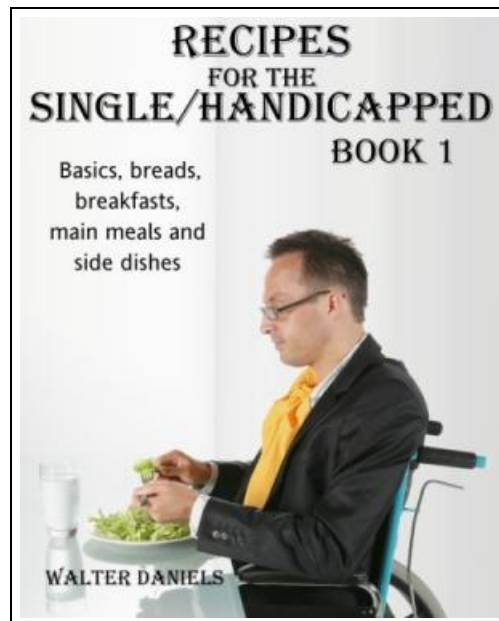


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Fbn Group, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This is the first in what will become a series of cookbooks. I originally expected to produce one cookbook aimed at 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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