

(Read ebook) The Big Book of Homemade Mixes

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Gia Scott

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#1720481 in Books 2014-11-11Original language:EnglishPDF # 1 9.00 x .41 x 6.00l, .60 #File Name: 1503197646164 pages | File size: 17.Mb

Gia Scott : The Big Book of Homemade Mixes before purchasing it in order to gage whether or not it would be worth my time, and all praised The Big Book of Homemade Mixes:

4 of 4 people found the following review helpful. I'll have the enchiladas, please. Hold the disodium inosinate!By Whistlers MomMy fourteen-year-old great-niece is getting interested in healthy eating. We've been cooking food for her school lunches and freezing it and her home-made pot stickers and pasta al freddo are the envy of both students and faculty (who are feasting on popcorn and ramen noodles!)We get our ideas by buying and trying prepared frozen

dinners and copying the ingredients. By "rolling our own" we can make healthy substitutions (brown rice for white rice, whole wheat linguini for regular) and put in extra veggies and control the amount of sauce and cheese. We can also avoid such yummy ingredients as disodium inosinate and autolyzed yeast extract. Seriously, if you read the fine print on the end of the box, you may never eat again! Processed foods are designed to be shipped all over the world, exposed to all kinds of shipping conditions, and sit on shelves for months. What goes into them is good for the manufacturers; not so much for us. The author stresses the economy of home-made versus prepared and there's no question that you can feed your family more cheaply by avoiding processed foods. To me, the biggest argument in favor of making your own is that you can control what goes into it. In my extended family, we have several people who are gluten-intolerant, several who must avoid salt, one who can't eat dairy, one whose medical problems are exacerbated by sugar and white wheat, and on and on. And we ALL want to eat healthier because we know that we feel better when we do. I love to cook with children and I can't think of ANYTHING that you could do for your family that could be more important long-term than to encourage healthy eating. This book is a good place to start. The recipes are appealing and easy to follow. And healthy eating IS worth the effort! P.S. We made the "Taco Seasoning Mix" and it was quite satisfactory. We made one-fourth of the recipe (this author must have a HUGE family!) and substituted rice flour. (If you don't use instant flour, you'll have to stir more to avoid lumps.) Even if you aren't cooking in bulk, these recipes can be modified to be usable. Conversion charts (tablespoons to teaspoons, cups to tablespoons) are available on-line. As the author says, "these recipes are a guide, not set in stone!" 6 of 6 people found the following review helpful. Great Recipes By MBWalls Great recipes, good information. This has a nice table of contents. As someone who greatly tries to limit the amounts of processed foods I feed my family, there are many recipes included here that I have used previously and can vouch for how good they are, but there are enough new ones that I know that I will get plenty of use out of this cook book. I am also really glad to have all the recipes in one convenient, searchable place. 1 of 1 people found the following review helpful. Indescribably good! By Kindle Customer I found this a difficult book to put tags to, but the content deserves a definite 5. The Table of Contents is more interesting than any description could be. I am so glad I found it.

Nothing can compare to the sense of satisfaction obtained from successfully doing things yourself. From urban apartment micro-kitchens to spacious country kitchens, from a humble camp in the woods to a sleek motorhome, anyone can use these homemade mixes. For those on special diets, ingredients can be adapted to suit your own needs, by altering or substituting ingredients in recipes. Whether it is salt-free, sugar-free, or gluten-free, by sourcing your own ingredients for the mixes, you can ensure that everything meets your own standards. With the wide variety of recipes, there is plenty to choose from as well. Speed up meal preparation with easy seasoning blends, make up mixes to make camping and backpacking easier, dress up your coffee with homemade flavored creamers, have a hot beverage made in your own kitchen, or have freshly made salad dressing for dinner. Bake a cake or cookies, make cornbread or biscuits, or even a quick batch of muffins is easily done when you make your own mixes. Best of all, they have all of the flavor of home-made from scratch because you make the mix from fresh ingredients right in your own kitchen.

About the Author Gia Scott currently lives in southern Mississippi. She's lived in a number of states and regions in the United States, and has taken the opportunity in each locale to explore the region's favorite dishes and ingredients, resulting in an eclectic collection of recipes in her personal hoard. She has tried on many roles over her lifetime, including being a working single mother and a wife, and is currently attempting to perfect the art of being a grandma. Now disabled, Gia is learning to work smarter in the kitchen. Her goal is always to have recipes that are quick and easy, as well as require minimal fussing and as few dirty dishes as possible, since her post war minimalist home does not feature a dishwasher in the kitchen. When she isn't in the kitchen, she enjoys a variety of hobbies, including crafts and camping.