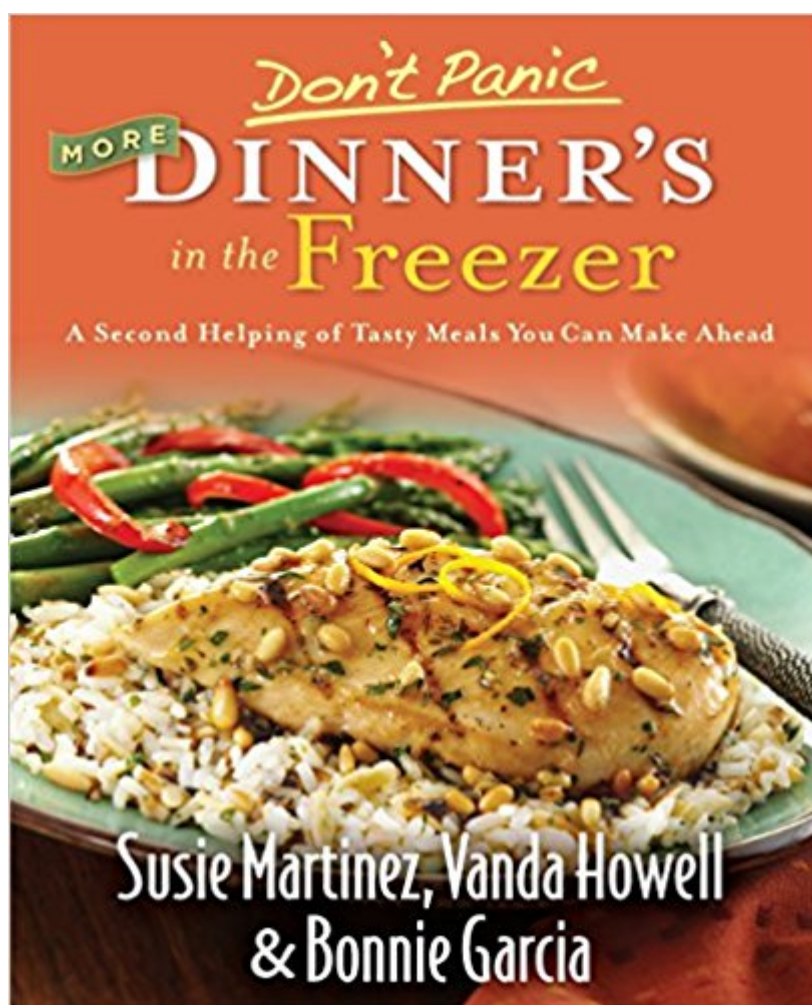




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# Don't Panic: More Dinner's In The Freezer - A Second Helping Of Tasty Meals You Can Make Ahead



## Synopsis

Due to popular demand, the ladies who brought readers Don't Panic-Dinner's in the Freezer offer more simple and economical recipes designed to be prepared and frozen for future use.

## Book Information

Paperback: 288 pages

Publisher: Revell (April 1, 2009)

Language: English

ISBN-10: 0800733177

ISBN-13: 978-0800733179

Product Dimensions: 7 x 0.6 x 9 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 163 customer reviews

Best Sellers Rank: #84,447 in Books (See Top 100 in Books) #26 in [Books > Cookbooks, Food & Wine > Cooking Methods > Large Quantities](#) #330 in [Books > Cookbooks, Food & Wine > Cooking Methods > Quick & Easy](#)

## Customer Reviews

Thousands have already made the switch. Shouldn't you be one of them? Cooking doesn't have to be just another chore after a long day of working and taking care of the family. It can be fun, easy--and infrequent. You can cook once a week--or even once a month--and still give your family the very best, with less money than you're probably spending on groceries now. Join the thousands of people who are already enjoying the Don't Panic method of cooking. Don't Panic--More Dinner's in the Freezer is a simple and economical alternative to take-out and prepackaged foods, featuring quick and easy home-tested recipes designed to be prepared in quantity and frozen ahead.

Whether you cook for one or for a large family, this unique method will simplify your life with healthy, money- and time-saving recipes like [Santa Fe Chicken Nachos](#), [Creamy Tomato Basil Soup](#), [Calypso Salmon](#), [Grilled Honey Lime Chicken](#), [English Sirloin Pasties](#), [Herb Crusted Pork Chops](#), [Four Cheese White Pizza](#), [Chocolate Lava Cakes](#), [Summer Strawberry Crunch](#), [Baked Breakfast Blintz](#) and many more. Don't Panic--More Dinner's in the Freezer also contains vegetarian and lighter fare recipes to fit a variety of lifestyles. Once you try the Don't Panic method, you may never go back to your old ways of cooking.

Susie Martinez is a professional counselor with a private counseling practice in Colorado. She has been married to her husband, Joe, for twenty-two years and has two teenage children. Susie adores her family, her Kitchen Aid mixer, and her purple PT Cruis

I love the original Don't Panic book and I'm loving this version too. I went through it as soon as it arrived and found 27 recipes I want to try "first" - I have had great success with the meals I've tried so far. I am not a fan of the OAMC recipes - everything is bland and not to my taste. How much cream of mushroom soup can one family eat? Yuck. I love that these recipes are varied and have spices use real, fresh ingredients and appeal to the whole family. The two Don't Panic books have changed my life. I always have something in the freezer to prepare for dinner or to share with a friend in need. I've probably given away or encouraged 30 people to buy the first book, and I would imagine that this one won't be any different. I like that this book categorizes the recipes into healthier choices, quick and easy and company-worthy. It's a neat feature, but I don't base my company worthy choices on it. I've found that most of the meals are crowd pleasers! Eagerly looking forward to the third installment!

Both Don't Panic books are fabulous. The recipes are great, and these books have changed my life. These ladies have this down to a science. None of the mushy tasteless freezer recipes I've tried from other books before I found these. Their way of doing freezer meals is really good for keeping the food tasting fresh. The only reason I didn't give it 5 stars is because they need more lighter freezer meals. While you can lighten some of them, most of these recipes are not low in calories or carbs. My hope is that they do another book of just lighter recipes.

It sounds corny but the two "Don't Panic ..." books have really made an impact in my family's daily life. The concept is simple. Buy things in bulk when they are on sale, prep the meals in bulk, then freeze. These books have saved us money and time. We've also eaten out a lot less now that home-cooked family meals are readily available. I like the second book "Don't Panic MORE dinner's in the freezer" better than the first book. There are more health-conscious recipes. There are more recipes for side dishes. There are more grilling recipes. We live in a warm climate so it's great to keep the heat out of the kitchen. The second book seems to have more recipes that are easier to prepare on serving day. In other words, you do almost all the work on cook & freeze day. Then you reap the rewards on serving day. I have recommended this book to my friends and family because it has truly changed the way I prepare meals.

I want to make it clear that this review is only for the Kindle version of the book, not the book itself. The recipes sound delicious however I am very annoyed that there is no table of contents with links to the recipes in the Kindle version. I have to scroll through all of the recipes to find one. If I would have known this I would have bought the paperback version.

Okay, I haven't tried all the recipes, but the ones I have tried have gone over well with the family. This cookbook and its predecessor get a lot of use in my kitchen, and I especially love the chart at the beginning of each recipe with amounts for tripling, etc. What I do is watch for sales of canned items and the like that are needed, and start stocking up. Then, when the chicken breasts, or ground beef or whatever meat is required, go on sale, I buy it up with whatever else I still need and have a cooking day to get the meals into the freezer. I've tried a bunch of recipes I found on Pinterest, but these recipes are much better.

I thought this book was very useful. I have never tried cook ahead but as my life is getting more and more busy with the kids, I like the idea of having nice home meals. The first few pages are devoted to organizing yourself and this, by far, has been the most helpful. Tips on making your shopping list, shopping, prepping, cooking and storing made this section invaluable, especially to someone like me who has never tried this before. There actually is a correct way to freeze and store .. who knew? Although this book doesn't give you an option for serving the same day you make it, a quick read through can probably let you figure it out for yourself. Each recipe comes set for 1 meal or 3-6-9 meals. Highly recommend making the 1 meal portion first to see if your family will even eat it. I can't give this a 5 star rating only because I haven't tried any of the recipes. I wanted to see if I can do this. I don't have an entire day to set aside for cooking, so I am cheating. I have modified some of our favorite family recipes by making a double batch and freezing half. The only trick there is knowing when to stop and set aside half. I have frozen a lasagna (three weeks ago) and chicken parmesan (ate two weeks later and it was still awesome), using the freezing tips found in the book. I am going to start selecting one or two recipes a week and just making those. If I can freeze even just two meals a week, that's two nights a week I am not cooking as much. (My daughter asked me why I didn't just save the leftovers and I told her because nobody wants it if it's leftovers but everyone cleans their plates when it's freshly made). In the end, if you already know how to make ahead and freeze, all this book can really offer you is more recipes (which isn't bad, if you don't already have them) in a really nice 1-3-6-9 meal set up (great if you hate math). But if you've never

done this before, the tips in the front are definitely worth it. And the recipes look yummy. I'll post again once I've tried some of the recipes.

Disappointed!! I was looking for a book that was easy to cook after taking it out of the freezer. Too many recipes that were complicated to prepare and also a lot to do after defrosting. Also too many recipes required using a grill to cook the food. I was looking for a cookbook that was easy to prepare after defrosting. Would not recommend!

This book has great ideas and much useful information. The only reason I didn't give it 5 stars is because a number of the recipes didn't appeal to me. That being said, the concept is excellent, and enough do appeal to make the book well worth buying. You can spend a few hours on easy prep and have a week of meals in the freezer or ready to deliver to needy friends.

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