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Conquer Your Kitchen...: The Hungry Chick Dieting Solution Cookbook Reference Guide

Chef Jai Scovers

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Conquer Your Kitchen...


Learn how to eat healthier and still provide wholesome meals that your entire family can still enjoy!



Chef Jai Scovers

Bestselling Author Of "The Hungry Chick Dieting Solution"

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Chef Jai Scovers : Conquer Your Kitchen...: The Hungry Chick Dieting Solution Cookbook Reference Guide before purchasing it in order to gage whether or not it would be worth my time, and all praised Conquer Your Kitchen...: The Hungry Chick Dieting Solution Cookbook Reference Guide:

7 of 7 people found the following review helpful. Helpful especially for novice cooks or those who struggle in the

kitchen. By epotratz This was given to me as a gift and I struggle over the rating. For me personally it is a 3 *however* I'd give it a 5 star rating for many family members and friends. It is a good book - perhaps better than good - teaching those who don't feel confident in the kitchen. You will learn *why* to do things a certain way (or why not), you'll learn something like 100 tips and tricks, how to cook rice perfectly, how to cook pasta perfectly whether you are saucing and eating it at once, using it in a salad, or freezing it for baking later (like a second lasagna) - each of these 3 uses for pasta requires slightly different cooking time (though it's really fine to cook the first two the same amount of time! Grin!) Like many others here, I too collect cookbooks which I literally READ like one reads other non-fiction books. It's interesting to me that I learn new things each time I read one. Perhaps it is a combination of spices not usually put together, or the method of the recipe. . . I'm a foodie, I watch America's Test Kitchen and other cooking shows on PBS, watch videos and shows on YouTube, have taken - and taught - cooking classes. So because I've been so interested in food/ cooking since I was 8 this book was not useful for me. If you are debating, if you feel pressured in "having" to cook, if you often wish you could just ask Grandmother how to.... or ..what do I do when.....? Then get the book. It's worth getting and you deserve the comfort it will give you. You are worth it! 4 of 4 people found the following review helpful. Masterpiece! I loved this book! By Linda Awesome book! Awesome details! I loved this book so much. It contains a lot of tips of information that are really helpful for anyone who's struggling in kitchen like me. It made things for me really easy. I now prepare a lot of the dishes that I found in this book for my family. I tried a lot of cooking books but none of them comes even as good as this one. A masterpiece! 10 of 23 people found the following review helpful. If I could give this book less than one star ... By Tiffany justice If I could give this book less than one star I would

Do you know the difference between baking soda and baking powder? Or how long raw eggs will last in your refrigerator? What is resting time? What is the proper temperature to cook chicken? Did you know that you should never thaw raw meat out on your counter top or even submerged in warm or hot water? Why? Both of these methods could leave you physically ill and one might even kill you! If you don't know why, now is the time to learn how to Conquer Your Kitchen. In Conquer Your Kitchen, Chef Jai Scovers will show you how to eat healthier and still provide wholesome meals that your entire family will love. You'll also discover over 100 surprising kitchen secrets that will save you valuable time and money. Including - Why you should always start every meal with a pot of cold water! - What every home chef's kitchen and pantry should have! - How to cook the perfect pasta, rice and/or potatoes every time! - How to deal with the picky or light eater in your family! - The surprisingly easy way to deal with everyday messy problems like removing burnt foods from your pots and pans! - How to fight back against meal-ruining events like lumpy gravy! - You'll even learn how to remove that nasty garlic or onion smell from your hands with a simple household utensil! Also, for the first time ever and only in Conquer Your Kitchen, you will discover the most important thing to have in your home when it comes to you and your family's good health. This one simple trick is guaranteed to change your life and how you will eat forever, allowing you and your entire family to eat better to live better.

About the Author Chef Jai Scovers (pronounced Jay Scoh-Vers) is a trained gourmet chef and a graduate of the world famous Restaurant School at Walnut Hill College in Philadelphia, Pennsylvania, where she was trained in every aspect of the food industry, including food selection, recipe development and menu planning and the nutritional value of food. Chef Jai has worked to develop her skills in such well-known and recognized dining establishments, as the famed Stephen Starr restaurants to Harrah's Showboat Hotel and Casino in Atlantic City, New Jersey. She currently holds her nationally recognized ServSafe certification. This certification demonstrates her ability and commitment to food safety, in the areas of food storage, preparation, cleaning, sanitizing and cooking. Chef Jai Scovers is an advocate in the fight against preventing food borne illnesses and raising awareness about healthy eating. Awareness brings about change. She is also a supporter of several women based charities and fighting childhood hunger. Proceeds from the sale of every copy of this book sold will go to support several charitable efforts, including, but not limited to, the race to find a cure for breast cancer, ending domestic violence and supporting local food banks to feed hungry families. Thank you for your support. Your support will allow these charities to help so many more people.