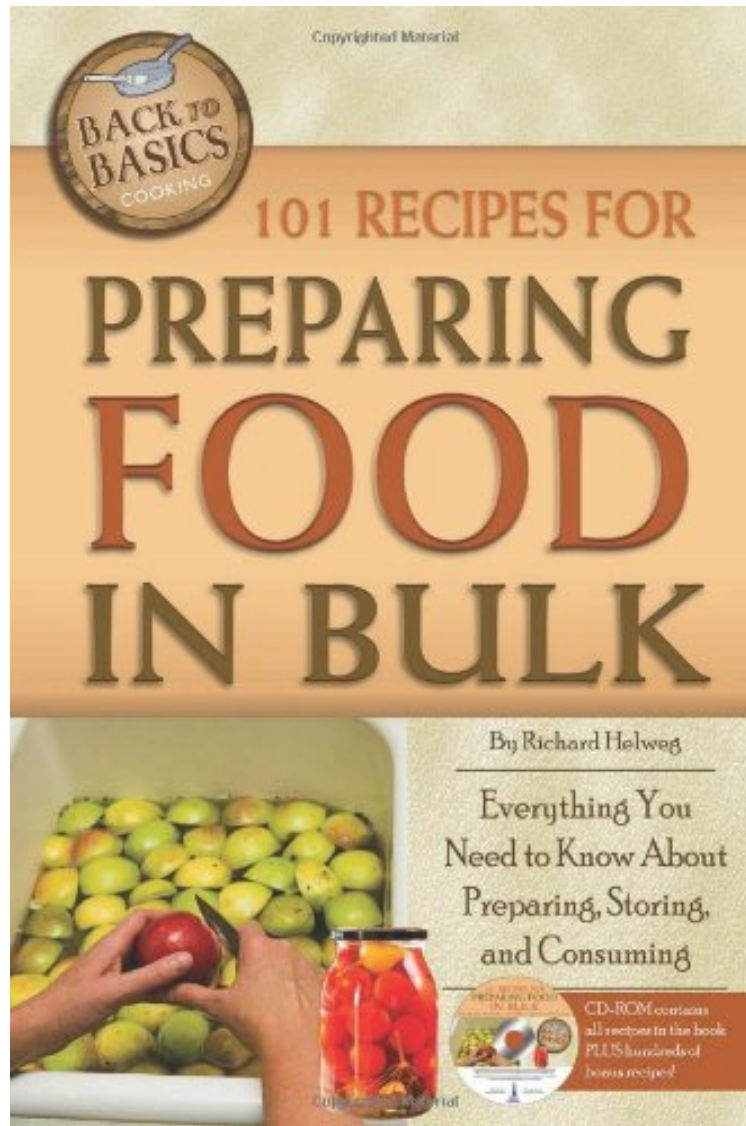


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101 Recipes for Preparing Food in Bulk: Everything You Need to Know About Preparing, Storing, and Consuming with Companion CD-ROM (Back-To-Basics Cooking)

Richard Helweg

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Richard Helweg : 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) before purchasing it in order to gauge whether or not it would be worth my time, and all praised 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):

1 of 1 people found the following review helpful. Like this book. The canning jar on the front cover miss leads..By bjInSoILThis is a great book. Been looking for one like this for a long time. Have not had the book long, however the recipes I have checked out all seem to be designed for 100 servings. If you are trying to figure out how much ground beef you need to buy for fixing "your" spaghetti for pre-game football team supper you will find it here. With one little exception, you will have to allow double for a football teams appetite! This book seems to have some good recipes, but even more than that you will get key information on how to "bulk" up your own recipes for prepping ahead or freezing ahead. Using the spaghetti example, you could make the recipe for your family of five and have spaghetti tonight and freeze 19 meals of meat balls and sauce in your freezer. You can turn all your family favorites into fast food. This book will give you an idea what you need to have on hand. Just think you will also have help on figuring how much to make for the family reunion. As much as I like the book, I really did not get the book I thought I was getting, as the canning jar on the front of the cover threw me off. I thought the book was about making up big recipes and also how to can the recipes. You will not find any method as far as I can see on how to can up any chicken meals, but you will find many chicken recipes and methods on how to freeze them. Even the many different sauce recipes in this book seem to be only for the freezer. This is not completely a bad thing, you can still make the large batches up and then can them using commonly known canning procedures. By the way this book does go over canning procedures briefly. Get the book if you have ever wondered how many potatoes to peel for Christmas dinner.0 of 0 people found the following review helpful. Five StarsBy Charles Kupeliangreat was good value1 of 1 people found the following review helpful. i had this book from the library so I knew that I wanted it for my personal libraryBy Mary-Ann Novaki had this book from the library so I knew I wanted it in my personal library, very good book

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. Today, consumers pay around \$3.69 a pound for ground beef and around \$1.40 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. All basic details are covered, including the essential appliances and utensils you need in your kitchen, how to take inventory of the supplies and foods you already have, and tips so you know where and how to do your grocery shopping. In addition, 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 are ready to eat your frozen meal, this book tells you how to thaw and reheat each recipe and how to detect if food has gone bad. More than 100 recipes are provided to help you cook delicious meals including: breakfast lunch dinner soups salads appetizers sidedishes sauces beverages Every recipe includes an ingredient list and specific instructions that take you through the entire bulk cooking process, along with tips to make healthier or vegetarian versions of the dishes. Additionally, The companion CD-ROM contains a database of over 1600 recipes. 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. For anyone who has ever considered creating and storing their own bulk foods, *101 Recipes for Preparing Food in Bulk* will give you everything you need to know to get started.

About the AuthorRichard Helweg has more than 25 years experience working in the nonprofit sector as an artistic director, managing director, and executive director. He is an award-winning playwright and has recently written *And Justice for All*, *A History of the Supreme Court*, a book for young readers, and *How to Get Your Share of the \$30-Plus Billion Being Offered by U.S. Foundations: A Complete Guide for Locating, Preparing, and Presenting Your Proposals* (Atlantic Publishing). Richard lives in Lincoln, Nebraska, with his wife, Karen, and sons Aedan and Rory.