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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**All Cooked Up And No Where To Go**

**By Victor Nunn**

Many want-to-be chefs and cooks have kitchen cabinets full of unused cookware. They get inspired by infomercials on TV and the Cooking Network and all of a sudden they 'must have' that wok, that 3-way spatula or that indoor grill. In TV land, they make cooking look so easy. But when the cookware arrives at their home the inspiration slowly begins to dwindle. They may make a couple of meals from their new cookware. Two weeks pass, the four and the new steak-burger maker goes in a cabinet next to the pressure cooker and the gourmet spinach press. A person with cabinets full of unused cookware is like a dating couple who are all dressed up but no where to go.

So, what does a person do who has a kitchen full of unused cookware? You can have a huge yard sale and use the proceeds to purchase more cookware or you can select a few items and give away the cookware that you will not be using. With the cookware that you do keep, think of creative ways to use it.

You can surf the internet for delicious meals that you can create for family and friends. Try to use your cookware at least every other month to prepare special meals. You may also form a cook group and invite a few people to your home and you can trade recipes, cooking advice and you can trade cookware. This will ultimately force you to use the cookware that you invested in.

If your cooking skills are limited, take a few cooking classes and learn how to prepare edible meals. If you don't have time to attend classes, you can order cooking DVDs and watch and learn. You may also subscribe to a cooking magazine or purchase a recipe book at bookstore or order on the internet.

When you finally acquire the needed skills to prepare delicious and mouthwatering meals, invite a few friends or family members over to test out your skills. Your friends and family will give you feedback on the various dishes that you prepare.

Once or twice a year, throw a party or invite a few guests to your home and prepare a meal. This will allow you to use your cookware. Remember, don't over do it with cooking too much food. Make sure that you allow adequate time to plan what you are going to make and allow enough time to make it.

Vuctor Nunn writes about

<http://www.cookwarecoupons.com/Categories/Cookbooks/Bread.html>

,  
<http://www.cookwarecoupons.com/Coupons/KitchenEtc.com.html>

## **OakCakes Recipe**

**By Debbie**

### **OakCakes Recipe by Debbie**

Yield: 1 Serving

1 pt Mixed milk and water 1 oz Yeast  
6 oz Fine oatmeal 3 oz Plain flour  
1 ts Salt (or slightly less)

Mix the flour salt and oatmeal. Warm the liquid and stir in gradually to make a smooth batter. Crumble in the yeast stir gently and leave to stand in a warm place for 20 mins. Stir again and cook in a stong well greased frying pan. Pour in enough batter to cover the base fairly thinly and trun out when cooked. Remarks: This recipe is heavily adapted but works. Traditionally the oat cakes were cooked on a `backstone' – a stone or iron sheet over an open fire. It is still possible in some places in Yorkshire to buy a `girdle' a cast iron sheet about 12 in diameter with a hoop handle – these are ideal. When cooked the oatcakes where hung on plain wooden rack suspended from the ceiling known as bread fleaks. The oatcakes were eaten either fresh or dried. They can be fried with bacon or suttered and eaten alone with cheese treacle golden syrup etc.

For more information on cooking guidelines & recipes visit

<http://www.RecipeStation.com> – Search for

Quick Recipes

1000 Atkins Diet Recipes

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