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Chicken Recipes – Where Can I Find Chicken Recipes and Other Kinds of Barbecue Food?

I would like to continue the topic of barbecue meals. It's becoming really popular these days, so I think this topic can be really interesting. I would like to give you some information about tools used for barbecues, about some meals (especially chicken meals and chicken recipes), and about some additions, such as sauces or salads.

The first thing I would like to describe is corn. The corn from barbecue is very popular and a tasty appetizer in the United States of America. It's good to put a toothpick at the ends of the corn, so it will be easier to handle it.

The next thing (or things) that I want to describe are barbecue tools. You should remember about the cutlery of course (knife, fork etc). I think that a metal barbecue graticule can be useful (for example for fish).

Of course the most important part of a barbecue is meat. I prefer chicken meat. You can prepare it in many ways, because

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there are many chicken recipes. Chicken meat is very tasty and delicate. It is also very cheap meat and it is healthy, so people with health problems can eat it. They can forget about heart diseases or a high cholesterol level in the blood when eating chicken. You can make a lot of chicken meals, such as chicken breast with spinach or chicken shish-kebab with banana-coconut sauce and many more dishes. As you can observe, there are lots of chicken recipes for barbecue.

I also want to add some information about things that are making barbecue food more tasty. These things are marinades made from oil, fresh herbs and garlic. Chicken meat is very soft, so you can put it in marinade for half an hour. If you prefer stakes, use herb butter. There are also other barbecue additions or appetizers such as figs (or other fruits such as bananas or peaches). I think that roasted potatoes are also a very tasty barbecue appetizer. You can eat them in salad as well (which is very tasty). Of course, don't forget about different sauces. You can prepare them yourself or buy some.

I think that the facts included in this article are the most important ones and that they can be very helpful for you. Remember them when you are preparing your barbecue. You should also remember chicken recipes for barbecues because they are

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really good. That's all I wanted to write. I hope you have enjoyed this article.

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Things I've Learned About Dutch Oven Bread That You Won't Find in the Recipe

Over the past year, I've learned some things about bread making. And along the way, I assumed that these were things that everybody knew, and I had just been the slow one. I didn't really talk about it much with people, because I assumed that they'd just say, "Well, duh, when did you figure THAT one out?"

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But I discovered that most dutch oven chefs also didn't know a lot of the things I was learning, so I started to come out of my shell and share.

So, here are the things I've learned about baking yeast bread in a dutch oven:

- * The Recipe is Only Half What You Need

Baking good bread is half ingredients, and half technique. It's as important to learn how to combine the ingredients and what to do with them as it is what ingredients to combine. This is where so many simple recipes fail you.

- * Enrichments are great, but not always necessary

Really, all you absolutely need to make bread are four basic ingredients: Flour, salt, yeast, and water. If you can do it with those, you can do it with anything else you wanna add. I've learned that with just those ingredients, you can make a very fluffy and tasty bread!

- * You Need to Knead

Kneading is not only a great way to mix in the right amount of

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flour, it also develops the gluten strands and makes it so that the bread can trap the gas that the yeast makes. That makes the bread rise. For so long, I would be frustrated that my bread wasn't rising. It would take FOREVER. I didn't know what was wrong with me. I'd knead the bread as long as the recipe said to, so why wasn't it working?

Just like different flours absorb water differently, they also take varying amounts of kneading. You can't definitively say, "knead for 8 minutes" and know that it'll be enough. You need to do the "Windowpane Test". That's the only way to know.

Cut off a small piece of the dough you're kneading. Roll it into a ball in your palms. Then, working it in a circle, begin to stretch it out flat in the air. Pull it evenly apart, like you're stretching out a pizza dough. Keep stretching it thinner and thinner. Watch how long it takes to tear. If you can stretch it out so thin it becomes translucent, like a window pane, without it tearing, then you've kneaded it enough. If not, put that piece back in the dough ball and keep kneading.

* Pre-Heat the Oven

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It turns out that when you shove a ball of dough into an already heated oven, that initial blast of heat will make the dough “spring”. The trapped gas expands, the moisture in the dough turns to steam, and the whole ball just poofs. You get a bigger loaf, with a softer crumb.

One simple method is to pre-heat the lid of the dutch oven. After your bread has risen and you’ve shaped it, put it in an oiled dutch oven to proof. In the meantime, put some (a lot) of coals on the lid and set it aside. When the loaf is ready, take some of the coals off the lid and put them in a ring. Set the dutch oven on the ring of coals, and put the lid on. The advantage of this method is that you’re not handling the bread much, and so there’s less of a chance of punching it down as you’re trying to maneuver it into a hot dutch oven. You can also do some fun shapes, like braids and rings. It’s much easier to do rolls this way, too.

* Use a Thermometer

It can be difficult to strictly regulate the internal temperature of a dutch oven. Counting coals is a good idea, but if it’s cold out, or windy, or any of a number of factors, the heat can vary. That means, I’m never sure when it’s done.

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Cooking a certain length of time is no guarantee. Looking at the “golden brown” of the crust doesn’t work, because I can never tell if it’s done inside. In a dutch oven, it’s not always practical to reach in, lift out the loaf and thump it.

My solution? Stick a meat thermometer in it. If it’s between 180 and 200, it’s done. 180 for the lighter types of breads, 200 for heavier breads.

So, there you have my ideas on making breads in a dutch oven. Follow the recipe, and follow these hints, and you’ll do better than you did before, I can almost guarantee!

Mark Hansen

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Find Out If You Are Diabetic

It’s hard to say for certain how many Americans have diabetes, since it’s been estimated that as many as 6.3 million people are undiagnosed. You might be a diabetic if you are

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excessively thirsty and hungry all the time, urinate frequently (as often as every hour), encounter unusual weight gain or weight loss, feel exhausted for no real reason, commonly suffer nausea, have blurred vision, develop vaginal or yeast infections, have dry mouth, take a long time to heal sores or cuts and suffer itchy skin. Diabetes is not contagious, but people who are older, overweight and sedentary are more likely to develop this disease.

There are three main types of diabetes: type 1, type 2 and gestational. Type 1 diabetes is an autoimmune disease, where the body's immune system turns against itself, attacking insulin-producing beta cells in the pancreas. Scientists believe viral and genetic factors are at play here, with most people receiving a diagnosis when they are younger. This type of diabetes occurs evenly in males and females, but is more common in Caucasian sectors of the population, particularly in northern European countries like Sweden and Finland.

The onset is sudden for a type 1 diabetic, who has blurry vision, feels constantly hungry, thirsty and fatigued, and loses weight rapidly. If they do not receive insulin everyday, they can lapse into a coma. You may need immediate medical attention if you're always thirsty, you urinate frequently, if

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your breathing becomes more rapid, if your abdomen hurts or if your breath smells like nail polish remover.

Type 2 diabetes accounts for 90-95% of all diabetics and is most commonly found in older Hispanics, African Americans and Native Americans, as well as Native Alaskans and Pacific Islander Americans. The onset for a type 2 diabetic is more gradual, but 80% of those who have it are overweight and physically inactive.

Symptoms include slow healing wounds, frequent infections, unusual thirst, frequent urination, nausea and fatigue. Just like type 1 diabetes, glucose builds up in the blood, which prevents the body from using it as fuel. Yet, unlike type 1, the body is usually producing enough insulin, although for unknown reasons, the body lacks the ability to make use of it.

Learning that you are a diabetic can feel overwhelming at first, but you can control your symptoms through lifestyle changes and careful monitoring. Diabetes care includes dieting and exercise. Diets should be diverse, high in fiber and low in fat and salt. Each day, you'll need to monitor your cholesterol, blood glucose levels, blood pressure, triglycerides and weight.

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You'll need to talk to your healthcare practitioner about a plan for physical activity and meals, as well as medications and self-monitoring. Often your body will be less resilient, so you'll need annual flu shots, eye exams, foot exams, kidney function tests and dental exams to stay healthy.

Mike Selvon has some great informative articles. If you enjoyed this article, please visit his website for more on the diabetic, and also learn more insider tips on the teenage obesity.

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Find out How To Make The Finest 3 Ground Beef Recipes

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

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Let's see how to cook the ground beef chili recipe. You can finish up with this recipe in merely half an hour if you mainly have the ingredients such as: three pounds of ground beef, two cups of water, two ribs of celery, two cans of beans, two tablespoons of Worcestershire, one can of tomato paste, one jar of fresh salsa, tomatoes that have been diced, one big onion, one green pepper, one can of broth (beef kind), one fourth cup of powdered chili, one tablespoon of grounded basil, two teaspoons of cumin, two teaspoons of sauce for steaks, one teaspoon of powdered garlic, one teaspoon of salt, one teaspoon of powdered pepper, onions that have been chopped and cheese.

Toss the celery, green pepper, and onion with beef in the big pot. Fry it till the celery softens and the beef becomes brown. Drain off the oils. Add beans to it. Ensure that you are not adding the onions and cheddar to this mixture. Now boil all the ingredients and let it simmer for another half an hour without covering the pot. Ensure that ground beef chilly has turned pretty thick. Serve it in bowl after topping with some onions and cheddar.

Now let's see how to go about cooking a ground beef potato pie recipe. This recipe was selected for the third position in a

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cooking contest organized in Florida. The ingredients include one and a half pounds of ground beef, two cups of bread crumbs, three cups of onions that has been chopped, two big eggs, one teaspoon of salt, one teaspoon of pepper, two tablespoons of oil, four cups of potatoes that has been shredded, one half pound of cheese and one tomato for the garnishing.

Preheat your oven at three 350 degree Fahrenheit. Prepare the mixture of onions, pepper, eggs, salt, bread crumbs and beef and add this to the oven. Bake this mixture for about 15 minutes. Sear the potatoes and onions for about eight minutes and go on stirring them. Ensure that they dont stick together. Now add the fried onions to this beef mixture. Add the remanent cheese and baked beef to this mixture. Bake this mixture for about twenty five minutes till it becomes brown in color.

For information on pork chop recipes please look at ground beef recipes by clicking ground beef recipe. You may also have a look at some awesome Pork Chop Recipes.

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Do Free Diabetic Diet Plans Exist? Find Out If Free Diabetic Diet Menus Exist

There are a many reasons why you can suffer from diabetes, it can be a family disease or genetically driven to you from your ancestors. Whatever may be the reason, when you are diagnosed with diabetes you surely need to have a diabetic meal plan from experts and and you can now get it for free.

Have you ever heard of the fact that fitness practitioners or body builders also follow a diabetic meal plan? Yes, they do so to loose some more extra weight. Believe it or not, but it is scientifically proven that this is the way to loose extra fat and to prevent diabetes.

A free diabetic meal plan will help you to get rid of some of the symptoms you might be having due to diabetes. In a recent survey it has been proven that fitness practitioners who are suffering from diabetes when put on a diabetes meal plan not only start to loose fat, but also start to loose symptoms that originate due to diabetes.

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You might already have a diabetic plan followed for years. But what's wrong to get it checked against a freely available one to make sure you're doing everything right? There have been cases where experts have made meal plans which were totally of the chart. If you want to loose some extra fat from your body and also to loose some of your diabetic systems then you need to have a blood sugar level controlling plan.

Though making a diabetic meal plan is a real easy one to do not everyone succeeds in doing it. There shouldn't be any guessing if you are suffering diabetics. So all you need to do is to do a little research to gather some more information which is available at no cost and make out a suitable diabetic meal plan for you.

I have found this resource for a Free Diabetic Meal Plan

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