



## Not Your Mother's Make-Ahead and Freeze Cookbook

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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.

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