

Chapter 1 : How to Cook Chicken Curry in 10 Easy Steps - Pooja's Cookery

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For some reason, I spent half the article outlining reasons why someone might be new to cooking at home, citing statistics about fast food and takeout use. Suffice it to say, many Americans use restaurants and prepackaged foods as the backbone of their diet. You can make many full meals at home for just one or two dollars per meal; try doing that at a restaurant or even doing that with prepackaged foods of any quality. Most restaurant foods are utterly packed with calories, even including supposedly healthy options like salads. This is why one of the key strategies for being frugal in modern America is to simply prepare most of your meals at home from basic ingredients. That change is intimidating to a lot of people who are used to a routine of eating prepackaged foods and takeout and restaurant meals. Often, cooking at home is viewed as time consuming and difficult, even as they overlook the time spent waiting around at restaurants. All you need to do is follow this super simple recipe from Serious Eats. Just put two cups of elbow macaroni in a saucepan and add enough water to cover the macaroni. Add just a tiny bit of salt, then put it on a burner at medium-high heat meaning the dial is between medium and high and boil it for six minutes – set a timer as soon as the water starts boiling. Then just add a six ounce can of evaporated milk note: Stir this all together and you have killer mac and cheese. Try adding some seasonings, like red pepper flakes or ground black pepper. You can add things like cooked ground beef – just brown some hamburger in a skillet and add it to the mac and cheese when done, which will teach you the simple skill of how to brown hamburger. Yes, this will happen with some complex things that you attempt to make, but there are tons and tons of recipes that require only one bowl and one pot or pan or skillet. Stick with those recipes and dishes at first. If something involves a lot of ingredients and bowls and stuff, just skip it for now. Stick to simpler ones unless you have a lot of time to commit and are okay with lots of cleanup. The reason here is simple: No one is a master of a new skill immediately, and no one is a master of a bunch of new simultaneous skills. Take even something as simple as scrambled eggs. Making scrambled eggs involves cracking eggs, beating eggs with a whisk, actually cooking the eggs over reasonable heat, and cleaning up the dishes. Thus, recipes that use fewer tools are a good choice, and recipes that use fewer tools generate fewer dishes. Plus, if cooking a meal is already utilizing a bunch of new skills, looking at a sink full of dishes afterwards is not going to engender positive feelings. Keep it simple and keep yourself from being overwhelmed by new skills and by cleanup. Each meal you prepare at home is giving you a lesson in a bunch of different skills, and as you become better at those skills, the whole process is going to become easier and easier. What does that mean in terms of practical kitchen behavior? Focusing on a task helps you master that task much faster, and when you are skilled with a kitchen task, it seems completely non-intimidating and you can usually execute it quickly and with high quality results and minimal mess. Take chopping onions, for example. The first time you do this, it takes a long time, you have a decent chance of cutting yourself, your pieces are uneven, and tears are streaming down your face. Not enjoyable at all. This is true for virtually every kitchen skill. When you have a skill like that, cooking often comes down to just combining those skills together to make amazing things. So, how do you start? Like I mentioned above, skills used when you make scrambled eggs include cracking eggs, beating eggs, cooking actual scrambled eggs in a skillet, and cleaning up and doing dishes. So, focus on mastering those skills. Do it as he shows, then do it again, and again, and again. Do this same thing with any skill you find yourself frequently using in the kitchen. Find videos on whisking eggs or on actually cooking scrambled eggs or, later, on things like chopping onions , or even videos on how to clean a pan with some cooked-on eggs. Practice those skills in the kitchen by making scrambled eggs often, until it becomes second nature and the skills involved become second nature. That way, when you do move on to more complex stuff, the basic skills you have will make that more complex dish so much easier. Step 4 – Acquire a Tiny Number of Tools You Trust There really is a kitchen gadget for everything, but the truth is that almost everything you do in the kitchen can be achieved with just a handful of items. You do not need a special device for making breakfast sandwiches, for example. Focus instead on the dishes you make frequently and make sure you have the minimum number of tools needed for

those dishes. Nothing else is necessary. You can probably find a super-cheap cutting board for your vegetables. Instead, focus on mastering the tools you have and taking care of them. I mean, I still make scrambled eggs for myself a few times a week, but I would get sick of it, too, if it were repeated more often than that. Scrambled eggs three times a week? The truth is that I vary those scrambled eggs a lot. Sometimes I make very basic and simple scrambled eggs with just a bit of salt and pepper when I need to blow through it quickly. With all of those variations, scrambled eggs rarely taste the same twice unless I want them to. You can vary almost every meal in the same way. You might make mac and cheese with a variety of different cheeses and with a variety of different seasonings. You can bake it, too, to give it a crunchy layer on top. You might make spaghetti with a good canned sauce, or you might just add some olive oil and some sauteed mushrooms or some slices of grilled chicken, and maybe a little garlic. Or you might just add a can of diced tomatoes and onions with just a tiny bit of olive oil. Try adding ingredients that taste good to you to dishes that also taste good to you and see what clicks for you. I love to make scrambled eggs with black pepper, gruyere cheese, and sauteed mushrooms and onions, with the eggs well on the under-done side. I like making mac and cheese with gruyere and sauteed mushrooms, too, but I also like fontina and jack cheese in there as well. My wife, for example, prefers scrambled eggs much differently than I do – she likes them almost overdone with a bit of very sharp flavored cheese mixed in and often with some browned shredded potatoes mixed in, too. Instead, what I tend to do is look for the new things I might learn from that recipe. I view them as a collection of strategies for making something yummy and I can pull from those strategies as I wish. One of her favorite cookbooks of all time is Curries by Raghavan Iyer. Instead, she reads them for ideas. I never thought of that! This makes trying new foods quite easy once you have a backbone of skills and familiar dishes. What exactly do we do with this Swiss chard? Final Thoughts Cooking at home is really a progression of things. Choose them based on simplicity, because even the simplest recipes teach lots of things, and based on things you actually like. Start with the basics, build some skills, and grow from there.

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Chop the onion and place it on a small food processor. Add 3 tablespoons of water. Process this until you come up with a paste. Pour it into a small bowl and set aside. Place the chopped garlic and ginger in the same food processor. Add about tablespoons of water and process until you come up with a smooth mixture. Pour this mixture into another small bowl. Heat the oil in a pan placed over medium heat. Add the cumin, fennel seeds, cinnamon and chili flakes. Mix for around 30 seconds or until you smell a nice and flavorful aroma coming from the spices. Add the onion paste. This should take around 8 minutes. Add the garlic and ginger paste. Cook for another 2 minutes. Add the turmeric along with the garam masala and sugar. Continue stirring for 20 seconds before adding the tomatoes. Cook with the pan on low to medium heat for 10 minutes. The tomatoes should shrink and its colors should turn dark. Add the chicken thighs to the pan when you notice that the tomatoes have thickened to a paste. Cook for about 5 minutes so that the masala will coat the chicken. Add the hot chicken stock. Simmer for 10 minutes without covering the pan. The meat should become tender and the masala, thickened a bit before putting off the flame. Top it with Coriander. You can now serve this yummy dish with rice or Indian flatbreads. Conclusion As you have learned after reading this recipe, cooking chicken curry is really easy. Plus, this is a dish that I bet you can proudly serve to your friends, family, and guests. What do you think of this recipe? Let me know by writing in the comments section below. About the author of this post: I spend my most of time in the kitchen to cook healthy and tasty meals for my husband and my children. Blogging came to me as a destiny. Hope my work can inspire you in cooking and sharing.

Chapter 3 : 7 Simple Steps for Cooking in Packets - EatingWell

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Stefanie and I were huddling up together nursing a cup of tea. The seed of an idea was planted. In chocolate class we had made brownies before, but I wanted to try something new, something very chocolaty, sticky and sweet. I did some research. There are so many recipes out there, but one recipe really caught my eye because it combined dark, milk and white chocolate – triple homemade chocolate brownies! It was the BBC good food easy chocolate brownie recipe. I thought I could give it a personal touch – using Belgian chocolate and changing some sugar additions from castor sugar to Belgian dark brown sugar – and I also wanted to add more photos to help you with your attempt. So Stefanie came to my house so that we could have fun making it together. Follow these 10 steps to make your homemade chocolate brownies: You can take it out of the fridge 30 minutes before you start. Cut it up in small pieces and put them in a bowl. Add the dark chocolate. Make sure you work with the best quality chocolate as it obviously makes a big difference in taste. Let the chocolate and butter melt on a low temperature and stir occasionally. Sieve the flour and the cocoa powder in a small bowl. Do this by gently shaking the sieve from left to right and back again. This will get rid of any lumps and mix the flour and cocoa powder together. Then, put the bowl to the side. Take a bigger bowl and break three large eggs. Whisk the eggs briefly until they form a smooth yellow substance, then add the caster sugar or a mix of caster, white and dark brown sugar and whisk until you have a thick light yellow substance which looks a bit like a thick milkshake. When you lift the whisk and the mixture leaves a trail on the surface for a few seconds, you know the whisk has done the job. It is best to use an electric whisk because it is easier to get the thickness that you need for these gooey homemade chocolate brownies. Put these aside, they will go in at the very end. Cover the bottom of the tin with some baking paper. Turn the tin around as you do this, tapping it slightly, so that the flour spreads over the four sides of the tin. Pour the cooled chocolate mix over the eggy substance. You will see the chocolate will disappear to the bottom of the egg mousse, leaving a trail on the surface at the end. I like to have fun while doing this by making silly wee drawings as I pour. Use a rubber spatula to gently fold the chocolate and the eggy mousse together. Do this very carefully. Make gentle movements and take your time to do this until you get a brown coloured mix. Then very gently mix it under the chocolate and egg mixture. At first the mixture will seem very dry but keep folding in the powder until you get a thick darker brown sticky substance. Then add the bits of milk and white chocolate and fold them under the mix too. Gently pour the mixture into the tin, using your spatula to get every little bit in there. Use the rubber spatula to evenly spread the mixture over the tin into the corners and go from side to side to have a flat surface. Put the tin in the oven for minutes in the middle or closer to the bottom shelf of the oven. Check after 20 minutes and if the brownie is still wobbling in the middle, put it in for an extra few minutes. The homemade chocolate brownies are ready when you see a glazy shiny surface and when the sides are coming loose from the tin. Keep some for later in an airtight container in the fridge or even in the freezer. The brownie lasts for at least a week in the fridge, up to a few weeks in the freezer. Enjoy the stickiness and the sweetness of the homemade chocolate brownies as you climb into the sofa with your best friend and a cup of tea.

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