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# Week In A Day



## Synopsis

Wondering what to make for dinner tonightâ™ and for the rest of the week? Hereâ™s an easy way to prepare a weekâ™s worth of meals, for yourself or the whole family, in just one day. Relax with a tasty meal after a busy day. Enjoy your evenings around the dinner table with your friends and family. Sound too good to be true? Not if you plan your Week in a Day. Rachael Rayâ™s Week in a Day, the companion book to her hit cooking show of the same name, offers more than two hundred recipes that will help you prepare five nightsâ™ worth of meals in a single day. The woman who taught America how to make a meal in 30 minutes is sharing more of her practical and easy tips that will have you eating well for days to come! Each week features its own theme, including From a Taco to Morocco, A Chicken in Every Pot, and Stew on This, allowing your taste buds to travel around the world with dishes such as Chicken and Chorizo Spanish Enchiladas, Argentine Chili with Chimichurri, and Zinfully Delicious Short Ribs. In addition, Rachael shows you how to fit all the groceries you need for three fabulous meals into a single bag with her special section, 1 Grocery Bag, 3 Meals. And you can enjoy bonus content and extra recipes for side dishes by scanning the QR codes displayed throughout. When the weekend rolls around, this book has everything you need to get ready for your Week in a Day. Come Monday night, youâ™ll be glad you did!

## Book Information

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## Customer Reviews

Here's the good news. Rachel Ray is one of the most talented recipe creators around. This book is no exception. The food here looks and reads delicious. The book is also beautifully illustrated with

photographs of completed meals. The food, as advertised, is mostly "make ahead." So why only three stars? With a title like *Week in a Day* I was expecting a week of recipes that used many of the same ingredients and were easy for a busy home cook shop for and put together easily. This book, which contains a list of cooking days, each with a list of five recipes might better be titled "Week in a Very Long Day." Even very experienced cooks, used to cooking ahead will find a Sunday spent cooking these recipes all together, very long. Most weeks contain just a few recipes that truly help one another. For example, Week 1 starts out with pork tacos and ends with pork ragu. Okay that works. But in the middle come Crab Cake Mac and Cheese, meatloaf and a ratatouille, all of which use different proteins, many ingredients which don't overlap and require different timing. And don't get me started on the clean-up. I'm exhausted just thinking about it as no effort is made to consolidate. Most cookbooks with a make-it-in-one-day title, contain strategies for organizing a day of cooking, such as chopping onions for three recipes at the same time, or even sautéing them together. This book contains no such strategies and it's not clear why the reader should want to make them during the same week. The book also lacks shopping lists. The cheery introduction lists "Make a shopping list" in the READ ME FIRST! Section. Is this the same cook who gave us ingenious 3 in 1 recipes? The one who wrote the fantastic No Repeats book?

I have been waiting months for Rachael Ray's *Week in a Day* to come out. The idea is that one spends a day cooking (a Cook Day) to be rewarded with 5 delicious meals for the week ahead. It sounds terrific to this working mom of two tiny children but in actuality, the book doesn't deliver as well as I hoped. The book is divided into 43 weeks of 5 dish menus. Each week has its own theme: five fiesta favorites; meatlover's lane; a chicken in every pot; hearty classics, Thanksgiving anytime, etc. After that comes 4 foundation recipes (poached chicken, parmigiano-herb stock, roasted tomatoes, and pulled pork) that you use frequently. Then the final section is 1 Grocery Bag, 3 Meals in which you are given 8 grocery lists that promise three hearty meals utilizing only one sack of groceries. Don't get me wrong. I think the food is delicious and hearty. I cook everything from Food Network classics to Thomas Keller. I think Ray's food has improved steadily over the years and does deliver. The problem? I can't imagine utilizing many of these menus on a Cook Day to deliver meals later in the week. The recipes all have a common theme but most of the time that theme means cooking lots of different proteins and utilizing new ingredients with each dish. It isn't cost-effective and goodness knows, I don't own enough pots, pans, and kitchen implements to make all five recipes in a day. Ray says she frequently spends a good 5-6 hours cooking up a week's worth of meals. I can't see myself making 5 of most recipes in these menus in under 5-6

hours. The interruption of cleanup between recipes would make it an all day ordeal. I fully realize you have to spend some time in the kitchen to make good food, and her recipes are good.

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