



**Dear Friend,**

Please enjoy this week's newsletter and pass it on to a friend. [Let us know](#) what you think of the recipes, and how you like the newsletter.

Click the little envelope at the top right corner to send to a friend, Twitter, Facebook, or LinkedIn.

### **Make Your Own Bacon? Do It Yourself: Bacon, Mayonnaise, and More.**

DIY bacon? Why not? Before there were supermarkets, and things came in packages, people made them themselves. Most of them weren't terribly difficult to make, they just took **time**. Time to **cure, pickle, ferment, age,** and **transform**. For the **next few months** while New York is in the midst of **winter**, and the farmer's markets become scarce, the [Accidental Locavore](#) is going to **explore** what I'm calling "[Out of the Box](#)".

[Read more:](#)



### **Recipe for Easy Yogurt Chicken, Indian Style**

This is a great **recipe** for cooking **chicken** in your **microwave**. **Quick, easy** and **delicious**, you can have **dinner on the table in 30-45 minutes**. With a few exceptions (ginger, cumin, and salt) everything can be sourced locally-I used my own [yogurt](#). This feeds two hungry people with leftovers for lunch. I chop the ginger, chiles and shallots in my mini-processor, but you can chop by hand.

[Get the recipe:](#)

### **How to Cook Perfect Rice**

Cooking rice is pretty easy, if it wasn't would people have been growing and cooking it for centuries? For most rice you need about 1/2 cup of dried rice per person. Rice is always cooked with twice as much water (or broth) as rice. For American varieties (except wild rice), put the water in a heavy saucepan, add salt, and bring to a boil. When the water boils, turn down the heat to as low as you can, add the rice, cover the pot, and let cook for 20 minutes. For basmati and brown rices the cooking time is usually longer (much longer), but it's the same process, just check the package for cooking time.

[Was it good for you too?](#)




**Please help!**I've been working really hard on getting the website ready to launch. Please "Like" the Accidental Locavore on Facebook so we can have our own link.

[Click here](#) or paste this in your browser:

<http://www.facebook.com/accidentallocavore>

Many thanks!

Don't forget to check out this week's [Blogging Boomer Carnival](#). Get advice on hot topics like are you too old to tuck pants into boots...

powered by 

[Subscribe](#) to our email list