

Batch Cooking

Kitchen

Cooking once and eating several times, without it all tasting the same.

The approach that survives past the second week.

1

Cook components

A grain, a protein, a sauce, roast vegetables — separately.

2

Cool fast

Within two hours, in shallow containers.

3

Portion before storing

Reheating one portion is safer and faster than reheating the batch.

4

Label with the date

Everything looks identical after a week in the freezer.

5

Combine differently

Same components, different sauce and garnish, different meal.

FREEZES WELL

Soups, stews, curries, sauces

Cooked grains, portioned

Bread, sliced

Does not freeze well: cream sauces, potatoes in liquid, salad leaves, fried food and anything with raw egg.