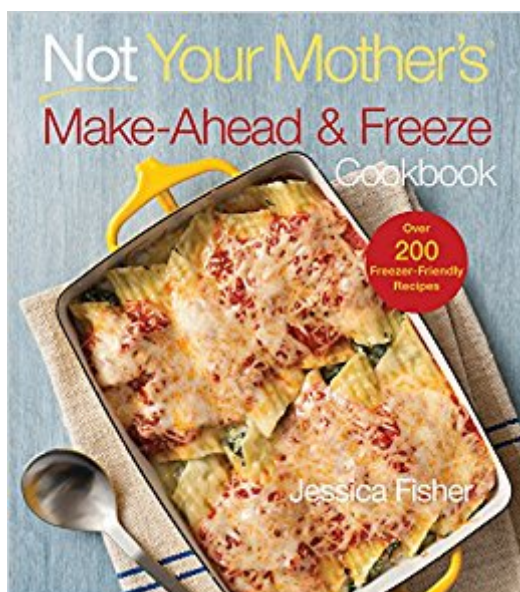


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Not Your Mother's Make-Ahead And Freeze Cookbook



Synopsis

In today's fast-paced society, TV dinners and fast food can easily take the place of good home cooking. But with the help of one of the most underused appliances in most people's kitchen -- the freezer -- anyone can make and preserve about two weeks' worth of delicious home-cooked meals in a matter of hours. Jessica Fisher's *Not Your Mother* provides the key to doing so. Fisher outlines 200 recipes for delectable breakfasts, lunches, and dinners through the method of batch cooking that saves both time and money. This cookbook puts a modern spin on the age-old idea of freezing meals for later, and appeals to today's diverse tastes, providing recipes for not only chicken, beef, and pork, but also fish, shellfish, and vegetarian main courses. Fisher also details how to go about using the freezer to its full potential, giving information on the best freezer bags and, most importantly, how to thaw food safely after it has been frozen.

Customer Reviews

JESSICA FISHER is a busy mom of six children, ranging from kindergarten to high school. Homeschool mom by day, freelance writer and blogger by night, she writes two popular blogs, LifeasMom.com and GoodCheapEats.com. Jessica has written online for The Kitchn, Life Your Way, Money Saving Mom, \$5 Dinners, and Simple Mom and in print for more than 85 regional parenting publications in the U.S. and Canada. She lives with her husband and children in San Diego, California and is an avid home cook. She is also the author of *Not Your Mother's Make-Ahead and Freeze Cookbook*.

Introduction: This is Not Your Mother's Make-Ahead and Freeze Cookbook Dinner time. The phrase can evoke memories of lively voices, cozy suppers, and candlelight; images of forks chasing the last morsels of this or that on the plate; flavors blending in a happy symphony; satisfied hearts and tummies. Contentment.

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