

HOLIDAY FREEZER COOKING

FROM
30 DAY GOURMET



Tara Wohlenhaus and Nanci Slagle

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For great information about freezer cooking and lots of free recipes, visit our website at:

www.30daygourmet.com

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Holiday Freezer Cooking

From 30 Day Gourmet

Holiday Greetings from 30 Day Gourmet!

Welcome to the wonderful world of stress-free holiday cooking! We all have that perfect picture in our minds. You know the one. The whole perfect family with perfectly behaving children seated around the perfectly set dining room table with those perfect holiday foods we all love.

Can you see it? Can you smell them? So how is it REALLY? Are you picking up frozen pies at the grocery store and transferring them into your own pie dishes? Are you staying up all night cooking before the big day? Are you too exhausted and cranky to enjoy the holiday? Are you hiding dirty pots and pans from your company? Or are you going out to eat on Thanksgiving and Christmas because it's just too much hassle?

Let 30 Day Gourmet put the fun back into your holiday. Most of us enjoy preparing (and eating!) traditional holiday foods. We just can't find the time to do it all in the 24 hours before the company comes or we pile into the mini-van for grandma's house.

With the 30 Day Gourmet method, you learn how to prepare and freeze all of these great foods ahead of time – when you have the time. No more stress and no more mess. Once you see how easy this is, you'll never go back. Whether you only do the salads and pies or you're doing the WHOLE meal, Holiday Freezer Cooking from 30 Day Gourmet will help take the stress out of this busy but blessed time of the year.

Happy Holidays!

Nanci and Tara

P.S. Sorry, but we can't do anything about the perfectly behaving children part. And if you have any questions, please feel free to email us at office@30daygourmet.com. You can find additional information about 30 Day Gourmet including tips, reader recipes and our appearance schedule on our website at www.30daygourmet.com.



SIDES AND SALAD RECIPES

Sweet Potato Soufflé with Brown Sugar Crumbles

Recipes:	1	2	3	4	5	6
Servings:	6	12	18	24	30	36
Ingredients:						
Sweet potatoes, canned Or	40 oz.	80 oz.	120 oz.	160 oz.	200 oz.	240 oz.
Sweet potatoes, freshly cooked	2 1/2 lbs.	5 lbs.	7 1/2 lbs.	10 lbs.	12 1/2 lbs.	15 lbs.
Milk	1/4 C.	1/2 C.	3/4 C.	1 C.	1 1/4 C.	1 1/2 C.
Butter/margarine, melted and cooled	1/2 C.	1 C.	1 1/2 C.	2 C.	2 1/2 C.	3 C.
Sugar	3/4 C.	1 1/2 C.	2 1/4 C.	3 C.	3 3/4 C.	4 1/2 C.
Eggs	2	4	6	8	10	12
Vanilla extract	1 T.	2 T.	3 T.	1/4 C.	1/4 C. + 1 T.	1/4 C. + 2T.
Brown sugar	1 C.	2 C.	3 C.	4 C.	5 C.	6 C.
Flour	1/2 C.	1 C.	1 1/2 C.	2 C.	2 1/2 C.	3 C.
Butter/margarine, chilled	1/3 C.	2/3 C.	1 C.	1 1/3 C.	1 2/3 C.	2 C.
Walnuts or pecans, chopped	1 C.	2 C.	3 C.	4 C.	5 C.	6 C.

Assembly Directions:

With a potato masher, electric mixer, or food processor, puree the sweet potatoes. You will end up with about 3 cups of puree per 6 servings. With a whisk or electric mixer, add milk, melted butter, sugar, eggs and vanilla extract. In another bowl, stir together the brown sugar and flour. Slice the chilled butter into the brown sugar mixture. With your fingers, a fork or pastry blender, blend in the butter until the mixture is crumbly and evenly mixed. Stir in the chopped nuts.

Freezing Directions:

Place the sweet potato mixture in a labeled one-gallon freezer bag(s) or container. Remove the excess air from the container, seal and freeze. Place the brown sugar crumbles in a labeled quart size freezer bag(s). Remove excess air, seal and freeze.

Serving Directions:

Thaw both bags. Spread sweet potato mixture in a greased or spray coated baking dish. Evenly distribute the crumbles over the sweet potatoes. Bake at 350 degrees for 25 – 30 minutes.

Comments:

To cook fresh sweet potatoes, scrub and peel them, place them in a pan and cover with water. Bring to a boil, reduce heat to a simmer and cook until they can be easily pierced with a fork. Drain well. For a richer version, use evaporated skim milk or cream to replace the milk.

Lower Fat Options:

Use skim milk and cut the butter in the sweet potato mixture in half. Replace each whole egg with two egg whites. The nuts may be omitted, but it won't be the same!

Storage Time:

Baked: Refrigerator (40 degrees): 4-6 days, Freezer: 2-3 months
 Unbaked: Refrigerator (40 degrees): 2-4 days, Freezer: 2-3 months

Nutritional Info: Sweet Potato Soufflé with Brown Sugar Crumbles

Per Serving: 815 Calories; 39g Fat (42.6% calories from fat); 11g Protein; 108g Carbohydrate; 7g Dietary Fiber; 63mg Cholesterol; 403mg Sodium.

Exchanges: 3-1/2 Grain (Starch); 1 Lean Meat; 7 Fat; 3 Other Carbohydrates.

Nutritional Info: Sweet Potato Soufflé with Brown Sugar Crumbles - Lite without Nuts

Replace 2% milk with skim milk. Cut butter in sweet potato mixture in half. Replace each egg with 2 egg whites. Removed nuts.

Per Serving: 609 Calories; 18g Fat (26.9% calories from fat); 6g Protein; 106g Carbohydrate; 6g Dietary Fiber; trace Cholesterol; 333mg Sodium.

Exchanges: 3-1/2 Grain (Starch); 1/2 Lean Meat; 3-1/2 Fat; 3 Other Carbohydrates.



SIDES AND SALAD RECIPES

Celebration Salad

Recipes:	1	2	3	4	5	6
Servings:	6	12	18	24	30	36
Ingredients:						
Orange rind, grated	2 t.	1 T. + 1 t.	2 T.	2 T. + 2 t.	3 T. + 1 t.	1/4 C.
Crushed pineapple, drained	8 oz.	16 oz.	24 oz.	32 oz.	40 oz.	48 oz.
Lemon juice	2 T.	1/4 C.	1/3 C.	1/2 C.	2/3 C.	3/4 C.
Canned WHOLE cranberry sauce	16 oz.	32 oz.	48 oz.	64 oz.	80 oz.	96 oz.
Whipped topping	2 C. (8 oz.)	4 C. (16 oz.)	6 C. (24 oz.)	8 C. (32 oz.)	10 C. (40 oz.)	12 C. (48 oz.)
Walnuts or pecans, chopped	3/4 cup	1 1/2 C.	2 1/4 C.	3 C.	3 3/4 C.	4 1/2 C.
Celery, finely diced	1/4 cup	1/2 C.	3/4 C.	1 C.	1 1/4 C.	1 1/2 C.
Candied fruits for garnish (optional)						

Assembly Directions:

Combine orange rind, pineapple, lemon juice, and cranberry sauce. Pour into an oiled 6-cup mold, serving container, or shallow freezer container. Serving container or freezer container does not need to be oiled. To oil a salad mold, spray lightly with cooking spray, or oil your hands with shortening or cooking oil and rub all over the inside surface of the mold. Spread the cranberry mixture evenly with a spoon or spatula. Combine whipped topping, nuts and celery. Spread over the cranberry mixture. When freezing in a mold, the white layer will be on the bottom. Serving from a container will put the white layer on top.

Freezing Directions:

Cover the salad with the container lid, plastic wrap, or slide it inside a 2-gallon freezer bag. Freeze on a level surface so the salad does not become lopsided.

Serving Directions:

Set the salad out at room temperature about 10 minutes before serving. Molded salads should be inverted onto chilled serving plates. If the salad does not come out of the mold easily, dip the mold in hot water for about ten seconds and then unmold. Salad frozen in serving container or freezer container can be sliced into squares and served onto chilled plates.



Comments:

The candied fruits may be used to decorate the surface of the salad that is served from a container. A pretty design can be made with them on the white layer before freezing, or the salad can be cut and then decorated after it is on serving plates.

Lower Fat Options:

Use low fat or fat free whipped topping. Reduce the amount of chopped nuts or omit them completely.

Storage Time:

Keep frozen (do not refrigerate), Freezer: 2-3 months

Nutritional Info: Celebration Salad

Per Serving: 314 Calories; 15g Fat (41.7% calories from fat); 4g Protein; 44g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 33mg Sodium.
Exchanges: 1/2 Lean Meat; 1/2 Fruit; 3 Fat; 2-1/2 Other Carbohydrates.

Nutritional Info: Celebration Salad - Lite

Replace whipped topping with light whipped and eliminate nuts.

Per Serving: 193 Calories; 3g Fat (12.5% calories from fat); trace Protein; 44g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 27mg Sodium.
Exchanges: 1/2 Fruit; 2 Other Carbohydrates.

SNACK AND DESSERT RECIPES

Merry Kiss-Mousse Pie

Recipes:	1	2	3	4	5	6
Servings:	8	16	24	32	40	48
Makes: pies	1	2	3	4	5	6
Ingredients:						
Semi sweet chocolate chips	12 oz.	24 oz.	36 oz.	48 oz.	60 oz.	72 oz.
Whipping cream, divided	16 oz.	32 oz.	48 oz.	64 oz.	80 oz.	96 oz.
Powdered sugar	1/4 C.	1/2 C.	3/4 C.	1 C.	1 1/4 C.	1 1/2 C.
Vanilla extract	2 t.	1 T. + 1 t.	2 T.	2T. + 2t.	3 T. + 1 t.	1/4 C.
9 inch chocolate crumb crust	1	2	3	4	5	6
Whipped topping	2 C.	4 C.	6 C.	8 C.	10 C.	12 C.
Chocolate kiss shaped candies	15	30	45	60	75	90

Assembly Directions:

Assemble each pie individually. In a microwave safe bowl, combine the chocolate chips and 1/2 cup of the whipping cream. Cook on 100% power for one minute, then stir. Cook 30 seconds and stir. Continue to cook and stir until the mixture can be stirred smooth. Set bowl in a pan or sink of cold water to cool. Stir occasionally to speed cooling. Mix the powdered sugar and vanilla extract with the melted chocolate chips. Meanwhile, fill the bottom of the cookie crust with unwrapped kiss candies to cover the bottom, pointed end up. In a medium mixing bowl, pour in remaining 1 1/2 cup whipping cream. Beat on high just until soft peaks begin to form. Spoon in about 1/4 cup of the cooled melted chocolate mixture and mix well. Continue adding chocolate mixture 1/4 cup at a time until it is all incorporated (do not beat too long or you will make chocolate flavored butter!) When the chocolate is all mixed in, spoon the mixture into the crust carefully to not disturb the chocolate candies.

Freezing Directions:

Smooth the top of the pie and refrigerate several hours before serving, or set into freezer until firm. Place the frozen pie into a large labeled freezer bag, or wrap well with heavy plastic wrap.

Serving Directions:

Set out at room temperature at least one hour before serving or thaw in refrigerator. Just before serving, top with 2 cups of whipped topping and decorate with additional candies.

Comments:

Peppermint patty candies may be substituted for kiss candies.

Lower Fat Options:

Use low fat or fat free whipped topping for garnishing. Replace the chocolate candies with a lower fat or fat free candy of your choice or omit completely.

Storage Time:

Refrigerator (40 degrees): 4-6 days

Freezer: 2-3 months

Nutritional Info: Merry Kiss-Mousse Pie

Per Serving: 666 Calories; 50g Fat (64.1% calories from fat); 5g Protein; 57g Carbohydrate; 3g Dietary Fiber; 81mg Cholesterol; 227mg Sodium.

Exchanges: 10 Fat; 3-1/2 Other Carbohydrates.

Nutritional Info: Merry Kiss-Mousse Pie - Lite

Replace whipped topping with light whipped topping.

Per Serving: 647 Calories; 47g Fat (62.3% calories from fat); 5g Protein; 59g Carbohydrate; 3g Dietary Fiber; 81mg Cholesterol; 222mg Sodium.

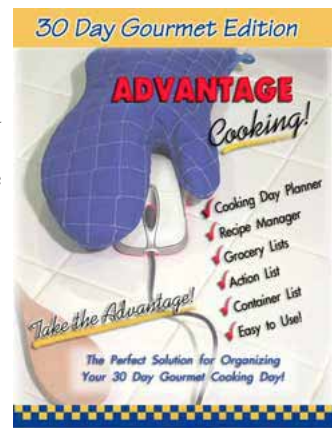
Exchanges: 9 Fat; 3-1/2 Other Carbohydrates.



30 Day Gourmet Edition of the Advantage Cooking Software

Looking for a better way to organize your recipes, cooking supplies and grocery lists for freezer cooking? Let the **30 Day Gourmet Edition of the Advantage Cooking Software** help you! This fully downloadable software is available from 30 Day Gourmet, Inc. for \$34.95. Use the included recipes or easily add your own. Group them together based on how you cook. Once you've selected which recipes you want to make, the **30 Day Gourmet Edition of the Advantage Cooking Software** quickly gives you a detailed shopping list. To help your cooking day go smoothly, use the variety of reports offered.

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