



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

*Walter Daniels*

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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.

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