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Street food cooking chef pizza burger restaurants

Picture: Food Network Whether you're a foodie with your own gourmet kitchen or a novice cook who barely knows how to boil water, you're probably familiar with the Food Network. The cable channel features programs by some of the country's most renowned chefs, such as Bobby Flay, Emeril Lagasse, Alton Brown, Rachael Ray and Giada De Laurentiis, just to name a few. Which of these Food Network stars would you love to share the kitchen with? This probably depends on your cooking style and food philosophy. Do you prefer casual meals that don't require a lot of noise to make? Or do you see cooking as an intensive labor of love – something to spend the whole afternoon preparing and that, in your opinion, so much attention should be paid to the final presentation on the plate as to your real taste? Do you have a kick out of bold and spicy flavors? Or do you have another sweet tooth? Such answers can determine which of the many Food Network chefs would be your biggest fan. Who knows? It might even be your favorite celebrity on the network! You can take this test right now to find out. So let's do it. Or, as the chefs would say: chop chop! PERSONALITY Which food chef should cook dinner? 5 Minute Quiz 5 Min PERSONALITY Which fair food matches your personality? 5 minute quiz 5 min TRIVIA Can you identify all these fast food items without their wrappers? 7 minutes quiz 7 min personality of which two fast food restaurants are you a combo? 5 minutes quiz 5 min trivia can you identify these famous chefs from an image? 7 Minutes Quiz 7 Min TRIVIA I think you could be a chef? Take this quiz! 6 minutes quiz 6 min personality do you have the culinary skills to be a stung champion? 5 minutes quiz 5 min personality can we guess the food you love most for the foods you really hate? 5 minutes quiz 5 min personality what food combination you are and your significant other? 5 minutes quiz 5 min TRIVIA Can you name these Canadian junk food items an image? 6 Minutes Quiz 6 Min How much do you know about dinosaurs? What is an octanal classification? And how do you use an appropriate noun? Lucky for you, HowStuffWorks Play is here to help. Our award-winning website provides reliable and easy-to-understand explanations of how the world works. From fun trials that bring joy to your day, to eye-catching photos and fascinating lists, HowStuffWorks Play offers something for everyone. Sometimes we explain how things work, other times we ask, but we are always exploring in the name of fun! Because learning is fun, so stay with us! Playing quizzes is free! We send trivial questions and personality tests every week to your inbox. By clicking Sign up you are agreeing to our privacy policy and confirming that you are 13 years or older. Copyright © 2021 InfoSpace Holdings, LLC, a duck system1 conifit with vegetable | Mikos/Getty Images Cooking at home, avoiding fast food and cutting processed items out of your diet are surefire ways to lose lose and stay on the path to healthy eating. But where do your favorite restaurants fall on the scale of poor choice of dining for healthy option? Turns out the answer is in the grease. The main goal of a restaurant is to deliver delicious food for you, offer a great gastronomic experience, and make a profit... so they don't always use the healthiest or most expensive options to cook their food. Most restaurants cook their food in soy oil or simple butter. It is simply the cheapest option. In the same way you go to Costco to buy your favorite cereal in bulk, restaurants receive bulk shipments of the ingredients they need – including a 35-pound plastic container of soy oil or canola for cooking. A former waiter has revealed the truth about restaurant cuisine, warning readers to ask waiters what oil there was in their food if you dare. The reason why they don't use good oils (even though they're a locally sourcing restaurant, I checked)? ... They can't. It's not profitable because they use too much of them. They use these oils in all their sauces. They use them in their salad dressings. They use them on their grills, bunning pans and sandwich presses to prevent food from sticking. They usually coated their meats with them just before putting them on heating surfaces as well. Simply put, they use many of these oils, the anonymous waiter told Fearless Eating. Beware of the abundant use of butter in restaurants too, even the gourmet spots. While they're not using the grease tanks that a fast food restaurant would do, they're sautéed, bunning, and creating reductions with lots of butter. You definitely get fatter eating out, Said John Doherty, executive chef at waldorf-astoria, to the New York Post. Most people don't make sauces at home. Gray Kunz, former head chef at Lespinasse, passed on the worrying amount of butter on dishes as healthy as green beans and saturated with fat like a puff pastry. Julia Child told us years ago that she would never be able to replace butter, Kunz admitted, if you knew how much butter comes into a risotto dish, you'd probably never eat again. Even your healthy fish can be cooked in butter and fats. | GBH007/Stock/Getty Images Restaurant foods are not healthy for other reasons, such as hidden sais and sugars and fatty meat. Ordering a lean chicken dish with a side of vegetables may seem like a safe option while dining out, but condiments are often high in sugar and vegetables cooked in butter. Picking a salad? Think again before considering your healthier option. Salad dressings, dried fruit toppings, and restaurant meat can make your dinner green as stuffed with sodium as a side of french fries. You probably choose a lean ground beef in the supermarket for your burgers or meatballs. However, restaurants value taste in health, and cutting high-fat meat is a surefire way to make your meal tastier, Men's Health reported. A restaurant burger can have an alarming content of 30% or more of fat and is probably served on a white or r bread for boot. Nutritionists want Americans to dine less and cook more Research published in the European Journal of Clinical Nutrition has found that restaurant meals, compared to prepared meals and foods at home, are linked to increased fat, saturated fat, sodium, cholesterol and caloric intake. It also found that some sitting restaurants add more sodium and cholesterol than fast food stores. The study found that eating in traditional restaurants added about 58 mg of cholesterol and 412 mg of sodium to a person's daily intake compared to home cooking. Switching from home-cooked food to fast food meals added just 10 mg of cholesterol and 287 mg of sodium. The study concluded that a holistic political intervention is justified to achieve the overall behavior of the American rather than fast-food consumption alone. If you don't already know, start asking what's in your restaurant meals—and be ware of vague answers. If the menus offer a tighter menu, it's usually a safer place to find low-sodium options than the regular menu. Check out the cheat sheet on Facebook! When you think of meat, you probably assume it came from a cow, chicken or pork. But several startups are trying to convince the public that meat doesn't need to come strictly from an animal. The meat box is no longer the meat box, it is the case of protein. Recently, Obvious Ventures, backed by Beyond Meat, began selling its Pea-based Beyond Burger at selective Whole Foods, and just this week Impossible Burger, a plant-based burger made by Impossible Foods, debuted at David Chang's Momofuku Nishi in New York. But what exactly is vegetable meat, anyway? Redefining MeatToday, most of the veggie burgers you find at your local grocery store are typically made with some sort of soy or bean base. They're not really burgers in the traditional sense as much as they are something you can throw in a bun and pretend it's a burger. That's not to say they're not tasty, but they're not convincing anyone (or trying to convince anyone) that they taste the same as ground beef. Both impossible and beyond they want you to feel like you're eating real meat when you eat your produce – in fact, your herbal burgers even bleed. And if someone doesn't tell you that these new burgers are herbal, you might not even notice the difference when you bite them. Biz Stone (pictured left) and Ethan BrownPhotos: Emily Price for Fast Company Ethan Brown, founder of Beyond Meat, says the key to creating a meat-like experience using plants is replicating the composition of real meat: its protein, fat and water. If you understand what goes into the flesh and architecture of it, you can build a piece of meat straight from the In addition, he is particularly proud that his burger is close enough to the real thing to be sold in whole foods' meat box, alongside animal proteins. The company already has a number of herbal products for sale, including chicken strips and meatballs, but their burger is yours product to win this coveted place in the supermarket aisle. But what does it taste like? Brown recently showed off Beyond Burger at a small press event in San Francisco, where attendees had the opportunity to try the burger. The general consensus: it is quite passable. The texture is in point, and the flavor is exceptionally close to the ground meat we all grow up eating. The patties of the event were not seasoned, just pulled straight from the package and grilled. Add a little spice though, and I think Beyond Burger has a solid chance to convert dedicated carnivores. Even sizzled and smelled like a real burger while cooking. Making the aroma and taste of meat is not easy. There are about 6,000 molecules that contribute to the smell you have on a barbecue, the flavor you're getting, the fact that you're salivating a little when you're eating meat, Brown says. We have a really talented scientific team that looked at the molecular structure and said, 'Where can we find analogous molecules in the plant kingdom?' and how can we combine them and make them react under heat in a way that will emit the same aroma and taste? The reactions to Impossible's Burger in New York were also quite positive: these things are very close to the real thing. Why plants? Sure, vegetarians needed a better non-killer burger option, but these two companies are going after someone a little different from the stereotypical vegetable lover: carnivores. The motive? The health of our planet. A 2009 study found that 51% of global greenhouse gas emissions are driven by livestock farming and processing. The Impossible Food website notes that by not using animals, your burger is made using 95% less land (livestock needs to graze), 74% less water (both cattle and plants they eat require a lot of water), and 87% fewer greenhouse gas emissions (because livestock produces methane and exhales carbon dioxide) than their counterpart of ground meat. This is a sentiment echoed by Beyond Meat, which notes that even the most ethically treated animals are drastically affecting our environment. Photo: courtesy of Impossible Foods If you add up all the carbon emissions from the simple fact that animals are breathing -- whether they're sleeping in wonderful barns or factory farms, they're all emitting carbon -- it's about 14 percent of global greenhouse gas emissions there, Brown says. Science can do a lot of things, but I don't think it can create an animal that doesn't breathe. If only a small fraction of meat consumers switched to plant-based protein, if only a few times, it could have a huge impact on our environment as a whole. There would be enough impact that big names like Bill Gates, Biz Stone and Ev Williams chose to invest in their future. Gates invested so much in and Stone and Williams's Obvious Ventures invested \$17 million in Beyond Meat as one of the venture's first investments. Pedra serves in Beyond's Beyond's Impossible has raised \$183 million in total, and even turned down a \$200 million to \$300 million sale proposal to Google last year. That's far more important than alternative energy, absolutely hands down, and anyone who understands the weather will say that, Brown says. Where can you sink your teeth into a plant burger? Impossible's burger is currently only available at David Chang's Momofuku Nishi in New York, and although the company has said it plans to launch the burger at a location in San Francisco this fall, that information has not yet been announced. Its current price: \$12.Beyond Meat is going down a different path with its burger, launching first at Whole Foods locations. It is currently available in only a few stores, but by the end of the fall, the company expects the burger to be available in all Whole Foods locations across the country. If you live near a Whole Foods burger that carries beyond's burger, you can grab a pack of two raw patties for \$5.99.After Whole Foods, Beyond Burger will launch its burgers at Target stores and later at Walmarks and supermarkets. Brown also says the burger will be going to fast food restaurants, and although none have been officially named, former McDonald's CEO Don Thompson joined the company's board late last year, leading us to speculate that plant burgers could possibly be served under the golden bows at some point in the future. Regardless of where any company's burger ends up, it's safe to say that vegetable meat is something we'll all start seeing and hearing (and tasting) much more often. The meat box is no longer the meat box, it's the case with protein, Brown says. If you give people the opportunity to make a better decision for themselves and the planet, they will often make it.

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