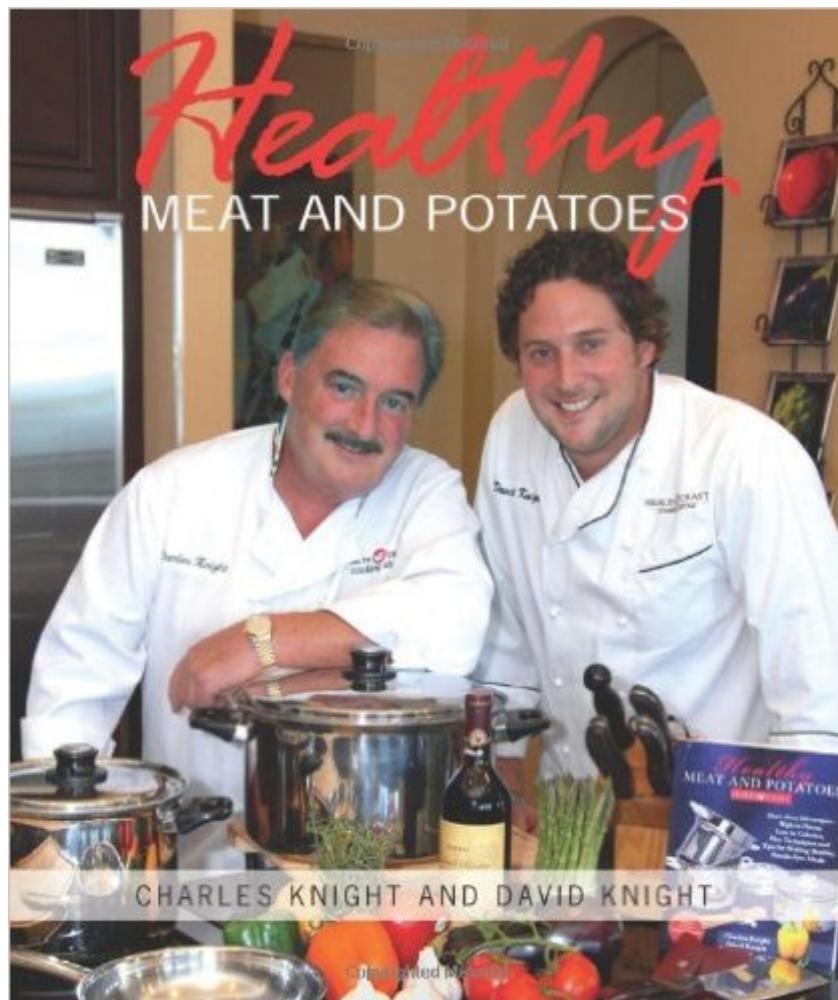


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# Healthy Meat And Potatoes For Waterless Cookware



## **Synopsis**

Good food is a unique, delightful language • spoken through tempting tastes, stimulating aromas and attraction presentations. It's the oldest form of every civilization and culture. A salivating link to our past continuously rediscovered, refined and reshaped in our present. Good food is the essence of friendships and neighborhoods, the frosting that tops exciting events and the surprising highlight of any party or celebration. Hearty and delightful meals are created with gentle hands and warm hearts. This I learned as a youngster growing up in the wonderful ethnic mix of New York and New Jersey, with home kitchens brimming with incredible dishes brought with care for the Old World. To those around me, good food was the nourishment of both body and soul. This harvest of flavors was the great influence of my boyhood. From the time I was old enough to know my way around the neighborhood family kitchens, I wanted to be a chef. All my dreams came true as I moved into the fascinating culinary world. In my latest cookbook, coauthored with my son Chef David Knight, I have assembled many of the fondest ethnic tastes and American favorites I enjoyed in my boyhood. Other ideas came from my high school years working in the butcher shops and as a short-order cook. More came from the inspiration of my good friend and neighbor, TV Cooking Show Host Chef Tell and culinary education. Even more came in preparation for my weekly television appearance on WFLA-TV in Tampa and from developing the curriculum for the Health Craft Cooking School. And now, living in Tampa, I have added some Southern delights and the ethnic mix of Ybor City's Italian, Spanish and Cuban cuisine, all to come in the website pages to follow. I have also included what I have learned from nearly four decades in the cookware business: a practical way to create old classics and family favorites with reduced fat, less sodium, lower cholesterol and calories without compromising taste or culinary training. Better tasting meals that help develop better health, a winning combination! The secret is waterless, greaseless cooking. Yes, good food is a delightful, unique language, and I sincerely hope the ideas you will find on this website and our NEW bestselling cookbook "Healthy Meat and Potatoes" • will help you express yourself in healthful and wonderful ways. To your good health! Chef Charles Knight

## **Book Information**

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## Customer Reviews

I recently purchased a set of waterless cookware and was disappointed by the limited accompanying recipes. I was delighted to find "Healthy Meat & Potatoes" by Charles Knight, and even more delighted once I received it. The recipes are surprisingly easy, the ingredients healthy, and the tips on using waterless cookware invaluable. I also like to cook with wine, and was excited to find wine an ingredient in some of the more gourmet recipes. Overall, this book has already become one of the favorites in my collection and I'd recommend it to anyone with waterless cookware who is searching for information on how to get the best use out of it, or anyone who wants to eat healthy and enjoy doing it.

Nice recipes, but if you are looking for in depth insight on the new phenom "waterless cooking", there is only minimal coverage. I have found no book yet that totally demystifies it. A couple of major points I learned the hard way - get cookware that is sized for the quantity you intend to cook. You never want to have a pot or pan less than 3/4 full, so that heat from all surfaces has something to disperse to, or the entire pan will get too hot and burn the food. Another thing not made obvious enough to beginners - first fill up pan with veggies, etc - THEN WITH WATER - THEN DRAIN. Veggies have their own water, but need a little help. No matter how much you spend on cookware, when the food dries out - it burns. Lastly, you don't have to spend thousands on cookware - cookware performance depends on some user skills. There's plenty of quality cookware right here - for a fraction of what you pay at the cook shows at fairs and expos, etc.

This has detailed information that will help me use my new cookware and recipes that aren't too complicated and seem easy to try. I recommend this book to anyone who needs helpful hints on how to use the waterless cookware.

Buyer Beware! I purchased this book on 1 Feb 15. Unfortunately, I did not see the one review that

complained about this book displaying sideways on the Kindle. I bought this and downloaded the Kindle App for my PC and much to my frustration, found that this book has the same defect! If you don't mind reading sideways, and have REALLY good eyesight and don't need to change the font size, then buy this. Otherwise, wait a while until the publisher works out the obvious problem, then buy it.

i wasn't sure how i'd like this cookbook but i knew i wanted more recipies for my new waterless greasless cookware. when i got my book i couldn't believe the selection of great sounding items. i've cooked a few and they have been delicious! i would recomend it to anyone with waterless greasless cookware, even those without!

Great cookbook for those of us who are in to "waterless" cooking. Good nutrition information and easy to follow recipes for really good food.

My wife and I are new to cooking with Waterless/Greaseless cookware. We got the book as part of a recommended bundle via . The book is an excellent textbook for learning how to use the cookware, but it lacks the one thing that keeps it from being truly helpful ... There are no photo's of any dish in various stages, No photo's which example common errors such as, cooking at too high a temp, too low a temp, or what size is the best size for cutting the potato to get it to cook thoroughly.I still recommend people who are new to cooking with waterless/greaseless cookware to get this book, because it does give you a point at which to begin and then supplement it with 'Cooking with Waterless Cookware' videos from YouTube.

This book is well worth buying. It gives solid advice to using waterless cookware. The recipes are good and are useful to build on for your own recipes.The reason I gave such a low rating is a warning to Kindle owners. The Kindle version appears to be a photocopy of the book pages. They are loaded sideways on the page. The font can't be changed, and the text is small. Don't waste your money until they update the Kindle version of the book!

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