

Chapter 1 : Benefits of Home Cooked Meals | blog.quintoapp.com

Down Home Cooking: The New, Healthier Way by Reader's Digest Editors, Beth Krommes, Kevin Kretschmann, David Cane Packed with more than favorite American recipes adapted to meet today's nutritional guidelines and using today's timesaving techniques and appliances.

As always the key to great cooking is preparation and quality ingredients. Most people are too intimidated to try to cook chitterling on their own. They are usually found with the frozen foods and come in 5 or 10 pound buckets or plastic. It will take several hours to thaw out your frozen chitlins. The hog maws come in packages and are also usually frozen. To prepare the hog maws for cooking rinse them in water and trim away excessive fat. Place your hog maws into a 6 quart cooking pot. Fill the pot with water to the half way point. Bring the water to boil over medium-high heat, reduce heat to medium-low and cook for 1 hour. When the meat is fully cooked, using a cutting board cut your hog maws into 2 inch thick pieces. The chitlins will be added to the hog maws later.

How to Clean and Cook Chitlins If you want your recipe to turn out right wash your chitlins thoroughly Using one side of your sink, soak your chitlins in cold water. Examine each chitlin thoroughly removing by hand all foreign matter. The best way to do this is under running water. Under running water you need to repeatedly pick clean each chitlin. While picking clean the chitlins you should remove extra fat and any specks that you see. A good technique is to work out of both sides of your sink. Soak your chitlins in one side and clean and rinse in the other side of your sink. Once you have cleaned a chitlin place it in the container that it came out of. After all chitlins are cleaned they must be run through several changes of cold water. Just fill your sink with enough water to cover the chitlins. The chitlins should be washed until the water is nearly clear when they are removed. Okay now that the chitlins are cleaned and the hog maws have cooked a little. Place your chitlins into the pot with the hog maws and fill with water. Bring to full boil, and then add chopped onion, salt, red pepper and vinegar. Reduce heat and simmer for hours until meat is tender to your liking. Add more water if necessary. Once the chitlins and hog maws have tendered remove from heat. Using a cutting board and knife, cut the chitlins and hog maws into 1 inch thick pieces. Serve on a bed of rice or with spaghetti. This recipe provided courtesy of <https://>

Chapter 2 : Soul Food Chitterlings Recipe - How to Clean and Cook Chitlins

DOWN HOME COOKING THE NEW HEALTHIER WAY brings you all the old-fashioned goodness of those earlier times, only better better for you, because the more that recipes reflect today's nutritional guidelines, and easier as well, because they take advantage of today's time-saving techniques and appliances.

No longer do we choose to hang out with friends without having a foray into the eating meals prepared by others. We go out to eat at both fast food and lavish restaurants, order take out or to-go, snack on hot dogs and popcorn at movie theaters and gnaw on wings and fries at sports bars during the game. Eating has become a tributary to socializing, a sidekick of sorts. Even the healthier, low-cal options can contain a very high level of sugars and fats. Eating at home, on the other hand, allows you to cut out what you may deem unnecessary in your diet. What you eat can heal, cause sickness, or even inflict pain. Cooking your own meals can teach you what foods are high or low in certain vitamins, minerals, and other nutrients. It will even boost your creativity as you learn to combine nutritious foods to satisfy your palate! Being more aware of what you consume when you prepare it will make you less likely to overeat. Appropriate portions- Restaurants are notorious for their extreme portion sizes, which may contribute to the vast overeating culture and obesity issue in America. In fact, a study conducted by the International Journal of Obesity found that providing nutrition labels on standard menus had little effect on food selection. Preparing meals at home gives you the ability to exercise portion control and help curb the temptation of overeating. Builds healthy habits- Cooking at home can jump-start your healthy lifestyle! By discovering healthy recipes, learning about food, creating and sticking to a meal plan, you and your family can be inspired to living a healthy, fit life. Encourages family bonding – Family dynamics can greatly improve with more at home, family meal times. Children greatly benefit from the ritual of preparing and eating meals together. This is also a great teaching tool for parents to instill healthy eating habits in their children. Common food allergies include nuts, gluten and shellfish, and all of these are common and usually well-liked ingredients in many meals. It is a lot more cost-effective to purchase groceries than ordering take out every night. While there is much controversy as to whether or not an individual meal is cheaper made cooking in-home than eating out, with nutritional intake and serving size accounted for, you will save a lot more money by eating in! This money-saving strategy will improve your finances and cut down on your stress levels. To get you started on cooking at home, check out our grocery list essentials and other nutrition articles. Also, click on the images below to see some kitchen essentials!

Chapter 3 : African American Recipes - Just Like Grandma Used to Cook

Get this from a library! Down home cooking the new, healthier way.. [Reader's Digest Association.]; -- This step-by-step cookbook is packed with more than favorite American recipes, from appetizers to desserts, that taste as delicious as ever, but meet today's nutritional guidelines.

That said, prepare yourself if you are ready to treat yourself to some good old fashioned, wholesome, down-home cooking. You have come to the right place, we have all the recipes you grew up on and love to eat. While growing up I ate my fair share of all of these recipes. Love those chitterlings and hog maws. Oxtails - An old-fashioned oxtail soup recipe using either fresh or frozen vegetables and oxtails. Neck Bones - Want some lip smacking neck bones and rice? This recipe works well for pork neck bones and beef neckbones to. Pigs feet recipe - If you think boiled pigs feet are delicious, I have just the recipe for you. Give barbecued pigs feet a try. Fried Chicken - Are you tired of tough crispy fried chicken? If, so try this southern fried chicken recipe and cook chicken that melts in your mouth. Corn Bread - The recipe calls for yellow corn meal flour and sugar. Join the rest of the south and serve corn bread tonight. Collar Greens - This is a great recipe to complete your meal. People love this traditional southern style collard greens recipe. Cabbage - Get ready to cook boiled cabbage with these important details and free recipe. Learn how to cook cabbage that taste like Grandmas Black eyed Peas - Eat black eyed peas and bring good luck to your family year-round. This african american new years favorite can be eating throughout the year. Lima Beans - This old fashioned lima bean recipe is both healthy and nutritious. Serve lima beans with whole grain rice for a high quality protein packed meal. Pinto Beans - Are you looking for tasty soul food that is also healthy? Cook pinto beans and rice for an essentially fat-free side dish packed with protein. Sweet Potato Pie - Go ahead and try this easy to make southern dessert favorite. Pecan Pie - Try pecan pie if you like desserts with nuts. This irresistible dessert is my personal favorite. Go ahead and try this easy to follow recipe today. That said do keep this resource a secret all for yourself.

Chapter 4 : The Top 10 Home Cooking Health Benefits

*Down Home Cooking, the new, healthier way [Reader's Digest Editors] on blog.quintoapp.com *FREE* shipping on qualifying offers. Will be shipped from US. Brand new copy.*

In America, home-cooked meals are the endangered species of eating habits. In 1975, a paltry two percent of U.S. households cooked dinner at home. In 2010, that number had climbed to approximately 50 percent. In the process, we miss out on an activity that can make everyone healthier, happier, and more connected. Here are some reasons why everyone should prioritize time in the kitchen and some tips on how you can build a home cooking habit that sticks. For starters, research shows that regularly eating home-cooked meals as a family is linked to healthier and happier kids, and teens who are less likely to use alcohol, drugs, or cigarettes. Research finds that people who eat home-cooked meals on a regular basis tend to be happier and healthier and consume less sugar and processed foods, which can result in higher energy levels and better mental health. Those mental health benefits increase considerably when we eat home-cooked meals with other people. In fact, communal meals can make us feel happier even outside of meal times. Sharing the joy of home cooking also preserves cultural knowledge and history as we pass recipes from generation to generation. In fact, people who work more than 35 hours outside the home each week do tend to cook less. Other reasons for avoiding the kitchen include long commutes, the widespread availability of food options outside of the home, and the notion that convenience should always be our ultimate priority. The steps below can help even the busiest or most kitchen-shy foodie become a bona fide home chef. Take a week to write down how long you spend browsing the internet, watching TV, or playing games on your phone. Use some of that down time to cook delicious meals. Create a space you feel good in by investing in some basic cooking equipment and developing an organizational system that works for you. Stock the pantry with your most commonly used items such as flour, pasta, baking soda, spices, and cooking oils so you can always cook something without needing to shop. Plan Ahead Each weekend, set aside time to plan meals and make shopping lists for the week ahead. With a little forethought, you can tailor home cooking to even the busiest weeks. Cut yourself a break by cooking large batches of every meal you make so you can reheat it throughout the week or freeze it and eat it down the road. Also consider making items that can be reused in different ways for example, cooked chicken breasts can be used in sandwiches, in pasta, or on top of salads to make multiple different meals over the course of a few days. Start small and commit to cooking one or two meals at home each week. Use simple ingredients pasta and red sauce is a classic example, and give yourself time to get comfortable in the kitchen. If you like chicken-stuffed duck breast coated in truffle oil, then go for it. If pizza is more your style, then make yourself a homemade option. Invite your partner, kids, or friends into the kitchen to cut down on the time and energy required to make a meal and to make it fun. Cooking together is a great way to solidify relationships, share food knowledge, and make new discoveries in the kitchen. Connect to Your Heritage Food is a cornerstone of culture. Reconnect to your family history by exploring recipes from your own cultural heritage. Plant a Garden Growing your own produce and herbs is a sure-fire way to feel more connected to the food you eat. Kicking up your home cooking is just one benefit of investing in your land. Toss ingredients into the pot in the morning and come home to a flavorful meal. Enlist Help Seek out different cookbooks and recipe sites or even invest in a few classes to expose yourself to diverse cooking styles and discover ways of cooking that work best for you. Schedule meals out once a week, once a month, or whatever schedule works for you so that cooking at home never feels like a chore. Embed the article on your site.

Chapter 5 : Healthy Dinner Recipes - EatingWell

Down Home Cooking The New Healthier Way Full Online Down Home Cooking The New Healthier Way Brings You All The Old Fashioned Goodness Of Those Earlier.

Chapter 6 : Food Network UK | TV Channel | Easy Recipes, TV Shows and Videos | Food Network UK

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Chapter 7 : Down Home Cooking Cookbook New Healthier Way of Cooking | eBay

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Chapter 8 : Southern Recipes - Easy Southern Cooking

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Chapter 9 : Southern Cabbage Recipe- How To Make | Divas Can Cook

November 17, Study Suggests Home Cooking is a Main Ingredient in Healthier Diet. People who frequently cook meals at home eat healthier and consume fewer calories than those who cook less, according to new Johns Hopkins Bloomberg School of Public Health research.