

Grain Free Meal Plans Freezer Cooking Guide SAMPLE

Reasons for freezer cooking

Bulk cooking can save time, energy, and sanity. Multiple batches of one dish can be made with different variations, which saves time grocery shopping, getting out ingredients, organizing the recipes, and washing dishes. Having a full freezer means that you only need to pull out a dish in the morning, glance at the reheating instructions, and not think about dinner again until that evening.

Having a freezer stocked with nourishing foods will help you to include more wholesome foods in your diet since all the work has been done beforehand. Freezer cooking is perfect for singles, couples, young families, work at home parents, stay at home parents, work outside the home parents, etc. Really, anyone can benefit from having a freezer stocked and ready to go.

Following the “Cooking Block” Instructions

The ‘cooking blocks’ are designed to be easier to fit into busy schedules. I have done freezer cooking in the past, but I would normally spend 8-10 hours straight cooking. Many of us have young families, special needs children, homeschool, work outside the home, or any combination of the above- and separating the cooking into 2-3 hour blocks is much more doable.

To stay the most efficient, these blocks should be planned to be together, but they can span several days and still fill up your freezer with nourishing foods.

Labeling and Reheating Frozen Meals

Included in this e-book are printable instruction cards for each recipe. They can be clipped out and attached to casserole dishes with freezer tape (found near the foil and plastic wrap in the grocery store, usually along the bottom) or stapled to the top of zip-top bags.

There is a space for you to write in when the meal was frozen, for future reference. There is also an ingredient list, which you can edit as you use different ingredients. The ingredient list is to remind you of any potential allergens when serving guests or changing your own diet. When more than one ingredient is called for (ie butter, ghee, or coconut oil) circle the one you used to remind yourself.

How to Store Your Frozen Meals

Zip top disposable bags are a shortcut that I use when freezer cooking. While I love mason jars for storing ingredients in the pantry and fridge, in my house *freezing temperatures* and *glass* just don't get along well. Liquids expand during freezing, breaking glass, and the frozen glass jars themselves are slippery and shatter just about every time if they accidentally drop. Plastic re-usable (BPA free if possible) freezer containers are an environmentally friendly alternative.

Casserole dishes are handy for pre-made casseroles. Extras in often used sizes (8x8” and 9x13”) can be found at garage sales and thrift stores.

2-3 Hour Block: Veggies

- Onions- sauté 10 yellow onions in crockpot until golden, reserve for quiche, burgers, the rest for soup packs as called for
- Peel and chop vegetables in list (see below)
- Squash: Squash fries x 5, bake bulb ends and scoop out pulp
- Mixed veggies to roast: pumpkin, beets, onions, asparagus if in season,
- Mashed cauliflower for shepard's pie
- Assemble soup packs

Crockpot Carmelized Onions:

10 pounds yellow onions

¼ cup fat; butter, ghee, or tallow

Set crockpot to high and melt fat in it as you peel and slice the onions. Peel onions (it often helps avoid eye irritation if you chill them first) and slice in half and then into ¼ inch slices. Place in the crockpot on top of the melting fat as you slice. Once all the onions are cut or the crockpot is full, cover with a lid and allow to caramelize, stirring every 30-60 minutes, for 2-3 hours. Once golden, add to recipes as needed.

Peel (if needed) and chop/slice:

- Broccoli, 2 heads
- Mushrooms, 2 lbs, sliced
- Parsley, ¼ cup, chop
- Beets, 4, peeled and chopped
- Carrots, 4, peeled and chopped
- Butternut Squash, 5-8 large peel (see squash fries)
- Leeks, 6
- Green onions, 2 bunches

Squash fries

Ingredients:

5 large (3-4 lbs) butternut squash, or more if they are small

Sea salt

Coconut or palm kernel oil

Directions:

Peel a butternut squash, and use the thick neck to slice into fry shapes. Try to make them pretty even so they cook evenly.

Scoop the seeds out (reserve the seeds if you want to make roasted squash seeds) of the bulb end of the butternut squash. Cut the bulb ends into chunks for butternut squash soup detailed later.

Cooking Block:

Baking 1

- Crackers- Set timer for 15 minutes and rotate crackers through oven through the whole 2 hour block.
- Start heating milk for yogurt
- Crepes, flip as mixing and baking scones
- Check milk temp and turn off as needed
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- Enchiladas, use filling and sauce started in the 'meat' block
- Scones- mix and under bake to freeze, baking will continue while re-heating
- Yogurt in dehydrator
- Custard, pear and/or butternut



Bulk Cooking Notes: Set timer for 15 minutes and rotate crackers through oven through the whole 2 hour block. To conserve parchment paper, use 3 sheets; roll one batch of crackers between two, remove top sheet, place on cookie sheet, score crackers with pizza cutter, bake, and as you are baking the first batch, use the other two parchment sheets to roll out the next set of crackers and have ready. Even after baking, the parchment can be re-used.

Pumpkin Seed Grain Free Crackers

1 cup unsalted pumpkin seeds, hulled
1 teaspoon sea salt (the coarse kind is fine)
3 cloves of garlic, peeled
1 cup sesame seeds, hulled
Up to 1/4 cup water

Preheat oven to 375 degrees.

In the bowl of the food processor, using the regular metal blade, combine the pumpkin seeds, salt, and garlic. Turn food processor on and let it whirl for 2-3 minutes until the seeds have turned into a dense flour. Add in the sesame seeds and pulse to mix (the sesame seeds don't need to mix all the way in). Slowly add in the water, a couple tablespoons at a time, until the seeds all clump together in a ball. Remove and knead to distribute the sesame seeds through the sunflower seed mixture. The mixture isn't a very

pretty color at this point, but it improves beautifully with baking.

Between parchment paper, roll the dough out until it is 1/4 thick, in as close to a rectangle shape as possible. Using the parchment paper, flip the whole rectangle of dough onto a cookie sheet. Cut into rectangles with a pizza cutter or sharp knife. We'll use the cut lines to break the crackers on after they're cooked.

Bake for 15-20 minutes, or until golden brown. Remove parchment from cookie sheet to counter to speed the next batch going into the oven. The crackers cool quickly and can be placed in a zip lock bag or freezer container.



Dishes saving tip: No need to wash the food processor between batches of crackers.

24-hour Yogurt

Commercial yogurt is not allowed on GAPS or SCD as it has not been incubated long enough to use up all the lactose. The 24-hour incubation at 100 degrees F gives the culture sufficient time to use up the vast majority of the lactose, making yogurt acceptable on the diet.

Yogurt is included in baking day because we are not otherwise using the dehydrator today.

Ingredients:

1 gallon milk (goat or cow, raw or pasteurized. Preferably raw and from cows or goats eating fresh pasture)

Yogurt starter. The Specific Carbohydrate Diet requires a yogurt starter with only acidophilus, on the GAPS diet plain high quality yogurt from the health food store can be used as the starter.

Directions:

In a stock pot, heat milk gently on medium heat, stirring approximately every 10 minutes, until milk is close to a boil.

Cover, remove from burner, and allow to cool until the yogurt is comfortable to the touch, 90-110* F.

Make sure the yogurt is not too hot at this stage, or you will kill the good bacteria that are going to make your yogurt into milk.

Pour nearly warm milk into jars, I use quart sized jars usually.

Using one tablespoon of commercial yogurt per quart, (or follow the directions that came with your powdered starter) mix yogurt or starter into the jars of warm milk.

Cover, and shake to distribute culture.

Keep warm in a yogurt maker, Excalibur dehydrator, or cooler at 100 degrees for a full 24 hours. Yogurt is now done.



Storage instructions: Yogurt can be kept in the refrigerator for 6 weeks, can be frozen as well, but prepare for expansion as it freezes.



Serving instructions: Yogurt lasts a long time in the fridge, if it's kept in closed containers (I recommend using pint or quart containers, rather than half gallon or gallons) in a cool part of the fridge. If it is going to need to last longer than a month, place in freezer in plastic containers, leaving at least an inch for expansion.

Recipe: Squash Fries

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Servings:

Prep/Cook Time: 60 minutes

Date Frozen:

Directions:

In an oven heated to 350 degrees, melt 4 tablespoons of coconut or palm kernel oil in an 8x13 glass baking dish. Once the oil is melted, remove the pan and carefully add your squash fries to the oil. Use a fork to stir the fries, covering them in oil. Sprinkle 1 teaspoon coarse sea salt across the top and return to the oven. Bake for 45 minutes-1 hour.

Notes:

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Notes:

Recipe: Cold Beet Soup

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Servings: 4

Cook Time: None- just thaw and stir!

Date Frozen:

Reheating Directions:

Notes:

Thaw all day or overnight. Stir before serving. Top with cultured cream if desired.

Ingredients:

Beets
Carrots
Sea salt
Black pepper
Cayenne pepper
Fresh dill
Garlic
Cultured cream (optional)
Stock, _____

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