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Fix, Freeze, Feast: The Delicious, Money-Saving Way To Feed Your Family



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Synopsis

Save time, money, and stress while serving up healthy delicious food your whole family will love. Kati Neville and Lindsay Tkacsik show you how to buy groceries in bulk, prepare easy dishes, package them in meal-sized bags, and then stock the freezer with ready-to-defrost-and-serve homemade meals. With 125 recipes that include main courses, sides, desserts, and more, Fix, Freeze, Feast is the perfect cookbook for budget-conscious shoppers, warehouse club members, and anyone who wants to put great meals on the table with less effort and expense.

Book Information

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Customer Reviews

Ã¢â ¬Å“If you resolved to cook more at home in 2008, Fix, Freeze and Feast can help...In addition to recipes they also have tips for organizing your shopping list, packaging meals and preventing freezer burn.Ã¢â ¬Â• Spokane Spokesman-Review Ã Â Ã¢â ¬Å“If one of your New YearÃ¢â ¬â„¢s resolutions is to eat home-cooked meals as a family more often, Fix Freeze, Feast could be just the help you need to accomplish thatÃ¢â ¬Â¦ Fix Freeze FeastÃ¢â ¬Â• wonÃ¢â ¬â„¢t guarantee getting a scattered family home for dinner more often, but it will definitely make it much easier to get the meal on the table.Ã¢â ¬Â• The Register-Guard (Eugene, Ore.) Ã Â Ã¢â ¬Å“Not so much a cookbook as a bulk-saving survival guide for harried cooks everywhere.Ã¢â ¬Â• Northern Virginia Magazine Ã Â Ã¢â ¬Å“Fix, Freeze, Feast is a smart book to keep on the shelfÃ¢â ¬Â¦ There’s nothing like a hot meal after a long, hard day at work, especially if all the work was done weeks ago!Ã¢â ¬Â• Scripps News Service Ã Â Ã¢â ¬Å“[Fix, Freeze, Feast] delivers

some yummy new recipes that are easily stored and don’t look or taste like frozen meals when they’re served days later... Fix Freeze Feast promises to ease the stress of cooking and ensure that you’re well fed, with hearty meals, throughout the week or month." lhj.com (Ladies Home Journal) Ã Â Ã Â Ã¢â ¬Å“The authors do a great job offering clear instructions for the cooking, an important final step that is too often left to guesswork.Ã¢â ¬Â• (Memphis) Commercial AppealÃ Â

Kati Neville is the co-author of Fix, Freeze, Feast with Lindsay Ahrens. They are both big fans of freezer meals and speak widely about the method with community groups, parenting classes, and at libraries. They have written recipes for CostcoÃ¢â ¬â„¢s annual cookbooks and articles for Everyday with Rachael Ray. Neville lives in Tualatin, Oregon. Ã Â Lindsay Tkacsik is the co-author, with Kati Neville, of Fix, Freeze, Feast. They are both big fans of freezer meals and speak widely about the method with community groups, parenting classes, and at libraries. They have written recipes for CostcoÃ¢â ¬â„¢s annual cookbooks and articles for Everyday with Rachael Ray. She lives in the Pacific Northwest and works for the Bellingham Public Schools. Ã Â

The cover of the book is a hard cardboard, almost like a children’s book. I’m not sure if I like that or not. Seems like it will be more durable, but also harder to keep open. This book tries to make a bit of a niche for itself by focusing on people who shop at warehouse clubs (Sams, BJs, etc.). So recipes would call for 2 trays of chicken breasts (though it does also usually give pound ranges). Other than the meat, I don’t see ingredients being sized for warehouse packs.From the perspective of logistics of recipes, I think I like this book the least of the ones I have picked up on freezer cooking. The recipes are along the lines of 3 entrees, 4 servings each. They don’t show alternate quantities, like most of the other books (i.e. 1 batch, 3 batches, 6 batches). I know I’m lazy, but it’s easier for me to do the math if I start with one batch and multiply up as needed. So for instance, if I wanted to do two batches, I’d have to mentally calculate 2/3 of everything.I also don’t like that there is no master list of recipes, either in the front table of contents (which only has the broad categories like Chicken, Beef) or on the first page of each section (which is what most of the other books have had). It makes it a little bit of a pain if I am looking for a specific recipe.The book includes a nice chapter in the front with tips for preparing for bulk cooking sessions (including a few tips on what to do to fix recipes that go wrong). The appendix includes information on setting up a shopping list, and a prep list, as well as information on converting your own recipes to freeze ahead recipes. There’s also a template for a freezer inventory.One thing this book did have that I didn’t notice in the other freezer cooking books and that I really like is freezer label templates. They have preparation instructions set up in a

format where you can copy them onto labels to use on your freezer bags for almost all the recipes. Nice idea in theory, though I am not sure it will be all that easy to use them. Still, I give them props for trying it, as I think it is useful. Makes me realize I should set up templates for the recipes I use with instructions preprinted on labels, probably one sheet per recipe.Nice mix of recipes. I really like that it includes recipes for marinades, sauces, flavored butters, etc. Not many of the books had these types of recipes. The ingredients for the most part are standards that I would have on hand (except some of the ethnic recipes, but I would expect that). There were recipes that included things I wouldn't have on hand as a non drinker (like margarita mix and bourbon), but not enough that I cared. For the most part as well, this didn't feel like recipes I would already have in my recipe box, which I really liked. Many of them sound really good.Another thing I like is that a few of the recipes also come with planned-over recipes to use them again. Only did it with a few recipes, but I liked this feature.I'd say this is worthwhile adding to your library if you are doing freezer cooking and if you normally triple batch your recipes, then this book is really ideal.

I loved this book. It gives chapter and verse on how to cook and wrap food in bulk to be frozen and used when your time is short and your family needs a great dinner. What to bring for the church potluck, what to bring to a sick friend. You can actually shop one day, and cook the next day, package up the food, put it in the freezer, and you have meals for the whole work week coming up. The author has a very concise way to explain all the prep, shopping, cooking, packaging, and freezing so it makes you want to jump right up and go shopping to begin this process.Other than being a little over-zealous about Costco type stores, the plan makes good sense and I am glad I bought the book. I plan to slice and dice my way into winter this year and be prepared to serve my family a hot meal every night, no matter what! ! ! !

The recipes use fresh ingredients and herbs, no canned pre-processed foods which I like. They have explicit directions on how to package, how to thaw and how to prepare. It even comes with pages you can copy and create labels for the packages so they can be easily found in the freezer and prepared without digging the cookbook out or to give as a meal to someone in need. The few recipes I have tried are all delicious as well.

This is one of my favorites and "go to" books for saving time in the kitchen. For many of the entrees, you can assemble 3 entrees in less than 15 minutes. I agree with some of the other reviewers that when you have too cook sauce and wait for it to cool....well, that's a bit of a hassle. When I was

cooking one of the BBQ sauces I thought to myself, "how much better can this be than a jar of really good store bought." That said, I've heard phrases like "that sauce is to die for" when folks have had it. Not every recipe is a winner (we weren't wild on the fritatta) but most are very good. It's also helpful in our house because my husband can get dinner started if he's home first because most things either need to go in the over or grill or simmer stovetop. If you liked the convenience of meal assembly places, this is a great, and much cheaper alternative.

I've been looking for healtier meals for the coming New Year. This is a food plan that not only provides delicous, healthy meals--but this system helps you save time and money. It has become a clasic on freezer cooking. I was looking for healtier meals--and these are all homemade from scratch--and made in quantity--so you can stock your freezer with homemade goodness. The author uses herbs and spices to amp up the flavor--filled with good sense tips to provide for your family and do it with style--every recipe was one I want to prepare and serve my family. Appreciated the idea that having a stock of prepared healthy, tasty meals is food security for your own family and allows you to be generous with your frozen assets--sharing a meal with a friend or family at times when cooking from scratch isn't in the cards.

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