



The Wonderful World of Freezer Cooking

helen quat

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This 1964 book does not have plans, but it is loaded with recipes you won't find other places: Veal scallopine with Chestnuts, Topsy Duck, three kinds of Stuffed Zucchini (never thought of THAT as a freezer recipe, did ya?), seafood crepe pie, lobster in bechamel sauce, broccoli mold with almonds, shrimp ball hors d'oevres, chocolate-coffee bombe, puff paste mirlitons, very high peach pie, rum balls, and the list goes on. Some recipes have serving-day components, like topping with cheese and browning, or adding vegetables (the sweet and sour pork is frozen in two components that you combine on cooking day). These recipes are more complicated than velveeta and cream-of-mushroom soup stuff, but few are difficult (good thing since I hate cooking, which is why I like freezer cooking, and I can get screwed up figuring out how to put on a sweatshirt). They have fancy names that mean common things (mirlitons are just apricot jam tarts). The recipes I've tried (none of the fish) have all been wonderful and freeze well. In addition to the recipes, there are party menus, notes about garnishing and stockpiling (whole chapter, actually), notes on what you can and can't freeze, notes on cooling, notes on reheating, etc. It is a very good addition to a freezer cooking library, especially if you entertain or are tired of the more routine dishes. Not for the wiener-and-tuna-noodle crowd, but not for gourmets and gourmands. Good food, not hard to make, easy to freeze. Though you may never convince me that fish-head soup is good (don't get scared. Boullabaise is just regular soup. You make the stock from fish leftovers, like bones and heads, then strain it, throwing the solids away. If you like Manhattan Clam Chowder you will love boullabaise. Me, I am from Boston and as far as I know, Manhattan clam chowder is still against the law).

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