

Recipe For Success: New Cookbook Offers Three Step Mix & Match Recipes Plus “Insider” Cooking Tips

(NAPSA)—Getting dinner together seems to be a bigger challenge than ever with today's hectic schedules. The Kraft Kitchens is aiming to make suppertime a lot easier with its new *Dinner On Hand* cookbook. The new cookbook trims traditional recipes down to three easy steps using ingredients already in the kitchen. Helpful tips throughout the book make meal preparation and clean-up faster and easier.

Authored by the 60 culinary experts who staff the Kraft Kitchens, *Dinner On Hand* was created for everyday cooking. Many of the cookbook's more than 150 recipes are in an easy-to-follow, four-color grid format showing tasty combinations of meat, vegetables and flavorings that can be mixed and matched to create a variety of dishes.

“We know most people have a ‘mental cookbook,’ that handful of easy, family favorite recipes that save time and always turn out right,” said Stephanie Williams, Senior Director of the Kraft Kitchens. “With *Dinner On Hand*, people can build upon their mental cookbooks with delicious twists.”

The Kraft Kitchens approach to recipe development streamlines the process and replaces multiple, separately measured ingredients with easy substitutes. For example, a stir-fry recipe used to call for measuring out and mixing salt, oil, ground ginger, soy sauce and cornstarch. The updated cookbook replaces those ingredients with $\frac{1}{2}$ cup of prepared salad dressing, which already includes a touch of oil, a splash of vinegar and all the seasonings.



Other tips gathered by Kraft Kitchens experts and featured in the cookbook include:

- Unsure about the age of eggs? Place them in a bowl of cold water. If they sink, they're fresh; if they float, they're old and should be discarded.
- Cut calories in half without cutting the flavor by brushing the bread of grilled cheese sandwiches with light mayonnaise instead of butter.
- Spray your measuring cup lightly with cooking spray before you measure out honey or molasses—even the stickiest ingredients will slide right out.
- To clean your blender, partly fill blender jar with hot water and one drop dish detergent. Run the blender a few minutes, empty the soapy water, rinse with clean hot water and leave in your drainer to dry.

Dinner On Hand, the first in a series of Kraft Kitchens cookbooks, is now available in bookstores nationwide for \$15.95. It is published by Clarkson Potter/Publishers, an imprint of the Crown Publishing Group, which is a division of Random House.