

In the Name of Allah, Most Gracious, Most Merciful

Kids Survival Cooking Tips

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World is moving very fast in which we need to re-organize ourselves to help our kids learn fast moving technologies, even with limited resources. Our Kids may not survive if they don't know basic survival cooking tips. Not only our daughters BUT our **BOYS** also need to know it for their survivals as well. Nowadays only one income is not enough for supporting our families for many of us since prices are getting skyrocketing which includes housing, education as well as foods etc. **We must need to teach cooking to our BOYS as well. If both spouses are working, Men must help their wives in housekeeping.**

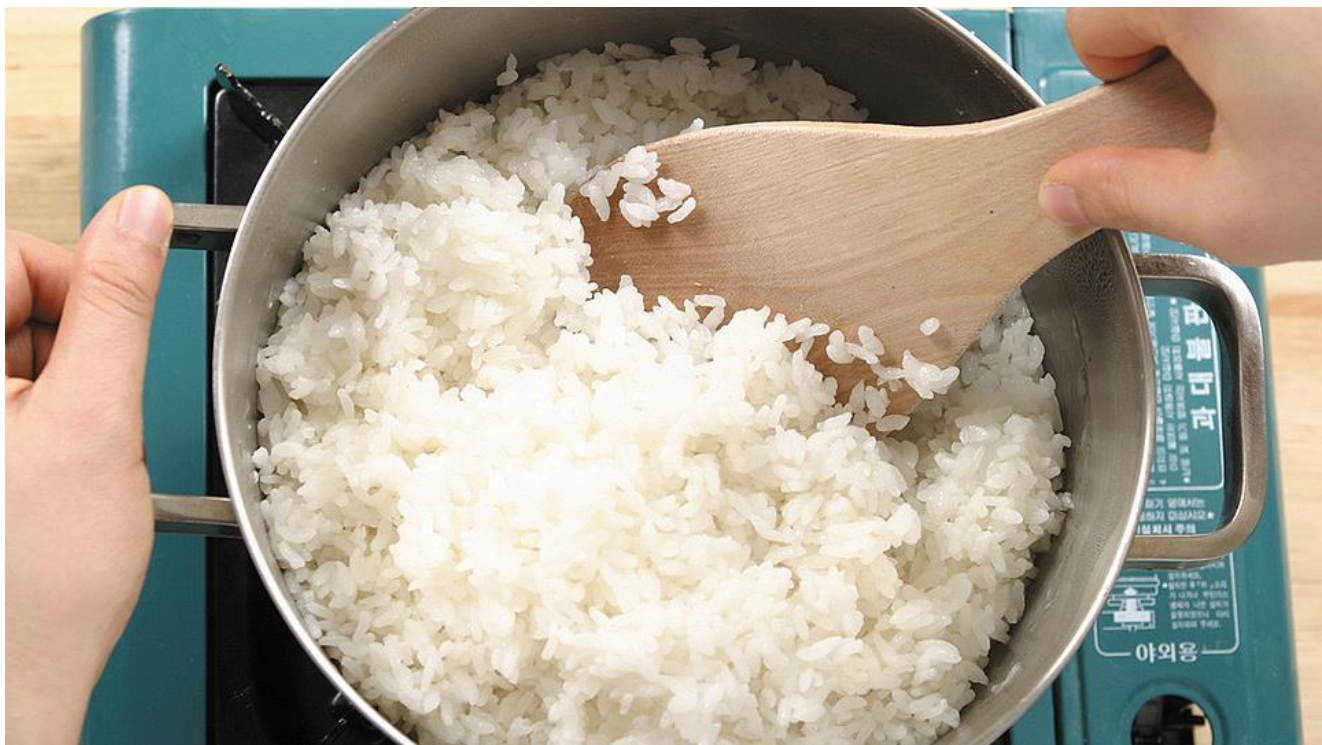
Our Kids are our future and we must take right step to help them.
http://www.global-right-path.com/Downloads/Organizing_Skills.pdf

Basic Cooking Tips:

Never cook at full heat, since there might be chemical reactions due to high temperature and cooking pan might release some chemicals in foods which might cause some diseases. Rather once it comes to boiling turn the heat to all the way down and you may need to stir for few times. **Make sure your food is Healthy NOT Oily, Fatty or Junky.**

Rice Cooking Tips:

Wash and rinse the rice really well, until the water is clear. Place it in a saucepan with double the amount of water. Bring to the boil, then turn the heat all the **way down** and cover the pan with a lid. Cook on the **lowest heat** possible for **10-15** minutes without **uncovering** the pan.



Vegetables Cooking Tips:

There are many ways to cook vegetables. Methods to cook vegetables include boiling, steaming, simmering, roasting, grilling, stir-frying, braising, stewing, and even pickling. Balance is important in every types of cooking. Here is one simple method to cook vegetables. First wash and rinse the vegetables really well. Cut/chop few onions and stir-fry it for **2** minutes in very little oil on low heat. Add vegetables and frying it for **5** minutes, then add herbs/spices (e.g. Coriander powder, Cumin powder, Turmeric powder and Paprika powder etc.) stir-fry it and after **2** minutes add little salt and add little water as well. Bring to the boil, then turn the heat all the **way down** and cover the pan with a lid. Cook on the **lowest heat** possible for around **10** minutes without **uncovering** the pan.



Chicken Cooking Tips:

There are many ways to cook **chicken**. Methods to cook chicken include roasting, grilling, stir-frying and curry etc. Balance is important in every types of cooking. Here is one simple method to cook chicken. First wash and rinse the chicken pieces/legs really well. Cut/chop few onions and stir-fry it for **2** minutes in very little oil on low heat along with Herbs/Spices/Garam Masala (e.g. **Black Cumin Seeds, Black Pepper, Cardamom, Cinnamon Buds, Cloves, Coriander Seeds, Cumin Seeds, Ginger slices, Green Cardamom, Indian Bay Leaf, Mustard Seed, Turmeric powder** etc.). Add chicken and frying it for **5** minutes then add yogurt and tomato slices and add little salt and add little water as well. Bring to the boil, then turn the heat all the **way down** and cover the pan with a lid. Cook on the **lowest heat** possible for around **20** minutes without **uncovering** the pan.



Read Al-Quraan, the Miracle of Miracles and free from contradictions and errors

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