

1: | Cooking Light

Save time and energy cooking pasta in just enough water to cover the noodles. You'll save on salt and water too, plus get a delicious broth. Cook for Good's Linda Watson shows how you save money.

Stevenson is a writer, artist, editor and graphic designer living in Northern California. Her visual art has been exhibited around California, and her writing has appeared in a variety of web sites and print publications. For more information, please visit: Please share your thoughts or comments on this article: Laysa Magazine I think a lot of these recipes sounds delicious and with a lot of vital nutrients. Thank you for sharing this here, keep posting such more. I separate each course, so that there is a distinction between the food items. You can do this with just about any type of food. Hmmm 94 yr aunt " I make a lot of Fish" steamed in tomatoes with garlic.. I also make meatballs cooked in the sauce which softens them. It is becoming increasingly diff to find things to make but these are my staples for her. Most of them I would eat if someone prepared them for me. At my age, trying to remain independent, with no one to help me, my diet is very simple. I try to cover all the foods necessary for good nutrition, but the preparation is much simpler. Dee Just like Eric said, there are plenty of soft, nearly no chew meal options here. You can also modify almost any of these to suit your needs by either cooking some of the ingredients longer like the onions spinach or other things, or changing the ingredients. The fritatta for instance, Ive changed a few ways just to give it a variety of flavor, mincing brocoli or kale and saute for a good bit in onions and coconut oil for an added anti-inflammatory health benefit, adding ginger and turmeric for the same thing, finely grate a little cheese variety in or on top, basil paste. My 90 year old Nanny loves this! The bean dishes, same thing, cook them longer, mash them with a fork, honestly I think she did a great job pulling these recipes together. Dee I use them all the time to cook for ederly, they are the basis of flavor in almost any meal. One key to cooking them in any of these recipes is to sautee them for a good bit first so they are so soft and tender they are almost a paste. I really like the way you wrote. Greeting for publishing this article. Am also running a beauty and health fitness blog called [http:](http://) All the recipes are great and healthy. Thanks for putting all these together in one blog. Eric Three of the four meals showcased here offer seniors healthy SOFT meals that have the added benefit of being high in fiber: Maybe their appetites would improve if their food actually had some flavor, like adding salt. Leanne As a single senior with very little freezer room I find it difficult to cook for just myself. I want fast, easy as well as nutritious! It saves money as well as the headache of trying to come up with something to cook. For those looking for really soft foods without pureeing them: Salt and pepper to taste and I like curry powder so I add some of that to taste as well. This can be made up in the crock pot. If you use canned beans, they should turn out pretty soft in the crock pot. If you make it a full pot, you can freeze portions for other meals. It was easy for him to take one out of the freezer and pop into the blender for a couple seconds and it is really filling as well. One other thing about soft foods: Soups are great for soft foods. You can puree part of the soup and leave part of it chunky. This gives the illusion of a hearty soup that just may be easier on someone who cannot chew well. Carol Haydon Nice idea here but after reading through many of the recipes I became tired over all of the preparations. Sounds great if someone else would prepare them for me. Andy Pilot Daphne Dangerlove I would agree that a lot of these recipes are problematic in both the ingredients and the consistency. I would actually love to see some more comfort food style recipes" soups, stews etc. I have had tons of luck with hiding a host of veggies in Meat Sauce which can then be used for many dishes like baked ziti etc. For those of you looking for soft foods" use the crockpot. But you can also stew meat, cook beans even do meatloaf in there that are soft but not unpalatable. Leanne Ely has a meatloaf that has oatmeal in it no one in my family knows that! Ellen Bingham These look okay for people who can chew very well. She needs interesting, flavorful food that is super soft" much softer than the average adult would think of as soft.

2: Tiny House Propane Cooking Stoves & Ranges, Induction Cooktops

Slow cookers can also be an energy-efficient option - they use just a little more energy than a traditional light bulb, and you can leave your food to cook slowly while you get on with other things.

Summit The design brief: That means a three- or four-burner stovetop. The five induction cooktops here stood out for the pack. Have better cooktop options? Let us know in the comments! A Micro-Primer Graham is choosing induction for its efficiency benefits. Unfortunately, no life cycle analysis of the most common cooking methods is readily available. You can check your pots -- if a magnet sticks, they can be used on induction cooktops. This electromagnetic current between coil and pot produces the heat that cooks the food -- and makes the heating up and cooling down process quicker than with radiant-heat cooktops. Compared to gas, which many chefs favor, induction involves no open flame, making it inherently safer -- though its ability to ramp the heat up and down stays comparable to gas. With induction, while the pots get hot, the stovetop not directly under the pots does not. Heat regulation is very efficient, and burners cool down pronto when pots are removed. Lastly, induction cooktops are easier to clean than traditional cooktops as there is less baked-on, burnt-on mess due to no gas flames or red-hot electric coils. In a tiny home, not generating a lot of heat during summertime cooking is a definite plus. Some very small pans may not be big or heavy enough for the burner to sense them and turn on. Also, for the three- and four-burner models described here, Graham will have to be sure that the wiring in his LifeEdited apartment will be able to supply 40 amps of dedicated service to the cooktop -- the most common wiring is 30 amps. Generally, cooktops come in 24 inch and 30 inch varieties. The four-burner is just 23 inches wide. Three different sizes of burners would have been a nice extra. This Kuppertsbusch EKI wok pan may at first seem like a novelty, but could end up heralding a new way to cook in the tiny house. Many daily meals are made with saute, steam, and fry functions that could be accomplished on this single burner, with one wok pan. This would yield more counter space for other prep functions. Kuppertsbusch also does have a 30 inch built-in stovetop with four burners. Three different burner sizes on the four-burner model could come in handy. Higher pricing than some models, especially on the special wok burner. Diva Induction makes a 30 inch cooktop, the DDP-3, which though it has only three burners, offers a nice wide range of burner sizing. The burners include one 6-inch burner, one 9-inch burner, and one larger 12 inch burner for those big saute pans. The larger burner size. Diva also has a two-burner built-in option. Fits the 24 inch requirement, but only delivers three burners. A countertop burner boils water for coffee or tea in just a few minutes. The two-burner, 30 inch unit and the countertop model offers flexibility to a small kitchen, and the ability to have four burners for just over 24 inches provisioning a little space between the two units really allows Graham to start with two and build more capacity if he needs it. Also, Fagor cooktops have 12 levels of heating for precise control. Adding a unit would entail cutting another hole, and planning ahead with under-the-counter space. Wolf is another company offering a two-burner one 6-inch and one 9-inch , built-in cooktop. This high price tag discourages experimentation.

3: Energy | YourHome

A steamer is another method of cooking an entire meal using minimal energy. You can cook vegetables, rice and meat or fish in a steamer and it plugs in to one electric socket. It's a fast method of cooking too - a meal takes around 1/2 hour.

Surprisingly, the way you cook your food has a major effect on the amount of nutrients in it. This article will explore how the different cooking methods affect the nutrient content of foods. Cooking food improves digestion and increases absorption of many nutrients 1 , 2. However, several key nutrients are reduced with some cooking methods. The following nutrients are often reduced during cooking: Vitamins A, D , E and K. Primarily potassium, magnesium, sodium and calcium. Although cooking improves digestion and the absorption of many nutrients, the levels of some vitamins and minerals may decrease. Boiling, simmering and poaching are similar methods of water-based cooking. These techniques differ by water temperature: Vegetables are generally a great source of vitamin C, but a large amount of it is lost when cooked in water. In fact, boiling reduces vitamin C more than any other cooking method. B vitamins are similarly heat sensitive. On the other hand, boiling fish was shown to preserve omega-3 fatty acid content significantly more than frying or microwaving 7. While water-based cooking methods cause the greatest losses of water-soluble vitamins, they have very little effect on omega-3 fats. Grilling and broiling are similar methods of cooking with dry heat. When grilling, the heat source comes from below, but when broiling, it comes from above. Grilling is one of the most popular cooking methods because of the great flavor it gives food. There are also concerns about polycyclic aromatic hydrocarbons PAHs , which are potentially cancer-causing substances that form when meat is grilled and fat drips onto a hot surface. Grilling and broiling provide great flavor but also reduce B vitamins. Grilling generates potentially cancer-causing substances. Microwaving is an easy, convenient and safe method of cooking. Short cooking times and reduced exposure to heat preserve the nutrients in microwaved food 9 , Studies have found that microwaving is the best method for retaining the antioxidant activity in garlic and mushrooms 11 , Microwaving is a safe cooking method that preserves most nutrients due to short cooking times. Roasting and Baking Roasting and baking refer to cooking food in an oven with dry heat. Although these terms are somewhat interchangeable, the term "roasting" is typically used for meat while "baking" is used for bread, muffins, cake and similar foods. Most vitamin losses are minimal with this cooking method, including vitamin C. Roasting or baking does not have a significant effect on most vitamins and minerals, with the exception of B vitamins. These techniques are very similar, but with stir-frying the food is stirred often, the temperature is higher and the cooking time is shorter. In general, this is a healthy way to prepare food. Cooking for a short time without water prevents loss of B vitamins, and the addition of fat improves the absorption of plant compounds and antioxidants 6 , 13 , One study found that absorption of beta-carotene was 6. On the other hand, stir-frying has been shown to significantly reduce the amount of vitamin C in broccoli and red cabbage 5 , Frying Frying involves cooking food in a large amount of fat, usually oil, at a high temperature. The food is often coated with batter or bread crumbs. The fat used for frying also makes the food taste very good. However, not all foods are appropriate for frying. Fatty fish are the best sources of omega-3 fatty acids, which have many health benefits. These fats are very delicate and prone to damage at high temperatures. In contrast, frying preserves vitamin C and B vitamins, and it may also increase the amount of fiber in potatoes by converting their starch into resistant starch When oil is heated to a high temperature for a long period of time, toxic substances called aldehydes are formed. Aldehydes have been linked to an increased risk of cancer and other diseases The type of oil, temperature and length of cooking time affect the amounts of aldehydes produced. Reheating oil also increases aldehyde formation. Frying makes food taste delicious, and it can provide some benefits when healthy oils are used. Steaming Steaming is one of the best cooking methods for preserving nutrients, including water-soluble vitamins that are sensitive to heat and water 4 , 5 , 6 , The downside is that steamed vegetables may taste bland. However, this is easy to remedy by adding some seasoning and oil or butter after cooking. Try this easy recipe for steamed broccoli with suggested additions to improve the flavor. Steaming is one of the best cooking methods

for preserving nutrients, including water-soluble vitamins. Here are 10 tips to reduce nutrient loss while cooking: Use as little water as possible for poaching or boiling. Consume the liquid left in the pan after cooking vegetables. Add back juices from meat that drip into the pan. Cook vegetables in smaller amounts of water to reduce loss of vitamin C and B vitamins. Try to finish cooked vegetables within a day or two, as vitamin C content may continue to decline when the cooked food is exposed to air. Cut food after rather than before cooking, if possible. When food is cooked whole, less of it is exposed to heat and water. Cook vegetables for only a few minutes whenever possible. When cooking meat, poultry and fish, use the shortest cooking time needed for safe consumption. Although it helps maintain color, vitamin C will be lost in the alkaline environment produced by baking soda. There are many ways to preserve the nutrient content in foods without sacrificing taste or other qualities. However, there is no perfect method of cooking that retains all nutrients. In general, cooking for shorter periods at lower temperatures with minimal water will produce the best results.

4: Common Materials of Cookware - Equipment & Gear - Cooking For Engineers

Originally patented by Irving Naxon in , the slow cooker prepares food low and slowly, using very little energy. Since its inception, it's become wildly popular, showing up in millions of American homes and getting dinner on the table of many a busy cook.

There are valid reasons to do this: But again, the likely benefit is probably a couple dollars per year at most. In fact, it sometimes seems to appear on "myths" lists of energy groups, such as here: You can save energy by keeping your fridge full, closing it quickly, and regularly cleaning the coils. Actually, all three of these actions are not worth your trouble. In the study done by Balsnik it was found: Cleaning coils "no actual savings found. A full freezer takes less energy to operate: The fundamental insulating factors of wall thickness and gasket integrity do not change with a full or empty freezer, so why should it make a difference to heat transfer? While cycle frequency will go down, cycle duration will go up. The heat entering the cabinet will not change. There is a nominal power spike at the beginning of each compressor cycle, so more cycles could plausibly increase energy use a little bit. Data has not been widely shared, so it remains in urban legend status for now. But once that food is cool and the fridge is full, there is some energy benefit for top freezers. For other types of freezer models, the results of the tests were mixed, so there was no clear benefit of an empty vs. The average fridge size in the U. If we open the fridge door 20 times per day, over a year that would add up to about Basically, it costs a couple dollars every year in energy loss for opening the fridge. Now, suppose we instead loaded up that 10 ft³ with water instead of air. The amount of energy required to cool water from room temperature can be calculated similarly from these numbers. This number is significantly higher, due to the excess energy required to turn liquid water into solid ice. The effect of adding large amounts of water was shown clearly in the study mentioned above , where the addition of lbs. To put these numbers in a more useful form: As Joe rightly points out in comments, I assumed dry air here to simplify the calculations. But real kitchen air will be moist, and its effect is not insignificant. Even then, for reasonable quantities of water e. A final note about full fridges: So would this theoretical savings ever actually materialize? For those who are interested, here is the "work" for the calculations above. Here x at humidity of 0. Mass of air using above volume assumption of 0. Regardless, the amount of energy needed to cool even moist air is insignificant compared to that required to cool any liquid or solid food.

5: Little Green Blog » Energy efficient cooking

These No Bake Chocolate Chip Energy Bites provide the perfect mid-day boost for you and your family. Made with wholesome and filling ingredients such as oats, peanut butter, cranberries, and pistachios, these bites will keep you full and energized throughout the day!

Non-renewable energy comes from diminishing fossil fuel reserves and can produce significant greenhouse gas emissions. Most electricity comes from coal-fired power stations that release high levels of carbon dioxide and other pollutants into the atmosphere. Losses in the transmission system from the power station to your home also create inefficiency. Using natural gas results in only about one-third of the greenhouse gas emissions of grid electricity. The articles in this section focusing on energy use in the home are complemented by information on reducing car dependency and choosing fuel efficient and low emission vehicles in the Transport article. The average Australian home is responsible for around 7 tonnes of greenhouse gas emissions each year. These emissions can be greatly reduced by following the advice in this section. However, very little energy is required to make a well-designed house comfortable, and mechanical heating and cooling should never be used as a substitute for good design. Centralised options include ducted air and hydronic systems. The latter are usually gas fired but can be heated by a solar system or heat pump. For heating, gas heaters and efficient reverse cycle air conditioners produce a third or less of the greenhouse gas emissions of standard electric heaters. Heat shifters and solar air heaters can assist by reducing the amount of heating required. Fans are the lowest energy cooling option, followed by evaporative coolers, which work best in climates with low humidity. Each of the different heating and cooling options has pros and cons, and choices on type and size should be informed by energy labels. Electric water heaters in particular contribute to these high emissions. Reducing hot water use and using renewable energy sources to heat water are effective ways to reduce your environmental impact. The most appropriate and efficient hot water service can be found for your household size, water use patterns and climate. The two basic types of water heater – storage systems and continuous flow instantaneous systems – each use a variety of energy sources including solar energy, gas and electricity. Efficient and well-designed lighting can make for significant energy savings. The first step is to design your home to maximise the use of daylight so that electric lighting is not required during daylight hours. Then, create a lighting design strategy that meets your needs in the most efficient way, including daylight design. Lighting decisions need to take into account the characteristics of lamp technologies such as compact fluorescent and LED, lighting switches and controls, safety requirements, and the life cycle costs of different lighting options. Appliances On average, household appliances and equipment account for about one-third of household energy use and almost half of household greenhouse gas emissions. Choices about purchases of whitegoods refrigerators, freezers, washing machines, clothes dryers and dishwashers and equipment for pools and spas pumps and filters should include operation and maintenance, not just the original price. The more stars, the more water or energy efficient the appliance. However, size is also a factor: The label includes total energy or water consumption figures, alongside the star rating. Home entertainment and home office equipment An increasing portion of household energy use and greenhouse gas emissions comes from home entertainment and home office equipment. Turn equipment off when not in use, preferably at the power outlet or use a stand-by power controller. Energy Star is an international voluntary labelling scheme that indicates a product is the best in its class and meets stringent energy standards for operational and standby modes. The Energy Rating Label also applies to televisions, which can use a significant amount of electricity. To compare products of different screen size and technologies, use the total energy consumption figure on the label, alongside the star rating. Choosing efficient home entertainment equipment e. TVs, DVDs, stereos, games consoles, set-top boxes and home office equipment e. Home automation Appliances and equipment in the home can now be automated or remotely controlled to turn on or off or adjust operating settings. Home automation systems can improve the energy efficiency of your home if they are designed for this purpose and save more energy than they use. However, energy efficient house design, appliances and lighting must still be the priority. The various home automation systems available can contribute to management of different energy

uses around the home, and provide important feedback to householders by displaying real-time electricity use.

Renewable energy Electricity generation systems based on the conversion of solar and wind resources are becoming increasingly accessible to the average homeowner. Renewable energy can also be used for home heating and cooling, hot water and even cooking. On-site production of renewable electricity by photovoltaic systems and wind generators requires design and installation by specialists with the knowledge and accreditation. Renewable energy systems, both grid connected and stand alone, usually operate with low running costs. They can be expensive to install but rebates and other financial incentives may be available to offset the initial cost. Maintenance can also be a cost issue for systems reliant on batteries. To get the most out of your renewable energy system, minimising energy demand in the home first is crucial.

Photovoltaic systems Photovoltaic systems are increasingly used to supply price-competitive, zero greenhouse gas emission energy to homes and businesses across the country. The average cost of producing electricity from solar modules over their lifetime is now broadly equivalent to the average cost of purchasing electricity from the grid. Module types fall into two categories, crystalline silicon and thin film, and can be mounted on frames or building integrated. Siting, orientation and tilt of modules are all critical to gain maximum efficiency at the home location, or to match energy production to peak loads. The size of a system is also governed by the household. Design and installation of photovoltaic systems must be undertaken by an accredited specialist.

Wind systems The amount of renewable electricity harnessed from the wind is growing rapidly. Australia has an abundant wind resource, which, if used to generate electricity, can save significant greenhouse gas emissions. Only turbines in open sites and on sufficiently tall towers produce energy efficiently. Wind systems installed on roofs typically do not produce much electricity, have short life spans, and are thus never economically sound. Be wary of turbine installers or manufacturers claiming products are suitable for urban or turbulent locations, and always prioritise solar photovoltaics if investigating residential renewable electricity options in urban areas. Site assessment, determining appropriate tower heights, and choosing a system size, design and manufacturer are best done by an experienced contractor.

Batteries and inverters Batteries store energy for use when demand exceeds output, for example at night when a photovoltaic system is no longer generating electricity. Inverters turn energy from DC to AC mains power. Any renewable system also includes switches, circuit breakers and fuses to ensure safety and allow equipment to be isolated for maintenance. Grid connected systems usually consist of the energy source, inverter and meter. Stand-alone systems usually comprise the energy source, a battery bank, inverter, battery charger and often a fuel generator for back-up power. Each system also includes a charge controller that can be part of the inverter or other equipment.

In-home displays provide information on real-time energy use and costs, which is useful in guiding energy-saving behaviour and avoiding energy peaks. Data can be transmitted to computers and mobile devices. Smart appliances can take advantage of lower electricity price periods via signals from the utility and automation. This emerging technology is changing energy use patterns.

Transport Some of your most important energy decisions relate to transport. Where will you live? Is there good public transport? Will you have to buy a second car? An energy efficient home can still be a high energy household if you rely heavily on your car. Car dependency can be reduced by public transport use, walking and cycling, or using car share schemes. Fuel efficient and low emission cars, driven efficiently and well maintained, also reduce energy use. As the range and availability of electric cars are increasing, new homes could provide charging points in garages or carparks.

6: 13 Homemade Energy Drink Recipes | Snappy Living

In a tiny home, not generating a lot of heat during summertime cooking is a definite plus. And because induction uses electricity, the homeowner has the option to purchase renewable energy -- that.

7: Rocket Stoves: Build Your Own Ultra-Efficient Cook Stove (Video) | TreeHugger

These techniques are very similar, but with stir-frying the food is stirred often, the temperature is higher and the cooking

time is shorter. In general, this is a healthy way to prepare food.

8: Healthy Recipes, Low-Calorie Food Finds, Weight-Loss Advice, Diet Tips 'n Tricks | Hungry Girl

*A restaurant-trained chef and former Editor at Cook's Illustrated magazine, his first book, *The Food Lab: Better Home Cooking Through Science* is a New York Times Best-Seller, the recipient of a James Beard Award, and was named Cookbook of the Year in by the International Association of Culinary Professionals.*

9: Recipes & Cooking

The food you eat plays an important role in your daily energy levels. In fact, did you know items high in fat and calories leave you feeling fatigued, because they require more energy to digest.

Techniques in Immunocytochemistry The eagle and the hunter. Fitzgerald, R. Introduction to Everything that rises must converge. Representative Actors One Christmas I met an angel Miles, J. Some major poetic words. Your spirits walk beside us Golden Years of Faberge Best practices of academic library information technology directors Interactive graphics in CAD Visitors Guide to the Lomeragh Mountains The Constitution : rules of the game Contents: Olga takes a bite Olgas second house Olga makes a friend Olgas special day. Xanthates and related compounds Case notes to accompany Cases in Strategic management Admiral byrds secret diary Old and new homes The superstitious practice / Little time-keeper Do you think I am who I will be? Complete 5 String Banjo Player (Grv (Grv) Benjamin zander art of possibility The Orchestral Works of Antonin Dvorak. Behavior analysis and learning 6th edition Fingals Cave, the poems of Ossian, and Celtic Christianity Semisi Nau, the story of my life Its so nice to be civilized Investment under uncertainty, coalition spillovers and market evolution in a game theoretic perspective Young Mac of Fort Vancouver Suicide gene therapy Caroline J. Springer and Ion Niculescu-Duvaz Introduction to banking barbara casu claudia girardone philip molyneux Little dramas of the curbstone The Story Of The Christmas Tree (Holiday Readers) Piedmont Phantoms (North Carolinas Haunted Hundred, Volume 2) Industrial revival in soviet Russia. History of kabaddi game Encyclopedia of food sciences and nutrition second edition Linear programming in industry Multicultural second language curricula Jeannies Valentine