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Cooking Demystified: Quick And Easy Ideas For Better Cookery

They behave like sponges and absorb the water. Get a soft, clean and wet cloth to wipe the dirt off each individual mushroom for better results.

Sauteing vegetables in chicken broth is very healthy. The vegetables will take on the broth flavor, and reduce the oil that is used when sauteing. You will thoroughly enjoy this way of preparing your vegetables.

Use leftover meats and vegetables to cook up a quick stir-fry at the end of the week. Believe it or not, day-old rice actually has the best texture and flavor, but you can improve the texture of fresh rice by cutting back on water. The vegetables and meat will need to be fried in a small amount of oil. The rice and seasonings can be added after the meat and vegetables have had a chance to cook for a bit.

Cooking a meal for an important occasion or a large number of people can be stressing. Instead of letting your stress turn to panic, try to finish your prep work the evening before. Measuring spoons, casseroles and non-refrigerated ingredients can all be set out the night before on the kitchen counter.

Make sure that you do not dispose of any leftovers after your Thanksgiving dinner. What you want to do with them is slice the meat, put it in a freezer friendly tupperware, and stick it into the freezer. The turkey will stay fresh for a couple of weeks, and it can be used in open-face sandwiches or as a salad topper.

If it seems overwhelming to cook the family dinner, prepare some of the ingredients the evening before. Easy ways to prep in advance include cutting up any ingredients that needs chopping, throwing together the ingredients for any sauces or marinades or assembling a casserole before you head to bed for the night. You won't be as stressed when you prepare the meal the next day.

Boiling and other long preparation methods tend to eliminate key nutrients in vegetables. To retain their nutritional value, saute or steam them. Better yet, eat them raw.

Having the prep work done a day in advance will make the cooking process less stressful. Always look at the recipe and do the menial tasks such as chopping and measuring in advance. Verify that you have all ingredients. When cooking time arrives, you'll need only to be concerned with assembling and cooking the meal.

Replacing some of your mashed potatoes with equal amounts of cauliflower is a healthy alternative, reducing fat and calories. Their bland flavor blends effortlessly with the potatoes while taking flavor from the other ingredients. Cauliflower also matches the color and texture of the potatoes. This is a great way to add veggies and eliminate calories from a favorite dish.

When preparing mashed potatoes, mix the potatoes using hot, non-boiling water prior to mashing them. The end result is lighter, fluffier mashed potatoes. They'll be so much better than lumpy, heavy mashed potatoes.

Use the tips you just read about to help you improve your cooking skills. These ideas should be experimented with at least one time. In order to perfect your technique, it is a good idea for you to practice using these ideas. You can be a better chef in no time if you treat these tips seriously.

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