



# **Recipes For Single/Handicapped Book One: Basics, Breads, Breakfasts, Main Meals and Side Dishes (Volume 1)**

*Walter Daniels*

[Download now](#)

[Click here](#) if your download doesn't start automatically

# Recipes For Single/Handicapped Book One: Basics, Breads, Breakfasts, Main Meals and Side Dishes (Volume 1)

*Walter Daniels*

## **Recipes For Single/Handicapped Book One: Basics, Breads, Breakfasts, Main Meals and Side Dishes (Volume 1)** Walter Daniels

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 recipes, and saving smaller portions. The choice of method is up to you. In the 1980's, I used to spend one Saturday a month, making quantities of meals that I sealed into Daisy SealAMEal bags, and froze. I could open the freezer, and have an easy choice of several meals, with minimal effort. I would drop the bag into boiling water, and a few minutes later, have a hot meal. With similar systems, you can do the same today. The Tilia Food saver, and similar systems, allow you to vacuum pack bags, and jars of food: for storage, or ready-made meals. In some cases, I have modified a recipe for one or two servings. In other cases, recipes are intended to generate multiple servings, for eating later. Whether single, handicapped, or able bodied, everyone has days, when they think. "I don't feel like spending a lot of time and effort on making a meal. "If you make and store servings for such days, you're covered. It saves you time, effort, and money." All it takes is a little effort, and time to make ready-made servings for storage. Final notes: This is not a typical cookbook. Many older cookbooks were informal in format. Newer ones, to me, are like sitting in a lecture hall, watching a teacher describe what to do. I am not, and never was comfortable with that way of doing things. I want you to picture this, as me sitting in my wheelchair, next to you while you work. My comments are usually in parentheses and italicized, with my initials. I have also, unlike many cookbooks, tried to not assume that you already know how to cook. All of us have to learn at some point, and I still do from many sources. Shows like Diners, Drive-ins and Dives, Chopped, (both on Food Network), and cooking shows on PBS, are good way to pick up new techniques and recipes. I also learn from friends, who suggested new recipes, or ways to do things better. I hope that you enjoy making the recipes in the cookbooks, and the food that results. If you do, I've achieved My goal in writing them.

 [Download Recipes For Single/Handicapped Book One: Basics, B ...pdf](#)

 [Read Online Recipes For Single/Handicapped Book One: Basics, ...pdf](#)



## **Download and Read Free Online Recipes For Single/Handicapped Book One: Basics, Breads, Breakfasts, Main Meals and Side Dishes (Volume 1) Walter Daniels**

---

### **From reader reviews:**

#### **Tasha Page:**

Book is written, printed, or created for everything. You can realize everything you want by a e-book. Book has a different type. As we know that book is important point to bring us around the world. Alongside that you can your reading skill was fluently. A publication Recipes For Single/Handicapped Book One: Basics, Breads, Breakfasts, Main Meals and Side Dishes (Volume 1) will make you to end up being smarter. You can feel far more confidence if you can know about everything. But some of you think in which open or reading any book make you bored. It's not make you fun. Why they are often thought like that? Have you in search of best book or appropriate book with you?

#### **Jean Ashburn:**

Reading a reserve can be one of a lot of exercise that everyone in the world enjoys. Do you like reading book therefore. There are a lot of reasons why people fantastic. First reading a guide will give you a lot of new information. When you read a book you will get new information since book is one of a number of ways to share the information or maybe their idea. Second, reading through a book will make you more imaginative. When you reading through a book especially fictional works book the author will bring one to imagine the story how the characters do it anything. Third, you are able to share your knowledge to other individuals. When you read this Recipes For Single/Handicapped Book One: Basics, Breads, Breakfasts, Main Meals and Side Dishes (Volume 1), it is possible to tells your family, friends and also soon about yours reserve. Your knowledge can inspire the others, make them reading a guide.

#### **Mandi Rice:**

Playing with family in a very park, coming to see the ocean world or hanging out with buddies is thing that usually you will have done when you have spare time, and then why you don't try point that really opposite from that. One activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of information. Even you love Recipes For Single/Handicapped Book One: Basics, Breads, Breakfasts, Main Meals and Side Dishes (Volume 1), you may enjoy both. It is excellent combination right, you still would like to miss it? What kind of hangout type is it? Oh can happen its mind hangout men. What? Still don't buy it, oh come on its known as reading friends.

#### **Duane Vega:**

You can obtain this Recipes For Single/Handicapped Book One: Basics, Breads, Breakfasts, Main Meals and Side Dishes (Volume 1) by check out the bookstore or Mall. Merely viewing or reviewing it can to be your solve challenge if you get difficulties for ones knowledge. Kinds of this reserve are various. Not only by written or printed but in addition can you enjoy this book by e-book. In the modern era including now, you just looking by your local mobile phone and searching what your problem. Right now, choose your personal ways to get more information about your guide. It is most important to arrange yourself to make your

knowledge are still up-date. Let's try to choose suitable ways for you.

**Download and Read Online Recipes For Single/Handicapped Book  
One: Basics, Breads, Breakfasts, Main Meals and Side Dishes  
(Volume 1) Walter Daniels #LMXE8UHOISN**

## **Read Recipes For Single/Handicapped Book One: Basics, Breads, Breakfasts, Main Meals and Side Dishes (Volume 1) by Walter Daniels for online ebook**

Recipes For Single/Handicapped Book One: Basics, Breads, Breakfasts, Main Meals and Side Dishes (Volume 1) by Walter Daniels Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Recipes For Single/Handicapped Book One: Basics, Breads, Breakfasts, Main Meals and Side Dishes (Volume 1) by Walter Daniels books to read online.

## **Online Recipes For Single/Handicapped Book One: Basics, Breads, Breakfasts, Main Meals and Side Dishes (Volume 1) by Walter Daniels ebook PDF download**

**Recipes For Single/Handicapped Book One: Basics, Breads, Breakfasts, Main Meals and Side Dishes (Volume 1) by Walter Daniels Doc**

**Recipes For Single/Handicapped Book One: Basics, Breads, Breakfasts, Main Meals and Side Dishes (Volume 1) by Walter Daniels Mobipocket**

**Recipes For Single/Handicapped Book One: Basics, Breads, Breakfasts, Main Meals and Side Dishes (Volume 1) by Walter Daniels EPub**