

Co-op Cuisine

from 30 Day Gourmet



Mother of three who hates to cook has figured out the answer to the hardest question on earth - "What's for dinner?"

Freezer Cooking with Friends



by Jan Limiero



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For great information about freezer cooking and lots of free recipes, visit our website at:

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Co-op Cuisine

From 30 Day Gourmet

The Hardest Question on Earth!

Dear Fellow Cooks,

Some people think a hard question is something like “What’s the square root of five hundred and sixty-three” or “What’s the meaning of life?” But I think the hardest question in the world is “What’s for dinner?”! To make the question even harder, instead of being able to answer it definitively once and for all like a math problem, this question has a different answer every time it is asked! What’s even more, it is asked every single day by billions of people the world over and everyone gets a different answer! Now that’s quite a question – especially for those of us who’d rather spend time with family and friends than trying to decide, “What’s for dinner?” The 30-Day Gourmet books have been a big help to me, and now I’ve found a formula for solving this elusive question even more easily:

$$\text{Amount of Work Required for Dinner} = \frac{\text{30-Day Gourmet} + \text{Effort} + \text{Freezer}}{\text{\# Of Cooks}}$$

I call this formula Co-op Cooking! Now, when that difficult question comes crashing into my world every day I just smile, open my freezer, make my choice, and thank my friends! But this formula didn’t come easily. In fact it took me years of contemplation, trials, errors, and practice to come up with it.

My first experience with freezer cooking happened when all of my sisters and I got together to cook a month’s worth of meals for my mom who was in the hospital and would be recovering for some time. We cooked until our brains were boiled and our feet were fried! The amount of work was astonishing but the rewards left me hungry for more. I wanted to try the concept for my own family. The thought of solving that chronic question “What’s for dinner?” every day was inspiring. But the thought of taking on all that food by myself was overwhelming.

So I enlisted a friend! Carla and I tackled the adventure together. And we found that although we doubled every recipe the work was divided by two! It was certainly not twice the work to cook twice the quantity. Carla and I cooked together for over five years. But I had been mulling over an even simpler formula. Finally I ventured out and took the cooking partner concept a step further. What if we didn’t just divide the work by two but by ten! If, for instance, ten people took just one recipe but multiplied it by ten; that would be far easier than each person cooking ten separate recipes. Then when we all swapped meals, Voila!, every person would have ten different meals!

When I finally gathered together ten of my friends (Yes, I have ten and I’m sure you do, too) to test my theory, I couldn’t believe how much less time and work it really was! Carla and I usually blocked out a twelve-hour cooking day and could never have done it without our dear husbands to watch the kids. But this time I had all my meals done in a fraction of that time and with no baby-sitter! And every time I would pull a meal out of the freezer I would think of one of my Co-op Cooking friends! Knowing we had solved a daily dilemma for ten families was quite satisfying. When we saw each other throughout the week we would smile and ask “What did you have for dinner last night?” The next time around our courageous group got even braver. We each took two recipes! Now each person ended up with twenty different meals!

Now, don’t underestimate the work! Cooking a recipe multiplied by ten or more is no minor chore. It is certainly a major production. But compared to the work of cooking ten (or twenty) separate recipes, there is no comparison! Using these tips, forms, and instructions you will soon find your own daily answer to the hardest question on earth!

Happy Cooking,
Jan Limiero

PS -- If you and your friends have questions about the co-op process that this manual doesn’t answer, you can e-mail me at jan@30daygourmet.com or at the Co-op Cuisine section of our message boards at www.30daygourmet.com.

PORK AND FISH RECIPES

Han Steaks (Super Easy)

Recipes:	1	5	10	15	20	???
Servings:	8	40	80	120	160	
Ingredients:						
Pineapple juice	1-1/2 C.	7-1/2 C.	15 C.	22-1/2 C.	30 C.	
Brown sugar	1/4 C.	1-1/4 C.	2-1/2 C.	3-3/4 C.	5 C.	
Butter, melted	2 t.	10 t. OR 3 T. + 1 t.	20 t. OR 1/4 C. + 2 T. + 2 t.	30 t. OR 1/2 C. + 2 T.	40 t. OR 3/4 C. + 4 t.	
Dry mustard OR Prepared mustard	1-1/2 T. OR 4-1/2 T.	7-1/2 T. OR 1-1/4 C. + 2-1/2 T.	15 T. OR 2-1/2 C. + 5 T.	22-1/2 T. OR 4 C. + 3-1/2 T.	30 T. OR 5-1/2 C. + 2 T.	
Garlic clove, minced	1	5	10	15	20	
Paprika	1/4 t.	1-1/4 t.	2-1/2 t.	3-3/4 t.	5 t.	
Ham steaks, cooked	2 lbs.	10 lbs.	20 lbs.	30 lbs.	40 lbs.	

Assembly Directions:

Mix pineapple juice, brown sugar, butter, mustard, garlic, and paprika. Pour into freezer bag with ham steaks.

Freezing Directions:

Seal, label and freeze.

Serving Directions:

Thaw. Allow ham to marinate in thawed marinade for at least two hours. Remove ham from marinade and grill for 3-4 minutes on each side. Baste with marinade while grilling.

Comments:

This recipe is best assembled "like a restaurant". Mix all marinade ingredients in one bowl and then measure into the bags evenly.

Nutritional Info:

Per Serving: 195 Calories; 6g Fat (28.8% calories from fat); 23g Protein; 11g Carbohydrate; trace Dietary Fiber; 54mg Cholesterol; 1452mg Sodium.

Exchanges: 3-1/2 Lean Meat; 1/2 Fruit; 1/2 Other Carbohydrates.



PORK AND FISH RECIPES

Wild Rice Quiche

Recipes:	1	5	10	15	20	???
Servings:	6	30	60	90	120	
Ingredients:						
Wild rice, cooked	1 C.	5 C.	10 C.	15 C.	20 C.	
Pie shell, 9 inch	1	5	10	15	20	
Chopped bacon OR ham, cooked	1/3 C.	1-2/3 C.	3-1/3 C.	5 C.	6-2/3 C.	
Onion, small	1	5	10	15	20	
Margarine	1 T.	1/4 C. + 1 T. OR 5 T.	1/2 C. + 2 T. OR 10 T.	1 C. – 1 T. OR 15 T.	1-1/4 C. OR 20 T.	
Monterrey Jack cheese, shredded	1 C.	5 C.	10 C.	15 C.	20 C.	
Eggs	3	15	30	45	60	
Light cream OR Milk	1-1/2 C.	7-1/2 C.	15 C.	22-1/2 C.	30 C.	
Salt	1/2 t.	2-1/2 t.	5 t.	7-1/2 t.	10 t.	

Assembly Directions:

Cook rice according to package directions to yield 1 C. per recipe. Bake pie shell(s) at 425 degrees for 5 minutes. Remove and set aside. Reduce heat to 325 degrees. Chop onion. Sauté meat, onion and margarine until onion is tender. Omit margarine if using bacon and drain grease after sautéing. Spoon into crust(s). Sprinkle with rice and cheese. Beat eggs, cream and salt. Pour into crust over other ingredients. Bake at 325 degrees for 35 minutes or until knife comes out clean.

Freezing Directions:

Label bags. Cool before freezing. Put whole pie plate into bag, seal and freeze.

Serving Directions:

Bake at 350 degrees for 20 minutes or until hot through.

Comments:

Try without shell and with skim milk to reduce fat and calories. Use pure wild rice, NOT a mixture of wild rice and white rice.

Nutritional Info:

Per Serving: 549 Calories; 37g Fat (60.2% calories from fat); 20g Protein; 35g Carbohydrate; 2g Dietary Fiber; 171mg Cholesterol; 677mg Sodium.
Exchanges: 2 Grain (Starch); 2 Lean Meat; 1/2 Vegetable; 6-1/2 Fat.



SNACK AND DESSERT RECIPES

Carolyn's Chocolate Chip Cookies

Recipes:	1	5	10	15	20	???
Servings:	36	180	360	540	720	
Makes: dozen	3	15	30	45	60	
Ingredients:						
Shortening (don't substitute)	1 C.	5 C.	10 C.	15 C.	20 C.	
Sugar	2/3 C.	3-1/3 C.	6-2/3 C.	10 C.	13-1/3 C.	
Brown Sugar	2/3 C.	3-1/3 C.	6-2/3 C.	10 C.	13-1/3 C.	
Eggs	2	10	20	30	40	
Vanilla	1 t.	5 t.	10 t.	15 t.	20 t.	
Flour	1-1/2 C.	7-1/2 C.	15 C.	22-1/2 C.	30 C.	
Salt	1 t.	5 t.	10 t.	15 t.	20 t.	
Baking soda	1 t.	5 t.	10 t.	15 t.	20 t.	
Semi-Sweet chocolate chips, 12 oz. pkg.	1	5	10	15	20	
Nuts	1/3 C.	1-2/3 C.	3-1/3 C.	5 C.	6-2/3 C.	
Oatmeal	2 C.	10 C.	20 C.	30 C.	40 C.	

Assembly Directions:

Cream shortening and sugars. Add eggs and vanilla. Mix well. Stir together dry ingredients and mix in 1/2 cup at a time. Stir in chips, nuts and oatmeal. Form dough into small balls and freeze on cookie sheet or something flat.

Freezing Directions:

Label bags. When balls are frozen stiff enough to not stick together store in freezer bags.

Serving Directions:

Take out desired amount and bake on greased cookie sheet at 350 degrees for 15 minutes.

Comments:

A small scoop works well for forming the balls evenly. This recipe is not recommended to assemble 'like a restaurant' in a huge bowl. It will be too much for your mixer and you will probably not have a bowl large enough. It is best to do only a double batch at a time. If you have enough bowls, however, you could measure out most of your ingredients (in doubles if preferred) and then go through and mix each one. Ask some friends to borrow their mixers so you can do several batches at once. This is my mom's preferred recipe for chocolate chip cookies. Once you are used to having these on hand in the freezer you won't want to run out! This was the first recipe that our group doubled for each participant. You can impress drop-in guests with fresh hot cookies every time!

Nutritional Info: Per cookie

Per Serving: 168 Calories; 10g Fat (50.4% calories from fat); 2g Protein; 20g Carbohydrate; 1g Dietary Fiber; 10mg Cholesterol; 100mg Sodium.

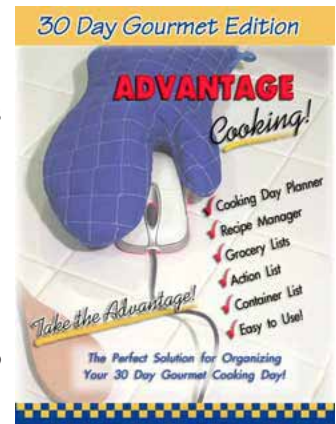
Exchanges: 1/2 Grain (Starch); 2 Fat; 1 Other Carbohydrates.



30 Day Gourmet Edition of the Advantage Cooking Software

Looking for a better way to organize your recipes, cooking supplies and grocery lists for freezer cooking? Let the **30 Day Gourmet Edition of the Advantage Cooking Software** help you! This fully downloadable software is available from 30 Day Gourmet, Inc. for \$34.95. Use the included recipes or easily add your own. Group them together based on how you cook. Once you've selected which recipes you want to make, the **30 Day Gourmet Edition of the Advantage Cooking Software** quickly gives you a detailed shopping list. To help your cooking day go smoothly, use the variety of reports offered.

- Check the **Container Report** to make sure you have the freezer bags and containers you need.
- Run a **Recipe Report** for a list of everything you plan to make.
- Print an **Action Report** so you know what to chop, dice, fry, grate, bake, etc.
- The **Appliance Report** tells you which recipes need the slow cooker, the oven or the microwave to help you work efficiently.



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