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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!

I'm Not Emeril, Are You?

By Zachary Thompson

Are you tired of spending 30 minutes or more to cook a nutritious dinner? Unless you're an Emeril

or a Julia Childs, you probably don't enjoy taking time away from family and friends to make tasty, healthy meals. Here are some ways to cut your time in the kitchen and make your cooking experience more enjoyable.

Start with the kitchen itself. Is it organized? Are the utensils you use the most easily accessible? Keeping spatulas, knives, spoons, and oven mitts within reach will cut down the time you spend going through drawers trying to find them.

Toss out those recipes that have a million steps and require lots of beforehand preparation. Go to your local library or bookstore and find recipe books with 5, 10, or 15 minute meals. You can find healthy, tasteful dishes that take very little time to prepare.

Keep your ingredient list to 5–10 ingredients, if possible. The less you have to use, the less time it will take to make the meal.

Read the recipe. Make sure you understand the steps and prioritize which ones you will do first. Oftentimes you can be cutting vegetables or meat while you have water boiling or something baking.

Cook and bake in bulk! Many foods and breads can be frozen and even if it takes a little longer to make a large amount, you will save time later when you pull dinner out of the freezer!

Empty your dishwasher before you start cooking. This allows you to load your dirty dishes straight into your dishwasher and makes your cleaning–up time shorter. If you don't have a dishwasher, or have dishes that need to soak, keep your sink full of hot, soapy water and toss your utensils in when you are finished using them.

If you have to wash your dishes by hand, let them drip dry. You can spend time doing something fun while your dishes dry by air.

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Use your "mechanical maids." Crockpots and breadmakers are wonderful inventions and save loads of time. Along the same bent, casseroles can be easy to make and only require baking. As an added bonus, your kitchen will smell really good while your food cooks!

Keep kids and pets out of the kitchen while you cook. Not only is this safer, it cuts down on your distractions and stress.

Dress in something comfortable. Why be uncomfortable while cooking if you don't need to be?

Pop in your favorite CD and listen while you cook. It's amazing how much stress you can relieve just by humming or singing along. And even if you're not a songbird, listening to something you enjoy can help your time in the kitchen be more pleasant.

In a day when your time is in such great demand but is also so precious, why spend an inordinate

amount of time cooking when you can make a meal equally as tasty and healthy in 20 minutes?

Jen Lynn writes articles on home economics, home-making and culinary arts. You can find tools to help you get that meal on the table at

<http://www.Online-Tupperware.com>

Food On Tv

By Kadence Buchanan

For some time now I have been watching an Emmy-winning television personality and author who hosts at least four different programs on U.S. cable television's Food Network. Rachael Domenica Ray, has become one of my favorite culinary experts as her energetic personality and her smile have been enough to keep me in front of the TV screen to watch her teach simple recipes that she claims can be prepared in thirty minutes or less.

Being an amateur cook myself, I was pleased to discover that she shared the same view that I have in relation to food measuring. As she emphasized, "it takes away from the creative, hands-on process of cooking." Her "eyeball it" expression has stayed with me every time I am about to experiment with something new and taste my efforts. Even though she has been heavily criticized for her appearance, her voice, her gestures and her energetic manner, I declare to be one of her fans, at least in relation to her recipes.

But over and above Rachel, I was amazed to discover that the U.S. television has a cable channel totally devoted to food preparation, at-home entertaining, restaurants, food and eating habits. The New-York based Food Network reaches more than 85 million households and it is broadcasted to other countries as well due to its interesting programs and live shows.

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One of the most famous this channel broadcasts is that of "Emeril Live." As a kid, Emeril Lagasse worked in the local Portuguese bakery and today he is one of the most famous culinary personalities. After opening a series of successful restaurants, hosting popular TV shows and becoming one of the most recognizable chefs of all time, Emeril Lagasse remains devoted as ever to using fresh, top-quality ingredients and employs cottage industry ranchers, farmers and fishermen to ensure that he always gets the best. He constantly invents new recipes, much to the delight of his regular customers and the fans of his Food Network specials and shows "Emeril Live" and "Essence of Emeril."

>From what it seems, the Food Network is committed to exploring new, different, and interesting ways to approach food – through pop culture, adventure, and travel – while also expanding its repertoire of technique-based information. The only thing I have to wish to its management team and its shows is the best of success for the rest of 2006 and for the years to come.

Kadence Buchanan writes articles for

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