activity on your vacation but your budget is limited then cast iron cookware suits your need. Indeed you will be spending more on your travel expenses but choosing this cookware will save you a lot of money. There are many kitchenwares out there in the market that might catch your eye. However make sure before you purchase first and foremost the usage and the stability of the cookware. You will be using this outdoor so you need to consider the material used. Cast iron cookware is definitely long-lasting and it's already been proven almost a decade now. So rest assured that your money will be worth it!

The name Dutch Oven; has been used to refer to a variety of

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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.

Related [Dutch Oven Tips Articles](#)

Advantages of Using Steel Pressure Cooker Models

A pressure cooker is a kitchen appliance that would replace gas, stove or any other cooking surface you have. It comes from various big brands, such as Presto, a US brand and Kuhn Rikon, a Europe brand. The appliances are either made of aluminum or stainless steel. When you want durability, the steel pressure cooker would be your most appropriate choice. Steel is a very sturdy and hardwearing metal. It cannot bend or scratch easily.

Additionally, steel is a good conductor of heat and thus, it

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heats up quickly. If you have ever used aluminum and steel kitchenware, you would easily distinguish them. Many shoppers believe the latter is stronger and reliable. Many high quality stainless pressure cookers are attractive and sophisticated. They have a sleek, soft, mirror-like finish. That is why they would add timeless glamour to your kitchen.

What is more, they have a very modern look even if they have a classic design. These cookers are good for everyone that considers aesthetics as an important factor. Going on, these cookers are very reliable as they can resist corrosion. Therefore, they can easily retain their appetizing luster for years. Additionally, this kind of cookware is dishwasher safe. It would not catch stubborn, ugly stains and marks that usually arise from use of hard water.

This is unlike aluminum appliances that require more care and attention. One thing that is true is that most high-tech items from big brands have many features. This is the reason why they would improve your cooking standards. Many people that

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lack a pressure cooker in their kitchen have fear. They worry about their safety while using their equipment.

In case you are also among chefs that terribly fear, now you have no reason to do it. Many steel pressure cooker models have safety features built-in them. Mostly, manufacturers fix the safety elements on the lid. Most lids have latch locks, ergonomic handles, pressure release devices and other elements. Most of them are very safe and you can almost allow your big child to try using them, with you around, of course. Would you like to cook food with steam or pressure?

It is high time you did it now. Food prepared with this method is healthier, tastier and tender. It retains all nutrients because of the airtight chamber that the lid and the brim of the inner pot create at the top. As the food cooks, steam remains trapped inside the insert pot or, unless it reaches dangerous levels. Since it cooks quickly, the cooker would save energy than an electric appliance would. As mentioned above, you have very many options waiting.

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First, you should know your cookery needs. Then, start searching for an item that would help you in the achievement of your goals. Reading product reviews is a good start and you should never ignore doing it. It would assist you in knowing everything that other shoppers think of given items. For instance, you would discover why they choose some brands' appliances only. In addition, you would learn where to find cheaper, but high quality steel pressure cooker

models.

G. Smitty is a writer who loves to discuss many topics ranging from electric pressure cookers to professional basketball. Thanks for reading!

Advantages of Cooking With a Pressure Cooker

Cooking has become a chore for many women in today's high speed society. For many families where both the husband and

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wife have to work in order to meet the financial obligations, the scarcity of time has caused cooking duties to become a problem. But as is widely accepted in everything that we do in life, access to the right tools can make even a difficult task easy and the use of a pressure cooker may simply be the tool that every modern household kitchen needs. In this brief article, we will explore the advantages that pressure cookers offer and once you read, you might very well be motivated in utilizing them in your own kitchen.

Because increasing the pressure causes liquids to boil at higher temperatures, a pressure cooker allows for water, which the basic liquid used in cooking, to boil at a temperature higher than the normal boiling point of two hundred and twelve degrees Fahrenheit. From a practical standpoint, this means that your cooking time to cook the same food will be much lower. This is a huge advantage in our time strapped society. Anything that will cut down on the time to cook foods is a highly welcome and these gadgets offer this characteristic.

Another advantage of using pressure cookers is that because foods cook faster, lesser energy is consumed in the process and with the rising costs of energy, this is another advantage. Additionally by using less energy, you will be

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performing your part in conservation and green living. A third advantage is that there is no chance of burning the foods. Many foods get burnt during grilling or shallow or deep frying. This issue is avoided when cooking foods with a pressure cooker. Additionally, you avoid all of the dangers of cholesterol and other fats from cooking oils when you boil vegetables and such in a pressure cooker.

Now that you have learnt the advantages of using a pressure cooker, it is time to change your mind and employ one of these simple gadgets in your own kitchen!

The author invites you to visit his site dealing with Prestige pressure cookers in particular by visiting Amazing Prestige Pressure Cookers where you will find informative articles.

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