



# Big Food: Amazing ways to cook, store, freeze, and serve everything you buy in bulk

*Elissa Altman*

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*Buy food in bulk and reap the savings?without waste or an endless parade of leftover meals?with this superb cookbook filled with ideas for cooking creatively for an average-sized family*

More and more Americans are purchasing their groceries today in large quantities at price clubs and warehouses. But our meal planning and cooking habits have not caught up with this trend. At last, here is the first cookbook designed to help shoppers make the most of the money-saving and culinary rewards that these clubs have to offer?without having to eat the same dish four nights in a row or trash the unused portions.

How long can I keep salad greens before they turn into something out of a horror movie? How can I use that 72-ounce can of tuna without making 110 tuna sandwiches, like Woody Allen did for his army in *Bananas*? In *Big Food*, award-winning journalist and food writer/editor Elissa Altman tells readers how to shop, meal plan, and cook inventively; how to store food safely; and how to use her 150 delicious recipes to turn large quantities of chicken, for instance, into Apricot-Glaze Roasted Chicken; Asian Chicken-Stuffed Lettuce Rolls; and Quesadilla of Chicken, Chiles, Tequila and Lime or a 6-8-pound salmon fillet into Curried Salmon Salad with Grapes and Walnuts, Cold Poached Salmon with Horseradish Cream, and Smoked Salmon Omelet.

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