



*Guide To*

**ORGANIC COOKING**

# GUIDE TO ORGANIC COOKING



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## Introduction

It's not everyday that a person gets the chance to write a book and when my best friend suggested that I do so, I naturally enough jumped at the chance. I've been a closet-writer for most of my life anyway and writing comes to me as naturally as breathing.



This is why the thought of writing about organic foods and organic cooking in particular was like a dream come true. Combine my two passions, writing and cooking together? What could be better?

And although for some that might have been the beginning of their own personal nightmare, I took it as a challenge to hone both my skills of writing and cooking.

So although you won't find instructions and recipes on how to write, you will (hopefully) find enough fascinating morsels on the subject of cooking, organic style.

In that pursuit then, the first question you might naturally enough want to know is, what exactly is the difference between normal foods and organic foods?

This is a valid question and not one that many people will know the answer to, not because of anything else, but because there really is such little information on the subject.

What there is fairly comprehensive, but I've found that even these only leave me wanting to know more. Which is why, I've started this book with the next section, "What are "Organic Foods"?" Not because I'll be more comprehensive than other sources, but because I believe it helps to know what you're getting into.

After that, I will then take you through some of the many reasons why you might want to go organic. (I can just hear my family and friends laughing at that statement! The fact of the matter is that I've been trying to get everyone to go organic ever since I discovered organic foods for myself.)

After that we can go through a tour of some of the differences found in organic foods vs. normal conventionally grown and produced foods.

And then after that, we'll get to the crux of the matter: cooking organic foods in a manner designed to get the best out of them, and make your mouth water at the tempting thought!

These will be in the "Organic Recipes" section if you find the thought tempting enough to want to skip ahead. And since this book is mainly about organic cooking, I have included as many recipes as I could possibly cram in without overwhelming you.

Let me tell you right now though, that all of the dishes I've given here are simply amazing and must be tried at least once. There's also the added incentive that most of the recipes are also easy to prepare.

And after the recipes section (which spans many pages!), we can then take a look at how you might be able to grow your very own small patch of organic herbs and vegetables.

## What are “Organic Foods”?



Organic foods, to put it shortly and succinctly, are foods grown in a natural manner avoiding such things as pesticides and chemical based fertilizers as well as genetically modified food strains.

This is not the end-all of organic foods however, there is more to organic foods than meets the eye. In fact there's more to organic foods than can normally be seen with the naked eye as well.

Organic foods are really classed as such not for their sheen, luster, taste or any other denominating factor, but for how it is produced. It is in the production methods that the secret for organic food lies, and why they can be termed “Organic food” only if they meet certain requirements.

To all intents and purposes organic foods are the same as conventionally grown foods. The difference as I said, lies not in the way the end resultant food looks, but in the manner in which they are grown, produced, or cultivated, and this includes everything from dairy products to meats and fish to vegetables.

I can just hear you asking, (or that might be own naturally skeptical mind), but how do you know for certain that what you get at the supermarkets are organic products. After all, if they look like, and to some taste the same as normal foods, how can you tell the difference?

You can't. You have to take it on trust that when you're buying a pound of organically grown apples and carrots for a ridiculously high price, that you're getting the real thing and not conventionally grown apples and carrots for a trumped up price.

Then again, that's the beauty of having government and private watchdogs and things around. When these people do their job properly, you can be assured that what you're getting is the real McCoy.