

Sanity's in the Freezer: Bulk Cooking to Save Time & Money

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Instead of an outline of the workshop, this handout includes the references, details, and form you will need to bulk cook for yourself once you've learned how. In this workshop, you'll learn how to convert your own recipes and take short cuts to feed your family well quickly and easily.

An Easy Start

Hamburger: Brown and drain, freeze in 2 cup portions (about what you get from 1 lb raw)

Chicken: Cook about 20lb of boneless, skinless breasts per bag of charcoal on a big grill

Universal Marinade

2T. seasoning, such as Mexican, Greek, Italian, lemon peel & pepper, soy sauce

¼ c. acid, such as lemon juice, lime juice, vinegar, wine vinegar, to tenderize and penetrate

¼ c. oil, such as canola oil or olive oil, carries the seasoning, most flavors are fat-soluble

¼ c. water

Fajitas – Mexican seasoning, lime juice, canola oil

Greek – Greek seasoning or oregano, lemon juice and olive oil

Italian – Italian seasoning or basil and oregano, wine vinegar and olive oil

Teriyaki – soy sauce & pinch of ginger and sugar, lemon juice and canola oil

Bulk Cooking

Stews and Soups – Freeze in the quantity you usually eat, use freezer bags, freeze completely flat on cookie sheets, reheat in microwave

Baked Meats – Cook an ovenful at a time, freeze in freezer bags in meal-size portions *after* cooking, reheat *covered* preferably in microwave

Layered Casseroles – freeze in pans, pop out when solid and store in freezer bags, put straight in oven to cook, gallon bag for 9"x9", two gallon bag for 9"x13"

Reheat Rules

If a food should be moist, reheat it tightly covered and often, the microwave is best.

If a food should be crispy, reheat it in the oven uncovered.

Casseroles can go straight to the oven covered.

Resources

Dinner's in the Freezer, Jill Bond

Great resource with terrific forms to help you plan bulk cooking.

The Mennonite Country Style Recipes and Kitchen Secrets, Esther H. Shank

Great basic cookbook with family friendly recipes that are very, very good.

Best pancake recipe in the world ☺

The More with Less Cookbook, Doris Janzen Longacre

Good ideas for how to make from scratch many things you buy, including cream soups.

The Joy of Cooking, Irma S. Rombauer

A cooking encyclopedia that will teach you how to do all you need to in the kitchen. This is a great book to buy used – I actually think the older versions are much better.

The Smart Spending Guide, Faye Prosser

Good ideas for saving money on groceries, making coupons really work and more. www.smartspendingresources.com

The MOMYS Cookbook

Cookbook compiled from (mostly homeschool) mothers of large families, including me! <http://handsandhearts.com>

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