

General Cooking Knowledge

Q: What are some easy dinner recipes using chickpeas?

A: Chickpeas are versatile and can be used in curries, stir-fries, salads, and stews. Examples include chickpea curry, roasted chickpea tacos, and chickpea tomato stir-fry.

Q: How can I cook a healthy meal with just rice, spinach, and eggs?

A: Try a spinach fried rice with scrambled eggs. Sauté garlic, add spinach, toss in cooked rice, and scramble eggs into the mixture. Add soy sauce or chili for flavor.

Q: What can I cook with potatoes, onion, and butter?

A: You can make buttery mashed potatoes, pan-fried potato hash, or baked potato wedges. Add herbs or cheese for variation.

Q: What are some good substitutes for eggs in baking?

A: Common egg substitutes include flaxseed meal + water, mashed banana, applesauce, yogurt, and vinegar + baking soda. The choice depends on the recipe type.

Q: What can I do with leftover cooked rice?

A: Use it for fried rice, rice pudding, rice-stuffed peppers, or turn it into patties by mixing with spices and binding agents like breadcrumbs or egg.

Diet-Specific Recipes

Q: What are some easy vegan lunch ideas?

A: Vegan wraps with hummus and veggies, lentil soup, chickpea salad, tofu stir-fry, and vegan buddha bowls are healthy and filling options.

Q: How do I make a gluten-free pasta dish?

A: Use gluten-free pasta and toss it with sautéed veggies, olive oil, garlic, and fresh herbs. You can also add grilled chicken or tofu for protein.

Q: What is a keto-friendly dessert recipe?

A: Try a no-bake keto chocolate peanut butter bar using almond flour, peanut butter, cocoa powder, and a keto sweetener like erythritol.

Ingredient Substitutions

Q: What can I use instead of milk in a recipe?

A: Non-dairy options include almond milk, oat milk, coconut milk, and soy milk. For creamy dishes, use coconut cream or cashew cream.

Q: I don't have tomatoes. What can I use instead?

A: Tomato sauce, canned tomatoes, red pepper puree, or even a mix of vinegar and sugar can substitute depending on the dish.

Q: Can I use yogurt instead of cream in cooking?

A: Yes, plain yogurt can be used as a lower-fat alternative to cream in sauces and curries. Add it at low heat to avoid curdling.

Cooking Tips

Q: How do I make a curry thicker?

A: Simmer longer to reduce liquid, add mashed vegetables, coconut cream, yogurt, ground nuts, or cornstarch slurry for thickness.

Q: How can I enhance flavor in a vegetable stir-fry?

A: Use garlic, ginger, soy sauce, sesame oil, chili flakes, or vinegar. Don't overcrowd the pan to keep veggies crisp.

Q: What's a quick one-pot dinner using pantry staples?

A: One-pot pasta with canned tomatoes, onion, garlic, and spices is quick and easy. Add lentils or chickpeas for protein.

Q: How do I know when pasta is cooked al dente?

A: Pasta is al dente when it's firm to the bite but fully cooked. Taste-test it ~1-2 minutes before the package time is up.

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