



Over 350,000 Free Food and 9,000 Drink Recipes

World famous Spanish recipes

One of the most widely known, & well loved, traditional Spanish recipes is Spanish omelet. This Spanish recipe is amazingly versatile & can be served hot or icy, as a starter – as a snack or as a main work with a salad. Cut in to cake-like wedges, it is ideal for packed lunches & picnics.

Peel the potatoes & cut in to half inch/12mm cubes. Cook in boiling salted water for 5 minutes, until tender. set aside to drain. Meantime, peel & chop the onion – peel & crush the garlic – de-seed & cut the pepper in to half inch/12mm squares.

Heat the rest of the oil in the pan. Add the potatoes & cook for 8-10 minutes while stirring. Beat the eggs together & add in the cheese, season with salt & pepper. Return the onion mixture to the pan, combine with the potatoes & sprinkle with the parsley. Reduce the heat & add the egg mixture evenly over the vegetables. Cook over a low heat for 8-10 minutes, or until the eggs are set. Loosen the edges & turn out onto a plate.

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



Over 350,000 Free Food and 9,000 Drink Recipes

In a huge frying pan, heat half of the oil over a medium heat. Fry the onion for 2-3 minutes. Add the garlic, peas & red pepper – fry for a further 3-4 minutes, then set aside on a plate.

You are now ready to serve six of the most famous of traditional Spanish recipes. For a meaty alternative, add some diced ham or bacon, or some chorizo sausage.

Microwave corn

First take a pair of kitchen scissors & cut the top of the husk (where the silk comes through & looks like a long beard) off, so the tip of the corn is barely showing.

Microwave corn on the cob is a great way to be going if you are short on time or if you have run out of cooking surface. This is a step-by-step tutorial to show you how easy & appetizing this method can be.

Next they need to get some moisture in to the corn so it

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



Over 350,000 Free Food and 9,000 Drink Recipes

steams as it cooks in the microwave. If you have the time, take your ears of corn & soak them in a huge container of water for 30 minutes prior to cooking. If you don't have that kind of time, wrap the ears in a damp towel.

Cooking is an art. I love to cook.

<http://www.planyourdinner.com>

Famous Recipes From Restaurants

If you have to cook every day, the chances are you won't be able to keep up with it. Many times, we have our jobs, our kids and other responsibilities that make it difficult for us to keep up. But maybe we should take the time to cook daily and create a more healthy lifestyle for our kids. The fast food restaurants have unhealthy food that can create all types of problems with the body.

What are the alternatives? Start cooking and make the time to get that healthy meal on the table. Easier said than done. There takes an enormous amount of organization involved in

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



Over 350,000 Free Food and 9,000 Drink Recipes

keeping a meal planning schedule. What if you could have famous recipes from restaurants at your finger tips? This would cut down the amount of research in finding good meals for your family. You know that it will be delicious because you've ate it before. But where can you find these recipes?

Now that's a hard one because some restaurants just refuse to give out their secrets. I don't really blame them. But it's become more and more fashionable to have chefs give out their recipes. Its good promotion for their restaurants. And frankly no matter how hard you plan you'll end up eating out. And there are special occasions where you'll want to eat out.

So the best thing to do is to cook. The ingredients in you family's food will be totally controlled by you. You can still make killer meals but with less fat and healthy ingredients.

So why not start cooking? But, wait a minute, what about the recipes? And what about the chef lessons? Oh, sorry, I forgot to tell you that I have found the perfect place for you to get some of these recipes. And not only that you can get some of them for free! It couldn't get better than that, right? Oh yes it can. You get step-by-step instructions on how to cook each meal as well. You can find out more about famous recipes from

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



Over 350,000 Free Food and 9,000 Drink Recipes

restaurants below!

Find out how you can get some free secret restaurant recipes. You can finally get the restaurant quality you with less money. And who wouldn't? But don't delay. It maybe too late already. Check out the links below:

<http://famous-recipes-from-restaurants.com/>

<http://famous-recipes-from-restaurants.com/articles/famous-recipes-from-restaurants/>

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