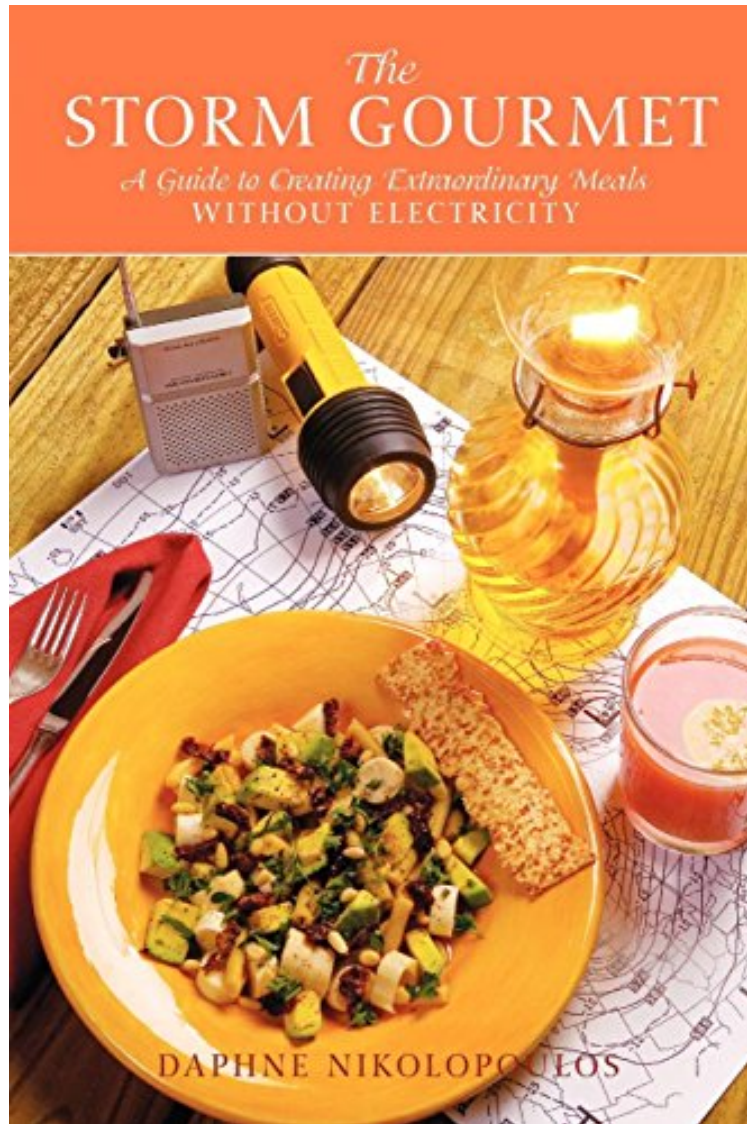


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The Storm Gourmet: A Guide to Creating Extraordinary Meals Without Electricity

Daphne Nikolopoulos

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Daphne Nikolopoulos : The Storm Gourmet: A Guide to Creating Extraordinary Meals Without Electricity before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Storm Gourmet: A Guide to Creating Extraordinary Meals Without Electricity:

2 of 2 people found the following review helpful. It was okBy K. Hart-EisenlohrI guess I was expecting something else - not a big stocker of some of the gourmet ingredients included in the recipes0 of 0 people found the following review helpful. Five StarsBy merlynpiJust what I wanted!0 of 0 people found the following review helpful. Worthwhile!By Dorothy MarecauxThis had a lot of good information in order to survive a power outage from a very big, destructive storm.

This book proves that, with a little planning and minimal effort, you can eat surprisingly well during power outages. In hurricane season, this book is a crucial resource. It can be used for any emergency or anytime you are without power. And you can use this book for quick, easy meals anytime, especially for camping or for quick summer meals. You will find shopping lists for creating the ultimate emergency pantry; more than 70 recipes using nonperishable and shelf-stable food items; suggested menus for quick, well-balanced meals; a practical guide to growing a storm-proof herb garden; advice, tips, and anecdotes about weathering the storm. Yes, gourmet meals can be prepared from canned goods with some fresh ingredients.

In her handy easy-to-navigate cookbook, Nikoupolos doesn't tell just how to get by at meal time, she gives instructions on how to make a party of it. The recipes are easy to follow, and the variations in the meals would certainly be welcomed during a crisis that resulted in power outages for more than a few days. About the Author Daphne Nikolopoulos is the editor in chief of Palm Beach Illustrated and editorial director of Palm Beach Media Group, which oversees Naples Illustrated, Weddings Illustrated, Palm Beach Charity Register, Naples Charity Register, and palmbeachillustrated.com. Born in Athens, Greece, Ms. Nikolopoulos has worked as a journalist in the U.S., U.K., and Greek markets since 1990, specializing in travel, food, and luxury lifestyles. During her career, she has traveled the globe and experienced world culture both on and off the beaten track.