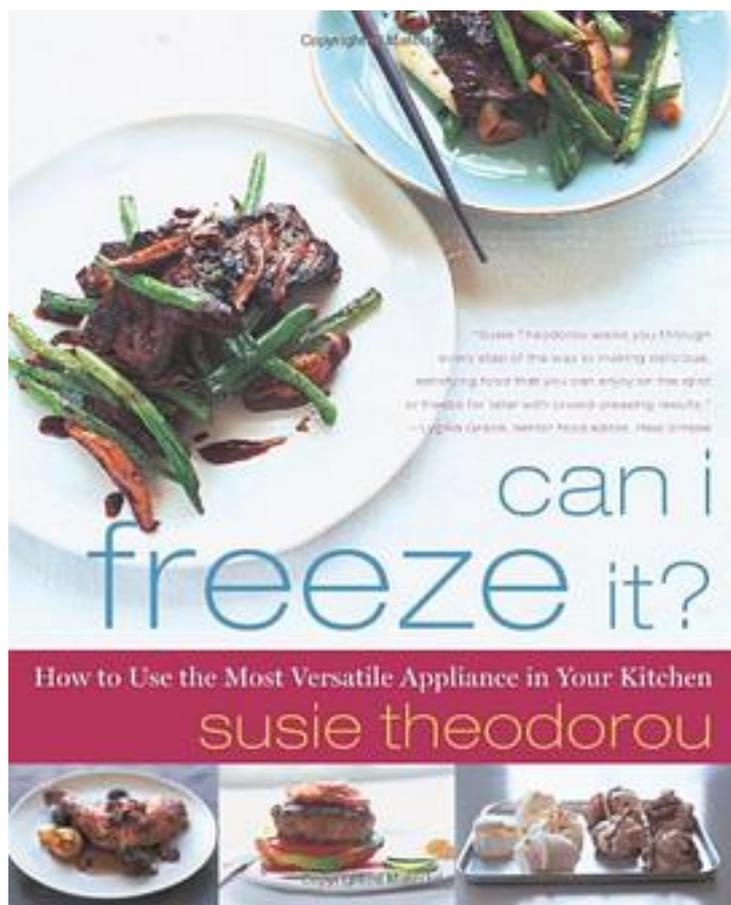


# Can I Freeze It?



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What kitchen appliance is a busy home cook's greatest friend? Believe it or not, it's the freezer. Freezers seriously simplify meal preparation--you can plan ahead, save time, and shop economically, yet still serve fresh, flavorful suppers. Freezers are great for those dark winter months when you want to have dinner on the table fifteen minutes

after you get home from work--think lasagna, stews, and soups--and they are also useful for entertaining friends when time is short. In *Can I Freeze It?* veteran food writer and stylist Susie Theodorou explains the tips, tricks, and rules of freezing food, from containers and wrappers (foil or Tupperware?) to the best methods for retaining moisture and flavor to what ingredients and dishes can and can't be frozen. She provides a wealth of recipes, along with color photographs, for whole and partial dishes. Some are completely preassembled (for example, chicken in a marinade), frozen, and cooked later. Others combine frozen ingredients with fresh ones--pair a pastry from the freezer with berries from a farm stand, or defrost a sauce and use it to top fish straight from the market. The recipes include everything from meat and fish to pizza and veggies, plus desserts. Many dishes can be served two ways. For example, prepare classic Bolognese sauce and serve some of it for dinner over pasta. Freeze the rest and use it later to make meat and potato pie. In addition, there is a chapter on cooking for a crowd in which Susie shares her best recipes for entertaining large groups of family and friends. Serve lamb ragu ravioli with rosemary brown butter, Mexican chickpea stew with green salsa, or hearty lasagna--your guests will never know you prepared most of the meal in advance, making dinner parties a breeze! And be sure to save room for decadent desserts, including homes favorites such as Chocolate Chunk Cookies as well as showstoppers like Layered Coconut Cake. With *Can I Freeze It?* flavorful, healthful, hot meals are ready in minutes, without turning to takeout. It's the ultimate guide to saving time and money in the kitchen.

作者介绍:

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