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ARE THOSE RECIPES YOU FIND ONLINE RUINING YOUR COOKING?

CARY, NC (5/9/11) – Every day hundreds of thousands of home cooks turn to the internet to find new recipe ideas and figure out what to cook for dinner. Unfortunately, most of these cooks end up disappointed when recipes are not able to answer their cooking questions and solve their dinner dilemmas. Chef Todd Mohr of www.NoRecipeLifestyle.com is trying to change this and help home cooks create simple, delicious, and nutritious meals for their family any day of the week, without stress and without recipes. In a FREE report that can be downloaded at NoRecipeLifestyle.com, Mohr also cites 16 generally accepted cooking rules that are actually false. Following these rules had led countless home cooks to disappointing and even disastrous results. One of the most surprising false rules is the idea that cooking done-ness should be determined by time. Mohr maintains that this common instruction, found in almost every recipe, is often completely off-base due to specific circumstances unique to every cooking situation. Mohr teaches his followers instead to look for specific indicators in their cooking to correctly identify done-ness so that they may avoid hazardous undercooking and distasteful overcooking of ingredients. Another rule that home cooks must stop following is using the recipe's photo as a guide to determining what their finished dish should look like. The truth is that most recipe photos are actually stock footage and have very little connection to the actual finished product you are creating. This rule in particular is very misleading to home cooks and causes frustration in cooking every day. Mohr started as a home cook himself before cooking curiosity and frustration led him to culinary school in 1996. It wasn't until he started The Cooking School of Cary in 2007 and WebCookingClasses.com in 2009 that Mohr started to see first-hand the frustrations people were having with written recipes. "Home cooks have been duped into thinking that preparing a meal from scratch is difficult, takes a long time, and must have written instructions," says Chef Todd. "The truth is that even a novice can prepare great food using ANY ingredients, without written recipes, once they understand the basic cooking methods that professionals use and how simple it is to apply these methods to home cooking." To discover all 16 cooking rules that should never be followed, go to <http://www.NoRecipeLifestyle.com> and download your FREE copy of Mohr's eye-opening report.