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How to Freeze Fresh Food at Home

Carolyn Humphries



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Everyone who has a freezer finds something unlabelled, unrecognisable and out of date every time they defrost! What they need is a practical management plan to control this waste. Here it is! Everything they need to know in one handy volume. There's food preparation and packaging, storage times, freezing made-up dishes, cooking from frozen, defrosting, freezer-to-microwave cookery, hygiene and food safety. Plus that fail-safe system to prevent you finding UFOs (unidentified frozen objects)!

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