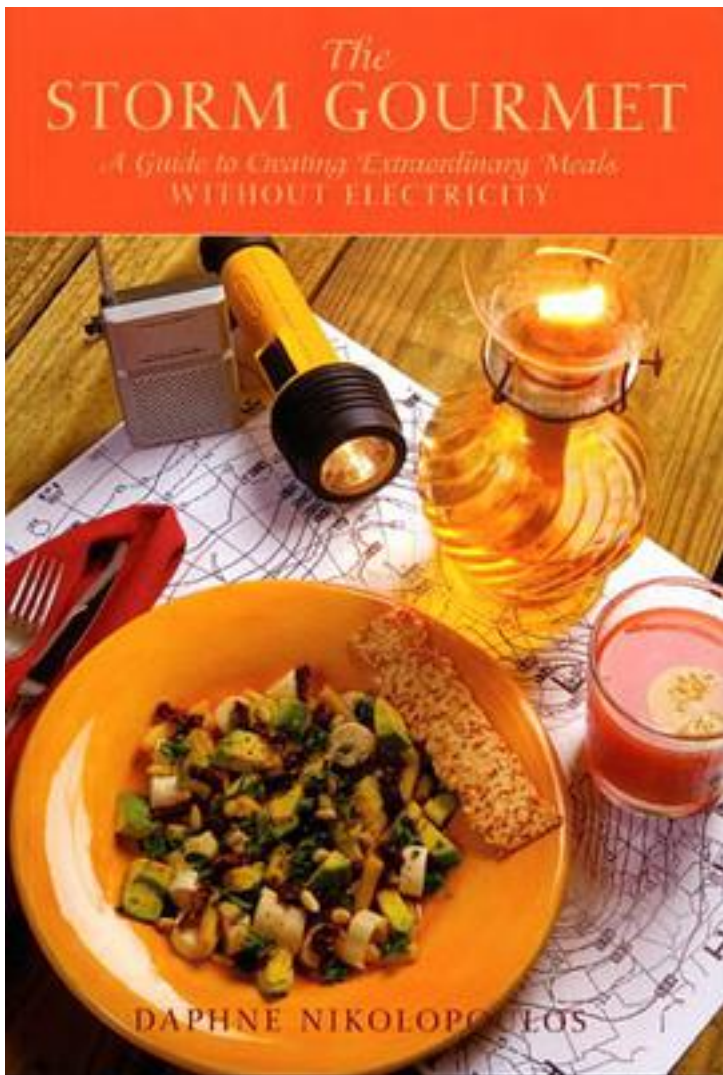


The Storm Gourmet



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This book proves that, with a little planning and minimal effort, you can eat surprisingly well during power outages. In hurricane season, this book is a crucial resource. It can be used for any emergency or anytime you are without power. And you can use this book for quick, easy meals anytime, especially for camping or for quick summer meals. You will find shopping lists for creating the ultimate emergency pantry; more than 70 recipes using nonperishable and shelf-stable food items; suggested menus for quick, well-balanced meals; a practical guide to growing a storm-proof herb garden; advice, tips, and anecdotes about weathering the storm. The 12-page color insert displays the colorful and appetizing?yes, gourmet?meals that can be prepared from canned goods with some fresh ingredients.

作者介绍:

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