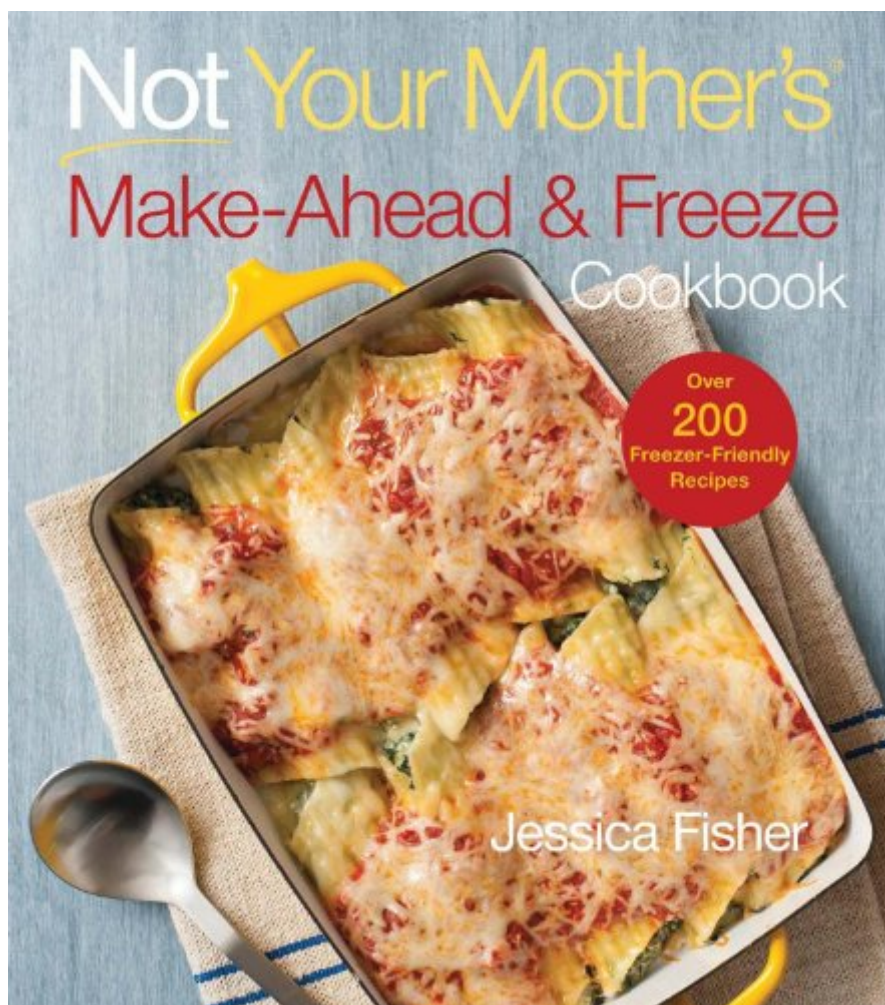


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# Not Your Mother's Make-Ahead And Freeze Cookbook (NYM Series)



## Synopsis

Our mothers and grandmothers put up food in the freezer to economize on time and money. In a recessionary environment and in a world of dual-job families, there's even more reason to do so today. But we don't have the same tastes as our moms. We eat a wider range of foods, drawing on a variety of ethnic and global cuisines, we include more produce and grains in our diets, and we use fewer processed and fatty foods. Jessica Fisher's *Not Your Mother's Make-Ahead and Freeze Cookbook* is the perfect guide for economical home cooks with any or all of these new tastes in foods that take well to freezing. Competing books on freezing sell strongly and steadily. Typically, they are based on a very specific plan—cooking for a family of four for a month ahead in an afternoon of work in the kitchen, for example. They offer orderly plans with decent, if largely unimaginative, food. *Not Your Mother's Make-Ahead and Freeze Cookbook* offers two advantages over these books. First, Fisher lays out lots of easy-to-follow guidelines for diverse families with varying needs and desires, taking into account how long you want to spend in the kitchen—there are 2-hour, 4-hour, and daylong plans—as well as how far out ahead you want to cook for, the size of your household, the size of your freezer, your budget, and even your taste for one-dish meals versus multi-course meals. The emphasis is on facilitating flexibility without sacrificing clarity and ease-of-use. Second, Fisher's 200 recipes deliver flavorful and healthy food in abundance. She takes readers beyond mom's beef-pork-chicken triumvirate, with lots of ideas for lamb, fish, shellfish, and vegetarian main courses. There are homey and family-friendly dishes, like Cheddar Cheese Soup with Zucchini, Broccoli, and Carrots, or Crumb-Topped Cod Fillets, fancy dishes for company, like Seasoned Steak with Gorgonzola Herb Butter, and lots of globally inspired creations like Salsa Verde Beef, Red Lentil Dahl, and Hoisin-Glazed Salmon. While the emphasis is on dinner, there are breakfast and brunch recipes, too, and plenty of ideas for breads, quick breads, and desserts that freeze well. Ample sidebars address such matters as finding good freezer bags and containers, labeling frozen food, whether to invest in a new freezer, and how to thaw safely. The author's story—cooking for a family of eight, including six home-schooled children under ten, and serving as the creator and writer of the popular blogs *Life as Mom* and *Good Cheap Eats*—fits the topic and the book perfectly. Fisher is a woman who knows all about budgeting time and money efficiently, at the same time serving up delicious food with warmth, love, and an appreciation for the pleasures of the table.

## Book Information

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## Customer Reviews

Based on the other reviews, I had high hopes for this book. I own or have checked out most every freezer book out there. This one is pretty basic. There are a lot of recipes for marinades, which isn't what I was looking for. I have a whole other book of marinades and sauces. Unfortunately, each of these recipes only gives directions for "grilling over a hot fire", not oven directions, which is limiting. The remaining recipes are pretty basic/mix and match. For example, there will be recipes for different kinds of pizza using the same crust, enchiladas, etc. There are also recipes for meat that you cook in the crockpot and shred for later. There are about 49 recipes for breads/desserts. The main reason I use freezer cooking is for dinnertime, but perhaps other families are different. While chopping and freezing ingredients ahead of time saves some time in the kitchen, a lot of the recipes need a lot of prep after thawing. That defeats the purpose for me. And though it claims not to use condensed soup like our mothers cooked with, there are recipes using a homemade cream of celery soup. There are maybe two recipes in here that I would use, and if it didn't cost half as much as the book to send back I would. The cookbooks I really like for freezing are Fix, Freeze, Feast and

You've Got It Made. The health content of the recipes is similar and there is a lot more variety to work with.

I recently decided to start making freezer meals to help with budgeting and time. I am so glad I chose this book. I love that the base for several recipes is a homemade cream of celery soup - My son has a wheat allergy and I have been able to make the soup base with gluten free ingredients thus allowing him to share many of the meals with us. We have tried several of the recipes and so and I am looking forward to trying many more. I think the information provided regarding the proper way to freeze and thaw has given me confidence to try something new. Also I like not just the pre-planned cooking days, but also that she gives you the tools to organize a custom plan for preparing any combination of meals in the book. I will definitely continue to use this book.

Found this book at my library. After renewing and checking out multiple times I decided I should purchase. I'm an avid cook and use the freezer to streamline. This book gave me new ways to think about freezing food AND some awesome recipes my family loves. I've made at least 20 recipes from this book. Only 1 we didn't like. It was worth the purchase for me. Every week we have at least 1 item from this book (the garlic focaccia is great and very portable).

I was really excited when I heard that this book was coming out! I read both of Jessica's blogs (lifeasmom and goodcheapeats) and LOVE all of the recipes! I was looking for a really easy way to keep a lot of her recipes in one easy to find place without having to search through the blog each time. The apple slab pie recipe with homemade pie crust and red sauce for pasta are 2 of our favorite recipes from this book and are made quite often in our house. I also really like the mix and match muffins. Her ideas of how to make mealtimes easier has been a real lifesaver in my house as my kids' lives are making prep time a little more difficult every day. Pulling items already prepped out of the freezer is much easier!

I've had this book since it first came out, and I have used it so much! There are how to's, recipes and also the section for how to plan freezer cooking days. She has recipes for beef, poultry, seafood, pork, meatless and baked goods/desserts. We have found several family favorites that are in our menu rotation. My husband said we can quit going out for mexican food because of the tasty enchilada recipes! The recipes use non-processed ingredients which is great! I have two children ages 3 and 1, and freezer cooking is a MUST for me. I have gleaned several good ideas for how to

keep my family fed and happy come dinner time, instead of bumbling around trying to get something cooked while they are hanging on me. I really appreciate this author and this book. I can't think of anything I dislike about the book. She has a section pointing to recipes that are naturally gluten free, and a section for tips with freezer cooking with children and keeping them busy. I highly recommend this book to anyone learning how to freezer cook or someone needing more recipes. We have loved every recipe we've tried.

I purchased this cookbook a couple weeks after it was released. Since then, I have coordinated two large freezer cooking sessions with 6 and 10 people participating. We used the majority of the recipes from Not Your Mother's Make-Ahead and Freeze Cookbook, some recipes from other sources. I've received nothing but VERY GOOD feedback from the participants on the recipes from Jessica's cookbook and have been very happy with them myself. I like that they are formulated for individual family servings (typically serving 4-6 people) and not designed to make 8 batches. It's much easier to multiple a recipe times the number of participants in the group than it is to take a recipe designed for 8 batches and figure out how much I need to make 10 batches. My favorite part about this book? The COOKING PLANS! With very few exceptions, I can take one of her plans and go straight to the store with it. Thankfully, I'm not cooking for a picky family, otherwise that may be difficult. I would LOVE to see more half-day session EVERYDAY cooking plans. Thankful that the recipes don't use artificial ingredients or otherwise bad for you items. I also follow Jessica's blog at [goodcheapeats.com](http://goodcheapeats.com) and enjoy the recipes online and new cooking plans that aren't in the cookbook. In my opinion, worth having this book in your collection!

I friend recommended I purchase this cookbook after making the lawnmower taco bake and really liking it. I LOVE the fact these are all make ahead and use ingredients I have on hand! I look forward to stocking my freezer with these delicious recipes! Thanks!

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