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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 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 skillet. 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.

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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 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 skillets 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

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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 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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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, 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

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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.

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

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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.

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

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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.

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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Cooking A Prime Rib

The average bovine has 13 ribs. Some younger ones have only 12 but most mature ones have 13 so I am referring to them when I say that a prime rib roast comprises 7 ribs, starting from the 7th rib at the shoulder and continuing back to the 13th rib at the loin, part of which is the most tender part of meat on the animal.

The reason the loin is so tender is because it is a muscle that is rarely used. The most heavily used and strongest muscles are the toughest cuts of meat.

The prime rib is the piece of meat that rib-eye steaks and rib steaks are cut from. A normal, full 7 rib roast will yield 14 rib-eyes or 7 rib-eyes and 7 rib steaks. The only difference between a rib steak and a rib-eye steak is that the rib-eye does not have the rib bone attached as the rib steak does. When you remove the bone you have a rib-eye.

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Many butchers will call a rib steak a bone-in rib-eye. Nevertheless, the rib steak, although it is the exact same cut of meat, should always be cheaper per pound than the rib-eye because you are paying for bone, which obviously, you cannot eat, but many times they are the same price.

The tenderloin is the cut of meat that continues back from the end of the prime rib roast, or 13th rib, along either side of the back and is usually cut into three sections called the sirloin, tenderloin and top sirloin. The tenderloin is the most tender piece of meat on the entire animal and is what the filet mignon is cut from.

A full prime rib roast is a very expensive cut of meat, so it is important to know many things about buying, preparing and cooking one before you ever attempt to do one, because a ruined prime rib roast is a lot of money wasted.

Before cooking a prime rib you'll need to know how much (how many ribs) you will need to buy as per how many hungry people you are going to feed. You also need to figure an estimated cooking time and you need to know exactly what temperature it needs to be when you take it out of the oven.

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The roast will continue to rise 10 degrees in temperature during the resting period. The resting period is usually 20 to 30 minutes and that allows the juices to re-settle into the meat. If you carve a roast without letting it rest, you will lose a lot of juices and your roast will be dry.

So, since the roast will continue to rise in temperature, you will need to take it out of the oven 10 degrees before it reaches your desired temperature for the perfect doneness, whether you want it rare, medium rare, medium, medium well and well done.

To learn everything you need to know to about preparing and cooking a prime rib, and get the best recipe for prime rib visit our website. There is a chart for estimating cooking time and a chart that shows exactly what temperature it needs to reach to be done the way you want it. Our website is at <http://www.recipeforprimerib.com>

Buy Microwave Ovens to give

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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 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

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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.

For more detail on bajaj food processor price logon to www.naaptol.com

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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Methods to Be a Get good at In Cooking Italian Recipes

If making burgers and barbecues, sunny-side ups and omelet, try cooking Italian food and you'll find a quick porch to cooking with pressure. The techniques and process of making Italian food is considered way overly tricky even when you've got the recipes to direct you all the way through.

Recipes of Italian food may perhaps contain many words that you just won't be able to seek out in normal dictionary. The main reason of receiving tricky word in your recipe books is that Italian food are mostly made by master and knowledgeable chefs. However in spite of everything, nobody can stop you from repeating the mistakes and trying the different recipes that you're going to find in an Italian cook book. For those who want to learn the techniques and tricks of cooking the Italian cuisine correctly, then you could even turn into a master in preparing various different Italian recipes.

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One benefit of having a recipe book is that everything is already laid out for you. A recipe book is a principally a tutorial to cook nearly some meal ideas of your hope. All you'll want to do is cook the elements and follow the making methods towards the letter. In spite of this, this isn't that much simple as it sounds. Below mentioned are a number of policy, suggestions and guidelines that can make the Italian making method a lot quicker than before.

Purchase an effective Italian Recipe Cook Book

A lot of the steps mixed up in Italian cooking is usually very tricky to grasp in words. Thus, if you want to study the method appropriately; it's a must to read a recipe books for getting to know the small print of the entire recipe. You can spend money on those Italian recipe cook book that comes with recipe making process photos of each and every step, as this hand you a better idea.

TV Research

Before you actually begin with making Italian recipes, you initially must give rise to make yourself comfortable with the basics by watching distinctive Italian catering exhibits on

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television. And with TV, you'll have an actual display of what is being done with different ingredients. Even if you are not actually there aided by the chef, you may still observe what he or she is generally doing.

Exactness is the Key Feature of great Cooking

In cooking , whether Italian cuisine or other cuisines, you must ensure that your measurements are correct and precise. The exact amount of components after all decides the entire tang of the recipe you might be making. A small dissimilarity in the elements can alter the taste. It's essential to use appropriate measuring methods to be able to add up materials in the recipe as it will guarantee that you're not adding up somewhat fewer or extra.

For added information on the many varieties of Italian recipes please look at the ifood community at Italian recipes. Those interested in pasta recipes can take a look at pasta recipes.

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Outdoor Cooking Accessories

If you are truly a “nature lover” such that you spend a lot of time outdoors, outdoor cooking is going to become a necessity at some point. Why not invest in some outdoor cooking accessories that are truly going to let you enjoy cooking (not to mention some really good food) that goes far beyond some hot dogs or marshmallows impaled on sticks and held over a campfire?

You need a few outdoor cooking accessories to really put on a good “spread” with your outdoor cooking, so to speak, but it can be done relatively easily.

The basics

*Hot dog forks or sticks

Some of the more basic outdoor cooking accessories are campfire forks or hotdog sticks. Again, although you certainly want your culinary efforts to go beyond this if you spend a lot of time outdoors, these are essential cooking utensils regardless – and good for the odd hotdog fix now and then too, if you wish. One of the best is Coghlan’s Safety Fork, which

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instead of using straight prongs has prongs bent downward so that they're not as hazardous.

*Cast iron sandwich maker

A sandwich maker is made of cast iron lets you put together a lot of "meals in pie format" very easily. Choose from a number of different recipes by searching the Internet, and then make toasty ready-to-eat hot "sandwiches" or meal "pies" that will easily cook over hot coals.

*Coffee pot

If you drink coffee, you'll also want something to provide you with your morning cup of joe; you can bring along instant coffee, of course, but if you want to brew coffee, you'll need a stainless steel or in animal coffee pot or coffee press so that you can brew your coffee right over the campfire.

*Cast iron skillet

Finally, a cast iron skillet (just like the one your grandma had) is the perfect adjunct to outdoor cooking accessories that you simply can't do without. You can buy them in a number of sizes, to meet your needs. Place them right on top of hot

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coals to do things as diverse as make scrambled eggs and pancakes to campfire “stir-fry.”

*Cast iron Dutch oven and/or jambalaya pot

Like the cast-iron skillet, the cast-iron Dutch oven or jambalaya pot lets you cook right over the open fire. These are perfect ways to make stews or other dishes that need a deeper receptacle than the cast-iron frying pan or sandwich maker can provide for you.

What to eat on?

Of course, if you don’t camp a lot, paper plates and plastic forks make suitable and very portable dishware. If you’re environmentally responsible, however, and you camp a lot, it’s a good idea to invest in some sturdy dishware that’s going to hold up to the test of time. Invest in stainless steel plates, forks, knives and spoons, so that they’ll last as outdoor cooking accessories for years.

More than just a campfire for cooking?

Certainly, nothing beats cooking over an open fire when you’re out camping. However, if you want to be able to control your

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heat a little more readily and you think it's a good investment, you can also invest in a portable outdoor camp stove or grill to take with you. Again, these aren't absolutely necessary, but they do make cooking a little bit easier since you can control temperature more easily on these devices than you can on a campfire. To go truly rustic, this isn't something you should need, but if you do want a little more control over your cooking, one of these may be a good investment for you.

Welcome to The Jambalaya Pot, inside you will discover an amazing selection of low priced and excellent outdoor cooking accessories, and help you understand just what is jambalaya.

The Outdoor Pizza Ovens – A Necessary Cooking Instrument For Pizza Lovers

Cooking apparatus are always the subjects of great attractions among the food lovers worldwide. The designs of pizza ovens are always different for the outdoor or indoor purposes. At

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present, pizza ovens designed for outside have become the hottest trend among all the food lovers throughout the world. The ovens designed for the outdoor uses, are the best options to arrange a moderately big party in your backyard. The pizza ovens have heat sources and heat chamber integrated for baking. You might get smoke chambers added to the new products to serve your dishes a traditional taste, a smoky appearance. The ovens are made very well and they are fully made of stainless steel. They are unbreakable and remain intact after repeated uses. The providers guarantee their products for the durability. If you want to impress your friends with your cooking excellence you can surely get one for your personal use.

The suppliers are now introducing new features embedded inside the newly made ovens. The common things which are used in newly made ovens are professional pizza stones and the precision control apparatus. They are always integrated in the common pizza ovens. The baking stones used here are always chosen carefully as they are the most important part of a pizza oven. They are quite different from the natural stones. They are proved unbreakable and are capable of use for multiple times. The stones are capable of transferring heats and they are commonly used as the heat sources. You can

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control the temperature within the limit 250-800 degrees with your precision control mechanism. You can get all the pizzas baked with your pizza oven in a very short time. You have to select the best one for you and you are just a step away from the purchase.

The pizza ovens that have recently reached to the markets are very easy-to-use products. They need no installation procedures. They are following the plug and play system. They are found in all the configurations. You just have to connect your pizza oven with the gas supply line. The outdoor pizza ovens have become a necessary outdoor cooking instrument for the pizza lovers.

The Author is an expert in article writing and has done a lot of research online and offline. Come visit his latest websites on Outdoor Pizza Oven and Ballet Bar

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Mexican Style Chili and Baked Meat Manicotti

People who really love to cook will always look for new recipes for them to try out. When it comes to spicy food, the Mexican Style Chili surpasses any other spicy food as this is definitely palatable. Like this spicy recipe, the Baked Meat Manicotti is truly delectable. So have your Rachael Ray cookware set on a table and enjoy doing these recipes yourself.

Mexican Style Chili Ingredients:

14-ounce dry kidney beans 398ml
One-fourth pound salt pork, diced 115 grams
Three cloves garlic, minced 3 cloves
Two large onions, chopped 2 large
1 pound lean beef, diced 450 grams
1 pound lean pork, diced (shoulder is good) 450 grams
14-ounce can tomato sauce 398ml can
3 tablespoon chili powder 45ml
2 teaspoon salt 10ml
One-fourth teaspoon pepper 1ml

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One-half teaspoon dried leaf oregano 2ml

Pinch cumin tomato juice pinch

Procedure:

At first, you need to wash and look over the beans. Then have them soaked in six cups (1.5ml) cold water overnight (or you can simply follow the package directions). Afterward, you drain its water.

Next, you need to cook the salted pork in a large skillet or Dutch oven until it becomes very crispy. Then add up the garlic and the onions, and then cook and stir it until it becomes limp. After that, you have to add the beef and the pork bits, and then cook them gently until it becomes lightly browned. Keep on stirring it. Subsequently, you have to stir in all the remaining ingredients except the tomato juice. Then cover it tightly and simmer it for one and a half or until the meat and the beans becomes very tender. Then you add up the tomato juice a bit at a time if the pan appears to be dry. Remember that chili should be moist but not wet when cooking is finished. Often, you need to taste it and adjust the seasoning if necessary.

(Note: I like to make my chili in a large buffet-size electric

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skillet. When I use it, I have found out that I need to add up quite a bit of liquid during cooking-up to a full nineteen-ounce can tomato juice.)

Baked Meat Manicotti Ingredients

One tablespoon olive oil 15ml

One large onion, chopped 1 large

Two cloves garlic, minced 2 cloves

Twenty eight-ounce can tomatoes 796-ml can

Five one-half-ounce can tomato paste 156-ml can

One envelop spaghetti sauce mix 1envelop

One-half cup water 125ml

Eight manicotti shells (see note) 8

One-half lb spinach (approx.) 250grams

1tablespoon olive oil 15ml

Three-fourth lb ground beef 350ml

One-fourth finely chopped green pepper 60ml

Four ounce mozzarella cheese, cut in very small cubes 115grams

One egg, lightly beaten 1

One-fourth cup grated parmesan cheese 60ml

Procedure:

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At the outset, you have to heat one tablespoon (15ml) olive oil in a medium Rachael Ray saucepan. Then, you add the onion and the garlic and cook them gently within five minutes. Keep on stirring it. Next, you add the tomatoes, the tomato paste, the spaghetti sauce, and then mix them with water. Keep in mind that you have to break up any large pieces of tomato. Bring it to a boil, and then you turn down the heat, cover and simmer it within twenty minutes.

Subsequently, you have to cook the manicotti shells in boiling salted water for about seven minutes. Then you need to drain it. Afterward, you have to remove the stems from the spinach and wash the leaves, and then add enough water to make two cups. Next, you heat the one tablespoon (15ml) oil in skillet. Consequently, you add the ground beef and the green pepper and fry them until the meat becomes lightly browned. Stir it constantly. After that, you remove it from the heat. Then drain this of any excess fat and then have it cooled. Later, you toss the meat, the chopped spinach, the cheese cubes and the egg together and mix them with a fork.

Afterward, you have to heat the oven to 375 degrees Fahrenheit (190 degrees Celsius). Then have a 12-x 8-x2-inch (30.5-x 20.5-x 5-cm) glass baking dish ready. Then, you put about

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three-fourth tomato mixture in the baking dish. Next, you should lay the stuffed manicotti in the sauce and pour the remaining sauce all over it. Sprinkle over it with parmesan cheese (500ml when packed). Finally, cook in the water the spinach clinging to each leaves just until it wilts. Then, you drain and chopped this finely with kitchen shears. Bake this for another 30 minutes or until it becomes hot.

Enjoy cooking the recipes shown above with the best rachael ray pots and rachael ray pans.

Fat Cooking Methods

Making small alterations in your diet can both help you lose weight and live a healthier lifestyle while preventing extra fat build-up within your system. Most of the time when you cook at home, you may use butter and oils within really thinking about how much you are putting into the dish and what kind of fat content it may have.

Home cooking can be a great way to save money and eat healthier, but one must be sure to utilize the best and

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healthiest ingredients. When you are searching for new and appetizing recipes that you can make for you or your family, try to find those that are marked as a low-fat or healthier option.

You can also substitute ingredients in your favorite recipes for those that are lower in calories and less likely to cause weight gain or cardiovascular disease over time. When it comes to increasing the nutrition of your meals, there are many things that you can do.

When cooking over the stove, many recipes call for the use of butter or oil; if you can at all substitute for these things with nonstick cooking spray, use a small amount prior to placing the items to be cooked into the pan. When this is not a possibility, try to use small amounts of vegetable or olive oil because they are the healthier choice, compared to butter.

Though butter can offer very flavorful benefits, consuming fats that are solid at room temperature can contribute to weight gain and heart problems, over time. It is best to avoid these when possible.

Another way to avoid extra fats in your cooking is by chooses

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the leanest cuts of meat that you can. There are so many different types of dishes that one can create based on the type of meat that they use.

You may have favorites that focus mainly on red and fatty types, but if you make the switch to lighter and leaner meats, you may find something that you find to be very appetizing! Chicken, turkey, and pork are all great options that offer wonderful flavor.

When you do cook meat, make sure that you cut off as much of the extra fat as you can. Not only will this cut down on the amount of calories that are present in the dish, but it will also decrease the lipid content.

A dish that has already been cooked can be drained or blotted, removing any of the harmful or high calorie liquids that may cause high cholesterol or high blood pressure in the future. Paying close attention to the amount of fats that you consume and that are present in meals is a great way to keep your body in top shape.

Supplementing meats and fats for vegetables sounds like a silly idea to most cooks, but there are other lighter or

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vegetarian options that can be just as delicious and satisfying. When cooking burgers, pasta, meatloaf, or chili, try to replace part of the meat content with other vegetables.

Using spices to make up for a small lack of flavor can make these even more appetizing than the all-meat option! Bacon can be a scrumptious addition to any dish, but it can also drastically increase the calorie content.

Try replacing it with other options, like low-sodium ham or Canadian bacon. You can also do this when it comes to sausage; there are many that are made from other animal products, like turkey, and your family or friends should not even know the difference.

Making small changes like this in the meals that you cook can really do wonders on your diet and health. Breaded and fried options can be tasty comfort foods, but they have a tendency to pack on the pounds.

Try using bread crumbs or crackers instead of batters, and bake the options instead of frying. When it comes to the use of dairy products in soups and vegetable dishes, it may be best to use fat-free evaporated milk, as opposed to heavy

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creams that are loaded with fats and calories.

Always base your meals on fruits, vegetables, and lean meats, and then add other items in as you see fit. Try to make use of healthier options and those that are lower in fat; you will definitely notice a difference in how you look and feel as you make these small changes in the kitchen!

Ronald Pedactor has written hundreds of articles relating to food storage. He recommends food insurance for saving money with food storage.

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Soul Food Recipes Websites Offering Healthy Heart Cooking Tips

Soul food recipes are growing healthier, to the delight of health experts and medical professionals. The popular southern cuisine have been a tradition of tasty eating for people for many decades. But the high calorie, fat and sodium have been a concern for health professionals. Traditional recipes have called for high amounts of fat, butter, salt and cream.

This has always worked to make food rich and tasty – but unhealthy. The ingredients have proven to contribute toward obesity, high blood pressure, diabetes and other health ailments. But new website offers visitors creative ways to cook healthy soul food recipes while keeping the robust flavors and taste people have come to love.

The experts do this by using natural herbs, spices and flavors to make the dishes interesting and entertaining. In addition, lighter cooking techniques is also demonstrated with free state-of-the art videos visitors can watch on demand. The

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website is updated each day, so visitors can get the latest healthy cooking tips.

More websites also offers entertaining video recipes and demonstrations by experts – of the top soul food recipes. The recipes are voted by readers and experts based on page views for the day. That means visitors get minute by minute updates on the most popular recipes.

An interesting addition to many websites is the addition of a soul food seasoning dictionary, where the reader can see what seasoning goes with what foods. This is an important aspect of cooking southern food. Why? Because robust flavors is the hallmark of southern cooking.

The biggest mistake people make when seasoning is either too much, or too little. The seasoning dictionary helps cooks to accurately apply herbs, seasonings and spices ... mistake free. The best way to prepare and enjoy soul food cooking now is the healthy way. This website helps visitors cook with flair, fun and health in mind.

See The Top 20 Soul Food Recipes Voted by Our Readers This Week Based On Taste and Ease of Preparation, Go to ... Free Soul

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



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