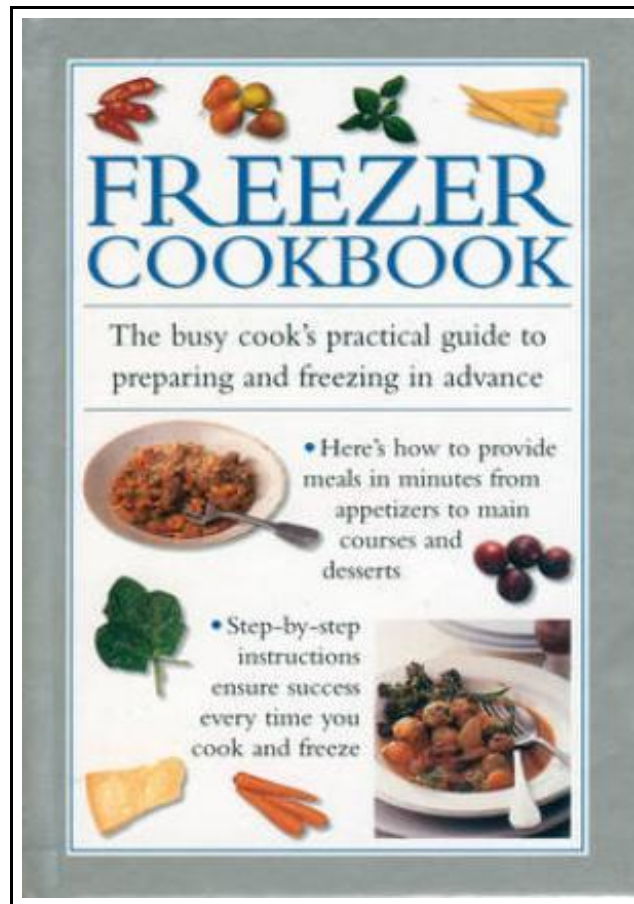


## Freezer Cookbook



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Hardback. Book Condition: New. Not Signed; This is the busy cook's practical guide to preparing and freezing in advance. Here's how to provide meals in minutes with more than 30 inspirational recipes, from appetizers to main courses and desserts. Step-by-step instructions ensure success every time you cook and freeze. It features dishes for all occasions, from tasty after-work casseroles to impressive dinner-party creations that allow you to be with your guests. You can enjoy seasonal fruits and vegetables all year round. It includes advice on types of freezers, as well as packing, freezing and defrosting foods. The freezer is an invaluable piece of kitchen equipment. Convenience foods are useful, but it is worth making space in the freezer for some home-cooked, nutritious dishes, too. Far from increasing time spent in the kitchen, a freezer will reduce it. Cooking in bulk can be much more economical and will mean you can have food in the freezer ready for when you are short of time. Many dishes can be defrosted quickly in the microwave, so you may not even need to think ahead. This book contains over 30 perfect freezer recipes, with at-a-glance guides to defrosting and reheating. Whether you are planning a party or need a supply of suppers, this handy volume has plenty of ideas. book.



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