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## How To Cook Pro Quality Bbq Pork Butt

One of the most popular ways to cook pork inexpensively, with extremely tasty results, is by smoking it low and slow over around 12 hours until it has absorbed all of the flavors from the rub, smoke, and it's own fat and collagen.

The meat has a succulence that has to be tried to be believed, and as cuts of meat go, there are few better ways to provide a large number of heads with a great meal.

Pulled pork sandwiches, rollups, you can even make a hash for breakfast with the leftovers! It is a truly versatile cut in the sense that it can be used in so many different ways.

The best tasting pulled pork is comes only from a good slab of meat that is thoroughly riddled with delicious fat and loaded with copius amounts of collagen.

When a decent piece of pork butt is cooked low and slow, the fat and collagen melts together throughout the meat which in turn internally bastes the muscle fibers which results in a much more tender and moist result. The cooking process usually

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takes eight to twelve hours or more, and this slow cooking process ensures that the finished pork is moist, flavorsome and truly delicious.

It is best to buy partial butts in the 4-5 pound range as they are particularly good owing to the fact that they cook quickly and there is a plenty of the crispy, crusty surface, referred to as “Mrs. Brown” by BBQ pork lovers.

On to the recipe so you can make your own great tasting BBQ pork butt!

### BBQ Pork Butt Ingredients

1 nicely marbled pork butt, around 5 pounds in total weight

3 tablespoons of vegetable oil

1/3 cup BBQ Rub –

2 cups hickory wood chips for smoke (use your favorite, apple, cherry or oak taste great too)

10 large rolls or buns (try panini, ciabatta or baguettes, they are all good)

1 cup of your favorite BBQ sauce such as Bone Suckin’ Regular, it’s nice and thick

This recipe will leave you with around 3 pounds or so of meat

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which will be plenty to fill up almost a dozen sandwiches.

If by some miracle there is actually any pulled pork left over, it will keep well in the freezer for up to a couple of months. Just make sure that the meat is completely sealed in a suitable airtight container.

Allow yourself quarter of an hour to remove the excess fat and rub the meat with your favorite blend of spices, or pre-made/bought rub.

Cooking time. Allow 8-12 hours or 1.5-2 hours per pound at 225F. If you push the heat up to around 280F, you can reduce the cooking time to 1 hour per pound of meat. Once finished, make sure that you allow time to pull the meat, which should take around half an hour if you do it by hand.

Remove most of the of fat from the outside of the pork cut so that the meat takes on the flavors from the rub, rather than the fatty exterior. Now tie up the meat well with string so that everything stays together during cooking.

Rinse and dry the meat then lightly brush the pork with vegetable oil on all sides so that the rub sticks to the meat properly. You can also lay on a coating of mustard first if

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you like for extra flavor. Now work in your favorite BBQ rub into the meat and then refrigerate it, covered for at least 6 hours. The longer, the better.

Set up your grill for indirect cooking and aim for 225c before putting the meat onto the grill then add your chosen prepared wood chips to the charcoal.

Always use a temperature probe when cooking any joint of meat as this takes out the guesswork and gives you a clear and accurate reading of the internal temperature of the meat.

When the internal temperature of the pork hits around 190, the chances are that it is ready to eat, but you still need to check visually to be 100 percent sure.

You should find that the outside of the meat is a nice deep brown color or possibly a blackened, charred color. Either way the meat is in great shape! Some rubs have a tendency to impart darker colors onto meats than others, so bear this in mind when checking your meat at the end of cooking!

Test the meat at this stage with a fork, and give it a turn. If the meat gives little resistance you are done. If on the other hand the fork is very hard to rotate, it needs a little

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longer, so drop the lid and let it cook for another 30-40 minutes.

When the meat is done you should let it rest for an hour or so before pulling (the fun part!), and you should be left with delicious, mouthwatering pulled BBQ pork that will look like this.

When you have pulled your pork, it should look pretty good!

At this stage you are good to go, you can serve up your pulled pork into sandwiches, burger baps with salad or slaw, with a side of beans and corn, into mexican fajitas with sliced peppers, red onion and sauce, the list is pretty much endless!

Pulled pork keeps very well, and as mentioned earlier, can be frozen down and kept for a long while in the freezer if necessary. If you choose to refrigerate the meat, make sure that it is kept in an airtight container wrapped in foil so that the moisture is retained in the meat.

You can eat your BBQ pulled pork how you like. Try it with beans and slaw served up in a large bun and enjoy!

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BBQ competition schedules, contest results, guides, tips and a tantalizing selection of mouthwatering free BBQ recipes. You may also like to find out how to make your own homemade BBQ sauce, as well as discover many more how-to BBQ guides.

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## How To Cook Pulled Pork Properly

If you love smoky, sweet or spicy shredded barbecued pork, then you must love Pulled Pork also. In this article, you will get to know that what constitutes the best barbecue as well as what techniques you should use to have a great result vary in each region and even each cooking style.

There are nearly as many opinions about this type of cooking as there are people creating and consuming it. Here is one tried and true method used to get a raved review for your prowess with combining meat, smoke, spices and sauce.

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Create a dry rub. This simply means combining powdered spices into a mix that can be generously spread onto the entire surface of the meat. Use ingredients that improve the flavor of the meat without overpowering it.

Typically dry rubs include garlic powder, onion powder, cayenne pepper, black pepper, paprika, and salt. Unusual things like curry or nutmeg should be avoided unless your target audience is known to be fans of these and their unique flavors.

Smoke the meat slowly and properly. Smoke a good piece of pork roast for up to 24 hours at a low heat. Usually it is cooked at about 175 degrees. This prevents dryness and lack of flavor.

Smoke the meat with the fat side up to allow the juices to flow into the pork. In addition this prevents flammable liquid from dripping onto your heat source and causing flare ups that

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burn the meat.

Pick a flavorful wood like hickory, apple, or cherry. These enhance the taste of the finished product. The smoke from these woods or a combination of them fills the pores of the meat and changes it to a light red color that boosts the flavor.

Place the meat into a crock pot. Chopping the smoked pork and submerging it in the barbecue sauce you have chosen to continue the slow cooking process is the preferred method for finishing Pulled Pork. This method will keep the meat juicy.

Ovens heat from outside the container the meat is in by surrounding it with a huge volume of dry air. Humidity escapes from the cooking pork into the oven and evaporates. Removing excess liquid to get the appropriate thickness is much easier than trying to re-hydrate overcooked or burnt meat.

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If you want to get a meal that is your signature dish, then you must make your own barbecue sauce. This adds another level of complexity to the process of finishing the transition from roast to meal.

With patience, high quality pork, several spices, a combination of flavorful wood, and your preferred barbecue sauce a party favorite or delicious family meal is in your near future.

Article Source: [http://ezineseeker.com/?expert=Paul\\_Weiss](http://ezineseeker.com/?expert=Paul_Weiss)

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## How To Cook In A Halogen Oven

Halogen ovens offer convenience, a compact size and a significant reduction in time and energy. They operate by surrounding food with radiant heat regulated by a built-in fan creating an environment that completely penetrates and heats efficiently. Meals can be quickly prepared and ready to eat in a hurry. This method of cooking with infrared heat is safe and works well with a variety of dishes from appetizers to main entrees and desserts.

### Hints for Preparing Meals in a Halogen Oven

Halogen ovens provide a clear advantage because of the reduced cooking time required, typically around 50%. For chefs wanting to prepare a favourite recipe that calls for a standard oven, they will need to adjust the cooking time accordingly. Another option is to lower the temperature and keep the cook time the same. Meals should be monitored during the cooking, particularly when a new recipe is tested, to ensure that the meal is at the desired doneness.

Another benefit of Halogen ovens is the ability to cook frozen foods directly from the freezer. Defrosting is not required

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but may affect the cook time slightly. Because the process is so efficient, extra oils or fats normally needed for other types of cooking processes are eliminated. The result is a healthier meal.

halogen ovens do not require preheating. Once the food to be cooked is placed in the glass bowl, the chef sets the time and temperature and the cooking process starts immediately. Any fats or liquid waste dissipates to the bottom of the bowl making it easy to clean up. Some ovens are also equipped with a self-cleaning function.

### Basic How-To Instructions

The difference between a meal cooked in a conventional oven and a halogen oven varies only with the cooking time, not the preparation. Foods may be prepared in the same manner using marinades, seasonings and similar ingredients as found in any favourite recipe.

One-dish meals are an ideal choice for halogen ovens because the poultry or meat can be combined with potatoes and other vegetables to cook at the same time. Most ovens feature a separate shelf to aid in separating food types, for example, a

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chicken from the accompanying vegetables. For many dishes both the meat and vegetables may be combined and cooked at the same time. The top rack is typically used for grilling while the lower rack works well for heating casseroles, cooking vegetables and baking.

Although halogen ovens regulate heat and offer an efficient cooking method, some meals do well with by turning the food occasionally. Large cuts of meat, pork, spareribs, steaks and chicken breasts cook faster and more evenly with occasionally turning. Baked desserts do not require any turning. These ovens require metal cooking tins, glass cookware or oven-proof dishes for foods premixed foods. Plastic dishes and storage containers are not suitable cookware and may melt during the cooking process.

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## Oven Cooking Tips For The Teen Cook

As our children begin to age, they are more inclined to wanting to do new things to show off their independence. One

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of the most common things teens and pre-teens want to do in the house is oven cooking. Here are some great tips you should follow to help your youngster use the oven safely.

1. Explain the importance of preheating the oven for meals. Children of all ages tend to have a low tolerance for patience so you should reiterate the importance of all safety tips with oven cooking.
2. Make sure your young cook knows where the fire extinguishers in your home are.
3. Show him or her where the pot holders, meat thermometer and so forth are.
4. Explain what the appropriate and safe temperatures the foods need to be cooked at internally.
5. Dont allow your child to cook without adult supervision.
6. Teach your child the differences between the various pans you have and explain which ones are used in the oven and which ones can not be used in the oven.
7. It is vital that your child understands the importance of

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proper food handling and hand washing prior to having free range of the oven.

There are several easy recipes for young cooks to utilize all over the internet. Depending on how responsible your child is they can even move up to some slightly more complicated recipes for cooking. Again, food preparation and cleansing is essential to instill in your child. No matter how simple or complex the recipe is, your child should know about the various bacteria that can be transmitted from person to food, food to food, food to surface and so on.

As you give your child the independence of the kitchen, you don't have to necessarily be letting go of your baby. Instead, you can make oven cooking a time you and your child bond over. Oven cooking with your child is a great way to open up conversation about the daily activities and really get to know your child on a more "adult" level. You will soon find that you are seeing your child on a more independent scale without having to actually let them go.

Taking the time to teach your child about safe healthy oven cooking is the best way for you to open the doors of communication on an entirely new level. Your child will see

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that you know he or she is growing up, you are giving them more freedoms within the home and yet you are holding them to a level of expectation that they can meet while having fun.

Discover how FlavorWave Oven can make cooking easier and more enjoyable for you. It has a bundle of benefits and you will be able to make more dishes than ever before in lesser time. Read the FlavorWave Oven Turbo Review now.

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## Pork Recipe: Cooking elements That Can Be Utilized To Cook Healthful Pork Chop

Pork chops can be easily churned out because pork is considered to be the most versatile amongst all meats. You can access plenty of pork chop recipes across the internet and otherwise. The pork chop tastes good in any way, so it's difficult to make it bad. The pork chop recipes can go well with seasoning or sauce.

You can easily come up with tasty pork chops, and if you are

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going for some astounding recipes then it's going to be little tricky. Some flavors blend well with pork chops, whereas others make it too marvelous.

On hearing the word pork chop many of the dieters may squeeze their brows thinking how they can have it without adding to their hips. As more and more people are growing conscious about the foods that they eat, but the shortage of time is often driving them to look out for quick fixes. Luckily there are many healthy ingredients which can be added to suck quick fixes to make them tasty too. You can come across strong flavors that go well with red meats such as beef, but these flavors often cause harm to our bodies than expected. The strong flavors are used to flavorise the meats which would taste dull without their infusion. But in case of the pork chop recipes it is exactly the opposite they taste good with light flavors and every healthy ingredient can be added to them.

Many people enjoy barbecues especially the pork chop barbecues. You can devise your own techniques of developing healthy barbecue pork chops. Most of us use readymade barbecue sauces to save time. But these readymade barbecue sauces are unhealthy and often cause harm to your body than good.

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For preparing a healthy barbecue base you can begin with a tomato sauce. The tomato sauce is nice, thick and full of flavors. Normally vinegar or mustard paste is used as the base in readymade barbecue sauce. You can begin with very small amount of Worcestershire sauce. The Worcestershire sauce is utterly unhealthy thing, but you will need it in very minimal amounts to get your sauces started. Then you can add healthy ingredients like pepper, ginger, garlic, oregano and paprika. You can perhaps experiment with various other herbs and spices to prepare pork chop recipes. The interesting deal about these ingredients is that some of them may negate the flavors and taste of the tomato and Worcestershire sauce. The same ingredients may help you to make differently tasting pork chop too.

For information on pork chop recipes please visit [Pork Chop Recipes](#). You can also have a peek at some fantastic ground beef recipes by visiting [best ground beef recipes](#).

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## Discover How To Cook The Finest Three Ground Beef Recipes

You can come across umpteen number of ground beef recipes on internet. But the classic ground beef recipes of all the time is the ground beef potato pie and the ground beef chili recipe. You can easily whip up these two ground beef recipes within no time. Only the requirement is that you need to keep all the ingredients ready.

Lets see how to cook the ground beef chili recipe within no time. You can snap this recipe in merely half an hour if you have ingredients such as: three pounds of ground beef, one big onion, one green pepper, two ribs of celery, two cans of beans, one can of tomato paste, one jar of fresh salsa, tomatoes that have been diced, one can of broth (beef kind), two cups of water, one fourth cup of powdered chili, two tablespoons of Worcestershire, one tablespoon of grounded basil, two teaspoons of cumin, two teaspoons of sauce for steaks, one teaspoon of powdered garlic, one teaspoon of salt, one teaspoon of powdered pepper, onions that have been chopped and cheese.

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Saut? the celery, green pepper, and onion with beef in the big pot. Fry it till the celery softens and the beef becomes brown. Drain the excess oil from the pan.. Add beans to it. Avoid adding onions and cheddar to it. Now cook all the ingredients and let it simmer for another 30 minutes without covering the pot. Poach the ground beef chilly till it becomes thick. Serve this ground chili beef after topping it with onions and some cheddar.

Now letâs see how to go about cooking a ground beef potato pie recipe. This recipe was selected for the third position in a cooking contest organized in Florida. The ingredients include two cups of bread crumbs, three cups of onions that has been chopped, one half pound of cheese, one teaspoon of pepper, two tablespoons of oil, one and a half pounds of ground beef,two big eggs, one teaspoon of salt, four cups of potatoes that has been shredded, and one tomato for the garnishing.

Preheat your oven at three 350 degree Fahrenheit. Make the mixture of beef, pepper, onions, bread crumbs and salt and add this to the oven. Bake this mixture for about 15 minutes. Sear the potatoes and onions for about eight minutes and go on stirring them. Ensure that they dont stick together. Now add

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the fried onions to this beef mixture. Add the remanent cheese and baked beef to this mixture. Bake this mixture for about twenty five minutes till it becomes brown in color.

For information on pork chop recipes please look at ground beef recipes by clicking ground beef recipe. You can also take a peek at some fantastic Pork Chop Recipes.

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## How To Successfully Cook Vegan

Plenty of people every year decide to switch to a Vegan lifestyle. This means that you certainly are not alone when it comes time to break in some new dishes that you have been drying to try. However, it does mean that you are going to be rather amazed at some of the great unique dishes that are available to try out. Looking for several ways to get started cooking Vegan successfully is not always easy, but if you have some patience and a bit of time to really plan out a game plan you will find that it does not have to be as difficult as it might sound.

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The very first step you need to take is a good accurate assessment of your current cooking skills. If the idea of walking into the kitchen to cook has you sweating profusely then you are again not alone, but it will mean that you need to come to terms with the kitchen. If your idea of cooking is running to the local take out and putting food on plates or even eating straight out of the box you will again need to come to terms with the kitchen. A vegan diet is possible, but while eating out is also possible it is not as healthy, nor will you find the same amount of options as you can prepare yourself at home.

Your next step is to determine how well you can actually cook vegetables. Many people think that vegetables have to be limp, boring and bland. This is actually far from the truth. Using several different cooking techniques, it is possible to make vegetables that actually taste good! Strange as it may sound, it really is possible and if you do not already know these methods you will need to learn them quickly.

You should also dedicate a bit of time to learning a few of the simplest recipes. These will serve you well when it comes time to throw a fast meal together so you are not late for a teachers conference or you have unexpected guests coming over.

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Of course, everybody wishes they had time to prepare a full three course meal but alas, this rarely happens so knowing a few fast delicious recipes is sure to save you at some point or another. Just be very careful to stick to ingredients that are common in your house for these recipes so you do not have a collection of useless recipes with no ingredients.

Look into a couple of cooking classes. This will help you to really master the Vegan cooking lifestyle. Giving up meat is certainly not easy and while there are some great animal product substitutes available on the market learning how to properly cook them as well as ensure that they are prepared correctly is some valuable information. There is certainly no reason to sign up for dozens of lessons though, most people can easily get by on just 2 or even three fast lessons. Just enough time to really cover some basics without getting completely lost. Looking at this as a great learning adventure will allow you to get the biggest benefit possible, and you may even decide that you want to take some additional classes and further expand your vegan cooking skills.

Want to bake a simple cake recipe? Visit <http://www.simplecakerecipe.net> for some delicious cake recipes.

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## Fissler's Stainless Steel Pressure Cooker For the 21st Century Cook

Erase that memory of those awkward looking pressure cookers of the past. Thanks to Fissler, modern stainless steel design and pressure cooker advantages have merged to create a functional and safe cookware alternative.

Stainless steel has always been beloved by cooks everywhere. It's hard not to like stainless steel. It is both durable and versatile. It's easy on the eyes and does wonders for your food. It's hard to find a kitchen that doesn't have at least one stainless steel fry pan, sauté pan, or sauce pot. It's also relatively easy to clean. It's resistant to stain and corrosion. You can expect it to maintain its luster for a very long time. It's a cookware that almost never ages. It will function and look like as if you've just taken it out of the box years down the road.

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Then there is the pressure cooker. We all need one. Can you imagine cooking a less expensive cut of meat without a pressure cooker? Sure you can, if you have half a day of free time. Coming in at second place after the microwave, pressure cookers probably utilizes one of the fastest cooking methods around. But when was the last time you cooked a pot roast or something as challenging in your microwave? That's my sentiments exactly.

Having a pressure cooker is a love and hate situation. You love it for its benefits. However, it is usually heavy and clunky so you don't usually take it out except for dishes that would normally take an hour or more. When was the last time that you used your pressure cooker for vegetables? It can also be dangerous if not used properly. Although it usually comes equipped with regulator valves, you can't help but imagine what that violent steam inside the pot can do for you especially with heavy clamps many of the older ones had.

But Fissler proved to us that there is a Culinary God. They took stainless steel and combined it with 21st century technology and produced a user friendly, fast cooking, and attractive pressure cooker. The dangers of older models have been replaced with safety features that start protecting you

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the moment you twist the lid into place. Its artificial intelligence lids include an automatic pressure valve, Euromatic seal that automatically seals the cooker, and a large blue indicator knob with pressure markings. Plus, it can be used for regular stove top cooking when the valve is open thus making this a truly versatile addition to your kitchen.

A pressure cooker utilizes the not so obvious fact that pressure increases the boiling point of water. This means that your food is cooked fast and tasty. Pressure cooking is also to be considered healthy cooking. Because of the high pressure of the steam created inside the pot, germs and bacteria are instantly killed. Less water is also used when cooking with the pressure cooker, therefore making sure that vitamins and minerals are preserved as opposed to boiling the vitamins and minerals out of your vegetables.

Now you can take out your Fissler Stainless Steel Cookware with its pressure cooker features and say, “Wow – New Design, Easy to Use, Health Benefits Galore!” But even more impressed will be all your dinner guests saying, “Wow” when they are served the results.

Browse Fissler’s Cookware and Stainless Steel Pressure Cookers

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at Your Smart Kitchen

The online location for quality cookware, bakeware, cutlery, appliances and related kitchenware. Quality products at reasonable prices with customer satisfaction guaranteed. Specializing in Fissler, Paderno, Mauviel, Chasseur, Swiss Diamond, Romertopf, Kaiser, DeLonghi and other quality brands.

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## How to Cook in a Clay Pot

Clay is a great material for cookware. It is porous, which means that you need to soak it in cold water for fifteen minutes before adding the ingredients to it. As the pot becomes heated in the oven, the steam evaporates slowly inside the pores of the clay and the food forms its own juices.

These juices stay inside the pot as steam until the food is cooked and the pot is dry. Meat cooked in a clay pot will stay really juicy. Wet clay does not heat up as much as metal so you need to use a higher temperature for clay pot recipes and cook them for longer.

100 degrees F more and half an hour more is a good guideline.

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If you usually cook chicken for an hour at 375 degrees F, you will need to cook it for an hour and a half at 475 degrees F if you are using a clay pot. Clay pots should always be put into a cold oven and heated up with the oven, to minimize the risk of cracking.

### Cleaning a Clay Pot

Food does not stick to clay unless it is burnt on, so to clean your clay pot you just need to soak it in warm water, sprinkle salt over it, and use a stiff brush to scrub it. Rinse it and let it air-dry. Do not use detergents on it because it is porous and you cannot rinse them away properly.

For a very thorough cleaning, perhaps after using it to cook a strong-smelling fish, add a few tablespoons of baking powder to a bowl of hot water, and soak the pot in that. Clay pots are hardier than they might first appear to be and they survive many bumps and knocks. Store the lid next to the pot, rather than on it, in case the pot is not totally dry inside and mold forms.

### An Easy Recipe for Clay Pot Citrus Chicken

What you will need:

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3 1/2 lb whole chicken  
1 minced clove garlic  
1/2 teaspoon ground allspice  
1 tablespoon brown sugar  
Arrowroot, as required  
1 teaspoon fresh grated ginger  
1/4 cup soy sauce  
1/4 cup lime juice  
1/4 cup orange juice  
1 orange  
1 lime  
Salt and black pepper

How to make it:

Soak a clay pot and its lid in cold water for fifteen minutes. Peel and slice the orange and lime. Keep the rinds. Wash the chicken under running water, and then rub the garlic inside it, as well as some salt and pepper.

Stuff the chicken with the lime and orange slices, then add it to pot, breast down. Grate the lime rind and orange rind and sprinkle it over the bird. Add the lime juice, orange juice, ginger, allspice, soy sauce, and brown sugar to the clay pot

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and put the lid on.

Put it in a cold oven. Heat the oven up to 480 degrees F and cook the chicken for an hour and a half. Ten minutes before the end, take the chicken out of the oven and transfer the liquid into a pan.

Put the clay pot back in the oven, uncovered, to let the chicken brown. Bring the liquid to a boil and add arrowroot or cornstarch to thicken it. Add a little brown sugar too, if you like. Serve the chicken with the sauce and perhaps some mashed potatoes too.

(Serves 4)

Food blogs are full of handy cooking tips and, if you have a new piece of cookware such as a clay pot, you will be keen to experiment with new recipes for it. A recipe search by ingredient enables you to find the perfect dish.

RecipeDirectory.org Where the Web Searches for Recipe Sites

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## Pressure Cook Your Way to Kudos With Chicken Tajine

In the second half of the twentieth century, many Americans began to embrace ethnic cuisine. As an example, as of 2008, an estimated more than 15 million Americans consume foods of Middle Eastern origin such as hummus daily. In 2010, sales for hummus reached nearly \$ 300 million.

As the demand for restaurants with international cuisine flourished, the desire for ethnic home cooking recipes broadened the scope of many cookbooks.

One of the main dishes popularized over this period – Chicken Tajine (pronounced tah-jeen) – is a Moroccan dish of North African Berber origin.

Chicken Tajine, in essence a stew, is well-suited to pressure cooking. Made with fragrant spices, Chicken Tajine can contain chicken or lamb, and is often dressed with or accompanied by olives and preserved lemon.

Cooking and preparation times are each a modest 15 minutes. The following recipe serves 4 people.

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Steps:

1. Purchase ingredients – this is your shopping list

Bread – loaf of thickly crusted bread□

Poultry – 4 chicken thighs and 4 chicken drumsticks□

Fruit and Vegetables: 2 brown onions, 1 lemon, 2 cloves of fresh garlic, fresh coriander – 1 bunch, fresh parsley ( $\frac{1}{2}$  cup), 3 pieces of preserved lemon rind□

Condiments and Spices: olive oil (you will need 2 tablespoons),  $\frac{1}{4}$  teaspoon saffron threads,  $\frac{1}{2}$  teaspoon turmeric

2. Set aside 15 minutes for preparation and 15 minutes for cooking time

3. Food preparation

Rinse lemon rind and dice 2 of the 3 strips; cut remaining into thin strips□

b. Remove excess fat from chicken and pat dry

4. Cooking

Heat the oil in the pressure cooker to a medium heat□

Brown the chicken on all sides in small batches; remove from pot once browned□

Add the following ingredients to the pot with  $\frac{1}{2}$  cup of water

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and bring to boil: garlic, brown onions quartered, juice of  $\frac{1}{2}$  lemon, turmeric, saffron threads, diced lemon rind, coriander, salt and pepper and stir;□

Add chicken pieces and potatoes spooning sauce over them□

Close the pressure cooker lid and cook at low pressure over high heat until it reaches low pressure, reducing the heat to stabilize the pressure. Cook for 8 minutes.

Tip: the amount ingredients in the pressure cooker for this dish should not exceed the 2/3 level of the unit.

This dish will be sure to please. Feast on this wonderful dish with fresh crusty bread. Consider serving with hummus as an appetizer and a side of vegetables for a full flavorful meal. Enjoy!

In her latest website How To Use a Pressure Cooker

[<http://www.kuhnrikonpressurecooker.net>], Elizabeth Chandler, a lifelong advocate of healthy habits and fitness, describes how pressure cookers save both time and money while enhancing retention of food nutrients. In her article Kuhn Rikon Pressure Cooker Guide

[[http://www.kuhnrikonpressurecooker.net/kuhn\\_rikon\\_pressure\\_cooker.html](http://www.kuhnrikonpressurecooker.net/kuhn_rikon_pressure_cooker.html)], she discusses benefits and safety tips for cooking with a pressure cooker.

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