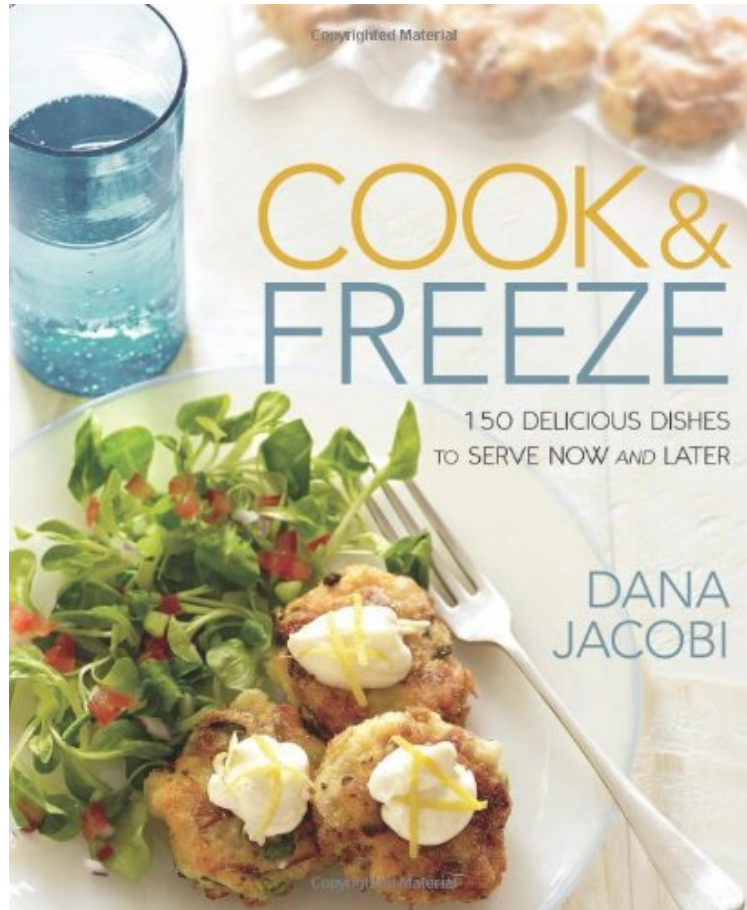


(Read now) Cook Freeze: 150 Delicious Dishes to Serve Now and Later

## Cook Freeze: 150 Delicious Dishes to Serve Now and Later

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**From Rodale Books : Cook Freeze: 150 Delicious Dishes to Serve Now and Later** before purchasing it in order to gage whether or not it would be worth my time, and all praised Cook Freeze: 150 Delicious Dishes to Serve Now and Later:

14 of 15 people found the following review helpful. How Freezing WorksBy JuliaI've learned so much from this book that was recommended on the National Public Radio Station program, The Splendid Table. The first chapter outlines the important fundamentals of freezing food which sets you up for success. The recipes and ingredients are easy yet sophisticated, with gluten free options available. The recipes are designed for double loads; one to eat now and one to freeze. Be sure to read Chapter 11 on the best ways of cooking to fill your freezer. The true beauty of this book revealed itself last week when a friend came home from the hospital and was unable to cook. I was able to complete five, 2 portion freezer meal recipes in one afternoon thus creating ten meals; five for her and five for me, sealed and labeled in ready to freeze packaging vs. in dishes that have to be returned. So far our favorites are the meatloaf, pork chops with honey-sizzled prunes, and the gourmet chicken curry. Absolutely a wonderful book to save both time and money while getting to eat some superb meals in the bargain. I highly recommend this cook book.3 of 3 people found the following review helpful. Too Good to Freeeze!By Java NewBI have only just cracked this book open, but let me

tell you about the FLAVORS! Yes, food develops more flavor once frozen and defrosted, but 2 particular recipes; Roasted Rosemary Almonds Peppered Parmesan crisps never make it CLOSE to the freezer! Both of these items are eaten off the pan by my family. The All American Pimiento Cheese and Herbed Tapenade are great both fresh AND frozen. As you can tell, I haven't made it out of the appetizer section yet! Do your palate a favor, and buy this book! 3 of 3 people found the following review helpful. Good Tool for We Plan-AheadersBy annie\_ This guide's tips for preparing food ahead are actually better than the recipes I've tried so far. The peanut butter cookies I tested were so crumbly that they barely held together. The stuffed peppers fared better. The big bonus here is adapting the make-ahead techniques to my favorite recipes.

Imagine opening your freezer to find it filled not with the usual boxed entrees and frozen burritos, but with wholesome, flavorful, and family-pleasing foods that look and taste homemade-because they are! Dana Jacobi's strategic approach to weeknight cooking is the key to cooking half as much and eating twice as well, with a soup-to-nuts menu of dishes that can be cooked to eat now and later. In *Cook Freeze*, Dana explains everything from the logistics of freezing and the proper use of storage containers and materials to the best approach for preparing, freezing, or defrosting several dishes at one time. All of her recipes, which run the gamut from classic American favorites to Asian, Italian, and Mexican specialties, have been carefully selected to reheat with all of their delectable flavors intact, and they are fully annotated with freezing, thawing, and reheating instructions. Dana also notes which dishes are great for a crowd or quick to defrost. Dishes like her savory Salmon and Mushroom Pot Pies, or fluffy, perfectly sweet Orange Blossom Cupcakes can easily be frozen as individual portions, which is extremely useful for those cooking for one or two or making food to share with others. Best of all, every recipe in *Cook Freeze* is made without the preservatives and other additives commonly found in commercially prepared frozen foods, providing superior flavor and nutrition at a fraction of the cost. With Dana's tips, techniques, and fresh, flavor-filled dishes that your family and friends won't believe were ever frozen, you will learn how to have satisfying meals at the ready every day of the week.

About the Author DANA JACOBI is the author of 10 best-selling cookbooks, including *The 12 Best Foods Cookbook* and *Amazing Soy*. She is a culinary instructor and lecturer and writes a nationally syndicated newspaper column, *Something Different*. She has appeared on national media as a spokesperson for several companies. She lives in New York City.