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the general perception about preparing food is that it takes a lot of time and energy this is true to some extent but it is also true that many of us spend a lot of time on the food preparation rather than the actual cooking this is what makes it a chore rather than an enjoyable experience however food preparation need not be time consuming if you plan ahead and know how to manage your time skillfully in this book you ll discover numerous tips and ideas that will actually make food preparation easier and make it more fun this book features dozens of great food preparation and cooking ideas including food handling safety and preparing great meals at home these are simple tips that all cooks in the kitchen can follow for cooking a delicious and safely prepared food the book covers all of the following meat and poultry fish and seafood fruit vegetables eggs cheese and other dairy products salads soups sauces gravies and stuffings herbs and seasonings bread rolls cookies and cakes pancakes waffles pies and dessert beverages general food storage home preserving canning freezing drying here s just a small sample of the tips included a mixture of olive oil and vinegar will tenderize meat rub the mixture on the meat and let it stand several hours before cooking another way to tenderize meat is to rub baking soda into it let it stand for several hours and then wash and cook it meats can be marinated in a plastic bag put the meat in the bag along with the marinade seal the bag and turn it a few times during the day if you ve forgotten to thaw meat but want to cook it anyway cook it half as long again as you would if it were thawed meat will shrink less during roasting if it s cooked longer at a lower temperature since a roast will thaw more quickly if all sides are exposed to air elevate it on a cake cooling rack or use the burner grill from your range put newspaper or a plate under the rack to catch the water and other drippings a shallow

pan is better than a deep one for cooking a roast because it allows heat to circulate around the meat if you need to defrost frozen ground beef quickly try sprinkling it with the amount of salt recommended for cooking salt is a great thawing agent or heat it in your dishwasher turned to its drying cycle a roast slices more easily if you let it stand for about 15 minutes after taking it from the oven

if your weeks start out with good intentions and good healthy meals but quickly devolve into fast food convenience store food or greasy takeout food then you would likely benefit from the meal prepping movement meal prep involves planning your meals grocery shopping ahead of time cooking and then storing your food for the week including both meals and snacks with consumers and families who are busier than ever meal prepping simply makes it easier to eat well throughout the week that's why it is perfectly suitable for busy people are you looking for some easy and simple meals that you can prepare ahead and heat whenever you feel hungry this book is all that you need to cook make ahead meals everyday cooking is simply not the option for busy people you will find a lot of delicious recipes that are made to simplify your life the tastiest soups stews wrap and even desserts will be waiting for you in the freezer at any moment so hurry up and get your copy right now

a usa today bestseller i love this book how to be bold is a practical road map filled with real life stories that will inspire you and help you find courage when it matters most mel robbins new york times bestselling author and host of the mel robbins podcast from the distinguished harvard business school professor and author of deep purpose comes a fresh examination of courage what it is and how we are all capable of brave acts what leads people to speak truth to power share bold new ideas or put their lives on the line most of us chalk it up to personality presuming that our heroes are naturally fearless but what if courage isn't simply a matter of personality what if it's something that any of us can develop in how to be bold ranjay gulati offers a powerful playbook for becoming bolder and braver than we ever thought possible rather than leaving brave deeds to mythological heroes and resigning ourselves to apathy or cowardice we can train ourselves to step up and act in the face of uncertainty the key gulati argues is to adopt ways of thinking that allow us to neutralize or moderate our fears by shifting how we see ourselves and the world we can lower the odds that we'll freeze up in the moment while also sustaining courage over prolonged periods we also can inspire others around us to display what gulati calls collective courage gulati shares vivid accounts of extraordinary courageous behavior taking readers inside a nuclear reactor under threat of meltdown to the front lines of a war zone and into space with nasa astronauts connecting these stories with more mundane examples such as the bravery shown by health care workers during the height of the covid pandemic and by a whistleblower who took the bold step to expose their employer gulati reveals that what all of these people have in common isn't fearlessness it's the ability to think in ways that help them manage their fears and make courageous action possible we all dream of being heroes and some of us actually live those dreams whether you're a leader steering your organization through uncertainty an activist standing up for your beliefs or a young person simply looking to live your best most fulfilling life how to be bold gives you the science based insight and strategies you need to take more action do more good and leave an inspiring legacy

ditch the meal delivery service and save time and money with the cookbook that makes healthy homemade meals a snap the ultimate guide for learning the art of meal prep this book shows how to make much more than just delicious recipes it teaches how a well used weekend hour will free up time during your busy work week and simultaneously have you enjoying amazing foods each chapter is cleverly designed around foundation recipes that serve as the building blocks for a variety of different dishes for example sunday's grilled flank steak becomes a hoisin beef and green bean stir fry steak tacos and a savory bibimbap in addition to providing smart alternatives to fast food and processed frozen meals mastering meal prep will make your life less complicated cooking more fun and meals that are both healthy and delicious this book's easy to follow approach offers everything you need to get started right now including weekly menus grocery lists prep day schedules time saving tips helpful photographs

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