

1: I'm Wearin' A Zucchini! | eBay

I'm Wearin' a Zucchini! by Bil Keane A readable copy. All pages are intact, and the cover is intact. Pages can include considerable notes-in pen or highlighter-but the notes cannot obscure the text.

How to Make and Cook Zucchini Noodles: How so, you ask? Well, let me introduce you to zucchini noodles. You may even have questions like: How do I cook them? And should I even cook them? A mini-resource guide, to help you navigate the wide world of zoodles. Listed below are the most popular methods for making and cooking zucchini noodles.

How to Make Zucchini Noodles 1. It creates curls of your favorite vegetables, literally in seconds. You simply cut off the ends of a zucchini, place it next to the blade and spin. Now, I know these reviews are for zucchini noodles, but keep in mind other vegetables you may want to slice up. Carrots, sweet potato, apples, pears—the list is endless! With this spiralizer, you can create your favorite carrot pasta, curly sweet potato fries or apple chips with easy to swap out blades.

Julienne Peeler The great thing about a julienne peeler is that you likely already have one in your kitchen. A julienne peeler frequently does double duty with a vegetable peeler. One side juliennes, the other side slices. It takes up virtually no space in your kitchen and will most likely reside in your utensil drawer. When it comes to the actual zucchini noodles, a julienne peeler slices the thinnest, most delicate noodles. Then, you simply pull the strands apart with your fingers.

Mandoline I actually hummed and hawed about making the mandoline 2 on my list because I love it that much — but the julienne peeler won for size. The mandoline creates julienne noodles that are slightly thicker than a peeler, but does it in half the time. Alright, maybe this is actually a tie for 2. But even with all these blade options I found that I still gravitated toward the 3 basic blades — the same ones which are included with the Paderno Spiralizer. Another consideration is that because this tool is automated, it also has a fixed width. That means large zucchini need to be cut in half, with each half spiralized separately. If you already have a KitchenAid and love using attachments, this is a great option. But for everyone else, the cost alone will probably be the biggest deterrent.

Handheld Spiralizer The handheld spiralizer is the newest kid on the block and the solution for curly noodles in a small contraption. It produces zucchini noodles most similar to the Paderno Spiralizer, though they tend to be flatter and not as consistently sized. Also, if you plan to spiralize other vegetables like carrots and sweet potatoes, this tool will be the most difficult as it requires the most strength and effort. Watch the video and learn how to make Zucchini Noodles: Now the big question is what to do with them, right? And you might be thinking, how do I cook them? At least not too much. The exact opposite of al dente. Today, I end up with perfectly crisp, al dente noodles every time.

Raw The best way to get the crispiest, most al dente noodles? Yep, that means no cooking whatsoever. Spiralize, mix with your favorite ingredients and serve. And mixed with a cold avocado cucumber sauce or pesto sauce for zucchini pasta caprese —. Just pile all your noodles in a microwave-safe dish and cook for one minute. Depending on the amount of noodles you have you may need to cook longer, though I would recommend second increments to prevent over-cooking. Then, divide your noodles between serving plates and top with your favorite sauce.

Boiled When I first started making zucchini noodles, this was the method I used the most. And once your noodles have cooked, drain the noodles in a colander and serve. For the added time and energy, I much prefer any of the other methods. But if you want to give it a go, preheat your oven to degrees fahrenheit. Then, sprinkle with sea salt. The sea salt helps to draw out the moisture while the paper towel soaks it up. Cook for minutes, then remove from the oven and gently squeeze the noodles in the paper towel to wring out any additional water.

My Favorite Zucchini Noodle Recipes.

2: Seared Fish with Zucchini Farro and Tomato Tapenade

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This differentiates them from every other fruit, because other fruits are not fun to cut. After cutting the fruit off the pit, you slice both sides of the mango lengthwise and crosswise, cutting down to the skin of the fruit but not through it. This is the best part! Then use your knife to scrape the fruit from the skin and chop into smaller pieces if necessary. I burned my fingers so badly. Not only were they burned, but they were swollen and red too. Capsaicin is serious stuff, guys. After a little Googling, I attempted to relieve the pain by: Washing my hand with soap. Soaking my hand in ice water. Slathering my fingers in aloe gel. Rolling my fingers in sugar. Dipping my fingers in vegetable oil. Squeezing a lime over my hand. Coating my fingers in ricotta cheese. Screaming and stomping my feet like a toddler throwing a tantrum while holding my hand under hot hot water. It was the last one that finally worked. So make a mental note of this: The hot water will open up your pores, expelling the oil from the peppers. After cutting the mango fun! It was so good that I decided it needed a post of its own.

3: GCD :: Issue :: I'm Wearin' a Zucchini! [Family Circus]

*I'm Wearin' A Zucchini! (Family Circus) [Bil Keane] on www.enganchecubano.com *FREE* shipping on qualifying offers. More heart-warming cartoons from the pen of Bill Keane, creator of the beloved comic strip "The Family Circus."*

Share Tweet Got extra summer squash? While many people choose to dehydrate or freeze their squash, canning is a great way to save freezer and cupboard space. Canning is an easy way to produce a long-lasting supply of this delicious crop, as canned foods last over a year in most cases. Zucchini and other squashes must be canned using a pressure canner. Water bath canners only reach boiling point temperatures, while pressure canners heat contents to degrees Fahrenheit. Any low-acid foods, like most vegetables, meats, and seafood, must be canned using a pressure canner to avoid the risk of contracting botulism or other foodborne illnesses. Keep in mind that if you are looking for crisp, crunchy squash, canning may not be your best option for all varieties. Freezing will work better, for example, for vegetables like summer squash. When you place sliced or cubed squash into a jar, it can become overly soggy and also affect the heating pattern in the jar. Then, I place them in the oven and heat them at degrees. I let them stay hot there while I prepare everything else. To do this, simply bring some hot water to a boil on the stovetop and drop in both the lids and bands. Then, bring the heat to a simmer. Prepare your ingredients Bring a large pot of water to a boil. Cut the ends off and peel if you prefer it that way. You can then cut the squash into whatever shapes or sizes you need. The best options are as thick rounds about half an inch thick, or into cubes. You can also spiralize or shred your ingredients, depending on how you plan to use them later on. Tests have proven that there are density issues with mashed squash that can prevent adequate heat distribution. You may choose to blanch the squash before canning as well. This will help preserve some of its freshness, but is not a required step. If you decide to do this, simply dip the squash for two minutes in boiling water. Fill the jars Pack the slices into hot jars, leaving about an inch of headspace. You can add salt if you prefer, but this is not required. Finish the jars Pour boiling water over the squash, making sure to maintain that inch of headspace. To remove air bubbles, press with a wooden spoon or tap the jar gently on the counter. Then, wipe the rim of the jars with a clean, damp cloth, and place the lids and bands on the jars. Process the jars You should process your squash at 10 lbs pressure weighted gauge, or 11 lbs for a dial gauge. If you are canning at a higher altitude, you will need to adjust accordingly. A full canner of pint jars will take around fifty-five minutes, while one of quarts will take about ninety minutes. Make sure your canner is maintaining adequate pressure during this time. Once the time has elapsed, wait for the canner to stabilize back to a neutral pressure before removing the lid. Trying to remove the jars before the pressure has equalized can be dangerous. You can always just let the cans cool in the canner along with the water. Let the jars cool Place the jars on clean towels to cool and seal. Try to set them out away from a breeze, as this can cause the jars to crack. You may hear popping noises as the lids seal. Store the jars Canned squash will store for several months on end. Signs of spoiled jars include mold or discoloration, although some white residue atop the jars is a normal byproduct of canning. You can simply wipe it away. Then sit back and admire your pretty little jars! If I can them again, I will omit the salt. Salt is added for flavoring, not for preservation. The squash made really nice pureed baby food. We definitely prefer fresh squash and zucchini to canned. The National Center For Home Preservation has put out this statement about canning squash: Recommendations for canning summer squashes, including zucchini, that appeared in former editions of So Easy to Preserve or USDA bulletins have been withdrawn due to uncertainty about the determination of processing times. Squashes are low-acid vegetables and require pressure canning for a known period of time that will destroy the bacteria that cause botulism. Documentation for the previous processing times cannot be found, and reports that are available do not support the old process. Slices or cubes of cooked summer squash will get quite soft and pack tightly into the jars. The amount of squash filled into a jar will affect the heating pattern in that jar. It is best to freeze summer squashes or pickle them for canning, but they may also be dried. You might also like:

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I'm Wearin' A Zucchini! has 9 ratings and 1 review. More heart-warming cartoons from the pen of Bill Keane, creator of the beloved comic strip *The Famil*.

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