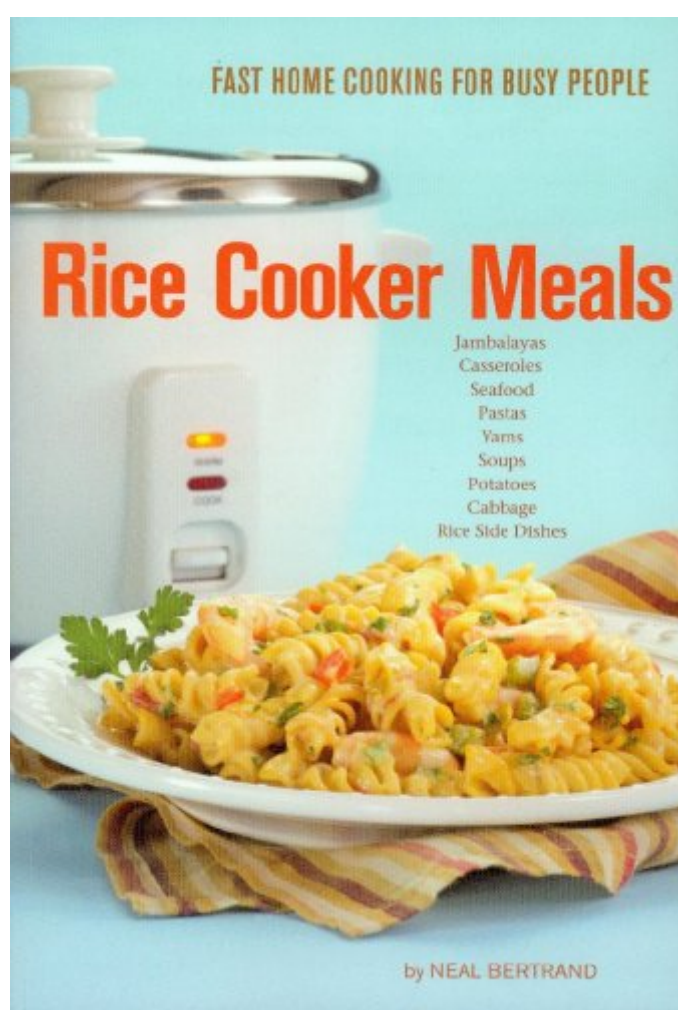


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# Rice Cooker Meals: Fast Home Cooking For Busy People: , Or Feed A Family Quickly For Under \$10, With Less Mess To Clean & Get Out The Kitchen Quicker!



## Synopsis

Rice Cooker Meals: Fast Home Cooking for Busy People contains 60 quick and easy meals you can make in a rice cooker, most in 30 minutes or less. Enjoy delicious, multicultural recipes that are less expensive and healthier than fast food. Includes Mexican, Italian, Tex-Mex and Cajun recipes! And one-pot cooking means less mess to clean up! You'll see how easy it is to cook jambalayas, seafood dishes, pastas, "casseroles", soups, rice side dishes, and various vegetable recipes including potatoes, cabbage, and sweet potatoes. "IN A RICE COOKER?" Yes, they're all cooked in a rice cooker. Here are a few recipes from the book: Easy Chili, Mexican Rice, Tex-Mex Pasta, Shrimp Jambalaya, Cabbage Casserole, Cajun Pepper Steak, Chicken Fried Rice, Rice & Shrimp Pilaf, Chicken & Sausage Gumbo, Chicken Fajita Stuffed Potato, Black-eyed Pea & Sausage Soup, Candied Yams with Marshmallows, Easy Smothered Potatoes & Sausage, and Black-eyed Pea & Sausage Jambalaya. The cookbook also has two indexes so the recipes are easier to find: indexed by chapter and indexed in alphabetical order. It has numerous testimonials from good cooks affiliated with the LSU AgCenter Homemaker Clubs. They tested the recipes and gave their honest opinions. It includes short articles about time-saving tips on food preparation, how a rice cooker knows when the food is cooked, how to teach children to safely cook with a rice cooker, how to brown meat in a rice cooker, plus many more. Fast, easy meals you can cook in a rice cooker; most have a 30-minute cook time. Convenient one-pot cooking means less mess to clean, easier to have good home cooking; less expensive and healthier than "fast-food". Great for busy people, college students, tailgating parties, campers/RVers, etc. Has 60 recipes to cook delicious pastas, seafood, soups, potatoes, cabbage, sweet potatoes, jambalayas and rice side dishes. Includes Mexican, Italian, Tex-Mex and Cajun recipes.--- The following is directly from the introduction for the book ---Whether you're a busy mom, a single dad, a college student, an RV enthusiast, a tailgating-before-the-game partier, a senior citizen, or just someone who wants to cook a quick and easy meal that doesn't heat up your whole kitchen or use all your pots, Rice Cooker Meals: Fast Home Cooking for Busy People is FOR YOU!Cooking healthy, nutritious, home-cooked meals in our fast-paced society is becoming harder and harder to do. This book can put an end to your household's "fast-fooditis" problem. Rice Cooker Meals will quickly become the book that stays on the kitchen counter, not filed away on a shelf.You'll stay as cool as your kitchen does when you use these recipes. You're not firing up your stove or oven. You're not dirtying multiple pots and pans. You're just cooking worry-free, quick meals in record speed! A traditional home-cooked meal "all in one rice cooker.Get ready for a Kitchen Revolution!

## Book Information

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## Customer Reviews

If you like "Cajun Cooking", you will like the recipes in this cookbook ... please note the recipes are developed using the "old style" rice cooker ... the ones I have tried in the "new style" (Sanyo) rice cooker did not turn out well ... less water is required when using the "new style" rice cooker ... I'm still working on a conversion ... the recipes I have tried using the "old style" rice cooker turned out great and were very good ... but the recipes are great even if you decide to cook them in a standard pot using the stove top ... RPH

Most of the dishes call for either sausage or cheese. "1 stick of butter" is also a common ingredient. So if you are watching your weight, you would not add these meals into your regular rotation.

My latest "kick" is rice cookers. I learned you can make entire delicious meals in them, not just cook rice. This cookbook makes rice cooking/entire meals easy. It's mostly a Cajun cookbook but you'll find many delicious other recipes too. I had a question, emailed the author, and he actually emailed me back with the answer!! Recipes are for 8 to 10 cup On/Off/Warm rice cookers, not for fuzzy logic

cookers. Rice cooker recipes can be made in the fuzzy logic cookers but adjustments would have to be made. I'm also experimenting using olive oil instead of butter and the author has been helpful with that. I HIGHLY recommend this rice cooker cookbook for On/Off/Warm rices cookers.

I wasn't sure I'd be able to get the hang of using rice cooker for anything but rice. But as soon as this book arrived I read it from cover to cover and could hardly wait to try his recipes. This book is a little gem. With a little imagination you can easily adjust ingredients to make your recipes more spicy, less spicy, beef instead of chicken, broth instead of canned tomatoes with chiles, less butter, etc. etc. This is a no brainer. To some people it might look too plain but that's fine with me. It's just a good, easy to follow, minimum preparation, delicious collection of recipes, some of which are typical of louisiana cooking....which is what the author himself did not dispute. I have never used as many recipes out of any cookbook I own..and I own a lot!!! I'm currently going through all the recipes but so far my favorites are Shrimp Jambalaya, Black Eyed Peas & Sausage Jambalaya, Tex-Mex Pasta, Chicken fried rice, and Mexican Rice. There are also soup recipes, yams, potato and cabbage recipes but haven't tried these yet. Mr Bertrand I'm anxiously waiting for your next cookbook, if there is one, but in the meantime thanks for this one!

This is a great cookbook for those who like easy, inexpensive ethnic meals in their rice cooker. The book is almost entirely recipes, easy to read, with common, easy to find ingredients as well as recipe suggestions by readers on each recipe for adjustments or substitutions. For those who don't like spicy, just buy the tomato products without chilies, and as for the book not being low fat-it never stated it was a low cal cookbook!If your looking for more recipes for your rice cooker, this books a bargain at \$10.Recommended-4 stars.

Rice Cooker Meals is a small book. However, within its limited number of pages are many good meals, tips, and cooking pointers for the rice cooker owner who is looking to expand on the utility and flexibility of their rick cooker. In all, I would say that its a pretty good value.Still, Rice Cooker Meals is somewhat limited. Most of the recipes it contains are focused on Cajun-style dishes. For those sensitive to how spicy their foods are, there is plenty of room to accomidate mild to wild tastes. Moreover, the Cajun-style focus is not as limiting as it might first appear since many of the recipies are rice or pasta-based, insuring that they work well with the rice cooker.While the recipies alone insure that the book is a good value some of the tips and suggestions are real gold. For example, the author makes an excellent case for using the rice cooker to brown meat before using

the meat in the core of some of the recipes included. Before I read this I wouldn't have considered the idea. However, I tried it and it works out well. The time and effort saved in clean-up alone made this suggest worth the purchase price of the book alone.

I purchased a rice cooker several years ago while visiting the Konriko Country Store in New Iberia, LA. I used it a few times, then put it away and pretty much forgot about it. This past weekend I was back in New Iberia and saw this cookbook and was intrigued with the idea of using the cooker for something besides rice. After reading a little of the book in the store I purchased it and read all the recipes through. I couldn't wait to get home to try it. The next day after arriving home, I made the Red Beans and Rice dish, and loved it. The following day I made the Ball Park Casserole for a neighborhood gathering. Needless to say, there was none left. I'm looking forward to trying all the different recipes, and I also intend to buy Neal Bertrand's stainless steel cooker, as I believe the stainless steel is safer to cook with than aluminum. For anyone who loves spicy food, as I do, you can't go wrong with this book. If you don't own a rice cooker, you could make the recipes in a pot the traditional way.

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