

# 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 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 you're 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

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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 doesnt have to include a white sauce youve 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 Ive chosen to include them in my creation. Once spooned into a casserole dish and topped with bread crumbs or shredded cheese, weve created our own recipe for acorn squash an Acorn Squash Gratin.

You can use this very same method to create any recipe you desire, using any products you desire. Dont avoid the fresh ingredients of Fall because youd have to search for written instructions. Once you think about HOW youll cook the item, youll 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 Chefs cooking DVD series Burn Your Recipes empowers people to cook with basic methods and the ingredients they desire.

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## **Basic Slow Cooker Tips and Delectable Roast Beef Recipes**

There are things to consider when using a slow cooker or crock pot. There are also various roast beef recipes you can make with your slow cooker.

Slow cookers or crock pots are countertop electrical cooking appliances that maintain a low temperature for several hours. This enables cooking stew or pot roast without the need to check on it from time to time.

Amateur cooks will find it very easy to handle and maintain. All you need to do is to fill it up, and then turn it on. After several hours, dinner can be served. However, when using the slow cooker, there are some things you need to consider.

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

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It is best to get one that has a removable liner, making it very easy to clean. If you already have one with a non-removable liner, you can just use a cooking bag; then, use cooking spray on the inner liner.

Make sure you only fill your slow cooker  $\frac{1}{2}$  up to  $\frac{2}{3}$  full. The food will not be cooked properly if filled to the brim. However, if the liquid and food level is a bit lower, it will cook quickly.

You will find that the food along the bottom part of the slow cooker are moister and become cooked faster. This is because they are continuously immersed inside the simmering liquid. Since fats have a tendency to melt and cook easily when heated for a long time, resulting to an unpleasant texture, it is best to trim the excess fat formed and remove the skin from poultry.

During the last 30 minutes of cooking time, you can remove the lid and cook it on high to thicken the juices and add more flavors. It is best to cook on High during the 1st hour of cooking so that the temperature would easily reach 140 degrees, ensuring food safety. When you are almost done with your cooking, you can turn the dial to Low.

Do not place frozen foods inside your slow cooker. It should be defrosted first before cooking it. This way the temperature would easily reach 140 degrees. It also protects the appliance from being damaged.

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Use cheaper cuts of meat because this requires about 8 hours of low cooking. Aside from being able to save money, they have less fat, moist and they result to more tender meats.

Ground meat should be cooked inside a skillet prior to cooking it in the slow cooker. If you will be cooking seafood in a slow cooker, this should be added in the last hour of cooking; otherwise, it will become overcooked and it will showcase a rubbery texture. Take note, 1 hour on high setting is actually equal to 2 hours on low setting.

Only use small amounts of Tabasco sauce and cayenne pepper because they become bitter when they are cooked for a long time. It is best to add them during the end of your cooking time.

Make sure you only add tender vegetables such as mushrooms, tomatoes and zucchini on the last 45 mins. of cooking time. This way, you will not overcook them.

Dairy products, on the other hand, must be added only during the last 30 minutes of cooking time.

Prior to storage, take out cooked food from the slow cooker or liner. Since the slow cooker's liner is composed of thick material, cooked food will not be able to cool down quickly so as to prevent the growth of bacteria.

Only stir in spices during the last hour of cooking time. If

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you cook this for a long time, it will lose its flavor.

Carefully follow the layering instructions. Since vegetables are not cooked as easily as meat, you need to place them in the bottom of your slow cooker.

If you are using low temperature, do not lift the lid when you stir. This is because the heat will escape and extend the cooking time to 30 minutes more. You can check the cooking progress by spinning the cover so that the condensation would fall off, giving you a chance to look inside your slow cooker.

Here are some of the best Roast Beef Recipes you can cook with your slow cooker:

### Roast Beef a la Mushroom Soup

Ingredients are 1 can of Cream of Mushroom Soup, small to medium shoulder or chuck of beef roast, 1 can of French Onion Soup, a dash of pepper and  $\frac{1}{2}$  can of water (for cleaning the soup can).

#### Procedure:

Place the first 3 ingredients inside your slow cooker. Mix the ingredients until thoroughly blended. Sprinkle a dash of pepper. Put the settings on Low and allow cooking for the entire night. The next day, remove the meat and prepare your



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gravy. If your gravy seems too thin, add about 1 to 2 tsp. of cornstarch with  $\frac{1}{4}$  cups of cold water. Set the cooker on high. Stir in the mixture to thicken and serve.

### Roast Beef with Gravy


Ingredients are olive oil, 3 to 3  $\frac{1}{2}$  pounds Boneless Rump Roast, 8 garlic slivers, salt and pepper. You will also need a meat thermometer. For the gravy, you will need some beef stock or red wine and corn starch.

#### Procedure:

One hour prior to cooking remove the roast from the refrigerator and put it in room temperature.

Using a sharp knife, you need to cut about eight small incisions around your roast. You will place one sliver of garlic on each incision. Place one tablespoon of olive oil around your roast and then sprinkle it with salt and pepper. Put your roast on the oven rack with the fatty side up and a drip pan over a rack under the roasting rack. This way, you will not be required to turn the roast.

Brown your roast at 375oF for 30 minutes. Then, put it on 225oF. It would still 2 to 3 hours to cook but if it starts to drip and is already brown externally, use your meat thermometer to check its temperature. After this, pull your roast from the oven once the temperature reaches 135 to 140oF.

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Place it on an aluminum foil for about 15 minutes and carve to serve.

For the gravy:

Take out the dripping pan from the oven. Place it on the stove top while it is on medium heat. Collect the drippings, add water, beef stock or red wine. This will loosen the drippings off the pan. Then, dissolve one tablespoon of cornstarch with water and add this on the drip pan. Stir it quickly as the gravy thickens. You can also add some butter, salt and pepper. Aside from this, you can also add some fresh thyme.

Find More [Beef Recipes Articles](#)

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## Basic Crock Pot Tips

Basic tips for using a slow cooker.

A trustworthy slow cooker or Crockpot is one of the top rated time saving equipment in the kitchen. It is great for amateur cooks because all any individual needs to get done is fill it and put it on. Several hours later, you come home to a house stuffed withoutstanding smells and food well prepared for the table. Here are some straightforward tips about utilising your slow cooker.

If you have enough discipline to think about dinner at

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breakfast time, your reward can be a meal that's ready when you come home. The slow-cook crock pot not only improves the variety and flavor of the foods you serve, but it can cut the time you spend in the kitchen almost in half. The slow cooker doesn't replace the stove top or the oven because it cooks foods in a certain way. Main dishes, casseroles and soups are particularly adaptable to this method of cooking.

Only load up the crockpot half to two thirds full. The meals will not cook completely in the event that the appliance is filled to the brim. If the food and liquid level is lower, the meals will certainly cook too rapidly.

The initial temperature of the crock pot should be as high as possible. You can do this by browning the meat in the crock pot before cooking.

140 degrees is the temperature the food must get to as fast as possible. In the event that you are at home during the cooking times, test the food temperature after several hours of cooking on LOW – the temp should be a minimum of 140 degrees. In the event that it isn't, there's a problem with your crockpot and you should get a brand-new one.

Generally, low means the food will be cooking at 200 to 240o F. High means the foods will be cooking at 300 to 340o F. Some models have a variety of settings between low and high. As a rule of thumb, cooking on low takes about twice the amount of time it takes to cook the same recipe on high. The high setting can cause caramelization of foods and allow them to dry out.

The high setting is about 300 degrees while the low setting is about 200 degrees. Observe that these two temperatures are

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well above the minimum safe temperature of 140 degrees.

Professionals recommend everyone do not place frozen food items inside the crockpot. All foodstuff ought to be defrosted before cooking to ensure the food temperature can get to 140 degrees as quickly as possible.

Most meats need eight hrs of cooking on LOW. Try less expensive cuts of meat – not only do you lower your expenses, but these kinds of meats are better in the slow cooker. Much less expensive cuts of meat have a lot fat, making them far more suited to crockpot cooking. Moist, longer cooking periods lead to very juicy meat.

Ground meats need to be prepared in a skillet before cooking in the crockpot.

Sea food preferably should be included during the last hour or so of cooking time, or it will overcook and also have a rubbery texture.

Large bits of meat can be browned prior to preparing in the crockpot, although this measure isn't crucial. Browning adds color and aids in flavor development.

1 hour on HIGH is the same to two hours on LOW.

Cayenne pepper and Tabasco sauce have a tendency to become bitter if cooked for a long time. Utilize a small amount and add toward the end of the cooking time.

Add tender veggies like tomatoes, mushrooms and zucchini during the last forty-five minutes of cooking time so they don't overcook.

To speed up the cooking time for most recipes, including soups

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and stews, follow the rule that 1 hour on high is equal to 2 hours on low.

Liquids do not boil away in the crockpot, so if you are making a recipe that wasn't specifically developed for the crockpot, reduce the liquid by 1/3 to 1/2 unless you are cooking rice or making soup.

Remove cooked food from the crockpot or liner before storage. Because the liner is made of such thick material, the food won't cool down quickly enough to prevent the growth of harmful bacteria.

Stir in spices for the last hour of cooking. They will lose flavor if cooked with the rest of the ingredients for the long cooking period.

Follow the layering instructions carefully. Vegetables do not cook as quickly as meat, so they should be placed in the bottom of the appliance.

uncover the pot, you lose enough heat to slow the cooking process thirty minutes or more. Because the slow cooker doesn't allow steam to escape, the food inside retains all the moisture originally there. Ingredients should not dry out or burn, so there is no need to peek or stir your recipe .

Handle you crock pot with care. Follow the manufacturer's cleaning instructions. Be careful of extreme changes of temperature, as the crock may easily break. Handle it gently and it will last forever.

To find the best crock pot tips visit <http://bestcrockpot.net> for up to date news and recipes

# Basic Cooking With a Dutch Oven

Dutch oven is one of the most necessary cooking vessels that you can have in particular on during camping, hiking and other outdoor activities you have in mind. One good reason is that you don't need to worry about how to bring this oven, because it comes in handy unlike those big and bulky pots that you used to have during campfire. With this single all-in one cookware you can cook differently; from baking, stewing, frying and roasting. Without needing different pan or pots, this oven is very functional and versatile that you will only need this and its lid to prepare a good and delicious meal anytime of the day. For first time hikers and campers who are planning to have an outdoor activity then this will never been this fun and enjoyable with a Dutch oven on your backpack.

If this is your first time to own a Dutch oven you will need to consider few things on how to properly take care this multipurpose cookware. First and foremost before using this oven you need to season it first. Rinse your Dutch oven thoroughly with hot water, from inside out to get rid of any dirt from the market. Then use a soft bristle to wipe a small amount of oil, you can use vegetable or olive oil just make sure to use soft brush so you won't damage the surface of the oven. Lastly you need to bake it on your oven; preheat your oven and set the temperature to 350 degrees then place the Dutch oven. You can repeat the process as needed if you feel that the oven is not yet well-seasoned. Seasoning your oven is

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very essential not only to make it last but also to add more convenience on your cooking part. Since you don't need to worry about the food sticking on the surface of the pan, you can cook faster and easier without the trouble of messing up your kitchen using this multipurpose cookware.

During your campfire it is also important to clean carefully your Dutch oven. Indeed you are not at your own kitchen and the resources are quite limited you need to be resourceful during this time. Make sure to bring all the tools needed from your gloves to soft brush and bristle. You can use soap as long as it is not detergent and use only a small amount. Some experts said that you shouldn't use any soap while washing your Dutch oven but if you only use small amount and that you will rinse it with a lot of water then it might be not a bad idea.

The quality and durability of Dutch oven has been proven since time immemorial and the good thing is that a lot of company and brands are still manufacturing this perfect cookware. Today you can have and purchase your own Dutch oven that perfectly suits your need and budget. You can choose from the different sizes and shapes, however make sure to think first the intended use before you buy your own Dutch oven.

The name Dutch Oven; has been used to refer to a variety of lidded pots over the generations. However, to fully understand what a real Dutch oven cooking is and why this pot is important you have to understand the history behind this incredible cooking apparatus. Cast Iron Tea Pots – Find Great Deals on Cast Iron Teapots & Tea Kettles!