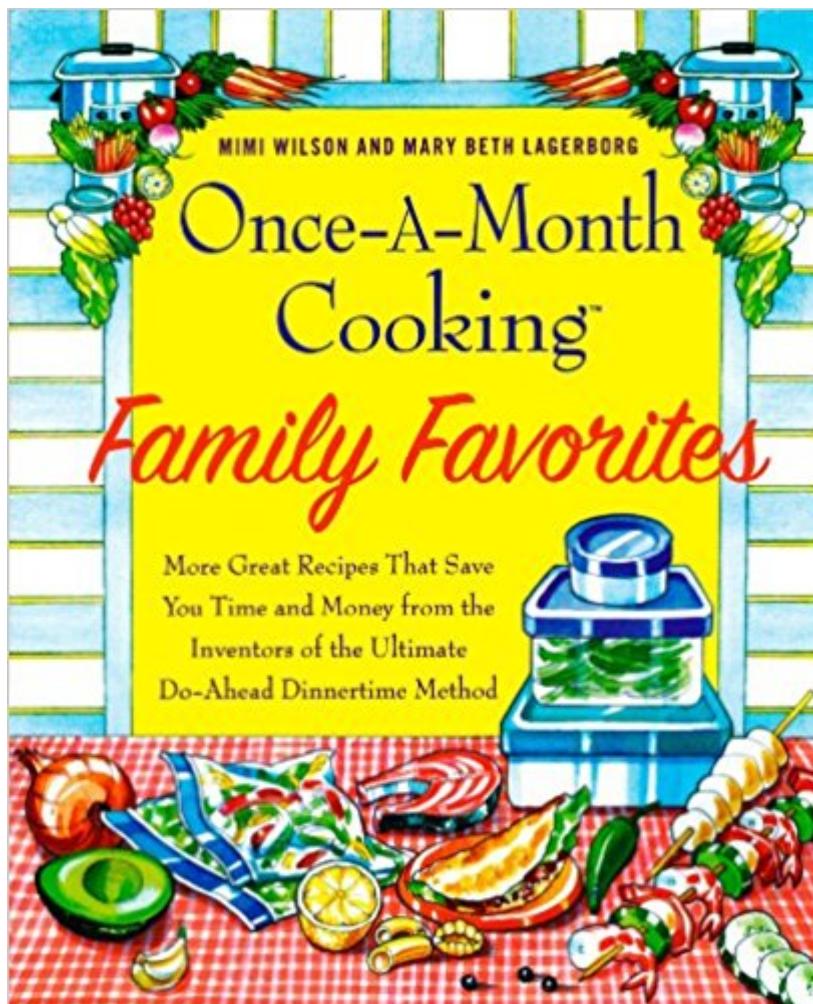


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Once-A-Month Cooking Family Favorites: More Great Recipes That Save You Time And Money From The Inventors Of The Ultimate Do-Ahead Dinnertime Method





Synopsis

Mimi Wilson and Mary Beth Lagerborg are back with a brand new book that features their Once-A-Month Cooking™ technique guaranteed to save time and money. Filled with all-new cycles - two one-month cycles, two two-week cycles, and three specialty cycles: gourmet, summer, and gluten-free - their trademark method remains the same: You shop for an entire cycle all at once, buying in bulk and saving money. You do all the food prep for the cycle the next day, freezing and refrigerating what needs to be kept cold, stocking the pantry when appropriate. Then, as the family assembles for mealtime, you do some quick finishing and it's ready - fast and delicious! Once-a-Month Cooking™ Family Favorites has something for every kind of eater and includes such soon-to-be favorites as:-Adobe Chicken-Baked Mediterranean Cod-Chicken Wild Rice Soup-County-Style Ribs-Texas-Style LasagnaWith the perfect plan in hand and bulk shopping at economically-friendly prices, the Once-A-Month Cooking™ technique is a surefire way to get a delicious dinner on the table fast so that you can spend more time with your family!

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Customer Reviews

MIMI WILSON and MARY BETH LAGERBORG are authors and inventors of the Once-a-Month Cooking (TM) system. Both live in Colorado and have written other books.

INTRODUCTION If this is the first time you've joined us, welcome to a new life, where you'll have meals on hand without the every-evening stress of what to fix. You're going to save money on your grocery bills and save time in the kitchen, so that you and your family can consistently enjoy

together time over delicious, home-cooked meals, and perhaps share meals with others. If this is a reunion with old friends who have enjoyed Once-A-Month Cooking, welcome back. You're in for more wonderful recipes and ways to spend meaningful time around the family dinner table. As you launch into megacooking, we're cheering for you! And here's our promise: we'll do all we can to help you not only realize your goals, but have a positive experience in the process. Whether you decide to cook a month's dinner entrées at once, or two weeks' dinner entrées, we'll expedite your shopping and cooking. And we'll even provide table-talk conversation starters to help you make the very most of that time when you're gathered around the table.

What to Expect For those of you who are new to the method, Once-A-Month Cooking is a different way to cook. You don't have to be well organized or a good cook to successfully accomplish it. But you do need to expect and plan to: Take a longer-than-usual shopping trip, preferably the day or night before you cook. Spend the bulk of your month's food expense on this shopping trip (saving money over the course of the month). Cook with a partner for maximum efficiency and more fun. Cook half a day for a two-week cycle and a full day for a one-month cycle. Love the freedom and possibilities this will bring to mealtimes. Enjoy family-building times around the table. Take the stress out of having company for dinner.

A Look at the Recipes The Recipes included in Once-A-Month Cooking Family Favorites have been selected for their taste, variety, ease of preparation, freezeability, and appeal to children as well as adults. Four of the menu cycles are classic, to use any time of year: two one-month cycles and two two-week cycles. Three additional two-week cycles are more specialized and add variety. The Summer Two-Week Cycle is for when living is easy, grillin' is big, and picnics are possible. The Gourmet Two-Week Cycle is more up-scale fare, on average, than the classic cycle entrées. And the Gluten-Free Two-Week Cycle provides tasty alternatives for the person with gluten intolerance. We think you'll find that the recipes in the Gluten-Free Cycle are every bit as tasty as the recipes in the others, and are perfect for the whole family where one or more members must eat gluten-free. As always, the person on a special diet should carefully check ingredient labels.

How to Get Started If you have previously used Once-A-Month Cooking, you will find the same streamlined method with entirely new recipes. If you are new to bulk cooking, you'll want to first select a cycle to prepare and read through the lists and charts that are your tools: The new Menu Chart is your best Once-A-Month Cooking buddy. You will want to download and print a copy at www.once-a-monthcooking.com and keep it on the refrigerator, or taped inside a cupboard door. The more you use the Menu Chart, the happier you will be because it will help you: Incorporate into weekly shopping trips any fresh produce required. Select an entrée from your freezer to fit the

number of people you'll serve on a given night. © Cycle through a variety of meats, poultry, and fish. © Select an entrée for the day that will match your available time for final preparation. © Write in ideas for what you will serve with each entrée. Following through with this important step will help you creatively use fresh seasonal fruits and vegetables and keep track of items that you will need to purchase on a weekly grocery-shopping trip. © Check off dishes you have served so you know what you still have to choose from "and when you need to plan your next Once-A-Month Cooking day. The beauty of the big grocery trip is that you can avoid the need for many stops for just a few • items the rest of the month. Those impulse trips blow the food budget. But we know that you really, really don't want to get full swing into your cooking day and find you're missing a key ingredient, so we'll help you form a complete shopping list. If possible, plan to shop the day or evening before you cook; you won't have the time or energy to do both on cooking day. The first step toward this is to check the items that you already have on hand. The Pantry List is our guess at items you already have. Check and see, and if you're missing some, add them to your shopping list. We give the quantities you'll need so you can be sure that you have enough of each ingredient. Your Shopping List by Categories helps you whip through the grocery store without a lot of doubling back. Supermarkets predictably display the necessities "meat, dairy, bakery, and produce" along the walls of the store. That means you have to travel aisles of impulse items to get to them! We hope to save you steps and detours. One caution: If you are a super-diligent shopper who likes to buy meats and poultry on sale, remember that it is not wise to thaw meat or poultry, create an entrée, and refreeze it unless the meat or poultry is cooked before it's refrozen. When a recipe calls for precooked chicken, we often recommend purchasing roasted chicken and deboning it. If you do this, keep in mind for your shopping plan that often supermarkets don't make roasted chickens available until the afternoon. An asterisk (*) after an item in the shopping list indicates that the item will not be used until the day the entrée is served. When the item is fresh produce, such as a tomato, you may want to delay purchasing it until close to when you'll serve the dish. These items are all listed on the handy Menu Chart so you won't forget to purchase them before they're needed. Incorporate these into a weekly grocery shopping list so that you can continue to minimize trips to the store. Truly you can navigate through a Once-A-Month Cooking day with just a basic knowledge of cooking skills. If you are an experienced cook, you'll sail along more quickly. Using the Assembly Order, you will prepare your entrées in the order listed, beginning with your chopping, slicing, and grating tasks. Don't be discouraged with the time this step takes. Once it's completed, the dishes will come together quickly. Keep the vegetables, cheese, etc. that you

process in Ziploc bags or containers on the counter, refrigerating them if they will be sitting out more than an hour or two. Refrigerate all meat, poultry, and fish that you process (slicing, cubing, etc.) until it will be incorporated into a dish. Depending upon the size of your family, a two-week cycle with some entrées divided into multiple containers could last for a month.

A Few Days Before Cooking Make room for the bounty by cleaning out your refrigerator and freezer. You won't need a separate chest freezer, even for a month cycle, if you've cleaned out your freezer before you cook. It's time to throw out those hard knots of mystery food. Purge items from the refrigerator that have passed their expiration dates, and clear space for food you'll need to refrigerate between your grocery shopping trip and completion of your cooking day.

On the Night Before Cooking At every turn in the process of Once-A-Month Cooking, you'll find that following through with the suggested preparation saves you time and inconvenience. The night before you cook, spend a few minutes preparing your kitchen. Remove from the countertops all appliances, canisters, and decor items that you won't use on your cooking day. Set out all items from the Pantry List on a counter close to the stove. Now add to these the ingredients from your Shopping List that don't need refrigeration. Take a few moments to label freezer containers (see bottom of each recipe). Set them out on a table adjacent to the kitchen where you can sit a few minutes while you prepare entrées for the freezer.

Equipment You'll Need Finally, get out the basic equipment you'll need for your big cooking day. Depending upon the cycle you choose, they will probably include the following:

APPLIANCES Crock Pot - Each menu cycle includes at least one recipe to be completed in a slow cooker on serving day. If you don't have one, use a large, covered pot in a slow oven (300 to 325° F.).

Food processor - Banish onion tears by chopping onions, a few wedges at a time, • with the processor

Mixer or blender - for combining ingredients

POTS, PANS, AND SKILLETS Baking sheet - for baking; for transporting to the freezer

Large pot with lid - for boiling soups, stews, pastas

Pizza pan - for baking and freezing

Roasting pan - for cooking meats

Saucepans - medium and small with lids

Skillets - large, medium, and small

BOWLS AND CONTAINERS Freezer containers - Ziploc bags and containers as described on the Pantry List

Mixing bowls - small, medium, and large; for combining ingredients

MISCELLANEOUS TOOLS Apron - to save your clothes

Clean sponges, dishcloths, and kitchen towels - for wiping and cleaning up

Colander - for draining pasta and spinach

Coolers and ice - for dividing food, if you're cooking with a friend

Cutting boards - One for nuts, fruits, and vegetables, and another for meats and poultry. Or carefully wash your cutting board before moving from one food item to another (always leaving poultry last)

Fresh breeze - whew! Lots of aromas

Indelible marker - ...

We are new to once a month cooking and have done 2 cycles from this book. There has only been one 'so so' recipe so far, and we are a family that used to have the same dishes over and over. I also love that it lays out shopping lists, pantry items, and a step by step method to cook all the recipes in the most efficient way.

I can recommend this book for anyone who wishes to be free of the wretched cycle of "what to cook for dinner that I can have fast"! Granted the process of making a month's worth of meals on cooking day is not fast, but for 20 plus days you are off the hook at dinner. Recipes are easy to follow and prepare. My family has enjoyed the meals and it has given us all something new to try. I could customize some of the recipes to fit our needs (two teenage boys eat a lot). Sometimes by adding a bit extra, I had enough to pack lunches for two with the leftovers. Love it!

I first purchased Once-A-Month Cooking over 10 years ago. This book has expanded the recipes (which I loved from the 1st edition). I purchased this book for my daughter who has a young, busy family. Excellent book, excellent recipes ... love it, love it, love it.

I am learning to cook meals in advance, this book was recommended to me. I love it, not only are the meals doable, but they taste great and it has really cut down on my grocery bill and the temptation to eat out because I know I have a meal waiting for me...I also love how I can curtail these recipe's to fit my families own individual tastebuds.

Great book, better then I thought it was going to be, full of recipes that I will make. The information is very helpful. Now I find I need to get a bigger freezer.

Awesome cookbook! Simple meals! Time saving ad money saving!

Very family friendly recipies. My kid are almost everything. Plus it's a great concept for families on the go.

This is even a better book than the original. Great recipes and the kids love them too.

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Once-A-Month Cooking Family Favorites: More Great Recipes That Save You Time and Money

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