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Recipes For Acorn Squash Are Avoidable With Basic Cooking Methods.

Acorn Squash are plentiful this time of year, but avoided by most shoppers because the large, heavy, ugly, tough orb is intimidating. Where would I begin to know how to cook that thing? people ask themselves. Even if they're brave enough to buy it, they now need to search for recipes for acorn squash. That takes time. That takes effort. It's not fun.

However, you can avoid searching for recipes for acorn squash if you employ a little basic cooking methods skill. You can write your own recipes! Acorn squash is a tough nut to crack, so some basic knife skills are in order to remove the waxy outer skin. With a serrated slicing knife, I first remove the top and bottom of the squash. Then, carving around the contour, I remove all the skin, revealing the bright yellow/orange color of the flesh. Cut it in half, remove the seeds, and cut into cubes for the beginning of our own recipe for acorn squash.

Roasting (or baking) is a basic cooking method that uses hot

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air to transfer heat to food. This is called a dry convective cooking process. The only problem with cooking with dry air is that it dries out the product your cooking. Moisture evaporates in a hot oven, giving you dry results.

We'll add moisture to our own recipe for acorn squash by creating a simple white sauce. Having combined butter and flour to create roux, I added milk and goat cheese to create a creamy, cheesy, bright white sauce. Once we coat our cubed acorn squash in the white sauce, it will help retain moisture through the long, dry cooking process.

Your recipe for acorn squash doesn't have to include a white sauce you've created. Condensed soups work very well in helping keep your foods from drying out in the oven. This is a quick and easy way to create a flavorful recipe for acorn squash without much cooking knowledge at all.

Chopped walnuts are a Fall flavor that would compliment this dish, so I've chosen to include them in my creation. Once spooned into a casserole dish and topped with bread crumbs or shredded cheese, we've created our own recipe for acorn squash an Acorn Squash Gratin.

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You can use this very same method to create any recipe you desire, using any products you desire. Don't avoid the fresh ingredients of Fall because you'd have to search for written instructions. Once you think about HOW you'll cook the item, you'll be creating your own recipes for acorn squash using these suggestions.

See the recipe for acorn squash video.

Author Box:

Chef Todd Mohr has freed thousands of people from the frustration of written recipes with his online cooking classes. The Chef's cooking DVD series *Burn Your Recipes* empowers people to cook with basic methods and the ingredients they desire.

Meat Thermometer – Helpful For Cooking

Going back and forth on opening the oven or casserole during cooking is really a nuisance. Especially when we cannot estimate the right time of the right temperature. So here is

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how to avoid delaying time and depending on your mere instinct alone. Use a digital meat thermometer. This saves time to have the exact moment and lessens inconvenience for the part of the one who will cook. Its advantage is that it prevents food borne illness, which is a big plus factor health-wise; prevents overcooking; and holds at a safe temperature, where your mouth and tongue would not spit out the food, which will just waste the effort and time that you consume cooking.

If you are convinced that you should use digital meat thermometer in cooking, here are some tips before rushing into the nearest grocer, hardware or kitchen supply stores.

1. Regular, oven-proof types and microwave-safe types and pop-up types. These types of meat thermometer have specific uses and make sure to use these in appropriate usage as this may mismatch and can cause any forewarn accidents.

2. Make sure that it is instant-read, digital; as this can avoid prolonging the agony of waiting. Also, consider having the digital read-out which sits outside the oven, so that there is a an easy access on the visual aid for the calibration of the temperature.

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So, here is the initial step when you already have the meat thermometer at hand. Keep in mind the first tip given earlier. There is a meat assigned per thermometer. You need not to mix the uses. For poultry, you can insert the thermometer into the inner thigh area near the breast of the chicken or turkey, and avoid touching the bone; for beef, pork, lamb, veal, ham, roasts, steaks or chops the gadget used should be inserted into the center of the thickest part, away from bone, fat and gristle; for ground meat and poultry gadget, it should be around the thickest are of ground meat or poultry dishes like meatloaf, and must be in sideways position in thin items like patties; and the last but not the least is for casseroles and egg dishes, the thermometer should be inserted in the thickest portion. There is a big difference in using oven-proof and instant-read thermometers. The endurance both can get inside the heat varies. For oven-proof thermometer, it is able to withstand right from the beginning of the cooking time, while instant-read thermometer is not designed to stay long in the food during cooking. So do not mistaken the two by prolonging the instant-read. This is not really advisable.

And for the last tip, use a digital meat thermometer, if you still think that this thing is not necessary at all, then think twice about it. The specificity of the temperature is

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rather advantageous, other than telling it to be rare, medium rare or well done. Remember that timing is always the essence, so rather than asking your self if it is already cooked rightly, why not trust on the gadget itself. But always remember to use it wisely, correctly and safely. After all, accident would not really occur if you are really prioritizing safety right from the beginning.

To know further on the information about digital meat thermometer, the proceeding link can help you.

www.Digital-Meat-Thermometer.org

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Taking Your Cooking Skills To A Higher Level: Switching With Gas Ovens

Do you want to take your cooking skills at a higher level? Now is the right time to switch with gas ovens.

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Gas ovens are very durable and flexible: that's the reason why many professional chefs are recommending them.

Gas ovens come with accurate and instant heat adjustments. The results are amazing; the heat will lower down in an instant even if you have just turned it off. Not like other electric stoves that take a long period of time in cooling down once the heat setting is lowered.

With gas ovens on hand, you can make use of many cooking methods and styles you've learned like wok cooking. This is not just possible when you are using electric stoves.

With a wok, you can cook a variety of meals using gas ovens because of the accurate heat setting adjustments unlike electric stoves.

Nowadays, most people are worried about using gas in the kitchen when it comes to safety and security.

When you are cooking with gas ovens, you need to be aware of many things. It is important to avoid the contact with naked flames while you are cooking to avoid fire accidents.

The good news is that the newest line of gas ovens contains

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many safety devices that make them more accurate and safer to use than the ones made many years ago.

The latest gas ovens come with an automatic ignition feature wherein you can cut off gas safely, preventing disastrous fire accidents in your household.

The main advantage of a gas oven is that it tends to cool down faster compared to electric cook top after you've done your cooking.

Along with safety also comes the quality of food prepared. Rest assured that when you use a gas oven, your cooking will always be good and tasty.

Depending on the features that you like, you can purchase a gas oven in various price ranges from cheap to expensive ones. Before buying, you need to determine your cooking needs to avoid regrets later.

While every home needs a good gas oven, you will also need a kids dining table and a mirrored dining table because they are simply the best dining table types around.

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for acorn squash.

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

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

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

There are many oven dishes that taste and look special and impressing whilst requiring only little time to prepare. And

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once in the oven, they basically cook themselves. I set my timer and quickly check on my food at certain times, and otherwise I can do some other work or simply relax. No need to worry about how long the food will take. That's a perfect opportunity to enjoy long-cooking foods without having to invest much actual working time.

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

Use ready-to-use or no sauces

Use easy-to-prepare foods

Only do what you really have to

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

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

Alternately, prepare your sauce in advance. Most vegetable or veggie-meat sauces can easily be frozen. If you love your

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sauce Bolognese for example, cook a lot of in one day and freeze portions of it. When you feel like having a quick lasagna, simply defrost your sauce, add to the pasta, cover with cheese, and done you are.

Tip #2: Use easy-to-prepare foods

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

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

Tip #3: Only do what you really have to

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

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Larger cuts simply go quicker.

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

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

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

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

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easy recipes!

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Smoky Shredded Pork Tacos – Traditional and Classic Mexican Cooking

Shredded pork makes the perfect classic Mexican taco. This authentic recipe makes tacos that are steamed, delicious, and as tender as can be.

This Mexican pork tacos recipe calls for the pork to be shredded, and not ground. Not only can you use this feeling for tacos, but it works great in enchiladas or tamales. All of these ingredients can be found in supermarkets everywhere, and the results lead to authentic Mexican food results.

Mexican Smoky Shredded Pork Tacos

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Ingredients:

1 1/2 pounds pork butt, cut into large cubes
5 garlic cloves, 2 minced and 3 left whole with skins on
1 large onion, chopped
1 1/2 pounds ripe tomatoes
3 chipotle chiles, from canned in adobo sauce
1/2 cup slivered almonds
2 1/2 tablespoons lard
Salt to taste
Ground pepper to taste
1/2 teaspoon ground cinnamon
1/8 teaspoon ground cloves
1/2 cup raisins
20 corn tortillas
1/2 cup crumbled Mexican queso blanco, or Monterrey Jack cheese

Directions:

Place the pork, the chopped garlic, and half the onion in a 3-quart saucepan, and cover with salted water. Bring to a boil over medium heat. Skim the foam off the top, then reduce the heat to medium-low. Simmer, covered, for about 1 1/2 hours, until fork tender. Cool the meat in the liquid, then remove

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and shred using a fork.

Heat an ungreased skillet over medium-high heat. Cook the whole garlic cloves until soft, or about 10-15 minutes, turning occasionally. Remove the garlic and set aside.

Preheat the broiler, and arrange the tomatoes in a broiling pan. Roast about 4 inches under the broiler heat until the skin blackens, or about 6 minutes. Turn the tomatoes over and roast for another 4 minutes. Remove the tomatoes and set aside.

Now place the almonds under the broiler, on another smaller metal tray, until they are lightly browned, or 1 to 2 minutes. Set them aside. Once the tomatoes are cool, peel them, and collect all the juice in the pan. Place the tomatoes in a food processor or blender, and pulse with the canned chipotle peppers and soft garlic. Look for a medium-fine puree.

In a heavy 3-quart saucepan or Dutch oven, melt 1 tablespoon of the lard over medium-high heat. Add the tomato puree, and cook until thicker, or about 5 minutes, stirring constantly. Turn the heat off, season with salt, and set aside.

In a 12-inch skillet, heat the remaining 1 1/2 tablespoons of

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lard over medium-high heat. Once it starts to smoke, add the shredded pork and the rest of the onion. Cook until the pork is crispy and golden in color (12-14 minutes), stirring frequently and scraping up any brown bits. Sprinkle with the pepper, cinnamon, cloves, and raisins. Pour in the tomato puree. Reduce the heat to low, and simmer until all of the liquid has evaporated (about 5 minutes), stirring occasionally. Add the almond slivers to the pork.

Wrap the corn tortillas in a kitchen towel, and place them in a steamer with 2 inches of water in the bottom. Bring to a boil, then turn it off and let it the tortillas sit for about 10 minutes.

To serve these pork tacos, hold a tortilla in your hand and fill it with cheese and shredded meat. Top with salsa if you like.

This authentic shredded pork tacos recipe makes 4 servings.

Billy Bristol is the writer and editor for Spicy Cooking, a website devoted to hot spices, spicy foods, blazing cooking, the hottest cuisines around the world, and “knock-your-socks-off fiery recipes that all chile-heads and chili-head wannabes

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will love. Spicy Cooking will fire up taste buds and scorch your plate...Guaranteed. Spicy Cooking

Is Microwave Cooking Safe and Healthy?

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

Microwaves harm food particles

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

Microwaves affect the nutritional value of food

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

Microwaves produce harmful radiation

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

Microwave heating is harmful

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

If you cannot avoid using a microwave oven, you should operate it on a low power setting to cause less damage to the food particles. It is highly recommended to avoid heating breast

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milk even at low settings as it can damage the disease fighting capacity of breast milk. So, avoid using this oven as much as possible even for preparing adults food.

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

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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

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oven.

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

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

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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 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 micro wave. 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 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.

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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 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

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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 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

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and mortar shop. Internet shopping is a 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.

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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.

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.

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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.

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

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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>

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