



101 Recipes for Preparing Food In Bulk (Back to Basics Cooking)

Richard Helweg

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The price of food is rising in a drastic way. In the 1970s, shoppers paid around 98 cents for a pound of ground beef and 59 cents for a dozen eggs. The simple truth is a dollar doesn't go as far as it used to because of inflation and the rising cost of transporting food. 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.

Learn everything you need to know with help from 101 Recipes for Preparing Food in Bulk: Everything You Need to Know About Preparing, Storing, and Consuming. This book will guide you through every aspect of cooking 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. This book provides tips so you know where and how to do your grocery shopping. In addition to these basic details, you will learn everything you need to know on cooking day—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. 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.

We interviewed dozens of experts from the food service industry, as well as experienced individuals who bulk cook at home. Their insight into the nature of bulk food preparation, storage methods, and professional tips and tricks will help you keep your food fresh as long as possible. The companion CD-ROM is not available for download with this electronic version of the book but it may be obtained separately by contacting Atlantic Publishing Group at sales@atlantic-pub.com

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