



## Freeze & Easy: Fabulous Food and New Ideas for Making the Most of Your Freezer

By Sara Lewis

Pavilion Books. Hardback. Book Condition: new. BRAND NEW, Freeze & Easy: Fabulous Food and New Ideas for Making the Most of Your Freezer, Sara Lewis, Freeze & Easy teaches you how to make the most of your freezer to save time and money. By cooking in bulk and freezing gluts, you can cut down on the cost of your ingredients and the time you spend in your kitchen. Packed with 100 delicious recipes, including lentil and venison sausage stew; Thai green fish curry; garlicky dauphinoise; pear, saffron and ginger tarte tatin; blueberry and white chocolate muffins and peach and vanilla lattice tart. Freeze & Easy features all the basic recipes a busy cook needs; for example ragu sauce that can be frozen and then turned into numerous dishes. There are also recipes perfectly suited to cooking in bulk - for instance, why cook one lasagne when you can fit three in your oven and freeze two of them? Every recipe features health and safety advice on freezing, defrosting and reheating, and there are at-a-glance charts of ingredients to show which ones can be frozen and for how long.



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