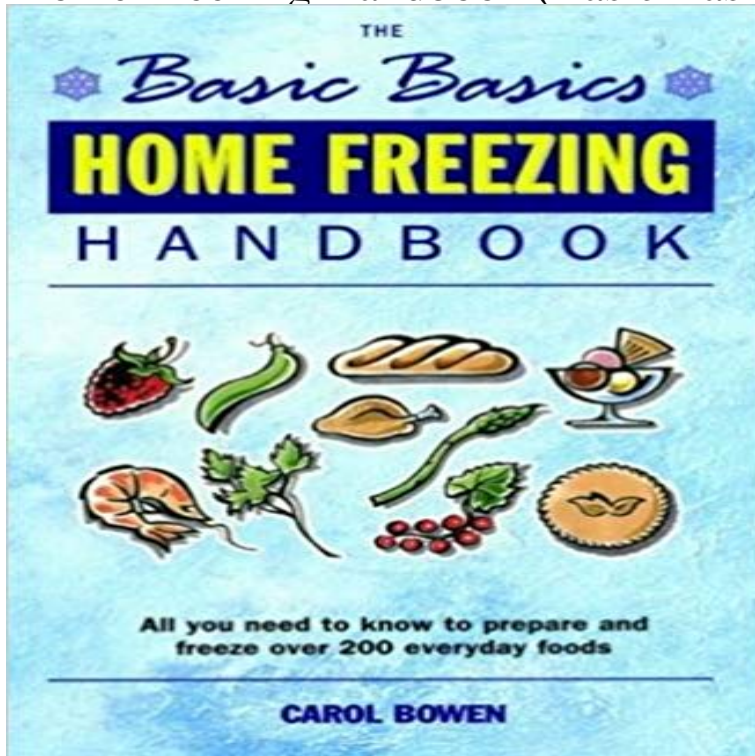


Home Freezing Handbook (Basic Basics)



This is Carol Bowen's sequel to her Basic Basics Combination and Microwave Handbook, and it follows the same formula as an A to Z compendium. The reader looks up the fruit, the vegetable, the fish, the meat, the sauces, cakes or herbs, and there are quick guidelines on freezing each type of food. The author also explains how a freezer works, gives advice on choosing and siting a freezer, insurance, cleaning, maintenance, what to do in emergencies, packaging and accessories, freezing techniques and defrosting, refreezing and thawing as well as storage times.

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