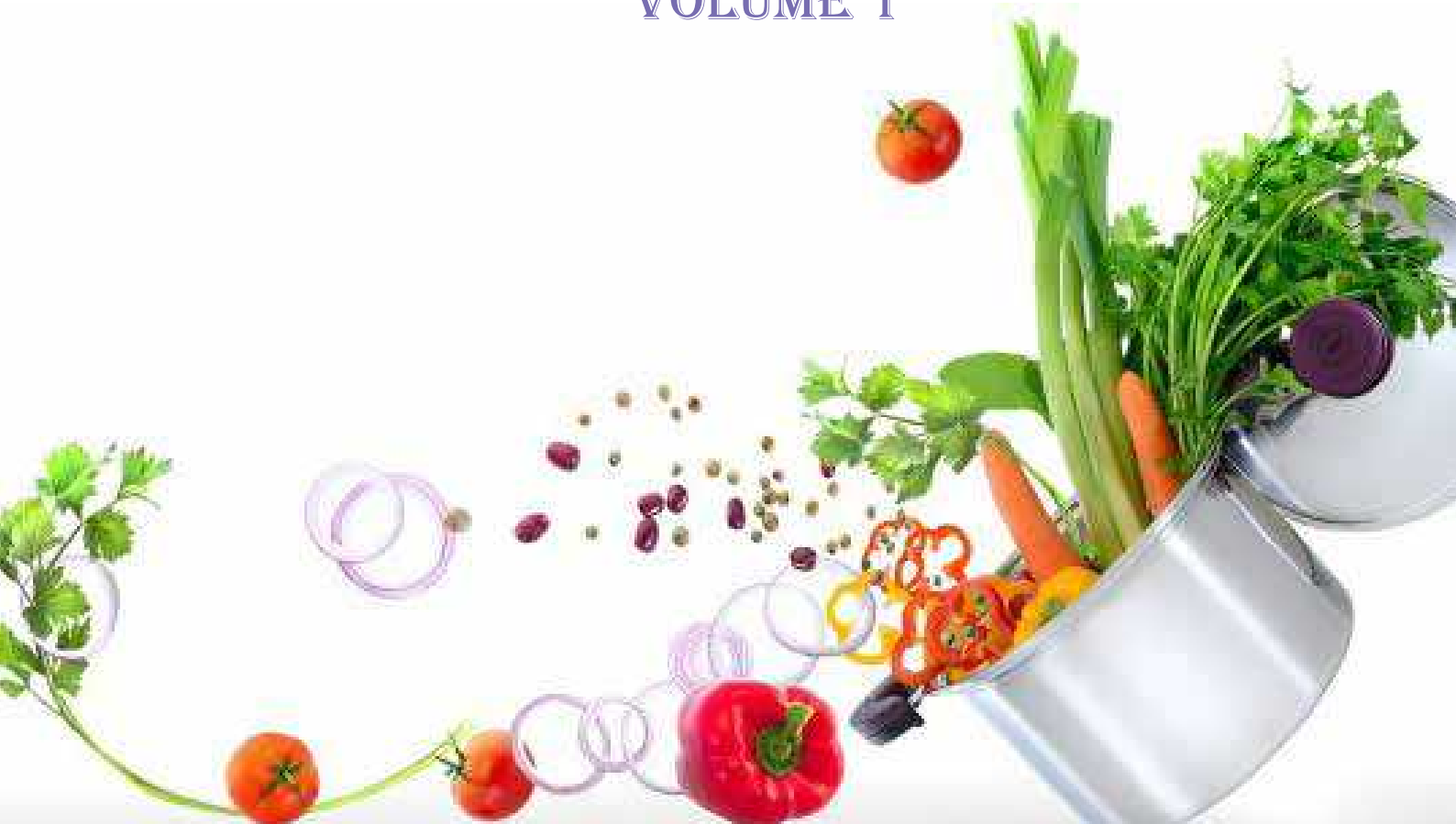


GRANDMOTHER'S *Cooking Digest*



VOLUME 1



INDEX

RECIPIES

1. Cheesy Chicken Enchiladas	2
2. Homemade Hamburger Buns.....	3
3. Pan Fried Italian Breadcrumb Chicken Fillets	4
4. Easy Crepes with Orange Almond Topping	5
5. Indian Flat Bread	7
6. Simple Vegetarian Lasagna	9
7. Key Lime Meringue Pie	11
8. Swiss Cheese Scalloped Potatoes	12
9. Potato Radish Salad.....	13
10. Spicy Homemade Hummus	14
11. Chinese Pork Dumplings	15
12. Tomato Juice Pasta Soup	16
13. Gummy Candy	17
14. Baked Potato Wedges	18
15. Baby Spinach And Egg Salad.....	19
16. Fried Potatoes	20
17. Chocolate Chocolate Chip Muffins	21
18. Foil Potatoes	22
19. Meat Stuff Zucchini Boats.....	23
20. Croissant with Chocolate Dessert.....	24

COOKING TIPS

1. Seven Healthy Cooking Tips	26
2. Basic Chicken Cooking Tips	28
3. Six Best Turkey Cooking Tips.....	31
4. Basic Cooking Tips to Make Life Easier	32
5. Best 7 Quick Dutch Oven Cooking Tips.....	34



RECIPIES

1. Cheesy Chicken Enchiladas

Yummy cheesy chicken enchiladas. Easy to make, great to eat. You can't go wrong with this delicious meal.



Ingredients

- 🍴 6 oz. cream cheese at room temperature
- 🍴 1/4 cup sour cream
- 🍴 10 oz. can of enchilada sauce
- 🍴 1 cup shredded Cheddar Cheese, divided
- 🍴 1 cup shredded Monterey Jack cheese, divided
- 🍴 2 cups cooked shredded chicken
- 🍴 1 cup frozen corn kernels, thawed
- 🍴 4 oz. can diced green chilies
- 🍴 1/2 teaspoon chili powder
- 🍴 1/4 teaspoon cumin
- 🍴 1/2 teaspoon each of salt and pepper
- 🍴 4 scallions, thinly sliced
- 🍴 8 (8-inch) wheat tortillas
- 🍴 a few sprigs of fresh parsley chopped

Directions

- Preheat oven to 325 degrees.
- Grease a 9×13 baking dish with olive oil.
- Using an electric mixer on medium speed beat the cream cheese, sour cream and half the enchilada sauce together.
- Use a wooden spoon to stir in 1/2 cup of each type of shredded cheese.
- Place the chicken, corn, chili powder, cumin, salt and pepper and scallions into another bowl and toss together to combine well. Stir the chicken mixture into the cream cheese mixture.
- Spread half of the remaining enchilada sauce in the bottom of the prepared dish.
- Divide the stuffing mixture into 8 equal portions and fill each tortilla.
- Roll up the tortilla and place into the prepared pan with the seam side down.
- Continue until all are done.
- Pour the remaining enchilada sauce over top of the tortillas.
- Sprinkle on the remaining cheese and chopped parsley on top.
- Cover the pan with aluminum foil and place into the preheated oven.
- Bake for 25-30 minutes.
- Remove from the oven and serve.

2. Homemade Hamburger Buns

This recipe for homemade hamburger buns takes a bit of time but is well worth the effort.



Ingredients

- 🍴 2 Tablespoons yeast
- 🍴 1/2 teaspoon granulated sugar
- 🍴 1/3 cup warm water
- 🍴 1 cup buttermilk
- 🍴 1/3 cup olive oil
- 🍴 1/3 cup molasses
- 🍴 1/3 cup pumpkin purée
- 🍴 2/3 cup water
- 🍴 1 egg
- 🍴 4 cups whole wheat flour
- 🍴 2 1/2 cups all purpose flour
- 🍴 1 Tablespoon salt
- 🍴 Olive oil, for greasing & brushing
- 🍴 1 cup rolled oats (for coating)
- 🍴 Makes about 32 buns

Directions

- Mix together yeast, sugar and warm water, until yeast and sugar dissolve. Set aside.
- Mix together buttermilk, olive oil, molasses, pumpkin puree, water and eggs until they are combined. Add in the yeast mixture, both flours and salt. Mix till dough starts to form, take dough out of bowl and continue to knead the dough for about 15 minutes. (Add more flour or water as you need it, to keep the dough at a nice consistency) You should be able to stretch the dough without it breaking.
- Place dough in a bowl that has been greased with some olive oil and cover. Let rise for about 2 hours, or until it has doubled in size.
- Punch air out of dough. Line a couple of baking trays with parchment paper. Cut pieces off of dough and form balls a bit smaller than the palm of your hand. (This all depends on how big you want your buns) Rub a little water on bun and roll in oats. Place buns onto baking tray leaving a bit of space. (About 12 - 16 per tray) Flatten them out with the palm of your hand, and cover up again. Let rise for 2 hours.
- Preheat oven to 375 degrees F.
- Bake for 15 - 20 minutes, or until golden on top and when you tap the bun it sounds hollow. Let cool, once cool enough to touch take off of pan and let cool on a wire rack.

3. Pan Fried Italian Breadcrumb Chicken Fillets

These pan fried breaded chicken fillets are crunchy on the outside and moist on the inside.



Ingredients

- 🍴 Serves 4 with leftovers
- 🍴 4 pounds chicken breasts, deboned and Skinless
- 🍴 3-4 eggs
- 🍴 1/4 teaspoon salt
- 🍴 1/4 teaspoon freshly ground pepper
- 🍴 2 cups + of Italian flavored breadcrumbs
- 🍴 1 handful of fresh parsley, finely chopped
- 🍴 olive oil for cooking

Directions

- Rinse the chicken in cold water and pat dry with paper towels. Cut into small cutlets and pound to make even size pieces.
- Break the eggs into a medium size bowl and whisk for 2 minutes until completely incorporated. Whisk in the salt and pepper.
- Place the Italian breadcrumbs into another mixing bowl. Chop the parsley and stir into the breadcrumbs.
- Place the chicken cutlets into the egg mixture to coat then use a fork to move to the bread mixture and coat.
- Pat the crumbs on with your fingertips. Place the prepared cutlets onto a plate and have them all ready before you begin to cook them.
- Pour 1/2 inch of olive oil into a cast iron pan or Dutch oven. Heat over medium-high heat to about 350F. You want the oil to be hot enough that when you put the chicken in, it starts to cook right away and does not just sit in the oil and get greasy.
- Carefully place the chicken cutlets into the hot oil. Cook in batches so you do not stack or crowd them. Fry the chicken fillets for 2-3 minutes per side or until a deep golden brown.
- Add more oil to the pan if necessary to cook all your fillets.
- Line a plate with paper towels and using tongs transfer the cooked chicken to the drain. Continue until all the pieces are cooked.
- Lightly sprinkle salt on the chicken fillets as soon as they come out of the oil for additional flavor and serve.

4. Easy Crepes with Orange Almond Topping

Stuffed with creamy ricotta cheese.



Ingredients

- ✚ Crepes:
 - 4 eggs
 - 1 cup flour
 - 1 cup milk
 - 1 tablespoon light brown sugar
 - 1/4 teaspoon almond extract
- ✚ Filling:
 - 1 (16 ounce) containers ricotta cheese
 - 3 tablespoons sugar
 - 1 tablespoon orange zest
- ✚ Sauce:
 - 1/2 cup sugar
 - 2 tablespoons cornstarch
 - 1 tbsp cocoa powder
 - 1 tbsp orange juice
- ✚ 1/2 cup toasted sliced natural almonds

Directions

- To prepare Crepes:
 - Together mix all crepe ingredients until smooth.
 - Spray crepe pan or whatever pan you are using, with non-stick cooking spray; heat over medium heat until hot.
 - Add about 3 tablespoons batter to pan, tilting to make an even layer.
 - Cook on one side until crepe begins to brown, about 1 minute.
 - Place on a sheet of waxed paper, browned side up.
 - Repeat with remaining batter; layering the crepes with waxed paper.
- To prepare filling:
 - In a blender container, place ricotta, 3 tablespoons sugar and orange peel; mix until well combined.
- To prepare chocolate sauce:
 - In a saucepan combine the remaining 1/2 cup sugar and the cornstarch.
 - Stir in cocoa powder and orange juice
 - Over medium-high heat, bring to a boil, stirring constantly; cook and stir until thickened and clear, about 1 minute.

- To assemble:
 - Place 2 rounded tablespoons of filling on each crepe.
 - Roll and place on a lightly greased baking sheet.
 - Cover and refrigerate until ready to serve.

- At serving time: Preheat oven to 300 degrees Fahrenheit.
- Bake filled crepes until hot, about 15 minutes.
- Top with chocolate sauce, sprinkle with toasted almonds.

5. Indian Flat Bread

This Indian flat bread recipe is so easy to make and you can eat with lots of fillings or dips.



Ingredients

- 🍴 2 cups whole wheat flour
- 🍴 1 cup all-purpose flour
- 🍴 1/2 teaspoon salt
- 🍴 1 cup warm water (110°F),
- 🍴 Divided all-purpose flour, for kneading and shaping
- 🍴 Butter or olive for your skillet and to brush the flat bread
- 🍴 Fresh ground salt

Directions

- In a large mixing bowl, combine the whole wheat flour, all-purpose flour, and salt.
- While mixing constantly with your hands, add 3/4 cup of the warm water. Mix until a moist dough begins to form.
- Add the remaining water, 1 tbsp at a time while mixing constantly with your hands.
- Continue to work the dough until the dough holds its shape and forms a ball.
- With the dough in the mixing bowl, dampen your hands and knead dough, adding additional 2 tbsp all-purpose flour, if necessary. You want to make moderately stiff dough.
- Knead dough in the bowl for about 8 to 10 minutes, until dough is smooth and elastic. Dampen hands again, if necessary.
- When you can lightly press two fingertips 1/4-inch into the dough and the dough springs back, the dough is ready for shaping.
- Shape the dough into a ball and place in bowl. Cover with a damp towel and allow the dough to sit in a warm place for 30 to 60 minutes.
- Using a knife, cut each roll into 12 1-inch pieces.

- With the palm of your hand, flatten each piece of dough.
- Dust the flattened dough balls with flour and cover with plastic wrap.
- Allow w the dough to rest for another 30 minutes.
- Working with one ball at a time, on a lightly floured, surface, rolls the flattened ball into an oval, about 7 to 8 inches in diameter.
- Turning the dough and firmly press and stretch the dough with the rolling pin.
- Put a heavy skillet over medium-high heat.
- Grease skillet with olive oil.
- Transfer a flattened dough ball to the hot greased skillet and cook over medium heat until tiny brown spots begin to appear, about 1/2 to 1 minute.
- Turn the bread over using tongs and cook for another 30 seconds.
- Remove the bread from heat.
- Lightly brush with melted butter or olive oil and sprinkle with fresh ground salt, if desired. Transfer to a napkin lined bread basket.
- Repeat the process with the remaining balls of dough.
- Stack the hot bread in the breadbasket to keep warm.
- Serve immediately.

6. Simple Vegetarian Lasagna

This simple vegetarian lasagna recipe gives a tasty alternative to regular lasagna. Instead of using a canned tomato sauce in the layers, we use a canned Alfredo sauce, along with zucchini and peppers.



Ingredients

- 🍴 1 (8-oz.) package pre-cooked lasagne noodles
- 🍴 1/2 teaspoon salt
- 🍴 1 Tablespoon olive oil
- 🍴 1 medium-size yellow bell pepper, chopped
- 🍴 1 small onion, chopped
- 🍴 2 garlic cloves, minced
- 🍴 2 medium zucchini, peeled and cut into small pieces
- 🍴 1 medium-size red bell pepper, chopped
- 🍴 1 medium-size yellow bell pepper, chopped
- 🍴 1/2 teaspoon salt & 1/2 teaspoon fresh ground pepper
- 🍴 1 1/2 cups ricotta cheese
- 🍴 2 cups (8 oz.) shredded mozzarella cheese, divided
- 🍴 1/2 cup freshly grated Parmesan cheese, divided
- 🍴 3 cups Alfredo sauce
- 🍴 2 medium sized fresh tomatoes, cut into thin

Directions

- Preheat oven to 350 degrees F.
- Grease a 9x13 inch baking pan with olive oil.
- Bring a large pot of water to boil. Add 1/2 teaspoon salt to the water and place the lasagna noodles to cook.
- Boil for about 10 minutes, until the noodles are el dente. Drain out the hot water, and then refill the pot with enough cold water to cover the noodles. Set aside until you are ready to layer the lasagna. Keeping the noodles in water will prevent them from sticking together.
- Heat the oil in a large skillet and sauté the onions.
- Add the minced garlic and the zucchini pieces and cook until softened.
- Add the peppers and cook for about 5 minutes, just to soften. Season with salt and pepper and do a taste test, adjust seasoning to suit your taste. Shut off and set aside.

- In a small bowl, stir together the ricotta cheese, 1 1/2 cups of the mozzarella, and 1/4 cup of the parmesan cheese. Reserve the final mozzarella and parmesan for the top.
- Spread a portion of Alfredo sauce on the bottom of the prepared pan along with a portion of the zucchini mixture and a portion of the cheese mixture.
- Put 3 noodles on top.
- Repeat until you have all the layers made ending with noodles on the top.
- Put the sliced tomato onto the noodles, and then sprinkle the reserved cheeses to complete.
- Cover the pan with aluminum foil and bake for 35 minutes.
- Remove the foil and bake for another 5-10 minutes to brown the top. Let set for 10 minutes before cutting and serving.
- Garnish with fresh basil leaves.

7. Key Lime Meringue Pie

A very yummy recipe for key lime meringue pie.



Ingredients

Crust

- 1 1/2 cups graham crumbs
- 1/3 cup butter
- 1/4 cup granulated sugar

Filling

- 3 egg yolks, beaten
- 1 can Condensed Milk
- 1/2 cup lime juice

meringue

- 6 Egg Whites
- 1/2 teaspoon cream of tartar
- 1/2 cup granulated sugar

Directions

- Preheat oven to 350 degrees F. Grease a 9 inch pie plate.
- In a medium bowl combine the graham crumbs, sugar and butter and press into bottom and up sides of pie plate.
- In a large mixing bowl, whisk together egg yolks, sweetened condensed milk, lime juice.
- Pour into prepared pie crust.
- Bake 30 minutes.
- For the Meringue Topping: In the bowl of a standing mixer, beat the egg whites with the cream of tartar until soft peaks form. Gradually beat in the sugar until stiff. Spread the meringue over filling.
- Bake in the oven for 10-15 minutes until the meringue is golden brown.
- Remove them from the oven, let cool and refrigerate the pie for at least 2 hours before slicing.

8. Swiss Cheese Scalloped Potatoes

These scalloped potatoes are so creamy and delicious.



Ingredients

- 🍴 6 medium sized potatoes
 - 🍴 1 clove garlic, halved
 - 🍴 2 cups (8oz) grated Swiss Cheese
 - 🍴 1/4 cup all purpose flour
 - 🍴 2 cups milk
 - 🍴 1 tablespoon dried onion flakes, crumbled
 - 🍴 1/2 teaspoon dried pepper flakes, crumbled
 - 🍴 1/2 teaspoon salt
 - 🍴 pinch of nutmeg
 - 🍴 pinch of pepper
 - 🍴 1/4 cup grated cheddar cheese
- *Optional: Freshly chopped parsley to garnish

Directions

- Preheat oven to 350 degrees F
- Wash, peel and slice the potatoes.
- Cover with salted water. Bring to a boil and cook for 2 minutes. Drain and rinse with cold water.
- As we will be baking the potatoes, we only want to lightly parboil them.
- Grease a 2 quart cooking dish that has a lid and rub with the fresh garlic.
- Mix together the grated Swiss cheese and the flour.
- Alternate layers of potato slices and chesse mixture in the prepared baking dish.
- Combine the milk, onion flakes, pepper flakes, salt, nutmeg and pepper and pour over the top.
- Sprinkle the grated cheddar cheese on top.
- Cover with the lid and bake for 45-50 minutes. *If you cooking dish does not have a lid, use tin foil and tightly seal the edges.
- Uncover and check the potatoes at about 40 minutes to see if they are soft yet.
- Just poke with a fork to see if they are soft. If they are not cooked keep covered and bake a little longer.
- Once they are cooked, uncover and bake for an additional 5-10 minutes to lightly brown the cheese. Watch to not burn the cheese, we just want it golden brown.
- Garnish with freshly chopped parsley if desired.

9. Potato Radish Salad

This potato radish salad is so simple, but tasty and a colorful appealing presentation.



Ingredients

- ✚ 3 pounds baby Yukon gold potatoes
- ✚ 1 cup extra virgin olive oil
- ✚ 1/4 cup white or red wine vinegar salt and pepper
- ✚ 4 cups thinly sliced English cucumbers
- ✚ 2 bunches radishes, thinly sliced
- ✚ 8 small scallions, thinly sliced

Directions

- Wash and peel the potatoes then place into a cooking pot. Just put enough water to cover the potatoes. Add 1/2 teaspoon salt to the water and bring to a boil. Cook only until the potatoes are tender and not mushy. Check them at 10 minutes by spearing with a knife.
- Drain the water and let the potatoes cool until you can handle them.
- Slice the potatoes into 1/4 inch thick rounds.
- In a serving bowl large enough to hold the potatoes, pour in the oil and vinegar and use a whisk to mix together.
- Add the sliced potatoes, to the bowl and use a spatula to gently fold and coat the salad with the oil and vinegar. Season with salt and pepper to taste.
- Now using a shallow bottom dish, large enough to hold the salad, make layers of the potatoes, cucumbers, radishes and scallions.
- Serve either at room temperature, or you can cover with plastic wrap and chill in the refrigerator.

10. Spicy Homemade Hummus

An easy creamy hummus recipe with just a touch of spice that can be left out also.



Ingredients

- ✚ 1 can chickpeas, drained and rinse
- ✚ juice of 1 small lemon
- ✚ salt and pepper to taste
- ✚ 1/4 cup olive oil
- ✚ 1/4 cup water
- ✚ 1 teaspoon red chili flakes (or to taste)

Directions

- Rinse and drain the can of chickpeas.
- Place all ingredients into food processor.
- Blend until creamy.
- Taste before serving to see if it needs more salt or spice.
- Serve with your choice of vegetables or crackers. (Use gluten free crackers for a gluten free recipe)

11. Chinese Pork Dumplings

These Chinese pork dumplings are a delicious appetizer idea.



Ingredients

- 🚩 3-6 Tablespoons peanut oil
- 🚩 1 cup chicken broth, divided
- 🚩 24-30 wonton skins
- 🚩 Filling
 - 1 lb ground pork
 - 2 chopped green onions
 - 1 Tablespoon soy sauce
 - 2 teaspoons rice wine
 - 1 teaspoon sesame oil
 - 1 garlic clove, minced
 - 1 egg, beaten
 - 1 Tablespoon cornstarch
 - 1/4 teaspoon salt
 - 1/4 teaspoon pepper

Directions

- Mix All filling ingredients in a mixing bowl until well combined.
- Take a wonton wrapper and place 1 heaping teaspoon of filling in center.
- Moisten edges with water, fold over and press to seal edges.
- Add 3 Tablespoons of Peanut Oil to a large skillet, add enough dumplings that they are not touching each other in the pan, and sauté until the bottoms are golden brown.
- When golden brown, add 1/2 cup chicken broth, cover pan and simmer 8 minutes.
- Remove from pan.
- Reserve broth in a separate bowl and repeat process until all dumplings are cooked.
- Keep warm on a plate covered until ready to serve.

12. Tomato Juice Pasta Soup

This is one of the easiest soup recipes there is. The broth is made using tomato juice. A surprisingly delicious quick soup to make.



Ingredients

- 🍴 Serves 2
- 🍴 1/2 cup spiral pasta
- 🍴 1/4 cup small egg noodles
- 🍴 4 cups canned tomato juice
- 🍴 1/2 teaspoon salt
- 🍴 1/2 teaspoon pepper
- 🍴 1/2 teaspoon oregano flakes

Directions

- Put enough water into a large saucepan to cook the noodles in.
- Bring the water to a boil and add the spiral pasta. Cook for 10 minutes, add the egg noodles, cook an additional 5 minutes.
- Shut off and drain the water from the noodles.
- Add the tomato juice to the noodles.
- Add the salt, pepper and oregano flakes.
- Stir in to combine and bring to a boil then shut off and serve.

13. Gummy Candy

In this homemade gummy candy recipe you can use of any favorite fruits or apple sauce for the gummy flavors.



Ingredients

- 🍷 1/2 cup boiling water
- 🍷 1/2 cup cool water
- 🍷 1/2 cup gelatin powder
- 🍷 1/4 cup honey or maple syrup
- 🍷 1 cup fruit juice
- 🍷 1 cup pureed fruit

Directions

- Have ready Jelly molds.
- Measure out juice and honey, set aside
- In a mixing bowl, Use an immersion blender to puree fruit to the consistency of thin sauce, Set aside one cup of puree.
- Bring 1/2 cup water to a boil.
- Into a medium size mixing bowl, pour 1/2 cup cold water.
- Whisk gelatin into cold water.
- Whisk the boiling water into gelatin mixture.
- Stir in the honey until combined.
- Stir in the pureed fruit and the juice unto fully combined.
- Quickly pour the mixture in to jelly molds.
- Place molds in refrigerator 2-3 hours until firm.

14. Baked Potato Wedges

These potato wedges are so simple to make they will likely become a weekly favorite.



Ingredients

- 🍴 Russet potatoes (1/2 to 1 potato per person)
- 🍴 1/2 teaspoon salt
- 🍴 3 Tablespoons olive oil
- 🍴 *Optional, 1-2 fresh rosemary sprigs

Directions

- Pre-Heat oven to 425F
- Cover a baking sheet with parchment paper and grease with a little olive oil.
- Wash, peel and cut potatoes into wedges.
- Dry the potato wedges with paper towel or clean dish cloth.
- Put the oil and salt into a shallow dish.
- Roll each piece potato wedge in the oil.
- Place the wedges single file onto the baking sheet. Do not stack as they will not get brown and crispy if they are layered. If you are using fresh rosemary, break it apart and sprinkle it over the potatoes.
- Bake for 40 minutes turning 3 or 4 times, so that each side gets at least 10 minutes touching the pan and in the leftover oil.
- Serve right out of the oven!

15. Baby Spinach And Egg Salad

Looking to make a great salad today? This baby spinach salad with tomato wedges and boiled eggs is colorful, appealing, and nutritious and will satisfy.



Ingredients

- ✚ Salad:
 - 3 cups baby spinach leaves
 - 1/2 cup arugula leaves
 - 2 medium tomatoes
 - 2 boiled eggs, cold
- ✚ Dressing:
 - 1/2 cup olive oil
 - 1/2 cup apple cider vinegar
 - 2 Tablespoon maple syrup or honey
 - 1 teaspoon mustard
 - 1 teaspoon dried oregano flakes
 - 1/2 teaspoon salt
 - 1/2 teaspoon pepper
 - 1 teaspoon yogurt

Directions

- Place the cleaned baby spinach and arugula into a salad bowl. Cut the tomatoes into wedges and add in.
- Peel and chop the cold boiled eggs into wedges and place on top.
- Make the dressing by placing all the ingredients into a small bowl and mix together with a hand held blender or whisk to combine.
- Serve with the salad. If there are leftovers, just refrigerate.

16. Fried Potatoes

Make this fried potatoes recipe for breakfast, lunch or dinner!



Ingredients

- 🍴 4 medium sized potatoes
- 🍴 1 onion, chopped
- 🍴 1/4 cup butter
- 🍴 1 garlic clove, minced
- 🍴 salt & pepper
- 🍴 Garnish with chopped Italian parsley if desired.

Directions

- Peel and wash the potatoes. Put in a pot and just cover with water. Bring to a boil and par-boil, so they are just tender, but no mushy.
- Remove and let the potatoes cool. You can make them the night ahead and keep refrigerated.
- Cut the potatoes into small cubes.
- Using a large skillet, melt the butter over low heat. Add the garlic and onion and cook until golden brown.
- Add the potatoes and fry over medium to high heat until nice and crispy brown.
- Garnish with chopped Italian parsley if desired.

17. Chocolate Chocolate Chip Muffins

This chocolate chocolate chip muffin recipe makes delicious dark chocolate muffins that have chocolate chips inside, chocolate chunks on top and to top it off a dark chocolate drizzle! This should satisfy any chocolate lover's cravings.



Ingredients

1. Muffins

- 🍴 2/3 cup cocoa
- 🍴 1 3/4 cups all purpose flour
- 🍴 1 1/4 cups light brown sugar
- 🍴 1 teaspoon baking powder
- 🍴 1 teaspoon baking soda
- 🍴 3/4 teaspoon salt
- 🍴 1/2 cup butter, melted
- 🍴 1 1/4 cup buttermilk
- 🍴 2 eggs
- 🍴 2 teaspoons pure vanilla extract
- 🍴 1 cup dark chocolate chips
- 🍴 3/4 cup dark chocolate chunks

2. Chocolate Drizzle

- 🍴 2 Tablespoons butter
- 🍴 3 Tablespoons warm water
- 🍴 2 cups confectioners' sugar
- 🍴 1/4 cup unsweetened cocoa powder

Directions

1. Chocolate Muffins

- Preheat oven to 400 degrees F.
- Line a muffin tray with muffin liners.
- Whisk together cocoa, flour, brown sugar, baking powder, baking soda and salt. Mix in melted butter, buttermilk, eggs and vanilla until well incorporated. Stir in dark chocolate chips.
- Fill muffin liners 3/4 of the way and sprinkle some dark chocolate chunks on top.
- Bake for 18 to 20 minutes, or until an inserted toothpick comes out clean. Set to cool, once cool enough to touch take muffins out of tin and let cool completely on a wire rack.

2. Dark Chocolate Drizzle

- In a small pot melt butter and water together. Add sugar and cocoa powder, whisk until smooth.
- When serving muffins, pour some chocolate drizzle on top and serve.

18. Foil Potatoes

Individually baked foiled potatoes can be done in the oven, on a barbecue or even in a campfire. Tasty and fun to do.



Ingredients

- 🍴 4 medium baking potatoes, scrubbed
- 🍴 4 tablespoons butter
- 🍴 4 teaspoons garlic powder
- 🍴 2 teaspoons salt
- 🍴 1/2 cup shredded cheese
- 🍴 2 teaspoons freshly chopped parsley

Directions

- Preheat the oven to 400 degrees F.
- Lay out 4 squares of aluminum foil on the counter.
- Scrub the potatoes clean cutting off any blemishes.
- Cut each potato in half lengthwise, then cut in opposite direction so that you have quartered the potato.
- Place onto a square of aluminum foil. Place 1/4 tablespoon of butter onto the cut side of each half, then season with garlic powder and salt.
- Close the potato back together, and wrap tightly in the aluminum foil.
- Bake potatoes directly on the oven rack for 40 minutes, or until tender.
- Open carefully, divide the shredded cheese while the potatoes are still hot and sprinkle with parsley.

19. Meat Stuff Zucchini Boats

A savory, tender and cheesy meat stuffed zucchini recipe.



Ingredients

- 🌈 2 zucchinis
- 🌈 1 cup cooked ground meat
- 🌈 1 tbsp soy sauce
- 🌈 1 tsp ketchup
- 🌈 1 tbsp olive oil
- 🌈 salt and pepper (1 tsp each)
- 🌈 1 tsp fresh oregano (dried will work too)
- 🌈 6 cherry tomatoes
- 🌈 4 tbsp parmesan cheese

Directions

- Cut zucchinis in half and scoop out the centers. - you can save these for leftovers in a stir-fry or throw into a pot of soup.
- Brush both sides of zucchini with olive oil.
- In a separate bowl mix ground beef, soy sauce, olive oil, ketchup, salt and pepper.
- Spoon mixture into zucchini boats.
- Sprinkle with herbs and parmesan cheese.
- Place into indirect heat on bbq, and close the lid. - You could also put boats onto a heat proof pan or a piece of tinfoil.
- Let cook for about 12-15 minutes until zucchini is tender to the fork.

20. Croissant with Chocolate Dessert

This Croissant and Chocolate recipe is an absolute delight as you can whip it up in minutes.



Ingredients

- ✚ Croissants from the bakery
- ✚ Chocolate bar - use a good quality

Directions

- Preheat the oven to 350 degree F.
- Line a baking sheet with parchment paper
- Slice each croissant in half lengthwise.
- Grate a little of the chocolate onto each side of the croissant.
- Put the croissants into the oven for 5 or so minutes, keep an eye on them. You just want to leave them there long enough to melt the chocolate and you don't want to burn the croissants.
- Put the melted chocolate, heated croissants back together. Because of the butter in the pastry they get very hot, so be careful not to burn your fingers.
- Delicious as is or you could serve with some whipping cream.



COOKING TIPS

1. Seven Healthy Cooking Tips

Healthy cooking doesn't have to be hard and some of the best cooking comes from the best healthy cooking tips. These are the seven best tips you can find around for cooking healthy meals, losing weight and most importantly, enjoying it!

1. Cooking Begins with Shopping

With every great adventure, the first step is always to actually take that first step. That is, part of learning to cook healthy is shopping smart. For that, it is important to know that there are a few key rules to follow: (1) low fat versions of milk, cheese, yogurt and salad dressing, (2) leaner meat cuts - if you're not sure, check for a tick from the Heart Foundation and (3) skinless versions of chicken breasts. While shopping, it is also a good idea to look at the ingredients and health information provided on the product to figure out how much sodium, fats (both trans- and saturated) and even sugar are in the products. Finally, a good of thumb is to walk around the walls of the grocery store as most healthy products are found there while the bad food is situated in the middle part of the store.



2. Healthy Cooking Tips

Nutrients are essential and there are many healthy cooking tips that can be found. Here, we have four that would provide a great step towards smart cooking: First, scrubbing vegetables instead of peeling them will retain many nutrients that vegetable held as most are found in the skin. Steaming vegetable or using the microwave will also retain a lot of valuable nutrients. If you want to boil your vegetables, then do it in a small amount of water and not over boil them. Lastly, incorporating stir fry recipes into a healthy diet can also allow many vegetables to be cooked quickly while retaining nutrients that they harbour.

3. Everyday Repetition

A great healthy cooking tip would be adding vegetables to all aspects of eating throughout the day. That could mean using carrots chopped up as a substitute for chips, broccoli and cheese whiz or even celery with peanut butter and raisin. In regards to main meals, a great healthy cooking tip would be to add peppers to stews or chow mien. Also adding other colourful vegetables to any dish also helps meet a recommended daily serving. Fruit chutneys and vegetable salads are also great substitutions for heavy gravies and sauces.

4. Fight Fatty Favourites

Low fat food products do exist. They are available as low fat cheese, low fat salad dressing and even evaporated skim milk. A great healthy cooking tip for people who love eggs is to invest in low cholesterol egg products. Even using the whites of the eggs in exchange for a whole egg also reduces the fat and cholesterol of baked goods.

5. Grease Trapping

There are a few great healthy cooking tips that would help considerably with removing fats. For one, using olive or canola oils are a great ways to start. During cooking, draining fats as you go helps and then dabbing pan fried food onto paper towels will also trap more visible fats. For soups, chilling soup and then skimming it off the top is also a way to reduce fat intake.

6. Methodology of a Healthy Cooker

There are a few ways to improve healthy and smart cooking; one great healthy cooking tip would be to try roasting, poaching or even stir-frying all the meals of the day. Open flame grilling should be minimal since it may produce cancer-promoting compounds. Also, microwaving - in short range cooking times - reduce the elimination of nutrients and adds no water or fat to the cooking.

7. Talk About It:

Finally, talk about the healthy cooking tips! When beginning on a new endeavour, it becomes easier and more fun when learning with someone or teaching a younger person comes into the picture. Learning to cook healthy is always better with others - doing it with friends or family can help take the healthy cooking tips presented and implement it with more earnest attempts. Communication the desire to eat healthier and talking about how it can be done always helps to not only remind you but get ideas from others. Overall, learning to cook healthy can and should be fun. You are not alone - and the amount of interest may surprise you if you ask if anyone wants to cook with you.

2. Basic Chicken Cooking Tips

Chicken is quite versatile and can serve as the cornerstone for making tasty and nutritious meals. There are so many things you can do with it. Let's look at preparation and cooking tips that will have you and those you share meals with super impressed with your dishes.

Chicken Cooking Tips - Preparation Methods

We'll look at wet and dry seasonings and spices we can use to prepare our poultry. If you are pressed for time you should use dry seasonings since marinades need time to have the flavouring absorb into the chicken. Ingredients I love to use in my marinade include:

- Teriyaki or soy sauce (or half of each for a nice combined flavour)
- Olive oil
- Fresh lemon juice
- Liquid smoke
- Worcestershire sauce
- Minced garlic
- Splash of Jim Beam or your favorite bourbon

If you're in the mood for using dry seasonings, these are some of my favorites:

- Montreal Chicken seasoning
- Ground black pepper
- Chili powder
- Garlic powder
- Onion powder
- Ground red cayenne pepper
- Paprika
- Tenderizer (helps keep it tender and from drying out during cooking)

A favorite way for many to make chicken is with classic barbeque sauce. Of course you can go to the store and grab your favorite bottle, but if you're like me, you like to add your own personal touch, even if this means making your own barbeque sauce. I like mine spicy. Here are the basic ingredients, but by no means are you limited to these:

- Chili sauce (or ketchup)
- Brown sugar





- Olive oil
- Vinegar
- Liquid smoke
- Worcestershire sauce
- Tomato paste
- Hot sauce (optional)

Of course, there are plenty of more-involved recipes you can try out and experiment with. Let's move on to the cooking phase.

Chicken Cooking Tips - Cooking Procedures

So using one of the above seasoning methods, or your favorite recipe, your chicken is now ready to cook. The best ways of cooking poultry are by:

- Baking
- Sautéing
- Frying
- Grilling

Baking is a convenient, non-messy way to cook poultry. Easy clean up as well - just remove and throw away the foil from the pan and you're all done. Preheat the oven (or the toaster oven) to 375 - 425 degrees, place the chicken in a foil-covered baking pan and place in the oven. For thin pieces, I'll usually cook them at 375 for around 12 minutes. For thicker pieces the cooking temperature will be 425, between 15 to 20 minutes depending on thickness. The main worry with baking is overcooking, as chicken tends to dry out in the oven if cooked too long. To be safe, cut a small piece to test. Keep in mind the chicken continues to cook after it's taken out of the oven, so it is okay to take out of the oven if slightly rare.

I'll sauté my chicken when I'm in the mood for stir-fry. It goes fantastic with red peppers, onions and snow peas. I like to slice the breasts into thin strips, which allows more of the surface area to be smothered in the sautéing juices.

Fried chicken is a classic. Roll or dip the poultry in your favorite breading or batter and toss in the deep fryer. Not much beats the taste of good old fashioned fried chicken. It cooks really quick in the deep fryer - usually five minutes or so. You are guaranteed to have juicy, tender chicken when you fry it because the batter and oil will help seal in the juices. I don't eat as much fried now as when I was younger because I'm watching my health and waistline, but boy did I always love the taste and aroma of fried chicken.

For many people, especially now that spring is here, and summer is approaching, nothing beats the taste of chicken fresh off the grill. Follow these steps when grilling:

- Get the grill nice and hot
- Put the chicken on the grill on has the flames nice and high
- Cook for 1-2 minutes, then flip and cook 1-2 minutes on high flames
- Reduce the flames to medium, then continue to cook, flipping every 2-3 minutes
- After 10 minutes total cooking time (a little longer for thick pieces), chicken should be done

This sears the chicken on the outside, giving it a bit of a crunchy or crispy texture, while keeping it moist and tender on the inside. When grilling barbeque chicken, be sure to have spare sauce to rub on it at the end of cooking as some will have burnt or fallen off.

3. Six Best Turkey Cooking Tips

It's almost the festive season again and even if it isn't, many family meals could benefit from learning the basics of turkey cooking tips tricks and more guidelines on getting the best bird, cooking it right so it tastes just right and sets the mood for a good time!



1. Select the correct size of this wonderful bird: 3/4 pound per person is a good way to estimate you have enough left for seconds unless you are the type that enjoys having extra leftovers; then you can calculate on buying a turkey with portions decided as 1 1/2 pounds per person.
2. Whether you want a Hen or a Tom is largely dependent on your preference for bigger or medium sized birds; hens less than 16 pounds), Toms (over 16 pounds) do not matter so much as getting a young turkey as one a few weeks old at processing time will ensure tenderized meat that is easy to cook and eat.
3. Roast right by preparing right: remove neck and giblets from body cavities; rinse the hollowed insides well with cold water and those choosing to stuff the turkey can do so in a loose manner before clamping the leg back on in place.
4. Cooking tips tricks for the turkey: place in roasting dish, keeping plastic timer in clear view before covering with a lid; you can choose a foil wrap also. Do not forget to remove this cover an hour before browning.
5. Tips and Tricks for Cooking Turkey Roast: preheat oven to 325 degree Fahrenheit and roast for 15 minutes per pound of un-stuffed bird; the stuffed kind will need an extra half or 1 hr of cooking before done, though it's best to go according to the recipe guidelines that come with the turkey stuffing at times. Cooking temperatures may differ for ovenware and bird-size, so you may have to turn over for even roasting on all sides.
6. Choosing to Baste? Remember this: a suction basting tube is a cheap tool that makes basting turkeys easy and convenient besides decreasing the frequency of opening the oven door to check for how much roasting has been done - it also helps avoid heat escaping each time this is done, so get yourself one today.

4. Basic Cooking Tips to Make Life Easier

There are some basic cooking tips that anyone could learn and use to help out in the kitchen. With today's' busy lifestyles becoming more prevalent, learning and using these basic cooking tips will save you time and headache.

The following fifteen is just a tiny handful of the many basic cooking tips that you could integrate into your everyday life to save time and money.



- Bacon: Reduce shrinkage by running cold water over it before frying.
- Beans: Stop gas attacks by adding a tablespoon of bicarbonate of soda in a big pot of beans while they are soaking.
- Boiled Eggs: Add some vinegar or a little salt to the boiling water when boiling eggs. This basic cooking tip will keep the egg in the shell if it cracks.
- Ripening Fruits and Vegetables: Put your unripe fruit and vegetables in a brown paper bag and place the bag in a dark cupboard for few days. Using this basic cooking tip is an excellent way to save money on fruits and vegetables that has to be ripened.
- Salads: Cut your iceberg lettuce into wedges instead of tearing salad greens to save some time making a salad.
- Spaghetti Sauce: Add a small pinch of bicarbonate of soda to your spaghetti sauce to lower the acid taste from the tomatoes.
- Corn: Place the corn directly into boiling water, and do not add salt. Do not boil corn for more than three minutes. Overcooking reduces the taste level.
- Frozen Vegetables: When they are stuck together, simply run boiling water over them.
- Grating Cheese: Freeze for twenty five minutes before grating. It will shred so much easier.
- Pancakes: Use a small amount of sugar in the batter and they will brown more quickly.

- Pie Pastry: Substitute one teaspoon of vinegar for one teaspoon of the cold water called for in the recipe and the pastry will be much flakier.
- Quick Sauces: Use condensed cream soups such as cream of mushroom, cream of chicken, cream of tomato, cream of celery, to make fast and easy sauces.
- Quick Tenderizer: Use vinegar as a meat tenderizer. Add a tablespoon to water when boiling meat or ribs for stews. This basic cooking tip will help tenderizer even the toughest meat.
- Wilted vegetables: Soak wilted veggies in two cups water, one tablespoon vinegar to help bring them back to life.
- Wooden Skewers: Soak all your wooden skewers in cold water for twenty minutes to prevent them from burning.

5. Best 7 Quick Dutch Oven Cooking Tips

A number of people enjoy preparing and eating the best of easily created Dutch oven cooking tips that can be incorporated into modern but equally tasteful preparations of traditional dishes. While the older, more reliable cooking methods gave great tasting recipes, they are no doubt time-consuming; however, the ones listed here for you are those based on these time-honoured techniques but with a touch of simplified basic cooking tips anyone could benefit from, even beginners!



1. Always take a timely look into to check for the tenderness of the food item you are cooking in the oven; experts it is better to be safe than sorry in lifting the lid to judge the amount of cooking scope required, if any than end up with a charred meal. Even though the frequent lifting of the lid allows essential heat to escape, use your discretion to judge if checking in is required
2. Typically, if steam is escaping too fast from the lid, it means you need to reduce the heat as this is a phenomenon that is a consequence of high heat only; either move the dish from the heat source or regulate the temperature for good Dutch cooking tips to be effective.
3. Another smart way to ensure even cooking and right temperature being set for the cooking is to rotate the casserole every 15 minutes so there is even browning and mould spots are minimized besides undercooking avoided too!
4. Experts on Dutch oven cooking tips never fail to advice turning the pot to around 90 degrees whenever one rotates it to ensure all sides get even heat exposure.
5. Besides the above, since most Dutch oven cooking involves using a pot, you could remember to keep an eye out for the cast number (wherever it appears on the lid) so you know which direction you have already turned the pot in, to avoid confusion over again rotating it that way. Do remember to wear gloves for best hand protection while handling these hot pots placed in ovens.
6. Learn to use the briquettes right as the method for adding, removing or moving them is time-consuming but useful to know for quality and smart Dutch cooking that gives tasteful results.

7. Learn the right way of stacking pots to save time and space as this is a knowledgeable way to apply your love for cooking right and cooking smart when using traditional but easy Dutch oven cooking tips, beginning with one pot and then moving on to combining multi-pot cooking.