

# Home Chef Kitchen Management



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## **Buying Kitchen Equipment: Tips And Tricks To Help You Save Money**

You sit down to cook a meal but get frustrated. You spend a whole looking for the right kitchen utensils. After a few minutes of frustration you realize that the reason why you are spending so long looking for tools is that you do not have exactly what you need. You are in need of some new kitchen equipment.

The problem is, your kitchen needs a major overhaul, and this can be expensive. You need to find a way to save on kitchen equipment or else you will get frustrated every time you try to cook something.

Every great chef understands that having the best equipment you can find is essential to your success. They also know that if you have too many appliances and gadgets in your kitchen, it can get overwhelming and confusing, not to mention expensive.

In this special report, you will learn how to save on kitchen equipment. Here are some things that the report will cover:

- The equipment you need for a well stocked kitchen.
- How to take inventory of what you already have so you don't waste money.
- Read reviews and ask others what they think so you can purchase high quality equipment.
- How to be wary of the latest fads in cooking equipment.
- Learning the difference between inexpensive equipment and cheap equipment.
- Discover the difference between "needing" and "wanting".
- How to comparison shop so you can find what you need for less.
- How to find the best deals.

There are several things to keep in mind when you set out to purchase kitchen equipment for less. This special report will help educate you on how to find the best deals. It will also show you that inexpensive does not mean that it is good quality. When it comes to kitchen equipment, you often want things that are built to last.

## The Well Equipped Kitchen

Before you get started purchasing things for your kitchen, it is important to understand what you really need. But before you can do that, you need an idea of which items make up a well equipped kitchen. Here is a basic list. Keep in mind that you can add and subtract items depending on your cooking habits. But, it is important to get this list written down before you start buying things. It will help you save money.

- **Basic Kitchen Utensils**

Mixing bowls

Measuring cups, spoons, and glass measuring cup for handling liquids  
Soup ladle

Whisk

A really food  
knife set

Can  
opener

Potato  
masher

Wooden  
spoons

Vegetabl  
e peeler

Colander

Rubber  
spatulas

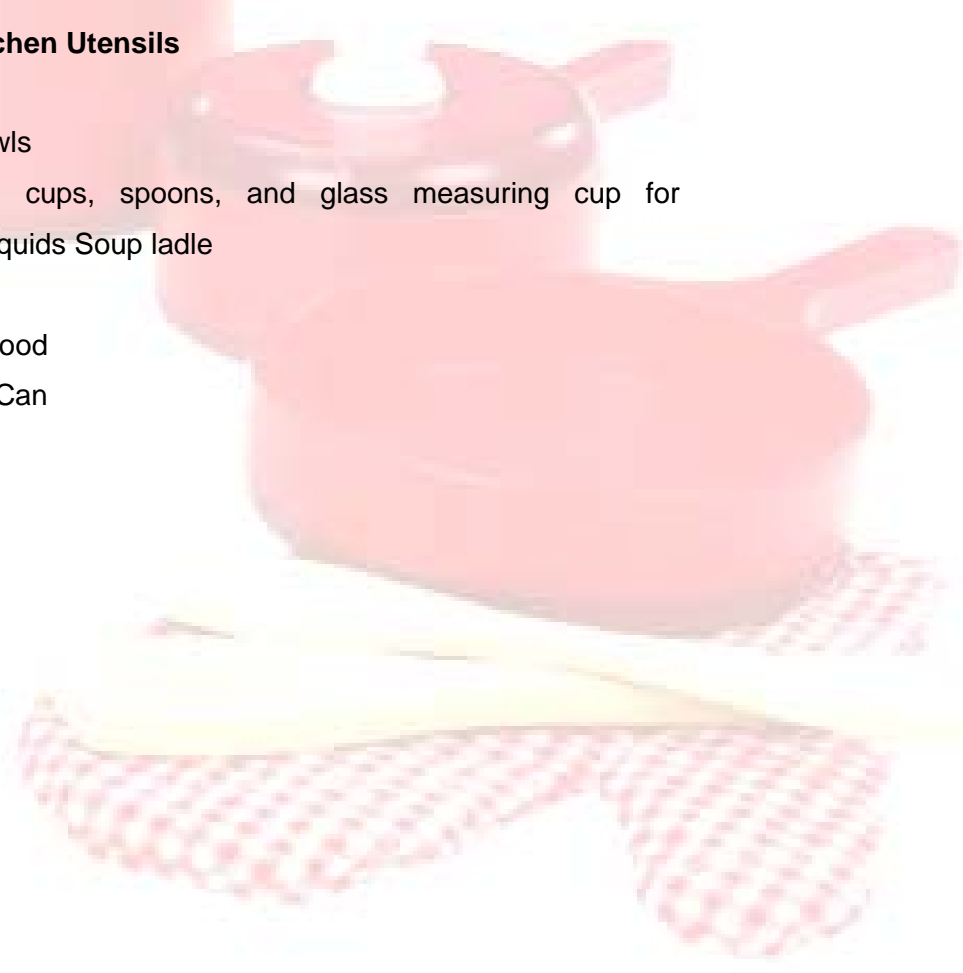
- **Appliances**

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Food processor (helpful, but not necessary)

- **Baking Dishes and Pans**

Dishes for baking and cooking things in the oven such as cookie sheets ceramic baking dishes, and cake pans.

Roasting pan for larger meats and one for smaller meats.

A good, standard pan set that includes everything such as pots, sauté pans, and fry pans.

Large soup pot and other pots and pans you may need that are not included in the set.

It is important to write down how you envision your kitchen. Think about what you need in your kitchen at the bare minimum.



## Take Inventory

Once you have an idea of which appliances, pots, pans, and utensils are essential in your kitchen, the next step is to take inventory. Not only do you need to see what you have, but you should also assess the condition it is in.

This step may seem unnecessary at first glance. However, if you take inventory you will potentially save money. This is because a lot of people waste energy purchasing things they may already have. People buy things and then forget about them almost constantly. After going through your things you may realize you don't need as much as you thought. This means that you will save money. Here are some tips:

- Make a list of exactly what you have.
- Compare that to your list to determine what you need.
- Also determine if any of your items are old and need to be replaced.

If you do those three things, it will give you an idea of exactly what you need to buy.

### **Make Calculated Purchases**

When people go out to buy kitchen equipment, they often find themselves at the store in a state of confusion. Even something that seems so simple as buying a saucepan can get complicated quickly. You have a choice as to what material the pan is made of, the grip, the size, and the brand.

Most people make their purchases based on certain criteria, such as price. Or, they'll talk to the sales staff and make a decision based on their recommendation. While these methods certainly represent great reasons to buy something, it does not reveal the true picture.

The kitchen is one of the most used rooms in the house. And in a lot of households, the kitchen and the various appliances and cooking supplies are used multiple times a day. This means that if you purchase the wrong equipment, or things that are not built to last, then you could end up replacing it within just a few months. That is why buying the least



in the market is not always a good idea. You end up spending more in the long run because you need to replace it often.

So, as you shop for kitchen items, remember that the least expensive product may not suit your needs. You need to be able to make calculated purchases and find a balance between reasonably priced items and those that are built to last.

### **Gather Information**

An easy way to help you make calculated purchases is to gather product information.

There are several ways you can do this.

- Gather information and product specs from the manufacture. Visit their website or look on the box.
- Ask others what their favorite kitchen appliances and utensils are. Talk with your friends and family members and you can also find the information online.
- Read product reviews. You can find them online and in consumer magazines. There are a lot of people out there who take the time to review the various kitchen tools and appliances and share their findings with others.
- Attend product demonstrations and test out the products on your own. That way, you can see first hand how a product functions.
  - Which products do professional chefs use? They are committed to finding equipment that will last. This is information will be important for those items that you use often.

Once you find the information, you can make educated decisions about what you would like to buy. This step may not seem as if it is directly related to making money. However, if you make calculated purchases and gather as much information as you can, you will not waste money by purchasing things that are unnecessary.

Plus, if you go to a store and already have knowledge about what you want to buy, this will help you converse with the sales staff in an educated manner. If you are torn between several products, they can actually help you make a decision. If you were to arrive at the store without knowing what to buy, the chances of you ending up with something you don't like or don't need is an easy way to waste money.

## Be Wary Of The Latest Trends

It would be hard to find someone who at one time or another did not fall prey to the latest trends in kitchen equipment. A special blender to create smoothies. A gadget to help you chop vegetables. A knife set whose manufacturers claim can saw through metal. We all have at least one “wonder gadget” collecting dust in our kitchens.

The truth is, these gadgets seldom live up to their claims. The commercials, while not overtly deceiving us, somehow manage to make the product look and seem a little better than it is. So we buy it and in the end we waste our money.

If we embrace the latest trends in cooking gadgets whenever we see something that we think will make our lives easier, we end up spending more money than we need to. This is not a cost effective way to stock our kitchens with helpful and useful tools.

Your best bet is to stock your kitchen with tools and appliances that are time tested. Your goal is to spend your money on the basics. You will learn that a high quality chef's knife, for example, is one of the most versatile tools in the kitchen. The smoothie blender, on the other hand, will likely collect dust.

However, that does not mean that you should not purchase a kitchen tool that you feel will make your life easier. There is a time and a place to purchase these items. But you run the danger of making a bad decision and wasting your money. So, it is a good idea to *only* buy these items if you already have a well stocked kitchen. The error is when people think they are going to *replace* the need for a high quality knife because they purchased the latest shopping gadget.

If you look at the kitchens of top chefs, you will likely only see the basic tools and equipment that have been time-tested and are incredibly durable. This is something that you should consider as you feel yourself being swayed by the hype.

Your goal is to save money. A good way to do that is to steer clear of the latest trends and purchase only those things that are absolutely necessary. And, if you spend all of your money on gadgets, you will not have enough left in your budget to purchase

durable things that are higher quality which will actually help you save money in the long run.



## Inexpensive Vs. Cheap

There is a big difference between cooking equipment that is inexpensive and equipment that is simply cheap. The market is filled with a variety of different items. Some are professional grade tools that the top chefs use. Others are high end items that are designed for the serious amateur chef. And then there are those things that are inexpensive and designed for people who are concerned about their budget. These inexpensive items may or may not be made with quality in mind.

Cheap equipment is not only low in price, but it is made of shoddy materials. This may translate to a smaller dent to your wallet, but in the long run, it actually costs you money. How many times have you purchased inexpensive pan sets only to realize three months later, that you need to throw it out? You made the mistake of putting price above quality and you ended up spending more money in the long run.

Inexpensive equipment, on the other hand, is not necessarily cheap. There are plenty of manufacturers who create higher quality products for less money. For example, you can find inexpensive frying pans and sauté pans that are sturdy and durable but are also inexpensive. Your goal then is to find these items. For those who are on a budget, finding the inexpensive kitchen tools that are also of a fairly good quality is the goal. Here are some tips:

- Educate yourself on the difference between items that are of a good quality and those that are not. You can visit a kitchen store and speak to the sales staff, or you can read reviews and information online. Attending cooking demonstrations and classes is also a good way to get information.
- Research the companies that have a reputation for making things that are a good quality but that also have reasonable prices.
  - Test out several products before you make the final purchase. If you are looking to buy a kitchen knife, for example, ask the store if you can hold it and test it out. A good store will let you sample the tools and utensils if that will help you make the purchase.

It is also important to note that not all expensive equipment is of a good quality. With

some companies, you are paying for the name and the advertising, not the integrity of the product.



## Needing Vs. Wanting

There is a big difference between “needing” something and “wanting” something. We may want the newest gadget because we think it will make our lives easier. However, we probably do not need it. Learning the difference between the two is an important concept that will help save money in the kitchen.

### **What do you need?**

The items that you need will depend on the how often you cook and the type of cooking that you do. If you cook a lot of Asian foods, for example, then you will need a wok to help you prepare them as authentically as possible. However, a wok is an unnecessary item in a kitchen where Asian foods are only prepared occasionally. In this case, a regular frying pan or sauté pan can be used as a substitute.

Think seriously about the following questions:

- How often do you cook?
- What kind of cooking do you do?
- What do you already have?

The answers will help you determine what you actually need and will help you save money.

### **What do you want?**

When it comes to kitchen equipment, it is easy to mistake your “wants” for your “needs”. You do not necessarily need the latest cooking gadget. However, there is nothing wrong with splurging and buying something fun for the kitchen that may not be a necessity, such as a stove top espresso maker or an ice cream machine.

If your number one goal, however, is to save money, you should not give into these urges. You can still have a well equipped kitchen. There just will not be any unnecessary items.

However, you have to decide if buying the gadget will help you save money in the long run. For example, if you are going out for ice cream constantly, a home ice cream maker will help you save money because you will not be going out for ice cream as often.



## Comparison Shopping

Comparison shopping is an essential skill that will help you find the best deals when it comes to purchasing kitchen tools and equipment. You may find that in one store, the price for a set of knives is \$10 more than the same set is at another store. Finding these kinds of deals is what comparison shopping is all about.

Here is a list of all the different places you can purchase kitchen equipment and tools.

- Online stores and auction sites
- Classified ads
- Yard sales and flea markets
- Retail stores

After you research and make a list of the things that you truly need, you will have an idea for exactly what you want. At this point, you are ready to begin the process of comparison shopping.

To make your job easier you may want to have a notebook or a spreadsheet devoted to keeping track of your findings. In fact, this is one of the tricks to effective comparison shopping.

Once you determine your system for keeping track, you can visit stores and search online to find the best deals. Before you make a purchase, you will want to do your initial research by determining the price. By comparison shopping you can easily save money.

While you search online and in the stores, you may want to look for specials and clearance items. You may be able to find coupons and special deals, as well. Also, don't be afraid to bargain. In some instances, the sales staff may be aloud to bargain with their customers.

Some stores may also have a system where they will match the price of any of their

competitors. So, if you like to do business with certain company or store but they don't have the kinds of prices that you want, you may be able to do business with them after all.



## How To Find The Best Deals

Comparison shopping is just one method for finding the best deals. However, this type of shopping pretty much only takes into account the everyday price of an item. Some places have lower prices than others. However, comparison shopping does not take into account the special situations that may arise such as discount sales or clearance items.

There is a danger, however, that you may feel compelled to buy something just because it is at a good price, regardless of whether or not you need it. This is something that you need to be careful of. You do not need a new mixer, for example, if your current one functions just fine.

To prevent yourself from spending money that you do not have, return to your inventory list and the list of items that you truly need. If the item that is on sale is on the list of items that you need, then it is okay to buy it. Also be careful that you are not compromising quality by purchasing the items for sale.

Here are some tips to help you find the sales and discounts:

- See if you can find a coupon for the store you would like to shop at. You can look online or in your local paper or any coupon books you may have.
- Look at the sales flyers that you get in the mail and that can be found in the paper. These do a good job at alerting you to any particular discounts.
- There are certain stores websites that focus on close-out items that other department stores did not want. The items are still of a good quality, they are just not part of the store's stock anymore. This means that the closeout stores are able to charge less for the items they sell.
- There are certain times of year where clearance sales are common. Find out when these times are and visit the stores at that time to see if you can find any deals on your kitchen equipment.

Finding great deals is an art. When you do find a deal, compare it to the prices you were finding when you were comparison shopping. The deal is truly good if you can find the items for less money than the cheapest of your comparisons.

### **Final Thoughts on Finding Deals**

By now you should have a pretty good idea of what it takes to save money in the kitchen. As you can see, it extends beyond the obvious of buying the cheapest items you can find. In the case of kitchen equipment, the cheapest is not necessarily your best choice because it will cause you to spend more money in the long run.

In summary, here are the basic points for saving money on kitchen equipment:

- Understand which items are needed in a well-stocked kitchen
- Take inventory of the items you already have.
- Make a list of any items you need to replace and all of the items that you need to purchase.
- The best way to gather information about which items you should buy.
- How to avoid the latest fads and save money in the process.
- The difference between items that do not cost a lot but are still high quality versus items that are inexpensive because they are made with sub par materials.
- How to tell when you truly need something and how to avoid wasting your money on purchases you don't need.
  - Develop the ability to comparison shop and find additional deals through sales, discounts, and coupons.

One last thing is that you may want to set a budget. If you exceed the budget, consider returning

those items that are not true necessities.

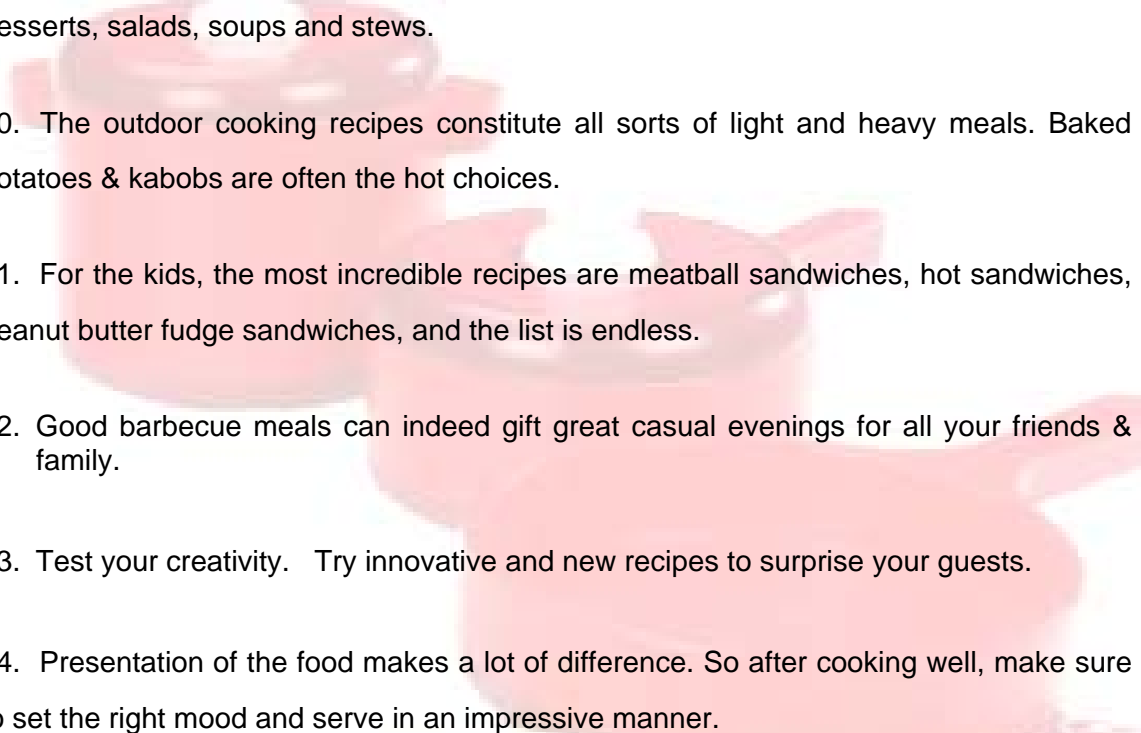
## Secrets Of Outdoor Cooking Recipes

Outdoor cooking is an activity that can be taken up on all occasions. Family reunions, dinners, weekends, get togethers you name it and it just fits in! A romantic dinner with your spouse with a barbecue sounds just so nostalgic! All the food lovers love to do this activity with the family & friends and keep experimenting new recipes very time.

These simple and quick recipes turn out in great meals is handled with little care. The idea is to prepare good, economical, delicious and light weight meal within no time.

We all must have had hotdogs, hamburgers and chicken in the barbecues. Here are some new and fresh ideas to tickle your taste buds in the next barbecue session.

1. Grilling is the most popular way of cooking outdoors. Creatively grilling fish, chicken, lamb chops, steak and vegetables can make lovely meals.
2. The key is - season the grilled items well.
3. Plan easy and tasteful menu to serve to your guests. This would make your job simpler as the cook. And as is often said, the cook's mood always reflects in the food.
4. Make use of the right cooking equipments like deep fry kits, cooking grills, & cast iron griddles in order to make your recipes more effective. This would also simplify your job of cooking.
5. Among grilled dishes Souvlaki Mosharisio is a known beef dish.
6. Souvlaki Hoirino is another cherished pork dish.
7. Mixed Grilled Souvlaki contains lamb, chicken and pork. It is prepared with in a very short duration with the outdoor cooking grill.

8. Among spicy and crispy choices, try beer-battered chicken strips, fried butter milk chicken, simple southern fried chicken, fried pork chops. These can easily be prepared with a deep frying kit.
  9. Outdoor cooking recipes also include pie iron and foil recipes. These are served with desserts, salads, soups and stews.
  10. The outdoor cooking recipes constitute all sorts of light and heavy meals. Baked potatoes & kabobs are often the hot choices.
  11. For the kids, the most incredible recipes are meatball sandwiches, hot sandwiches, peanut butter fudge sandwiches, and the list is endless.
  12. Good barbecue meals can indeed gift great casual evenings for all your friends & family.
  13. Test your creativity. Try innovative and new recipes to surprise your guests.
  14. Presentation of the food makes a lot of difference. So after cooking well, make sure to set the right mood and serve in an impressive manner.
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## Once A Month Cooking Recipes

Do you find it hard to scratch out time for kitchen along with work? Do you wish to have a magic wand to serve ready dinner as soon as you reach home? Does planning the meal daily give you goose bumps?

Well, in case you are nodding in affirmation to any of the above statements - your magic wand is - once a month cooking recipes.

These are recipes that you can cook just once a month. Further they can be frozen to preserve. In order to serve the same, just heat it in the oven. Impress your guests with home cooked meals, serve your children with good home dishes and pack the Tiffin whenever needed within a few minutes.

The married couples where both the partners are working and the single parents rushing to their work schedule early morning always worry about how to serve wholesome nutritious food with home cooked dishes. Once a month cooking style is a real bliss for such officials. Get rid of the daily & weekly tensions to plan the preparations for dinner and scratch out extra time every night to cook a new dish.

Time savers and life savers, that is what such couples term the once a month preparations as.

Further, this method of cooking also manages your household budget well. Buying a bulk often fetches you good discounts. Also these purchases would be far more planned than the daily clumsiness; hence you would land up saving much more money than expected.

These recipes also add a lot of variety to your meals, as with the right planning you can prepare many enjoyable dishes and can have them any time at your own convenience and choice.

Now, are you ready to search for these life saving recipes? Wide Web or the internet and you shall come across preparations that too all free of cost!

Then just move on to the World some wonderful once a month



Interestingly, there are many people who willingly share their ideas & experiences with the others to help make their lives easier and far more manageable.

For the ones who are kitchen impaired, this might sound tough, but it is surely not a concern once make a little effort to learn these recipes with some patience!



## Mother's Day Cooking Made Easy

Remember the last Mother's Day when Dad did the barbeque. It must have been fun. But then, at the end of the celebration your Mom smiled, thanked everybody and got busy cleaning the mess! Her special day went in veins doing all that extra cleaning job and adding to her toil!

Father's often love to put up the barbeque to help a day's meal; and Mom's, though they appreciate it, are made to do loads of extra work in place of the promised relaxation. Some families, who are smart enough to foresee the problem, move out to the nearby restaurant and waste hours together in waiting.

Gourmet cooking stores read through the problem and have come up with quite interesting solutions.

These stores allow guests to join in like a family and prepare the meals for their family using all fresh ingredients. They are given explicit instructions and are allowed close examination. Hence, you are able to prepare a nutritious & delicious meal for the family. You can carry it back home and freeze it. While serving, just heat it in the oven and serve it fresh and fragrant. It can also be packed in various sizes to suit one's individual needs. The dishes you can prepare enlist a good long variety, to name a few:

- i. Coconut Shrimp
- ii. Caribbean Pork Roast
- iii. Pasta Dishes

This sort of arrangement calls for some prior planning, but once you are determined to do it, it shall certainly be a boon for the family during the special occasions. Such as the Mother's Day - it shall extremely lessen her cleaning job within no cooking utensils. Also while cooking she does not have to rush fetching things from all around the kitchen and gathering the ingredients.

Yet, if you want to become a hero still, after the gourmet cooked meal, try pitching in with

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all the family and clean up the mess after the meal. Let your Mom sit back and relax, and indeed enjoy the big day.



Gourmet cooking might not be as inexpensive. Still as compared to the six servings at your choicest restaurant (until & unless it's McDonald's) this would be far easier. Above all, it would give your mother a feel of your thoughtfulness, love and affection. Also, cooking at the gourmet store with your brother and father who are almost kitchen impaired could be great fun and collect some moments to remember for ever.

There are several gourmet cooking stores with varied names. Find one near your place. For this simply, punch in the keywords - Meal Preparation Centers - on the search engines on internet. And what next, plan a grand meal for all special family occasions like Father's Day, Mother's Day or other holidays or birthdays. These meals are surely a good idea for the nights when you want to just laze around and remain hassle-free.



## Mardi Gras Cooking Cajun Style

Happiness is like a virus, you would never come to know when it gets spread and your smile is seen in some one else's eyes. The event of Mardi Gras is all about spreading that festive smile. While it is considered a special time span of the year down at Cajun Country, you can bring this festivity home quite easily.

Even if you do not reside in New Orleans, celebrating a festival only requires the right spirit. And in case of the Mardi Gras - the right ingredients. Yes, the essence of this celebration is the food, because Cajun cooking is known all across the world and this festival is all about touching the roots, the traditions and getting back some real Cajun cooking.

Now, to indeed spell the feel of Mardi Gras, plan a grand old meal fitting for King Rex. New Orleans city is known for their party moods and that's where you hit the jackpot. So, now note down the key ingredients - spices and rice.

Actually, people always have a hard time locating the real ingredients required for Cajun recipes. In case you meet a similar kind of problem, remember two key features of this style:

1. Cajun food is very spicy, so has quite many hot sauces in the meal.
2. It consists of a lot of rice.

The reason behind is the same - the social structure in those days. In the olden days when the society was primarily divided in to the main sections like very poor, average and the rich, the riches had the food that the poor ones couldn't even imagine. Those people used a lot of rice. Rice is indispensable in all sorts of dishes ranging from gumbo to red beans. The other variations depend upon the cost and culture. Creole is considered a rather richer choice.

In order to add some taste to this bland food, the poor in olden days used excess of spices. The modern day restaurants that serve Cajun food often tone down the spices to the colloquial tastes. Yet, till date expect the Cajun dishes to be a bit more heated up

than the rest. The Cajun natives naturally then can handle the heat in the food quite well. For this they also have ample quantities of iced tea. The restaurants have iced flowing through the taps to help combat those teensy dishes when they get a bit too hot.



Some known Cajun favorites are listed below:

### **1. Po boys or Muffalettas**

For those who want to go in for some lighter choices the sure names are po boys or muffalettas. Po boys are sandwiches that are some what deceiving in their appearance. These are anyways very filling meals. So as to prepare perfect po boys, one must look out for the perfect bread. Look for it anywhere outside Crescent City. This bread has some unique 'chewiness' that is a part of the real flavor of po boy. It cannot be imitated elsewhere. I've been all around the country and I'm sure of this fact.

### **2. French Fries**

These continue be a part of the all time favorites for the Cajun countries.

### **3. Fried Sweet Potatoes**

Down south, people like to fry almost everything. The recipe of fried sweet potatoes is pretty different and interesting. Its sweetness counteracts the spices of other Cajun favorites.

### **4. Chicory Coffee**

A perfect finish to the Cajun meal is chicory coffee. In case the local coffee shop does not solve the purpose, try surfing through the website of Café du Monde. Just like its known about spices and rice, it is believed that chicory was blended in coffee and was often used as a replacement for coffee being its cheaper substitute. Though today one could go ahead with real coffee and a mere hint of chicory, chicory is rather unique in flavor. For a large segment of people chicory is synonymous for the city all together.

These recipes can easily be located through internet within a click' time. So, all the best for planning your Mardi Gras cooking. Whether you are located in the New Orleans or elsewhere!



## Learn To Cook Italian Food On Vacation

Gone are the days when vacations were just about site seeing & relaxing. As times are changing, vacationers are now shifting to an interesting trend - Seeking Cooking classes for the Italian cuisines at mainland Italy. While this trend is also springing up in other parts of the world, Italy seems to be the hub.

Earlier tourists carried away souvenirs back home as a piece of memory, but now they preferable carry home a talent for life. Until today people were satisfied with enjoying the authentic Italian food within Italy to mark their vacations as special but now, they like to carry with them this fresh food back home.

Next time you plan your vacations, try it in a new modified style.

For this reach up to the front desk or concierge of the resort or hotel you are staying in and request them that you wish to learn some Italian cooking. Some times they would guide you towards the near by cooking classes.

In case you are lucky enough, you could fetch some sessions in your resort itself. Following the upcoming culture, several resorts & hotels in Italy now-a-days offer Italian cooking classes exclusively for their guests.

Do not feel surprised to know that the travel agencies also offer exclusive vacation packages that chiefly revolve around learning Italian cooking. In such cases you move around the country covering every key city and regions. In every place, you stop over to take the cooking lessons. Training is delivered from the ones who know it the best - rather than the American teachers or tour guides; it is the locals who teach the inquisitive tourists.

Interestingly, almost all resorts deliver such classes these days but do not advertise the same. This is because more off they are conducted very professionally on a one to one basis. Hence, there is scope to accommodate very few learners. That required number of learners the resort gets quite easily simply with the word of mouth.

As we all know, almost all the resorts have their own world-class Italian food restaurants. Try complimenting a dish while having food. You would be glad to know that the resorts love to entertain their guests' curiosity by teaching them the recipe to cook the dish within their kitchen. Won't it be a 'wow' experience to learn cooking in a leading resort's kitchen!

Now, in case you have never tried entering the kitchen or so to say that you have absolutely no clue about cooking, do not get nervous. Because these classes are meant for all - cooks and 'non-cooks.' Next if you think that because you have never tried Italian cooking, it would be a tough job for you - think again! As these classes are structured in such a way that they are beneficial in all situations!

Also one must remember that the one on one format is the most flexible of learning. So, do not miss this rare opportunity and expand your knowledge. Learn how to cook Italian food from the actual Italian chefs and when you reach back home surprise your friends & family with your newly nurtured culinary skills.

The ones who are profound with the basics can opt for the advanced or intermediate levels. Though a majority of these classes are held for the beginners, this option is also not closed.

More oft the chefs focus on simple yet classy dishes. At times some dishes seem to be very complicated but amazingly they are easier to be prepared. The understand that after all you are there to enjoy and just learn some dishes to impress your social circle, rather than stressing yourself too much. So they would pick out the most fancy and the simplest items to teach you, so that the learner doesn't get frustrated or loses his patience. They would always suggest you dishes with that 'wow' factor.

Alas, in your next vacation plan a trip to Italy and gather back a souvenir for life - a learning for life to taste yours and your family's taste buds.

## **Cooking With A Dutch Oven**

For long & slow cooked dishes such as stews, roasts and casseroles, Dutch ovens are a sure choice. At the core, there are two types of Dutch ovens –

1. used at the campfires, and
2. used over traditional stoves or ovens.

### **Camping Dutch Ovens**

It consists of:

1. three legs,
2. wire handle, and
3. slightly convex lid.

Its lid allows coal to rest on top as well as the bottom uniformly, so as to heat it like an oven. Campfire Dutch ovens are made of aluminum or cast iron. These ovens can perfectly bake breads, biscuits, pies, cakes and pizzas. Its containers can also be stacked for 5 or 6 high.

### **Stove Top Ovens**

Stove top oven is flat on the bottom and has two handles. These are made of enameled or bare cast iron, ceramic or aluminum.

### ***Regulating Temperature in a Dutch Oven***

It could be quite challenging to regulate the temperature in Dutch ovens, more often with the camping ones. Here are a few tips and tricks to go about it more easily:

1. As a general rule, the oven must be maintained at a temperature of around three hundred fifty degrees Celsius.
2. In order to estimate the temperature, measure the size of oven in terms of inches. Then double the size to calculate the required number of briquettes.

3. Briquettes need to be placed in a circle, not less than half an inch from the oven's bottom.



4. Briquettes on the top of the oven must be placed in a checkerboard style.
5. Beware, that even while heating, briquettes can be further added, but once the food is burnt, it is burnt.

### ***Special Tips***

#### **1. For Soups and stews**

For stews & soups, on the top arrange one third of the briquettes and at the bottom two thirds.

#### **2. For Breads, Cakes & Biscuits**

In order to bake biscuits, breads and cakes keep two third of the briquettes on the top and one third on bottom.

#### **3. For Meats & Casseroles**

For casseroles and meats evenly split the briquettes on the top and bottom of the oven.

### ***Tools used with Dutch Ovens***

You would need varied tools while using Dutch ovens. These are as follows:

#### **1. Wooden Spoons**

While metal utensils could scratch the protective coating, plastic would melt away due to heat. So, wooden spoons are the best & probably the only choice.

#### **2. Camp or Welders Gloves**

It makes the work easier for the individual.

#### **3. Charcoal Starters**

These help you light up the fire easily as then you do not need lighter fluid - just a match and newspapers.

#### **4. Long Handled Tongs**

These enable you to move the briquettes rather safely and easily.

5. Lifters or Hooks

These make handling and lifting the lid easier.

6. Lid Stands

These are handy to be placed on lids while the individuals stir the food.

7. Whisk Broom

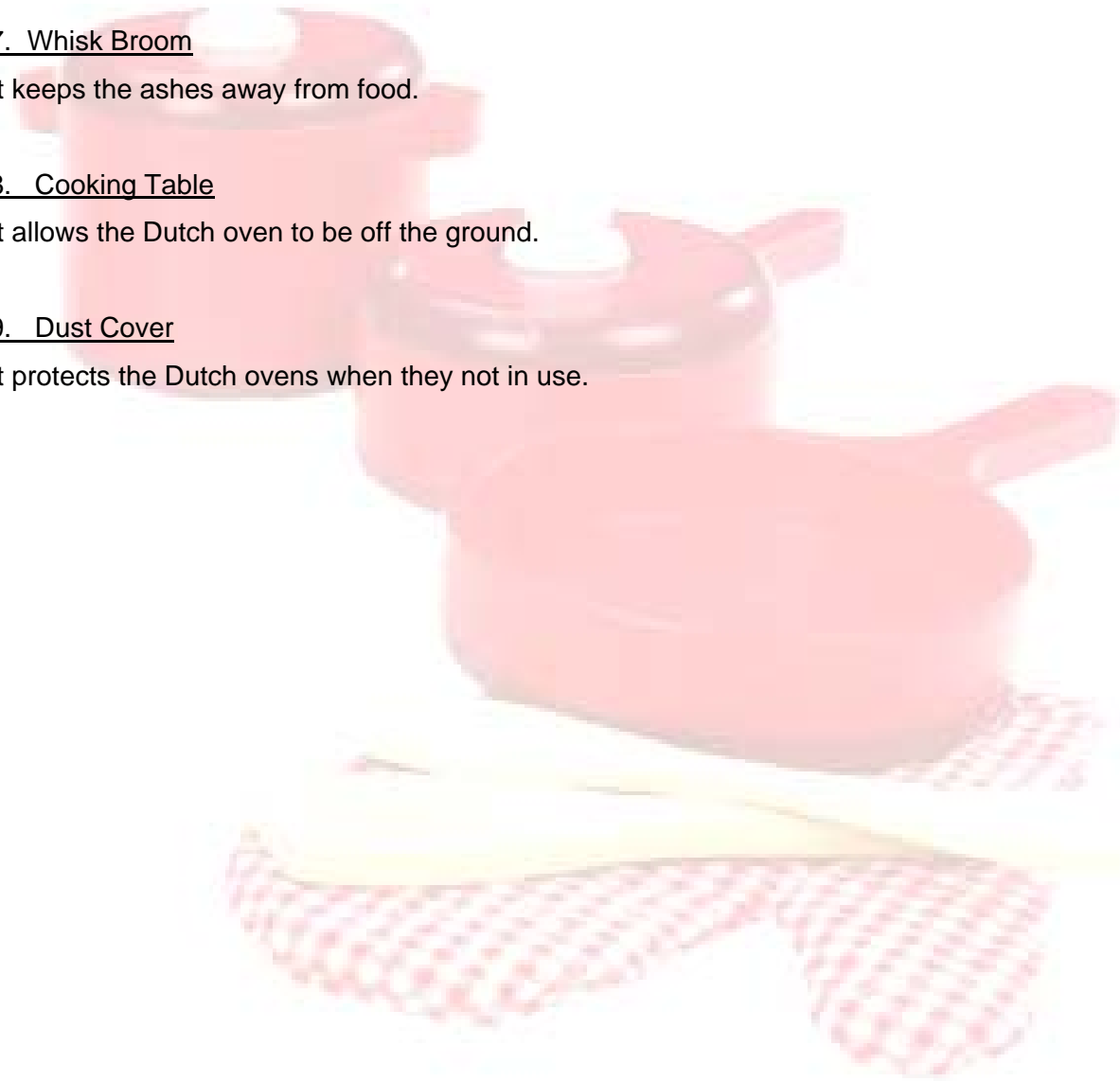
It keeps the ashes away from food.

8. Cooking Table

It allows the Dutch oven to be off the ground.

9. Dust Cover

It protects the Dutch ovens when they not in use.



## Recipes Of Italian Vegetarian Cooking

At times people think vegetarian food offers no variety at all. To prove this myth wrong, switch to Italian vegetarian recipes. These are a great combination of excellent food & vegetarian needs. You can enjoy a wonderful meal while adhering to your food needs. This is due to the fact that vegetable go much in tandem with the Italian cuisines. These recipes are not just healthy & harmless, but also culminate to a great taste. They are also royal and indeed unique such as Zucchini Corn & Tomato Au Gratin, Eggplant Parmigiana and Vegetables & Beans Alla Veneziana.

Lets have a glimpse of these exquisite preparations:

### **1. Appetizers**

Pre meal dishes in Italian vegetarian offer a wide variety of salads. To name a few:

- i. Panzanella Salad
- ii. Rotini Salad teamed with Feta Cheese & Black Olives
- iii. Italian Potato Salad served with Sun Dried Tomatoes
- iv. Pecorino & Basil Crostini
- v. Rocket (Arugula) & Baby Corn Panzerotti
- vi. Tomato Bruschetta

### **2. Pasta**

Pasta is an exclusive Italian delicacy and are surely world-known. While there are several traditional pastas to choose from, with time many new & modern styles of cooking pasta have come in to being. Some not-a-miss vegetarian pasta varieties are:

- i. Eliche Arrabbiata
- ii. Linguine teamed with Spinach Pesto
- iii. Rigatoni with Gorgonzola
- iv. Fusilli teamed with Sun-Dried Tomato Pesto
- v. Courgette
- vi. Spinach & Wild Mushroom Lasagne

- vii. Cannelloni teamed with Ricotta Cheese in Red Wine Sauce
- viii. Manicotti served with Artichokes in Green Tomato Sauce
- ix. Capellini in Tomato & Basil Sauce
- x. Conchiglie Genovese with Coriander Pesto
- xi. Spicy Vermicelli with Oyster Mushrooms
- xii. Macaroni with Cheese
- xiii. Fettuccine served in Creamy White Sauce
- xiv. Tagliatelle with Tomato Sauce
- xv. Penne Pesto
- xvi. Spaghetti served with Olive Oil & Garlic
- xvii. Farfelle Marinara
- xviii. Pasta Primavera

### **3. Gnocchi Dishes**

Another exquisite Italian specialty, the gnocchi dishes just like the other categories offers lot of variations. Some of these are:

- i. Gnocchetti served in Pomodoro Sauce
- ii. Potato Mushroom & Chives Gnocchi
- iii. Spinach & Ricotta Cheese Gnocchi
- iv. Pumpkin & Semolina Gnocchi

### **4. Risottos**

Italian vegetarian cooking is almost filled of surprises. One among them are the risottos. Some unbeatable risotto recipes for the vegetarians are:

- i. Alla Pomodoro
- ii. Risotto Alla Milanese
- iii. Risotto served with Porcini Mushrooms
- iv. Baked Brown Rice served with Roasted Vegetables

## 5. Sauces

Italian food is served with varied sorts of sauces. Some of the known favorites among Italian vegetarian sauces are as follows:

- i. Almond Butter Sauce
- ii. Basil Garlic Sauce
- iii. Herbed Mushroom Sauce

## 6. Pizza

It won't be wrong to say that pizza is among the most commonly prepared Italian dishes across the globe. Its list can be just endless. However, they are all based on the fresh dough pizza bases. The base is then garnished with the favorite toppings like:

- i. Thin Crust Gourmet Vegetarian Pizza
- ii. Deep Pan Pizza Margherita
- iii. Cheese & Mushroom Calzone
- iv. Spinach & Feta Cheese Stromboli

## 7. Desserts

Enjoying a rich vegetarian diet and ending up with sweets is a sheer treat for one & all. Desserts in the Italian recipes have a special space and these recipes are indeed different & unique in taste. To name a chosen few, these are:

- i. Risotto & Rocket Pie
- ii. Vegetable & Rice Timbale
- iii. Red Pepper & Spaghetini Flan
- iv. Tiramisu
- v. Lemon Vanilla Panna Cotta with Wine
- vi. Fresh Cherry Sauce
- vii. Strawberry Cheesecake

## **Home Cooking Network: An Array Of Recipes**

Home cooking network - a Pandora box for all the foodies. A never before array of recipes are a rare collection of specialties from all over the world. It can serve all sorts of individual needs that are vegetarian, quick & easy, traditional, etc. Ranging from gourmet to the simpler ones, these recipes can be broadly divided in to 4 heads. These are as follows:

### **1. Appetizers**

Unlike the regulars such as bruschetta or deviled eggs, Home Cooking Network offers the individuals an opportunity to try various cuisines. Chinese, Mexican, French..... the list is amazing!

#### **i. Spicy Appetizers**

For spicy pre meal snacks check out the Mexican & Chinese appetizers.

#### **ii. Soups**

Soups make great appetizers and attribute to quite a healthy meal. If beef & chicken recipes do not tickle your taste bud being a vegetarian, look out for the vegetable soups such as carrot soup. For playing off the league try your hand with the French onion soup.

#### **iii. Salads**

Whether appetizers or a meal, salads are just perfect for all of us. And for the lazy ones, these are far more simpler & quicker recipes to opt from. They take almost no time, don't believe me, try potato salad or pasta salad! For some adventure & experience go for the Mexican salad.

### **2. The Main Course**

Do you wanna be different this time? Choosing the main course could be rather hard but with Home Cooking Network, the choices are endless.

#### **i. Beef**

In place of the plain steak, try some corned beef or beef casserole, or the beef stroganoff.



## **ii. Chicken**

Recipes enlist things as simple as the grilled chicken to something special like the low carb recipes and the chicken cordon bleu.

## **3. Traditional Home Cooking**

This can be defined in many ways as per one's own perception. Home Cooking Network consists of many recipes that can be used as main course, appetizers, desserts or just simple snacks. These recipes are representatives of different cultures like

- i. Polish
- ii. Kosher
- iii. German
- iv. Indian
- v. Mediterranean
- vi. Phillipino, etc.

## **4. Desserts**

Desserts are surely delicious end to the meals. Home Cooking Network believes in trying different recipes that are new, uncommon and easy to cook.

- i. Greek, Mexican and Phillipino desserts form a major chunk of the list.
- ii. Alongside it enlists all time favorites like pies. Among pies, Home Cooking Network contains recipes for key lime, fruit filled and pecan pies.

## **5. Vegetarian Special**

Among vegetarian cuisines, Home Cooking Network offers various new & exquisite recipes like:

- i. Pasta dishes
- ii. New recipes for asparagus and sweet potatoes
- iii. Cajun cooking
- iv. Vegetarian meatloaf

## 6. Others

To tickle your taste buds further, Home Cooking Network's recipes include many other categories to serve any purpose you have on mind, that is a festive treat, pleasing a cherished guest or thanking a friend, or simply sharing a relishing moment with the family. These recipes might be time consuming but the time is all the worth. Its rich culinary list includes:

- i. Cajun
- ii. Gumbo
- iii. Sweet breads, and
- iv. Collard greens.





## America's Home Cooking: The Television Program

America's Home Cooking is indeed a great show, elaborating simple recipes for America's daily lives. Chris Fennimore created this television show presenting many facets of American cooking. Currently the show contains of five installments:

1. Crock-pot cooking
2. Cookies
3. Comfort food
4. Italian cooking
5. Potatoes

As for now, there is no information about the potatoes section of America's Home Cooking.

### **1. Crock-Pot Cooking**

Crock-pot cooking goes much in tandem with America's daily cooking. Using crock-pots or slow cookers, the person can look around for other errands and yet cook awesome dishes.

Chris Fennimore shows how individuals are making more & more use of casseroles. He also focuses on varied add-ons like side dishes, appetizers, main dishes, and desserts. Crock-pot not only saves time but also cooks a plethora of food items. Chris Fennimore detailed the recipes of 4 hot choices that are:

- i. Wedding Soup
- ii. Spinach Casserole
- iii. Liquid Lasagna, and
- iv. Apple Crisp

### **2. Cookies**

This is quite a strength of the show. The television program focuses most of all on the

cookies rather than the other sweet items like desserts, ice creams, cakes and pies. The show presents information on different types of toppings, frostings, fillings, etc. to team up with the various



cookies. This culminates to endless delicious sweet delicacies. In this installment of the show, Host Fennimore offers numerous specialties as well, for instance Ethnic Greek Cookies, Snickers Bar Cookies, and a Vienna Tart.

### **3. Comfort Foods**

American daily cooking surely loves comfort foods. The people here distinguish comfort foods majorly in 4 chunks:

#### ***i. Soups and Stews***

These choices satisfy your appetite. They warm your heart and are soothing to the soul.

#### ***ii. Classic Favorites***

Another category of comfort food group takes you back to your childhood. These include several the all time favorites of American kids like spaghetti or meatloaf and meatballs.

#### ***iii. Ethnic Heritage***

This category connects the American individuals back to their lost generations.

#### ***iv. The Indulgent Foods***

The indulgent food category enlists platter topped with sweets and desserts like cheesecake. In this category, Host Chris Fennimore, details the recipes of items like: pasta with fried zucchini; spicy turkey and black bean chili; classic meatloaf and gravy; dumplings; a peach dessert called peaches and cream; toffee coffee cake, etc.

### **4. Italian Food**

America has a very blended culture and so are its taste buds changing. America's Home Cooking in this section offers tips, tricks and recipes to merge Italian delicacies with the

traditional American recipes. Chris Fennimore here explains the recipes of hot favorite dishes like:

Chicken cacciatore;

Pasta with puttanesca sauce;

Heart healthy alfredo sauce;

Stuffed artichokes;

A traditional Italian casserole called Tiela;

Baked eggplant.



## A Wonderful Experience With Outdoor Cooking Burners

During vacations, cooking outdoors can be real fun. Outdoor cooking burners are then the ultimate need and the best choice. These burners are made up of many different parts that work in tandem.

Here are a few important characteristics of this essential camping accessory:

### **1. A heat source**

Cooking meals outdoor would not be possible without a heat source. Outdoor excursions seem almost incomplete without an appropriate burner. Among all the other resorts available, this one is the most handy and convenient choice. It is the most effective and the simplest equipment.

### **2. Its type depends on its purpose**

Outdoor cooking burners are available in varied types depending upon their purpose of use. For camping smaller and lighter models of burners are indispensable. During vacations none of us want to carry a burden weighing down the fun. Anyways, the baggage is often enough to carry. While burners are also available in varied sizes and models that are also portable, but they are heavier as compared to the one burner models.

### **3. Its parts & mechanism**

These burners consist of a special circular burner cup affixed on the bottom plate. Cylindrical supporting sidewall extends internally from the bottom wall within a leveled curved radius. Outdoor cooking burners' bottom wall includes a middle aperture that receives the incoming connection of fuel supply such as gas or others. Further, several cylindrical flame screens are affixed with the bottom plate of burner cup. This is for the cook's safety.

## 5. Its advantages

Outdoor cooking burners prepare various delicious recipes. It is an increasing craze among the avid campers. These are also quite useful in the backyard settings. Hence, the equipment can be treated as quite affordable investment with lot of usage potential.

## 6. Its fuel

Outdoor burners' usual fuel is propane. Also a blend of propane & butane is a common fuel. The fuel is usually stored in a handy tank. This tank can easily be transported along with the burner. This tank can also be refilled. This is the reason why many a time the campers carry a spare tank of fuel. Imagine the food needs to be cooked a few more minutes and you run out of fuel! You surely won't want that to happen! Disposable tank fuel method even eliminates the need to carry fuel, hence some campers find this method more convenient.

So, for your next outdoor adventure carry an outdoor burner. Benefit from this handy & efficient equipment and enjoy outdoor cooking with your family & friends. Enjoy their lovely meals and gather some memories for life!

## Cooking For Sunday Dinner

Sundays have always been special in many aspects. One of them are the Sunday Dinners at the church. Potluck on Sundays refers to one lucky person offering food for all at the local church. Ever since I have been attending these dinners I remember, most people offered fried chicken. Why only this option? Well, it is easily available at the neighboring food store. So easy, just walk in to the store pick out a few packs of fried chicken and walk in to the church.

As far as I can evaluate it happens due to lack of time, planning and ideas. But imagine, what if you cook scratch out a bit of time, prepare something simple yet special & elegant and offer it in the potluck! So many people would be impressed! Some would be jealous! And almost all would be surprised! So much appreciation and satisfaction that you offered something with so much love and little effort! Won't you like to do the same?

Picking a fried chicken from a deli or a local restaurant might not be wrong, but, its surely repetitive, boring and certainly nothing special!

There are so many simple & easy recipes available through varied resources that you can go ahead with; for instance spicy taco casserole or the dessert items!

Here are a few ideas 7 resources for your next Sunday dinner:

### **1. Surf the internet.**

Internet is surely a global resource to quench all your thirst related to whatever aspect it may be. Key in the right keywords and you can find several easy to cook dishes at one go. Kraft foods website offers some delicious desserts that are quite easy to cook.

### **2. Desserts are often a good choice for Sunday dinners.**

Sweet delicacies can be made within no time just a night before. These can be frozen overnight and so can be easily carried over to serve. Such desserts that tickle the taste buds of almost all of us are easy tricks to make your coworkers envious of your culinary

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talent at the 'pitch ins' at work.



### **3. Check out the casserole recipes.**

Casserole recipes are often quick, simple and delicious.

### **4. Try the crock pots & slow cookers.**

There are several dishes that you can cook in the crock pots & slow cookers. Just fill it in with the ingredients, turn it on and sleep over. By the time you complete your health sleep, the food would be done giving out a yum aroma and you could make up to the church in a record time.

### **5. Read through the magazines.**

Many magazines offer interesting cookery sections. Magazines offer very healthy eating options such as large salad, casserole, or a healthy dessert.

### **6. Opt some healthy foods.**

It is not necessary to select fat filled or calorie filled dishes for the Sunday dinner.

### **7. Enjoy the cooking.**

It is often said that the cook's mood defines the taste of the food. So, cook the dishes that you enjoy. Do not opt for any long recipes that feel you are forced to work on. Instead of being helpful, it would become more tedious and the food would get the bad taste of the cook. Hence, do not make it a stressful activity for yourself.

### **8. Do not repeat the same dishes.**

Try a new recipe every time rather than sticking to the same thing time and again. It can make even a good dish repetitive and boring, just like the fried chicken.

### **9. Prepare a bank of recipes.**



I suggest you to collect some recipes over time so that the next time you have to make the Sunday dinner, you do not have to vigorously search for them.

### **10. Treat your potluck audiences as guinea pigs.**

Though every individual puts in all their effort & love in the dishes they cook, sometimes the results are not that perfect. This could also save you and your family from getting stuck with leftovers for a week. And a rather happier option, if you like the food, you can put it into rotation of recipes at home.

Now, those with little or no culinary talents go out to surprise your family, friends, and fellow church members with the correct 'simple to make' recipes. Instead of getting on to fried chicken next time, cook up something awesome and get famous with your folks!



## Healthy Cooking Oils

As it is rightly said, health is wealth. Maintaining the right health calls for several precautions & decisions, the most important among them being food. Healthy eating habits are a must to keep fit and have the apt body weight. As the statistics reveal, obesity is the most common ailment across the globe these days.

Oil - the name itself sounds terror for those who want to cut down their weight. But does that mean that you stop taking cooking oils in your diet? No!

There are many healthy cooking oils available in the market. These are quite good and beneficial for the individual due to varied reasons:

1. They improve your skin quality.
2. They allow healthy growth of your nails and hair.
3. The body needs oils in order to replenish the internal functions.

Consuming oil on a weekly or daily basis can work wonders. You would be able to see the positive changes in your hair texture and nails very soon.

With n number of researches and studies being announced almost every week, how do you decide which cooking oil is healthy enough for you? Sounds like a mystery to solve, right? Well, oils after all are inherent fats.

For instance, a study says peanut oil, olive oil and canola oil contain good fats. Here, understands that fats are classified in to two broad categories - good and bad. The benefits of fats come form good fats. Now, studies say that good fast of these cooking oils supply our body & the palate a pleasing blend of taste & nutrition. However, another lot of dieticians argue these qualities of these oils.

Hence, it becomes more of an individual's choice & decision. You yourself must be sure of the results of the food you are having. Blindly trusting each and every study or reports you come across won't help, any which ways. Do your research well and test the results. Then choose what is best for you.

Rule of thumb explains that anything in excess needs to be watched carefully. Better avoid the excess and moderate it aptly. In short overdoing is never good. Even consuming apples that are so good for the health in major amount would be harmful.

It is important to understand your body type. The same food gives different experiences to different people. Set your diet plan and see how it works for you. Adding healthy cooking oils in your life can be fun if handled with care.

At the end, use your common sense & research in order to keep fit and healthy for ever.



## Cooking Cajun Food

In today's fast paced life where we are all rushing to scratch sometime for ourselves, Cajun is one country where till date cooking is considered a precious form of art. While there are no particulars in its recipes, a key ingredient is love & emotions. Many people in the country and elsewhere try to imitate the real Cajun flavor but are not able to do so. One reason might be that there are no defined quantities. Yet another major reason is that one must have a sincere feel to cook & serve the best in order to gain that excellence.

Cajun cooking includes a lot more than mere lagniappe from the pantry or the spice cabinet. Here are some fascinating facts about Cajun cooking:

### **1. Cajun cooking has very few exact recipes.**

These recipes are often focused on taste factor that is more oft based on an individual's decision. That means no measurements are fixed.

### **2. The mood of the cook decides the taste.**

Try cooking a Cajun dish 4 times in a day and you shall find that every time it shall taste a bit different. The hidden spice of these dishes is the mood of the cook. Cook it happily and dish turns out 'yum'. The moment you cook angrily, it shall become hot & spicy and might lead to the rage of the ones who eat it.

### **3. Present it with a 'Bam.'**

Remember Emeril Lagasse. He often relates some experience or story with his dishes and whenever he presents them, he does it with a "Bam!" This kicks off some special taste buds among the people and they relish the food all the more.

### **4. Meet with the person's heart & soul.**

Cajun cooking believes that good food is all about meeting their heart & soul. Love,

affection & a feeling to serve are the hidden ingredients of Cajun cooking. This also explains as to why



some southern cooked dishes are called 'soul food'. Remember the New Orleans delicacies - Well the place itself is located in the Deep South.

#### **5. Grab the real & right ingredients.**

Cooking Cajun food outside New Orleans region at times can be a major challenge. This is because its ingredients are pretty hard to find. It seems just impossible to come across fresh spices & seasonings that are indispensable to most Cajun foods. Another hard nut to crack is locating andouille sausage and fresh crawfish during the middle of Michigan winter.

#### **6. Visit the nearest specialty store for the right ingredients.**

In case you are really interested to cook Cajun food at home, watch for the right ingredients in the specialty food shops. Also there are shops where you can place special orders and get your list done. The international food sections at some grocery stores stock limited Cajun seasonings. However, these sources are very few.

#### **7. Add a little jazz to set the mood.**

Once you are through with the requisites, charge up the environment with some jazz and glare to set your mood as well as for those whom you are serving.

#### **8. Cajun cooking takes time so be patient and chalk out some of your schedule for it.**

The best of Cajun delicacies require substantial time for simmering. One must have the patience and schedule the cooking accordingly. Assure yourself that the food would be done in time and I do not need to rush. There are ways to see when the food is done. It would be great to try these means. One must have a first hand experience of the same, rest the stories might be mere myths.

#### **9. Cajun cooking is an emotional experience.**

This type of cooking judges your talent, certifies your patience and sometimes charges up your energy levels. It is surely an experience worth trying.

**10. Cajun food enlists some of the richest delicacies on the planet.**

Excelling the art of cooking would put you through slavery of your taste buds for years together.

Try these to become one of the earnest slaves!



## Paula's Home Cooking Recipes

Do you love cooking? Where do you gather the recipes from? Self experimenting? Television shows? Reading? Surfing the internet? Well, Paula's Home Cooking recipes are just perfect for you!

Paula Deen's Cooking Show focuses on her dedication towards easy to make foods, southern foods and the country style cooking. Her presentation is a real treat to watch. Paula is a down-to-earth individual that clearly reflects in her style of presentation. Also she uplifts your spirit and makes you feel fresh and charged up!

Paula Deen's technique of teaching cooking is quite simple and effective. She would guide you through the common mistakes and help you overcome the same. Paula surely inspires you to try some interesting recipes in your own style and experiment varied foods.

Watching her show you would come across some very important tips & advices regarding cooking that you might not even find in the printed version of her recipes. Paula Deen's show can even please the finickiest of all palates with its well researched techniques for cooking!

Generally speaking among the other sources watching cooking shows on the television is quite a convenient & fun way to adapt new culinary recipes and skills.

For those of us who prefer, experimenting their own way, grab on some internet or printed versions of the Paula Deen recipes for home cooking and innovate yourself. Many food network sites offer menus from her shows. Just click on the menu item and get recipe you were looking for.

Those who love cooking take pride in learning form their own mistakes. They would preferably make the fault and would like to mend it all by themselves in the second try. They find thrill in cooking, learning and creating some masterpieces in the end. This is a great avenue to learn. And through your journey, the printed versions of Paula Deen's

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recipes would be a great support.



Try sharing these experiences with your friends & family. Remember, even though we are warned of the mistakes, we might land up committing the same initially. But, its not possible to become a perfectionist in a day! Learning takes time and we must allow ourselves to take time! Our mistakes form good fun stories that can be shares with the family & friends and they would surely smile back to you!



## **The Importance Of Eating A Healthful Vegetarian Diet**

So often when people say they are vegetarian they mean that they do not eat meat. But being a vegetarian is about more than just not eating meat. It is possible to be a vegetarian in the sense of not eating meat and eat a very unhealthy diet indeed.

A vegetarian diet may be high in cholesterol if it relies too much on cheese and eggs. It may be low in fiber if it is based on refined grain products like white bread, white pasta and white rice. If it lacks fresh vegetables your diet will be deficient in vitamins and minerals. You may be vegetarian but you may not be eating a healthful vegetarian diet.

Going vegetarian is about more than just not eating meat. It means taking a positive decision to eat a wide range of foods that provide a balanced mixture of nutrients.

It is important to plan the change to a vegetarian diet. This may mean buying some new equipment for your kitchen. If you are used to eating convenience foods you may need to buy some basic items.

The next step is to plan your meals. Not all vegetarian meals rely on cheese, eggs and milk for protein. These are useful ingredients in a vegetarian diet but not by any means essential. It is perfectly possible to get enough protein by combining grains with pulses such as peas, beans and lentils. A bowl of lentil soup with a slice of bread provides all the essential amino acids you need. Chili beans and rice combine in the same way to create what is called a complete protein.

A diet based on pulses and whole grains has the immense advantage of providing you with enough fiber. This is important to maintain colon health. Cancer of the colon is most common among people who eat a diet based on over-refined processed foods. Fiber is one of the key ingredients in a healthful vegetarian diet.

Switching to a high fiber diet takes a little time. Your body needs to adjust. So take things slowly at first.

A healthful vegetarian diet based on whole grains, pulses, nuts, fruits, and vegetables will also be good for your heart as it is low in fat. The fats you use in vegetarian cooking should be vegetable fats and oils such as olive oil, coconut oil or groundnut oil. There is no reason to exclude butter from a vegetarian diet especially if most of the fat you are consuming is of vegetable origin.

One of the great things about a healthful vegetarian diet is that it helps to maintain your weight at the right level. You will still pile on the pounds if you binge on ice cream but a really healthful vegetarian diet leaves you feeling satisfied so that you are less likely to overindulge in sweet things.



## Italian Food On A Date

Impress your date on a romantic Italian night out - A romantic Delight

If you wish to have a wonderful time with your date in the town, then a Italian restaurant is the best place to go to.. Italian foods are always romantic and below are some pointers to pick a fine restaurant.

It is important to choose the place serving authentic Italian food; else your date might end up looking cheap. How can you know which is authentic? Just look at your menu; whenever you are able to understand it, then it's not really authentic. If you are seeking for Italian foods rather than just pizza and spaghetti, you may as well speak to a few people who are working at the restaurant. While I'm seeking a good Italian food experience I'll unquestionably need the people making the food to speak more Italian rather than English. You will be able to bet that the dishes will be more American than Italian, if you find the restaurant filled with American ambience.

When you have found a restaurant with a fine menu, next try and understand it .More over you cannot make a good first impression if your order something and then later being surprised to find out what it really is when it arrives at the table. Decide what to choose in advance and know the proper pronunciation. Make sure to find out about your date's likes when it comes to Italian food. You can impress your date if you are reading and selecting the dishes from the menu card like an Italian expert.

Italian food isn't the same without a fine wine to go along side it.. Almost all good Italian food restaurants have a nice choice of wine. Wine is necessary for a romantic date. Find out what wine might go best with the food which you're ordering. Do not be afraid to ask the waiter, that why they're there for. At the same time, be aware since they know it's very easy to raise your bill with expensive wine. Since Italian food is best to be experienced with good wine, take your time to be sure that you are having a fine wine for your food and your budget.

Now your Italian food and then wine are done with, the next matter is to look for a restaurant with good atmosphere. There are actually two ways to do this. The first thing is with more traditional good dining restaurant with dim lighting and perhaps some slow romantic music in your background. This will be an excellent choice. At the same time, the best Italian food might

be come up at the humble restaurants with f a home feel about it. This might be equally romantic till the restaurant is not getting very crowded. There you will be able to enjoy not just good Italian food, but will also have a memorable experience of your date. If the eating house does not have candles or flowers on your table you might add the romantic touch by bringing your own candles and roses in order to decorate your table. And your date will really get impressed with your step on seeing that your table is clearly better than others.

Following the above steps might lead to a fantabulous Italian food experience for both of you. Find the perfect restaurant and you'll be sure to experience a romantic



## The History Of Pasta In Italian Food

Today the world recognizes pasta as the flavor of the Italians. Pasta has become synonymous with Italian food world over. Its preparation and storage are very easy making it the symbol of Italian food all over the world. Tomato sauce and pizza are also popular Italian foods enjoyed by people in different countries. However the history of pasta dates back to a much older time than pizza or tomato sauce or any other common Italian food.

Legend has it that pasta was introduced to the Italian public by Marco Polo who in turn is believed to have picked it up on his many travels. However, history shows us that pasta had already been popularized around his time. Pasta's history dates back to a time long before Marco Polo. In fact, it's believed to have been a popular Italian dish right from the eighth century onwards. It was around this time that Arab's invasion greatly influenced food in Italy. It is believed that the pasta was born due to the combination of Arabic and Italian foods.

Wheat, a commonly available ingredient in Italy was used in making pasta and therefore it quickly became popular among the general public. By the 1300's pasta had spread all over Italy. Due to its high nutrition content and long shelf life, it was highly favored by the people. It was also used in long ship voyages due to the same reasons. As a result it spread very quickly to the world becoming the first of the Italy's foods to be popularized world over. By then, the recipe had been greatly improved upon and different shapes and sizes were introduced. Different techniques to make pasta with more efficiency and at a faster rate had been developed thereby making it an important part of every Italian's life.

The next and a very important change in pasta came in 1839. By then the tomato had been discovered in America and the rest of the world was still trying to catch up on this incredible fruit. However many Europeans believed it to be poisonous and generally avoided it. It took a while for the people to accept the tomato but when they did, it became an important part of pasta's recipe. Today the tomato sauce is essential in making pasta and one without the other is unheard of.

The large quantity in which pasta is sold is proof enough of how it has become an important part of Italy's diet. The amount of pasta consumed by the Italians is almost three times as that of the Americans. An average Italian consumes about sixty pounds of pasta every year. It is due to



this reason that Italian food itself is identified with pasta. In fact, Italians consume so much pasta that Italy is forced to import a large quantity of wheat to meet the demand. Although pasta is mass produced, most of the good quality pasta is used up in Italy itself. As a result, the pasta used in American Italian food is of inferior quality. Most Italians cook pasta in the same way it has been for years using the recipes that have been passed down from mother to daughter and father to son. In order to have the best pasta experience, one must travel to Italy and savor the pasta, true Italian style.



## Review Of Different Vegetarian Cooking Shows

The options for vegetarians are not limited as the general misconception holds; as a matter of fact they are enormous in number. A variety of vegetarian cooking have blossomed to cater to the needs of the vegetarians.

Regina's Vegetarian Table provides an exciting and fresh new look at cooking healthy, fast ,fresh and delicious vegetarian cuisine. It takes you on a global tour of unimagined variety and flavors. Her recipes include Bow Tie Pasta with Heirloom Tomatoes ñ James Boyce, Cream of Green Lentil Soup, Digestive Smoothie, Wild Mushroom Soup, Fig Banana Smoothie, Smokey Apple Fig Salad, Southwestern Gazpacho, Vegetable Tamales, Jasmine Rice Pudding, Lemon Thyme Pasta With Roasted Vegetables, Twice Baked Potatoes, Verde and Mexicali, Deep Dish , Spanakopitta, Paratha, Chili Pepper and Squash, Corncakes w/Mexican, Soup Gratine, Smoked Mozzarella with Radicchio and Rosemary Basil Vinaigrette, Marinated Tofu and Greens, Peaches and Cream Smoothie, Navy Bean Sauce over Grilled Vegetables, Corn Stuffed Bell Peppers, Hazelnut Vinaigrette, English Pea Griddle Cakes, Spinach and Tofu Salad, Auyurvedic Smoothie, Mediterranean Vegetable Strata, Wild Mushroom Bread Pudding with Fennel and Baby Corn Truffle Essence, Wild Mushroom Ravioli, Lasagna of Zucchini Spring Onions, and Grilled Portobellos, Radish, Watercress and Pea Broth and many more delicious dishes.

Delicious TV. is aims to be a completely vegetarian cooking and lifestyle television show featuring host Toni Fiore. The host's approach is simple yet effective by adapting known family recipes and molding them into a healthier way of eating. The show emphasizes on easy preparation and readily available fresh ingredients. Its much more than a designer television show, it helps people to learn and implement healthy cooking at home. They offer a wide range of recipes from appetizers to desserts, breads, pastas, sauces, etc. You name it and its there. Their recipes like Focaccia on the grill go from yum to WOW when you cook it on the grill! Avid viewers can get hold of a two episode DVD at the cost of \$9.95.The new season includes Gonzo Garbanzo recipes!

The Post Punk Kitchen caters to bring to its vegetarian views unique and mouth watering vegan recipes. The specialty is that the most of the ingredients are very ordinary and simple to find.

They have a humungous range of recipes ranging from Yummy cookies which include Chewy Chocolate Chip Cookies and Oatmeal Peanut Butter Cookies;

Main dishes like Ceylon Style Tofu Curry, Ethiopiam Tomato Lentil Stew, Mango Ginger Tofu and Seitan Potobella Stroganoff; Luscious sauces consisting of Basic Marinara Sauce, Basil Mint Pesto, Salsa Verde ; Breakfast favorites like Pumpkin Waffles, Scrambled Tofu; MMMM muffins including Sunny Corn Muffins and Mocha Chip Muffins and finally Appetizers & side dishes like Tempeh Sausage Crumbles, Baked Acorn Squash and Apples, Yam Fries and Spicy Peanut Dip.



## Italian Cooking Brochutto

The most exciting thing about Italian cooking is that there are so many delicious dishes to choose from and are a lot of fun to create. Most people have at least one favorite dish. You may have one yourself. If you don't already know how to prepare it, or you would like to really perfect it, you may consider looking through cookery books or online for more information. If you are really enthusiastic you could look into cookery classes that specialize in this kind of cooking or even in this particular dish.

Or, perhaps you would like to know if it is available in any shops or restaurants locally. Whatever you do be assured that Italian cooking brochutto is great to prepare and can be a rewarding pastime.

You may have tried this wonderful dish in a restaurant or it has been served to you by a friend or member of your family and now that you have tasted it the need to recreate the experience is great! Italian cooking brochutto is a memorable dish that once tried needs to be repeated. If this is the case for you there are many ways to get all the information you need for this type of cooking at your fingertips.

The best place to source information for Italian cooking brochutto is one the internet. There are countless recipes for you to try. To create your own unique recipe may take some experimentation on your part. You might like to add various ingredients here and there until you create your own individual recipe for Italian cooking brochutto.

The internet is not the only resource available to you. There are excellent bookshops that have a comprehensive supply of cookery books to suit every taste, ethnicity and culture. You may even try your local library which has a wealth of information for you to browse. All this information may inspire you to take your cooking to a new level and to try out many different styles of cooking. You may discover that you have a talent that has never been revealed before.

If your heart is set on replicating the perfect Italian cooking brochutto why not visit a favorite Italian restaurant and try their version of this great dish. You may love the way it tastes and be able to decipher what particular ingredients were used in its creation. It could be a challenge for

you to prepare this dish at home later using your memory of the one you had ordered in the restaurant. It could be great fun to prepare and interesting to see how it actually turns out.

Perhaps you have all the information and the enthusiasm but lack that little bit of confidence to try Italian cooking brochutto without some guidance. In this instance it is worthwhile attending a cookery course that offer classes that are devoted to Italian cooking Brochutto. Your teacher will have perfected the dish many times over in her classes so will be the ideal person to instruct you exactly how to perfect it for yourself. There may be many different variations of the way this dish is prepared and possibly a few techniques that you haven't heard of before. Going to cookery classes is a great way to get you on the road to becoming an expert in Italian cooking brochutto.



## Cooking Christmas Cookies

For most of us Christmas is a time of year for sharing time with our loved ones. It is an especially important time for our children who thrive on the magic of the season and those traditions that create lasting childhood memories. For them, the excitement of Christmas starts long before Christmas Day and they love nothing better than being involved in the festive preparations. Baking cookies is one tradition that has stood the test of time and has been passed down from mother to child for generations.

Being involved in Christmas preparations always evokes warm abiding memories warmth and closeness. Baking Christmas treats such as cookie and candy is a wonderful ritual that can be shared with your kids and brings so much pleasure and is a wonderful tradition to share if you plan it properly in advance.

Make sure you start the day in the best frame of mind, which means everyone should have had a good nights' sleep. It's also not a good idea to let the kids pick at the raw ingredients you are using to bake the cookies or candy, however tempting. So, start the day with a sustaining breakfast or lunch before you begin your Christmas cookie bake. An upset tummy can spoil the memory of the day for everyone and it is never too soon the teach your children a rule basic cooking rules.

Everyone will be eager to be involved in the preparation and cooking process. Allow the kids the freedom to try out the kitchen appliances for the first time and have fun by experimenting with the ingredients and creating their own individual cookies. They will love seeing the end results and will take great pleasure in showing the rest of the family their little works of art.

Don't plan your cookie baking for the day before you are expecting guests or need your kitchen to be in pristine condition. Expect chaos and take a relaxed attitude towards if for one day. You will enjoy the experience all the more if you are not stressing over spills. The kitchen can be put back to its original state, having fun on this occasion is far more important. Your kids will really appreciate being less restricted and you they will love you for it. The whole experience can be rewarding for all of you.

Baking cookies with your kids should be a happy and stress free time. Create the ideal conditions for your Christmas cookie cooking day so that you and your kids will enjoy every minute of it.

Don't plan your baking event the day before you are expecting guests or need your kitchen to be in pristine condition! Take a relaxed attitude towards the fact that the kitchen will be in some degree of chaos. You will enjoy the experience all the more if you are not stressing over spills!

Finally, be completely organized and have everything you are likely to need on hand. Kids can have a short attention span and won't enjoy a trip to buy missing ingredients when they are eager to start cooking! Being prepared for this Christmas cookie cooking day can make all the difference to your enjoyment and theirs. Follow all the guidelines and your day is sure to be a great success and one you and your children will want to recreate every year.



## **Back To Beginning For President's Day Cooking**

One of America's great national holidays has been sadly neglected, and that is President's Day. On this annual event it is traditional to pay homage to every president of the USA and to celebrate their contributions to our lives and those before us. However, most of us spend our day catching up on retail therapy, and can be found trawling the malls and stores of every city looking for bargains! If you wish to celebrate this eventful day in tradition style consider reversing this trend and make President's Day a focal point on your calendar by planning an event for you, your friends and family to enjoy.

If you are wondering how to create a feast to celebrate President's Day you could take your inspiration from America's historical past and pay tribute to the bygone days of colonialism. The internet is a great place to source recipes that have originated from this era. Cities such as Williamsburg and VA played an exceptional part during colonial times when America was still in its infancy, and websites referring to those cities are bound to have an abundance of information and you may find some interesting historical recipes that would be entirely appropriate for your President's Day celebrations.

To be true to the authenticity of Colonial times you could research information about the style and manner and etiquette of those days. There is a wealth of information and many websites that focus entirely on the customs and traditions of Colonialism. You may also find some original Colonial recipes in those websites that could be interesting to try. There are also many recently published books that are dedicated entirely to subject of Colonial cuisine, how recipes were prepared and the etiquette required to serve them. It is surprising to note that many of these recipes have stood the test of time and remain as popular now as they were then.

Alternatively, you may prefer to prepare a more contemporary style of spread that is appealing to everyone. There is no doubt that no matter what season, month or day many Americans enjoy a good barbecue. For those of us who endorse this sentiment then a barbecue is the ideal way to celebrate this important historical annual event.

You may think that a barbecue restricts you to only a certain type of food, for example,

Hamburgers are certainly regarded as an essential element of any barbecue, and quintessentially American. Notwithstanding that fact, nowadays many people experiment with a



variety of ingredients, meats, poultry and vegetables. If you haven't considered it before a novel idea is to barbecue a pork tenderloin, which is a fairly typical roast for national days it also combines very well with all your other salads and sides that you would normally serve with barbecue food.

If all of the above sounds like it will put a strain on you waistline and heart then you could still enjoy the Present's Day celebrations in a less guilty way by preparing a healthy menu which could include delicious items such as broiled fish or poultry, steamed vegetables and rice. Just use your imagination and enjoy. However, it might be the one day that you could forget the diet and indulge in all of your favorite recipes, and, given the time of year nothing tastes better than warming vegetable soup, Virginia ham, beef stew or chicken with dumplings and don't forget all the essential trimmings to satisfy all your winter cravings.

Although President's Day is a time to celebrate it is also a time to reflect on what the occasion actually means and to be grateful for those who have led America in the past and present, Whatever political leanings you have, it should be recognized that the Presidential position requires much self-sacrifice and on this day above others it is appropriate to salute Presidents past and present for their dedication for the greater good of the nation.

## **Microwave Bacon Cooking Equipment**

There are a variety of devices in the market today that are dedicated to cook bacons in microwave. However, they still do not cook bacons according to our specification. We shall begin by investigating these microwave bacon cooking tools. Before we commence, we need raw bacon and a microwave cooking device. At this point, we may question why do we still require a microwave cooking equipment when we can cook the bacon by merely placing it on the microwave oven's pan. Now the answer is obvious. The fundamental and obvious benefit of the microwave bacon cooker is the elimination of oily waste. In addition, it heats the strips to crispy finish.

For those that prefer their bacon oily, then you may continue with the pan type of bacon cookers. But, for those who are slightly health conscious, then you may consider the following methods for cooking bacon with a microwave bacon cooker. It is only sensible to study all the bacon cooking device's ability before using it.

Currently, shoppers are spoilt with a myriad selections of bacon cooking devices. They come in a variety of sizes, designs and of course cost. The bacon cooker's primary job is to maintain the bacon's plump and flavor without the greasy residues in the microwave oven. Cost varies with the range of bacon cookers and it is determined by individual's likings.

Most bacon cookers are multi-functional. They can perform defrosting, warming up food and a variety of other cooking activities. Presto brand cooker gives confidence that it keeps the bacon's flavor without the grease by draining off the fat. The fat harms the human body and should be removed before it is served.

There is an alternative method of cooking bacon that is easy and also prevents the bacon from folding up and clump together. This technique keeps the bacon vertical while cooking and not horizontal or allow it to curl on top of each other. It does this by clamping both edges of the bacon including the centre part. It maintains the bacon in an extended shape while cooking. This increased in surface area cooks faster and gives a better impression when served. This method is used by restaurants to prevent their bacons from curling up.

Bacon is a staple for breakfast. And is going to be for many years to come. Hence, it is essential and convenient to have a suitable cooking tool to produce delicious bacon every morning.



## **Cheap Italian Food In Milan**

When traveling to Italy, there is so many sights to see, history to learn, museums to visit and experience the life of the locals. One particular highlight of a trip to Italy is the attraction of experiencing good quality Italian food. This is exceptionally inviting. Milan, Italy is a must see, better known as the capital of the world for fashion and food. It can be a little overwhelming for travelers, depending on the length of their stay in Milan and their traveling budget. Besides the many sights to see and the shops to visit, there are many places serving good quality Italian food to choose from; but, there are few places that offer cheap quality Italian food.

The time you have available between tours and your personal budget limitations often play a big factor on travel plans. Thus, preventing the traveler from indulging in the good quality Italian food experience; however, this doesn't have to happen in Milan, Italy. Milan is not just known for its quality Italian food; Milan is the home of the novelty Ciao. A place cheap quality Italian food is offered throughout the day, every day.

Ciao is a fast food restaurant, offering fresh quality Italian food at a friendly price. Much like a Country Buffet Restaurant in the United States, Ciao offers a new menu daily. Ciao serves up the freshest, made on the spot, quality Italian food that is in season all year round. For good quality, cheap Italian food in Milan, Ciao offers all varieties of hot Italian dishes as well as snacks, espresso and alcohol. Just visit the several food stations laid out on the restaurant floor, providing you with an open choice of foods, make your selections by preparing a plate to your liking, take your plate to the register and pay a fair price. Ciao offers the ultimate quality Italian food experience at a low price.

Most restaurants in Italy are only open during scheduled breakfast, lunch and dinner hours, then close between meals, leaving only the select American fast food imports open in the area. Not at Ciao, open all day so travelers can fit a meal in anytime during their busy day of sightseeing, shopping and tours. When traveling or touring, it is hard to schedule a bus tour and shopping expedition around the mealtimes of the local restaurants. It would dampen the prospect to experience good quality Italian food, only to end up at the local McDonald's because of bad timing and budget concerns.

Take the opportunity to plan your trip to Milan, Italy in advance; and plan for that trip to Ciao. You will be able to continue seeing the sights while you eat by visiting the Ciao outlet in Piazza Duomo Center. Enjoy the breathtaking view from the third floor table area and have a great back drop for your dining pleasure. Your Italian food experience doesn't need to be expensive, on a time schedule or interfere with other activities.

You are entitled to enjoy a leisurely meal at a good price, just visit a Ciao Restaurant nearest your traveling area, to have a good quality Italian food experience, in the heart of Milan, Italy.



## Chinese Cooking Wok

Since ancient times, the Chinese have been known to be hung up on tradition, especially where cooking methods are concerned. They are equally concerned about nourishing food cooked in proper sanitary conditions. It is with this view in mind that the Chinese cooking wok has found its own niche in every Chinese kitchen around the world. In addition, the Chinese realized that cooking in utensils handed down from ancient times have helped their dishes to retain their exact, original flavors.

With Chinese food being so popular, it is no wonder then that the Chinese cooking wok is making its way into American households and other parts of the world. Many international stores today stock this main Chinese utensil along with others.

Why is the Chinese cooking wok so unique? To get an answer to this question, we will have to delve into its design.

The wok is basically prepared from carbon steel or iron. The round-bottomed utensil is hammered into shape by hand. The wok therefore becomes delicately flared at the edges, enabling food to be thrust inside with ease. When the perfect shape is attained, the wok is flipped from outside or inside. The rounded bottom of the wok helps it fit over the stove perfectly. Bare metal handles are more commonly used for the Chinese cooking wok. Such handles are known as loop handles. Another type of handle is the stick handle which is formed from carbon steel and resembles Teflon. Thus, the vessel is now ready for anything such as stewing, braising, steaming, deep frying, or preparing soups.

In an attempt to copy the Chinese cooking wok, yet make it more suitable for Western styles of cooking, Westerners have developed woks looking like flat-bottomed frying pans. For more compatibility, woks with double handles are more popular than those with single handles. The bottom of the wok is fitted with an adaptor ring. This helps to retain the wok's grip over the top of the stove (western ranges).

The very design of the original Chinese cooking wok itself should be enough to convince anyone that it is better than a frying pan any day! Oil intake is very less, food can be tossed

properly, and best of all, there is uniform distribution of heat. So copies can never take the place of the original.

In conclusion, the size of the Chinese cooking wok is designed to suit the purpose. A small family can make do with a wok measuring 36 centimeters, while a still larger one is suitable for a bigger household. The largest-sized ones are used only in restaurants for large-scale cooking.



## 7 Useful Cooking Tips And Hints

It's your first day in the kitchen and you have no idea where to start. A haphazard way of doing things will only delay meals and see that you are stuck in the kitchen for a long time! To ensure that you produce quicker and easy-to-prepare meals, as well as please your family's taste buds, a few cooking tips and hints are in order—

(1) First of all, there has to be a place from where you can pick up cooking tips and hints. There are many classes set up for beginners by various local institutions and organizations. In addition, they are not expensive. Since most of the students are beginners, you feel comfortable in sharing your own experiences and learning from others.

(2) Once you cross the beginner's level and develop a taste for cooking, further instructions at an advanced level for specifics such as dessert-making, barbecuing, baking and so on, can be obtained. If you do not wish to continue as a student after learning the basics, you could turn your attention to magazines devoted to cooking. Many of them display articles related to specific cooking methodology.

(3) If you are the type of person who can get easily overwhelmed, you can just go for one favorite item and learn the related skills. Once that is mastered, you can move ahead from there.

(4) Another way of getting cooking tips and hints is to browse the Internet. This does require some time and patience, but you will be well rewarded with a number of websites offering answers to all your questions.

(5) Many cooking tips and hints are centered round recipes. Even the preparation of the simplest dish requires following a certain method. Recipes act as guides here. The instructions are presented in a precise and step-by-step format, making them easy to follow. Plenty of cook books are available in the market to help you out. Some of them are good enough to present helpful ideas as well as cooking tips and hints along with the recipes.

(6) Reading a recipe correctly is also an art! The reason is that the measurements related to ingredients presented in each recipe can be quite confusing for a beginner. Some

measurements are related to liquids while others are related to solids. Look for cooking tips and hints regarding cooking measurements.

(7) Cookbooks (but not all of them) also talk about utensils required for cooking. All types of utensils are available for purchase, but you need cooking tips and hints to let you know which are more commonly used than others. You can therefore buy what you need immediately before going in for any others.



## Down Home Cooking

One of the ways in which people can enjoy cooking is through Down Home cooking. There are actually varied down home cooking meals and recipes that you can choose from. Some try their constant favorite or try a new one. Enumerated below are just some of the recipes of Down Home cooking that you may want to try yourself. Of course, the recipes of Down Home cooking are not limited to the ones listed below.

### **Venison Stew**

4 slices of bacon, cut into half inch pieces  
2 cups of water  
1 pound of boneless venison, cut into one inch cubes  
1/2 tsp. of salt  
1 cup of red wine  
1/4 tsp. of dried marjoram  
leaves 1/4 tsp. of dried thyme  
leaves 1/4 tsp. of pepper  
1 piece of large potato, cut into one-inch pieces  
4 ounces of pearl onions  
2 medium-sized carrot, cut into one-inch pieces  
1/2 cup of cold water  
1/2 tsp. of browning sauce, (optional)  
3 tsp. of Gold Medal® all-purpose flour  
2 tbsp. of chopped parsley

1. Cook the prepared bacon in a four quart Dutch oven using a medium heat. Stir occasionally until the bacon is crisp. Remove the bacon from the oven using a slotted spoon while reserving the fat in the Dutch oven. Drain by using paper towels. Set aside.

2. Cook the venison in the reserved bacon fat using again medium heat for about seven minutes. Stir occasionally until the venison is brown. Stir the wine, two cups of water, marjoram, pepper, and thyme all together. Heat until it boiled then reduce the heat. Cover it and let it simmer for about two hours or until the prepared venison is tender.

3. Stir in carrots, onions, and potato. Heat until it boils and then reduce the heat. Cover it and let it simmer for about thirty minutes or until the vegetable and tender.

4. Shake the flour with the 1/2 cup of cold water in a tightly sealed container. Stir it into the stew gradually. Also, stir in the browning sauce. While stirring constantly, heat until it boils. Boil for one minutes. Lastly, sprinkle with parsley and bacon.

### **Upside Down Chicken Pot Pie**

1 1/4 pounds of boneless and skinless chicken thighs

1 tsp. of instant chopped onion

1 piece dried bay

leaf 1/4 tsp. pepper

1 jar of chicken gravy

2 medium-sized celery stalks, cut into half-inch slices

2 1/4 cups of Original Bisquick® mix

2/3 cup of milk

1 bag of Green Giant® frozen mixed vegetables

1. Place the prepared chicken into a 4 quart slow cooker. Top it with bay leaf, onion, gravy, and pepper. Also, place the celery on the gravy.

2. Cover it and cook for about eight to ten hours using the Low heat setting.

3. At around thirty minutes before serving it, bake eight biscuits by using milk and the Bisquick mix as instructed in the package.

4. Stir the prepared frozen vegetables into the chicken mixture. Increase the heat setting to High. Cover it and cook for around 15 minutes. Remove the bay leaf.

5. Split the baked biscuit and place on a tart pan or in soup bowl before serving the dish. Put about 3/4 cup of the chicken mixture on top of the biscuit.

## **Italian Cooking School**

There are a lot of things that you could learn in an Italian cooking school. When enrolling in a culinary institution, there are different options. You could choose those who offer basic culinary education, the fundamentals and the like or opt to take up specialized classes that deal with specific types of cooking. If you are planning to become a chef, then cooking school is mandatory. But even if you are just a cooking enthusiast, you could still broaden your skills by taking up classes in specific types of cooking like joining an Italian culinary school. You should list down the things that you expect to learn from these schools before enrolling in one though.

### **Enrolling in the right School**

Italian cooking, is of course, the main forte of Italian schools. But there are some Italian schools that offer more styles which include Asian and French cuisine. This is because such styles are popular and widely practiced. So it would do well for you to know them too. But fundamentally, you will be trained in Italian Cuisine. Italian is very distinct when it comes to other types of cooking. The classes will involve demonstrations where in you could practice hands-on, practicing techniques that have been passed down traditionally and the story behind them as well. Because, like all styles, Italian cooking is a philosophy as well. In the end, you are going to be cooking genuine Italian meals.

You will also be versed in Italian culture when you enroll in an Italian cooking schools. You will find out things like how food factors into every day Italian life. These include foods that are used day to day and foods that are only prepared during celebrations and festivities. You will also learn Italian wine culture. Because not only are they used as refreshments, wines are common Italian ingredients as well. You will also learn all of the available Italian ingredients as well as places to best procure them in.

You could also learn other things which would include the Italian language. You are sure to pick up some words that are involved with this cooking style. And of course you will also learn effective food management because, as we know, cooking doesn't only involve the actual cooking itself. You need to know how to manage food quality afterwards as well. The best thing

is that you could also get the chance to learn from famous Italian chefs and apprentice in popular Italian restaurants. When it comes to Italian cuisine, that is first-hand experience! If you are enticed by all of this then by all means, enroll in an Italian cooking school. You will not only learn how to cook food, but you will also learn how to live and enjoy the Italian lifestyle as well. You will definitely profit greatly from the knowledge that you will earn in these schools.



## **Cooking Games**

### **Enjoy Cooking Games While Staying Out Of The Kitchen**

If you would like to cook and yet stay out of the kitchen, cooking games are for you. You can learn new recipes, and take part in Nintendo, speed games or puzzles. In fact, there is a new game from Nintendo which is called Cooking Mama.

In this particular game, you will find it is a fun way of getting involved in the cooking process. You can play at being a chef and getting all the orders out at a precise time. You are helped along the way by Mama with useful tips and materials. There is also a stylus that will help you to grate, chop vegetables, peel, slice meat, mash or stir fry. You can use a touch screen to create an omelet, knead pizza dough, make dumplings - you can even see that your food is back at room temperature by blowing into the mike.

The game can be started with fifteen recipes. As you get better with your skills, more and more recipes can be unlocked, till you reach sixty, with a variety of dishes like cabbage rolls, hot dogs or fried eggs.

You can even come out with your own dessert like cream puffs. Try your own combinations of various recipes of your liking and your own ingredients.

### **Judging Your Food With Medals**

There is an interesting feature to this Game. You can earn medals, gold, silver or bronze if you opt for being judged for your cooking. This makes it interesting and challenging, but if you do not want to be stressed out, then you can still do your cooking without going through being judged. You have the option to transfer a game and you can share your recipes with anyone you like and challenge them with the best preparation.

Another important feature is that you learn a variety of food recipes from countries like Germany, France, Japan, India, Mexico, America, England and Spain. There are

Home Chef Kitchen Management  
recipes like tempura, fried rice and dumplings.



## Cooking Games At Other Sites

There are other sites where you can find free cooking games. There are so many games like Concentration, word searches, Hangman and unscramble words and also many jigsaw puzzles. Also, magnetic words are used in refrigerator poetry. A challenging game at another site is the Better Barbecue Challenge. The meat needs to be turned over at precisely the right time in order to earn points. You cannot flip the meat earlier or later, as it will either be undercooked or burned. There will be more items as you go on. Also you will need to keep an eye on the thermometer, so it does not heat too much.

There are innumerable cooking games to choose from, some of them simple, and some involve video games that can be played with your friends. All in all, you will learn something new while keeping yourself occupied in the art of culinary delights.



## **Italian Cooking Recipes**

### **The Popularity of Italian cooking recipes**

Italian cooking is popular all across the globe. Pastas and pizzas are popular with all age groups. Cooking an Italian meal for family and friends is always rewarding as they wait eagerly for the next Italian meal. So, in order to satisfy them with superb Italian meals, you can search for some good Italian recipes.

Another good idea is to gift good Italian recipes. You could buy a good Italian recipe book for a friend of either sex, as there is no age bar for cooking, and people who have a flair for good food would love to have any new recipes come their way. As people savor their food, if they are food lovers, they will try to figure out the ingredients that have gone into the meal, the time it took to prepare, and various other thoughts on the meal.

### **Familiarizing Yourself with Italian Cooking Recipes**

Your cooking skills will get better by the day if you keep trying out more Italian recipes. Keeping in touch with Italian cooking, learning all the names of the dishes and the terms that are used, will make you more familiar with Italian food, and consequently, you will find cooking Italian meals easier, and you will be able to obtain the ingredients needed for the recipe easily, as you will not have to keep searching for them, as you will be comfortable with the names. So, in other words, you will have an advantage over someone who is just beginning to learn Italian cooking.

A great way to learn Italian cooking is to go on the Internet where you can acquaint yourself with thousands of gourmet Italian recipes and simple Italian recipes. You can also get wonderful recipes on Italian cooking from book stores or from TV cooking shows, and also from family and friends. Another excellent way to share your cooking talent with others is to get to know your neighbors who may also have a penchant for cooking, and you could get together, share your recipes and ideas, and produce a wonderful Italian meal together.

If you prefer to be professional, then you could take lessons from a professional class. There are many professional Italian classes where you can learn the art of Italian cooking. You will learn all the details and tips, the exact quantities, dishes to be served in an Italian setting, the

manner in which an Italian meal is served, and this will give your cooking a truly professional touch.

You can also interact with classmates who are at your level, and even if they know more than you, or less than you, you will be able to get useful tips from them or share your own expertise with them. This way you will learn something new all the time, and you will be amply rewarded by being able to produce a delightful and innovative Italian meal.



## French Cooking Holidays

Cooking holidays in France are totally different when compared to other countries. Just like other countries the French also like to enjoy, relax and relish the past memories with their friends and family. They also use food as an important section of their festive and with it comes the astounding techniques and food that can be enjoyed by anyone. Your idea about their culture can change once you learn about their cooking. These recipes can be added to your daily meals. Why don't you consider French cooking vacations where you can really get away and enjoy the different cuisine of this culture?

### **What's special in the Holiday?**

You might be able to book French cooking vacations where you may get transported to a totally new location, enjoy and relax some of their best food which you've ever tasted. More importantly, you'll get learn how to prepare these foods for you and your family. You might find that there are a lot of great choices that you'll be able to choose from, starting from holidays which teaches you techniques of French cooking to those which teach a wide range of cooking recipes. Here's what to seek.

- **What you learn matters.** Try and find out what you can learn from this vacation. Check what can be gained, talking of recipes and techniques. Is this what you need and want?
- **The location.** Where actually the French cooking vacations are held? This is very important since decides the cost of transport and it also leave you with a wide range of outstanding locations to pick out from. Making your vacation a memory to cherish is just as significant as it is in cooking in their style..
- **The price.** The price of French cooking vacations as significant as the total enjoyment which you should have. You'll prefer to find a schooling which will fit into your vacation budget as well as teach you fine type of French cooking you wish to learn.

And there are a lot of companies which offers great French cooking vacations which are packaged and include all your needs. Book them and in a matter of months you'll be able to sit back and enjoy as well cook the fine French cooking at a fantastic location . There can be nothing better for those who want a place to learn the French cooking techniques and enjoy the flavor. ! What more can a cooking vacation do for you?