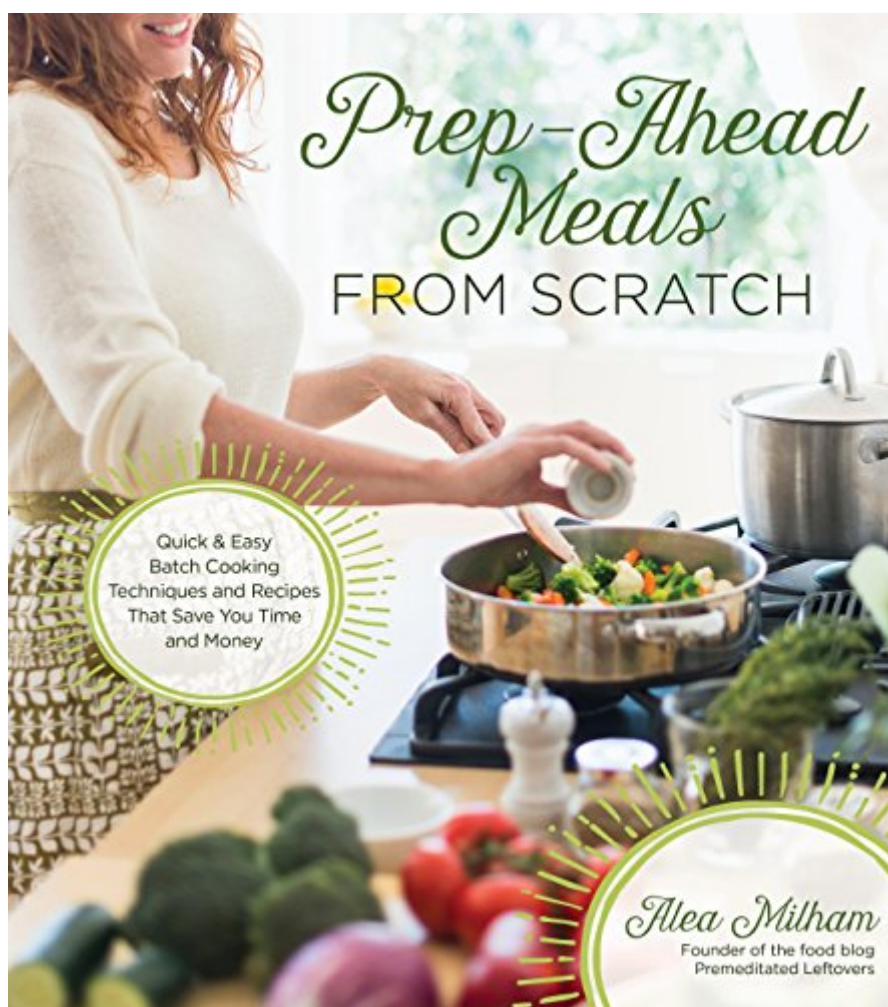


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# Prep-Ahead Meals From Scratch: Quick & Easy Batch Cooking Techniques And Recipes That Save You Time And Money



## Synopsis

A Better Way to Cook Ahead Families are busier now more than ever, and nobody understands that better than busy mom and food blogger Alea Milham. With *Prep-Ahead Meals from Scratch*, she brings a unique batch cooking concept that will streamline weeknight family meals like never before. She shows you how to use simple prep-ahead techniques to stock your refrigerator with precooked ingredients that can be combined with fresh produce to easily create wholesome meals. Leave prepackaged foods and take-out behind as you learn the many easy ways to cook ahead from scratch to save time and money during the busy week. Alea breaks down the classics into convenient weeknight dinners using fewer ingredients and smarter techniques. Batch-cooked chicken and homemade spaghetti sauce are combined to create a hearty Chicken Parmesan Pasta Bake that comes together quickly. Batch-cooked beef strips and precooked peppers and onions are used to make Philly Cheesesteak Quesadillas. Batch-cooked meatballs are coated in a Mongolian Beef sauce and served over precooked rice for a delicious dinner in minutes. Learn multiple methods for batch cooking your favorite meats, beans and rice to use in simple-to-assemble recipes your whole family will enjoy. By prepping ahead, dinner was never so easy!

## Book Information

File Size: 39541 KB

Print Length: 208 pages

Publisher: Page Street Publishing (January 26, 2016)

Publication Date: January 26, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B00YM7LX3U

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #251,505 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #32

in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Professional Cooking > Quantity

#66 in Books > Cookbooks, Food & Wine > Cooking Methods > Large Quantities #407 in Kindle

Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Healthy

## Customer Reviews

Even though I've only had this book for a little over a week, I am already in love with it and have made over a dozen of the recipes. The favorite has been the Honey Mustard Chicken Salad Wraps and I made a double batch hoping to have enough for lunch the next day, but the family wiped it out in one meal. The book is sectioned into six parts: chicken, beef, pork, beans and rice, vegetables, and pantry staples. Included is are brief blurbs on menu planning and food storage, which really are integral to using the cookbook. By batch cooking, you can have the majority of ingredients ready to pull together at a moment's notice for dinner, or a completed dish to pop in the oven for 30 minutes and dinner is ready. Taking a couple hours on a Sunday afternoon to pre-cook, pre-cut, and pre-measure out ingredients saves so much time, stress, and money. Pick the recipes you'd like to eat, add up how much meat, beans and/or rice, and produce you'd need to make those dishes, make a grocery list, and get ready to cook. It becomes as easy to cook at home and have dinner ready in less time than it would take to order a pizza and have it delivered. I know how easy it is to fall into the mood/habit of "Yeesh, I'm too tired to cook/it's too late to start something now/I have no idea what I want to make. Let's just order out." The recipes in this cookbook are simple but flavorful. Nothing here requires fancy ingredients that are impossible to find, a home kitchen stocked as well as a professional kitchen, or difficult cooking techniques. Ingredient measurements are given in volume and weight so you can choose either way to measure out ingredients. Nutritional information isn't provided for the recipes, but low salt/fat or salt-free ingredients can be subbed in without any real noticeable difference.

Two kids - one a teenager and one a competitive gymnast, each at different schools with different schedules. Husband who works for Amtrak and also tends to have varying schedules. Me, the only one who has a set schedule at work, but who also does all the taxi-driving for the aforementioned household members. So when I saw this book, I immediately grabbed it, hoping that it would be the help I was looking for to make getting a home-cooked meal on the table a little bit faster and easier. I don't do the "Cook for a day, eat for a month" method of make-ahead. Too much work (Have \*you\* tried to chop 13 onions at once?! My eyes feel like they're bleeding!) and too many erratic schedules to deal with. I have recently started doing the so-called "batch cooking", which is what this book endorses - basically, making extra of something you're already making to put in the freezer. I have found that it really does come in handy, so I was hoping that this book would give me some ideas to help me not only continue this process, but to expand and make it better. Unfortunately, it was only partially successful. As per any cookbook, I will always make a minimum of three things before

reviewing, as I feel that it is impossible to really review a cookbook without tasting the food and following the directions. For this particular cookbook, I made the seasoning salt, the baked meatballs, and the Mongolian Beef meatballs. The seasoning salt was quite good, and I can imagine using it on pork, chicken, and possibly even seafood. The Baked Meatballs were a little bland when tasted plain.

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