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Many of us love to eat, but those who love to cook, are several times less. Someone does not have enough time, someone simply does not work, but for someone it is like a cautious. Therefore, the majority are trying by any ways to facilitate or speed up this process to spend your free time on other classes. But this leads to the opposite result on the principle of "Naskovo to do - redo".

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How much time goes to cook

We all approach the cooking food in different ways. Someone does not like to bother when cooking your breakfast, spending 15 minutes for it, and someone loves to eat fully in the morning, which is why more time leaves for cooking. The number of tenants is also of great importance, because the volume of cooking and its frequency depends on it. To do this, you need to buy more products, for the delivery of which you can also save time.

The average person spends on cooking about 30-60 minutes a day, including all foods. Take the average number - 45 minutes, it is more than 5 hours a week and more than 20 hours a month, that is, 12 days a year goes to cook. About what mistakes we spend more time-time temperature when cooking

Most people believe that if you cook a dish at a large temperature, it will speed up the process. But this opinion is wrong. All products have their own time, which are necessary for their complete readiness. Most often, due to the use of such a method of cooking, food loses its taste and structure, becomes rubber.

In addition, a large temperature is very cunning. It will seem for you that everything is under control, but your dish can burn in a second. Then the products will be spoiled, and you will spend time on cooking new alternate to modern technologies

At the moment there are a large number of equipment that simplifies cooking at times and saves your time. For example, it is a multicooker, steaming, aerogrill and so on. The defrosting of the dishes can be accelerated using the microwave and the "defrost" mode. The vacation time can be spent on other important things or rest. And the dishwasher can wash the dishes for you and save not only time, but also your money. Frames in the kitchen

You will save time on cooking if you prepare all the necessary ingredients in advance, and you will not run to the refrigerator and look for missing products. Check for the presence of everything you

need in advance so that in the cooking process it turns out that you have forgotten something to buy or thought it "Well, for sure there are at home."

In addition, the chaos in the workplace will shoot down you, everything will be confused and interpret. Suscomfortable dishes

Sometimes you want to surprise your relatives with something unusual. Therefore, most chooses recipes with a huge number of ingredients. It will take more time on their preparation, and without culinary skills, the dish may not work at all, and you will spend the time and money.

Choose dishes, when cooking is needed about four ingredients. Do not complicate your life. And if you have no strength at all, then ready-made dumplings will become an excellent diversity of home food. Recharge - Katorga

Most often, such a mood leads to stretching the cooking process, culinary failures, spending time and bad mood. Cooking - creativity, and you are the Creator. Choose those dishes that you like, and you would like to try them. Start with small culinary good luck, and soon this process will be tightened to you. Liffhaki, which will reduce the time of cooking dishes

This tendency came from the West. Its essence is as follows: you can freeze everything, while the properties and taste of dishes are preserved, and the cooking process is simplified and accelerated. The main thing is to follow the rules of frost:

Use only hermetic containers and packages;

Divide the food on the portion and freeze precisely portion;

Sign the name and date, for example, on the sticker. You can use different markers for different dishes;

It is impossible to freeze the boiled and baked potatoes, mayonnaise, fruits and vegetables, which contain a lot of water, and creamy sauce. Set, and not roast

First, bake food is much more useful than frying. Secondly, it saves time. You do not need to stand above the stove, but only check the dish in the oven. Adapt to the baking you can almost any recipe.

Billets - Your Assistant

It is not known what store semi-finished products are made. Therefore, you can make them yourself. For example, share a mixture for roasted on the portions, package by sachets and send to the freezer. You can also enroll with the broth, spill it into ice molds.

Farsh can freeze large portions in packages or form cutlets of them and leave so. Then you need to get and use.

But remember: the fish cannot be cooked frozen or defrosting in a microwave. She will lose his taste. Better put it in front of it for the day in the refrigerator. Touch the dishes

To cut the time on cooking, you can think in advance about the dirty dishes after your creativity. To do this, fill the shell with hot water and add a bit of detergent. So, he will not drown anything, and you will be easier and fastened to wash the dishes faster. And if you are afraid that there is a lot of dishes on the washing of dishes, then use tips on saving water. Prepare several dishes at the same time

Of course, this method will suit those who are able to keep several processes and tasks in the head at once. This is not such a nightmare, as it seems at first glance. For example, while you boil the soup, a side dish can be prepared on the adjacent burner.

Remember that you yourself can easily facilitate the cooking process using Lifehaki data. Not necessarily to use everything. Choose the ones you like.