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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

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Food Recipes

Waffle Cooking is an Art

There is considerable debate as to the origins of waffles. The Dutch insist that they invented them, though the classic modern Dutch stroopwafels (syrup waffles) were actually invented in Gouda during the 18th Century, though chifon waffles, made with separated eggs were certainly known in the Netherlands in the 16th century for the help . The Belgians also claim that waffles is a Belgian invention and the classic Belgian waffle, leavened with yeast certainly has a long pedigree.

But the oldest reference to waffles we have comes from an English recipe for waffres in a 14th century cookbook. Today, however, British waffles tend to be savory potato cakes served as a main meal accompaniment rather than for breakfast.

Today, however, when most people think of waffles they think of American waffles. The way of making these batter cakes came to the Americas in the 1620s with pilgrims from the

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Netherlands. Though the original versions were more like drop cakes, cooked in a griddle. Indeed, it wasn't until 1789 when Thomas Jefferson returned a waffle iron with him from France that the modern waffle was born. And it wasn't for a further century that waffles became truly popular in America where they were served with both sweet and savoury dishes.

The American waffle is a batter cake using baking powder as a raising agent, which is cooked in a waffle iron. It's this iron that gives the waffle it's characteristic shape and dimpled surface. A basic waffle is a batter made from flour, eggs, milk and oil and including baking powder as a raising agent. Other ingredients such as nuts and fruit can be added and waffles can be made from other flours apart from wheat flour (or from a mix of flours).

Here, however, we will concentrate on the standard, basic waffle. Even here there are two main types of waffles for the help . The standard waffle, where all the ingredients are simply combined together. And the 'chiffon waffle' where the eggs are separated before being mixed. Typically the chiffon waffle is lighter and fluffier than the standard waffle. Below you will see recipes for both types of waffle.

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Traditional Waffles

Ingredients:

320g plain flour

4 tsp baking powder

2 eggs, lightly-beaten

600ml milk

60ml vegetable oil

Method:

Sift together the flour and baking powder into a bowl. Beat together the milk, eggs and vegetable oil into a separate bowl. Combine the wet ingredients with the dry ingredients and beat the mixture until smooth.

Heat your waffle iron and grease lightly with a little oil or melted butter. Add the waffle mixture about 120ml (6 to 8 tbsp) at a time and cook until the steam stops escaping and the waffles are golden brown (about 2 1/2 to 3 minutes).

Serve hot with your choice of topping...

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Chiffon Waffles

Ingredients:

250g plain flour

2 tsp baking powder

1 tbsp sugar

1/2 tsp salt

3 eggs, separated

1l milk

120ml vegetable oil

Method:

Separate the eggs. Whisk the yolks until pale and creamy then, in a separate bowl, whisk the whites until stiff and glossy.

Add the milk to the egg yolks and whisk to combine, then sift together the dry ingredients into a bowl stir-in the egg yolk and milk mixture. Now stir-in the oil before gently folding-in the egg whites (do not over-mix).

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Heat your waffle iron and grease lightly with a little oil. Add the waffle mixture about 120ml at a time and cook until the steam stops escaping and the waffles are golden brown (about 2 1/2 to 3 minutes).

www.thanks-giving-recipes.com

www.300-chicken-recipe.com

Serve hot with your choice of topping.

You now have the recipes for the two main styles of waffles. It's fairly easy to adapt these recipes to your own specifications. If you would like to add another flour (eg oat flour or ground nuts) then do so at a ratio of 2:1 wheat flour to your other flour. You can also include mashed potatoes, pumpkin, sweet potatoes etc to the mix.

i am sonal sharma

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

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

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

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

2. Browning or caramelizing your food especially meats. This tip will not only give a rich look to your food but adds

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amazing flavor as well. Take your time doing this part. Lower your heat. You want browned not burnt. For example, caramelized onions can take about 45 minutes, but the flavor is worth it.

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

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

5. Using fresh lemons will help give a salty edge to many of your low sodium recipes. The regular Eureka lemons versus the

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

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

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

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change. You want maximum flavor.

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

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

Get more free information including more low sodium cooking tips, salt free seasonings, and low sodium recipes. You will learn how you can use seasonings, fresh herbs, different spices, unique foods and different cooking techniques to increase flavor without adding salt. You'll find out how to achieve and enjoy more flavor than you ever thought possible.

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

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Modern Dutch Cooking and Delicious Savory Foods

There are certain parts of the world which are quite well known for their rich food tradition and Holland is one such place that is renowned for its traditional as well as modern foods. Though the Netherlands is not popular as France or Germany for their foods, yet there are several delicious and savory Dutch foods which have an interesting long history.

Pickled herring, thick broth and several potato dishes just begin to spring in mind whenever we think about Dutch foods, but now Dutch foods are not just limited to these dishes and there are several other kinds of dishes that have emerged as the modern Dutch dishes. With the addition of some regional as well as continental recipes, now modern Dutch foods are becoming a favorite of a considerable number of people and they are looking for some restaurants and places where they can get the best of Dutch foods. In fact, the main focus of most Dutch recipes is on vegetables and legumes.

The nice thing about Dutch cooking is that they are cheaper, healthier and easy to consume than most other dishes. However, these dishes were traditionally used there. Now with the passage of time, many other ingredients are also being used in many modern Dutch dishes. For these new ingredients and new

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cooking technologies, some new Dutch foods have become quite delicious and savory. These days different other ingredients like celeriac, parsnips and kohlrabi are being widely used in different Dutch foods nowadays. Similarly, clove cheese and cumin cheese are not only being used in different kinds of Dutch foods, but these goods have a very high demand in different parts of the world as well and that's why they are also exported in other parts of the world as well.

In fact, now Dutch people have realized that quality foods come with a price tag and they are willing to spend on quality when it comes to food items. Whether you are looking for cheese, sweets, baking items or any other kind of foods, you will get the best quality if you are willing to spend on quality food and ultimately good health. Different types of bread spreads, muffins crackers and breads, and Dutch cakes are becoming very popular in different parts of the country as well as out of the country.

Traditional Dutch foods were quite popular in the past and they have been nicely representing the Dutch foods traditions for quite some time, but these days many modern Dutch foods seem to replace the old traditional foods and now they are becoming increasingly popular in Holland and many other countries of the world as well

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Cooking On A Budget

What is this article all about? Well, not all of us are lucky enough to be able to go to all the high class supermarkets and buy all the expensive products. But are they really nutritious? are they really good value for money? Could you feed your family for half the cost of someone using the likes of Asda or Sainsbury's? Let's find out shall we.

Cooking on a budget is very important to many families in today's economic climate. Statistics show that the biggest part of the family budget goes to buying food – but that does not prevent you from buying good nutritious, healthy food for the family. 'Cheap meals' does not mean unhealthy meals. Fresh fruit and vegetables are not expensive and some can be totally free simply by growing them yourself. You don't even need a garden or allotment to grow your vegetables, or herbs. We will show you how later in the article.

You can make a lot of things from scratch and in bulk and

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either freeze it or bottle it for future use. A few simple techniques like shopping in the markets just before closing time – especially on a Saturday, brings exceptionally good deals. The stall-holders don't want to be stuck with fruit and veg that will not be fresh on Monday morning. So what do they do – they sell it off cheap to get rid of it. Try it out for yourself. Visit the market an hour before closing time and see for yourself. A few bags of cheap fruit and veg can feed your family one way or another for weeks – if you use it correctly.

Budget cooking or cooking on a budget can be so easy. Budget cooking is not a science. A few Bags of vegetables and a bag of dried beans and pulses – barley, dried peas, lentils provide all and body and additional nutrition to those vitamins & nutrients already present in the fresh vegetables, providing a healthy and filling meal for all the family. You can freeze what you don't use in plastic bags and this provides additional meals at a later date. We will give you all the recipes you will need for all types of nutritious, healthy soups using vegetables and pulses – without the additives and E numbers to provide the taste and flavour that have been lost during processing. Budget cooking is not difficult. It just needs a bit of thought and forward planning.

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Tomato Soup is a great example of how to use up a few ripe tomatoes, an onion and a handful of herbs and spices. All the recipes for this and other vegetable-based soups are available to you simply by clicking on the links to these recipe pages. Always remember, budget recipes are not cheap recipes – they are recipes based on good quality but cheap ingredients. There is nothing cheap about the quality or nutritional value of the resulting product.

Salads In summer, we all love salads. They are naturally healthy because of the vegetables used, but you can easily turn a salad into a filling and healthy meal by simply adding pasta, meat or seafood. We will show you how.

Desserts There are dozens of gorgeous desserts that can be made for next to nothing. Don't throw away your old bread – turn it into a bread and butter pudding by simply adding milk and egg and maybe a handful of sultanas or dried apricots.. It's so easy.

Main Courses You don't have to invest in a Roast of beef or loin of pork to give the family meat for dinner. Use minced beef or minced pork. There are hundreds of recipes for using mincemeat. Use cheaper cuts of beef and cook it long and slow

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to tenderize it. You can do so much without breaking the bank to get meat onto the table

If you want to know more, or need recipes for cooking cheap and easy (but healthy and nourishing) meals, visit us at Bill and Sheila Cookbook. We will also show you how to grow your own veg in the back yard. We have been having gorgeous new potatoes with our Christmas Dinner for the past 8 years. All you do is put a handful of old potatoes in a bucket in September. Cover them with peat and water them. As the green shoots appear, cover them with more peat until the bucket is full. By Christmas day you will have a bucketful of fresh wonderfully tasting new potatoes – so easy and FREE. You would probably have thrown away those old green spouting potatoes lying in the bottom of the pantry in August.

<http://www.billandsheilascookbook.com>

<http://www.billandsheilascookbook.com/budgetcooking.html>

<http://www.billandsheilascookbook.com/vegetarian.html>

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Oven Cleaning Different Kinds Of Ovens For The Cooking Enthusiast

If you adore cooking, the oven is probably one of your best friends in the kitchen and practically speaking, without it chances are your cooking skills (no matter how good) can be diminished in half since almost all the succulent meals are cooked via the oven. So here's a list of different kinds of ovens and its use for the home chef wannabe –

Dutch Ovens – these three-legged pots are usually made of iron which is traditionally used in open fire so they are great for any outdoor activity. It is designed to make cooking a faster especially with frying, roasting and even steaming.

Range Ovens – You can now enjoy meals cooked in restaurants in the comfort of your very own home by owning this kind of oven. They are commonly used in indoors and since it uses constant fire, these ovens are practically helpful when you want to cook foods which are intended to be cooked gradually.

Pizza Ovens – yes, there is such an oven so you can just

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imagine how many pizza lovers are out there. Especially designed to cook pizza you should definitely own one if the pizza is a regular meal in your household and you want to try your own recipe and not just the typical commercial pizzas.

Toaster Ovens – These ovens are perfect for cooking meat, fish or pizza. These types provide slow and moderate to high heating capacity.

Self Cleaning ovens / Pyrolytic Ovens – now we all know how your ovens can become dirty and nasty in prolong use and these ovens are designed to save you the hassle of manually scraping that residue stuck inside your oven. Though there have been reports that the fumes released from these types of ovens can be harmful. So chose wisely.

Using your oven regularly requires that you clean it frequently as well. But if you don't have the time and often even the proper skill and know-how to properly clean your oven without damaging it you can always count on a professional oven cleaning service. Just choose an affordable yet quality oven cleaner and you can get your oven cleaned professionally at a very reasonable price. Keeping your oven clean and working properly need not be a hassle. Enjoy more time cooking

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and leave the “dirty work” to the pro oven cleaner.

So make sure you get your oven cleaning done professionally by a well-trained oven cleaner

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