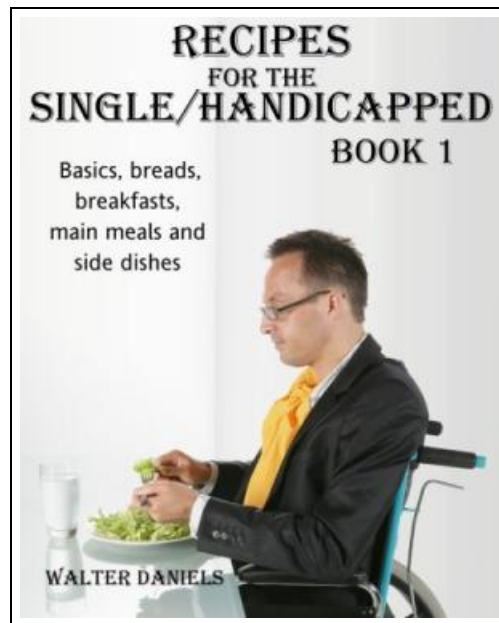


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Reviews




*Comprehensive guide for publication lovers. it absolutely was writtern really flawlessly and valuable. You wont really feel monotony at whenever you want of your own time (that's what catalogs are for concerning if you ask me).
(Rowan Gerlach II)*

RECIPES FOR SINGLE/HANDICAPPED BOOK ONE: BASICS, BREADS, BREAKFASTS, MAIN MEALS AND SIDE DISHES (PAPERBACK)



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Fbn Group, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This is the first in what will become a series of cookbooks. I originally expected to produce one cookbook aimed at single and handicapped. people. Then, as I started compiling recipes, I realized that I had too many for just one, so there will be a series. Welcome to Number One. You may wonder, what my qualifications are to write a series of cookbooks like this? First, I ve been cooking since I was old enough to see into a pan, on the stove. In fact, I ve been cooking more years than the number of recipes in this first book. Second, in the last thirty eight years, I ve had Four serious knee injuries, four knee surgeries, and a serious back injury. As a result of an accident in Dec. 2000, and the damage it did to my back, I m now about 80 paraplegic. I can walk a few steps, but have very little function below the waist. In short, I have first hand experience of what being handicapped means in terms of trying to cook. Cooking while single, prepared me for being handicapped. In both cases I learned to deal with making meals ahead of time. Many cookbooks have recipes that make four to ten servings, and don t discuss how to save leftovers. Don t turn your nose up at leftovers. They can be 90 as good, if stored and reheated properly. There are three forms of food storage easily usable: canning, freezing and vacuum sealing Canning requires heating/cooking foods in jars/cans, and sealing them for later use. This method doesn t usually, require refrigeration, for storage. Freezing, and refrigerated vacuum sealing are good for making multiple serving...

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