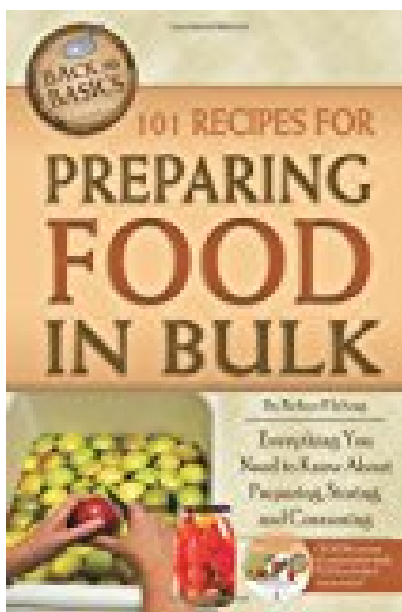


# 101 Recipes for Preparing Food in Bulk Everything You Need to Know About Preparing Storing and Consuming with Companion CD-ROM Back-To-Basics Cooking

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## BOOK DETAILS

- Author : Richard Helweg
- Pages : 288 Pages
- Publisher : Atlantic Publishing Group Inc.
- Language : English
- ISBN : 1601383606

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## BOOK SYNOPSIS

The price of food is rising in a drastic way, and one of the best ways to combat the increasing price of groceries is to start buying in bulk and cooking food in large batches you can store in the freezer for later meals. Besides saving money, cooking in bulk also saves time; you won't need to figure out what to cook every night with delicious, pre-made meals waiting in your freezer. To make bulk cooking truly cost effective and time saving, you need to know the right recipes and tips. This book will guide you through every aspect of cooking 1 in bulk to make it as manageable as cooking regular-sized meals. The book details all the essential appliances and utensils you need in your kitchen, as well as how to take inventory of the supplies and foods you already have. In addition to these basic details, you will learn everything you need to know on cooking clay - from deciding whether you should cook solo or with a partner to how to prepare, cook, cool, and properly store your meals. Once you're ready to eat your frozen meal, this book tells you how to thaw and reheat each recipe and how to detect foods gone bad. More than 100 recipes are provided to help you cook delicious meals you can make any time during the day, including breakfast, lunch, dinner, soups, salads, appetizers, sides, and sauces. Every recipe includes an ingredient list and specific instructions that take you through the entire bulk cooking process. Tips are even included with several recipes to make healthier or vegetarian versions of the dishes.

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