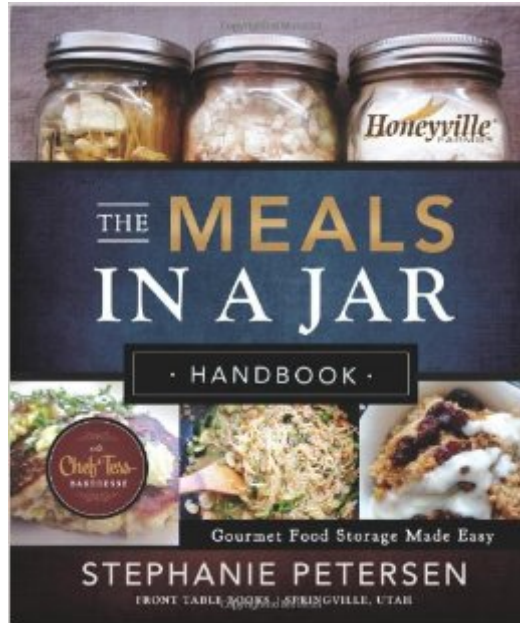


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# The Meals In A Jar Handbook: Gourmet Food Storage Made Easy



## Synopsis

Meals as easy as 1--2--3! Just add water and dinner is done. Using Chef Tess's tried and tested dry--packing method, learn how to make meals that are not only delicious and family--friendly, but also shelf--stable for an average of 5-10 years. Enjoy recipes like Broccoli Cheese and Rice Casserole, Chunky Italian Spaghetti, and Spicy Chicken in Peanut Sauce, all from a jar!

## Book Information

Hardcover: 200 pages

Publisher: Cedar Fort, Inc.; Spi edition (January 14, 2014)

Language: English

ISBN-10: 1462113788

ISBN-13: 978-1462113781

Product Dimensions: 0.8 x 8.2 x 9.2 inches

Shipping Weight: 1.8 pounds

Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (74 customer reviews)

Best Sellers Rank: #165,577 in Books (See Top 100 in Books) #94 in [Books > Cookbooks, Food & Wine > Cooking Methods > Gourmet](#) #213 in [Books > Cookbooks, Food & Wine > Canning & Preserving](#) #673 in [Books > Cookbooks, Food & Wine > Cooking Methods > Quick & Easy](#)

## Customer Reviews

I'm not a survivalist preparing for total economic collapse. I'm a backpacker in search of better tasting, less expensive, and easy to prepare trail food as an alternative to the various MRE-style offerings on the market. After discovering the meals in a jar concept on YouTube and doing some further research on "Chef Tess", I bought this book pre-production because I wanted to adapt the emergency meals concept to my outdoor expeditions. First, as the Honeyville corporate chef, the author makes it quite clear that the purpose of the book is to promote the purchase and exclusive use of Honeyville food products and nearly every ingredient listed has the Honeyville or Chef Tess name on it. OK, fair enough, since that proviso is clearly stated up front. However, some of the ingredients, like dehydrated minced onions, have close cousins that can be found in local mega-food stores. My thoughts follow: Pros: \* The book is hard cover with a sturdy spiral ring binding that allows it to lay open flat; a big plus. \* The book is well organized. \* The photography is gorgeous. \* The recipes are very clearly laid out; it would seem to be nearly impossible to screw anything up. \* The author does a good job of warning readers to take special care when packaging the real meat products, something that could be overlooked when most of the other ingredients

don't require the same level of care in packaging.\* The book is faithful to its premise; every recipe presented is a meal in a jar.Cons:\* The book is printed in China :-(\* The book has a few technical errors. For example, on page 4 the author recommends "5.0 millimeter" mylar storage bags, which would be 1/5 inch thick!

Title: The Meals in a Jar HandbookAuthor: Stephanie PetersenPublisher: Front Table BooksISBN: 978-1-4621-1378-1  
Whether you're preparing for an unexpected calamity or you simply want everyday food, Chef Tess has you covered in this definitive resource for making your own delicious shelf-stable meals. With Honeyville's quality ingredients, food storage doesn't have to be endured – it can be enjoyed! • Stephanie Petersen writes on the back jacket of her book, "The Meals in a Jar Storage Handbook."At one hundred and eighty-eight numbered pages, this spiral hardbound cookbook targets those interested in making food recipes with items purchased from a specific company that can be stored for years. With almost full-page color photographs of completed creations, it is a collection of tasty recipes to put in a jar or airtight container. With a short preface, introduction to the "52 Method," information on Mylar pouch meals, and frequently asked questions at the beginning of the book, the recipe index and author's biography are at the end. Readers should be warned before purchasing that this book is a promotion of Honeyville Farms, a food storage and baking company which has four locations in Arizona, California, and Utah. The author also recommends her Chef Tess's spices and seasonings to be used. Using a quart-sized jar and/or Mylar pouches, Petersen's concept of Meals in a Jar covers food recipes that can last as long as fifteen years. Starting with forty-three skillet and casserole dishes, next are twenty-three stews and soups. The breakfast section has eighteen recipes along with fourteen breakfast-for-one meals. Seven breads, twelve desserts, and eight cookie mixes complete the list.

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