


[ABOUT](#)
[BLOG](#)
[WRITING](#)

You are here: [Home](#) / [Parchment Paper Cookbook Giveaway](#)

Parchment Paper Cookbook Giveaway

By [Jan Udlock](#) on November 7, 2011

I'd like to welcome Brette Sember to Imp3rfect Mom today. The Parchment Paper cookbook is her fun, new cookbook that can help busy parents with dinner and clean up!

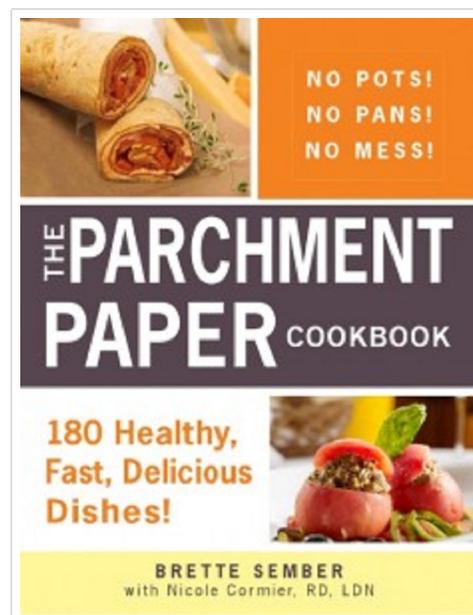
1. Why did you start using parchment paper cooking and can you share a bit about it?

I made my first dish in parchment paper over 20 years ago, as a newlywed. Parchment paper started to pop up in magazines a year or so ago and I got interested in it and started my blog. Parchment paper cooking is about cooking food inside sealed parchment paper packets. It's easy and fun!

2. What are the benefits of using parchment paper cooking?

Parchment paper cooking has lots of benefits. My favorite is that there is no clean up! No pots and pans to scrub. At the most you might need to rinse off a cutting board, spoon, and small bowl, but there is no heavy duty washing up to face once dinner is over. I just love that aspect of it.

Parchment paper cooking is healthy. Because the foods cook in their own juices and



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the steam is kept in, you don't need to add much oil or fat to any of the recipes. You also don't lose nutrients to cooking water.

Parchment is environmentally friendly because it is recyclable and compostable. With this type of cooking, all you turn on is your oven – no burners, multiple ovens, etc. You can cook your entire meal in one oven. You also don't use much water for clean up.

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