



Healthy Meat and Potatoes for Waterless Cookware

Charles Knight

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Good food is a unique, delightful “language” spoken through tempting tastes, stimulating aromas and attraction presentations. It’s the oldest form of every civilization and culture. A salivating link to our past continuously rediscovered, refined and reshaped in our present. Good food is the essence of friendships and neighborhoods, the frosting that tops exciting events and the surprising highlight of any party or celebration. Hearty and delightful meals are created with gentle hands and warm hearts. This I learned as a youngster growing up in the wonderful ethnic mix of New York and New Jersey, with home kitchens brimming with incredible dishes brought with care for the Old World. To those around me, good food was the nourishment of both body and soul. This harvest of flavors was the great influence of my boyhood. From the time I was old enough to know my way around the neighborhood family kitchens, I wanted to be a chef. All my dreams came true as I moved into the fascinating culinary world. In my latest cookbook, coauthored with my son Chef David Knight, I have assembled many of the fondest ethnic tastes and American favorites I enjoyed in my boyhood. Other ideas came from my high school years working in the butcher shops and as a short-order cook. More came from the inspiration of my good friend and neighbor, TV Cooking Show Host Chef Tell and culinary education. Even more came in preparation for my weekly television appearance on WFLA-TV in Tampa and from developing the curriculum for the Health Craft Cooking School. And now, living in Tampa, I have added some Southern delights and the ethnic mix of Ybor City’s Italian, Spanish and Cuban cuisine, all to come in the website pages to follow. I have also included what I have learned from nearly four decades in the cookware business: a practical way to create old classics and family favorites with reduced fat, less sodium, lower cholesterol and calories without compromising taste or culinary training. Better tasting meals that help develop better health, a winning combination! The secret is waterless, greaseless cooking. Yes, good food is a delightful, unique language, and I sincerely hope the ideas you will find on this website and our NEW bestselling cookbook “Healthy Meat and Potatoes” will help you express yourself in healthful and wonderful ways. To your good health! Chef Charles Knight

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