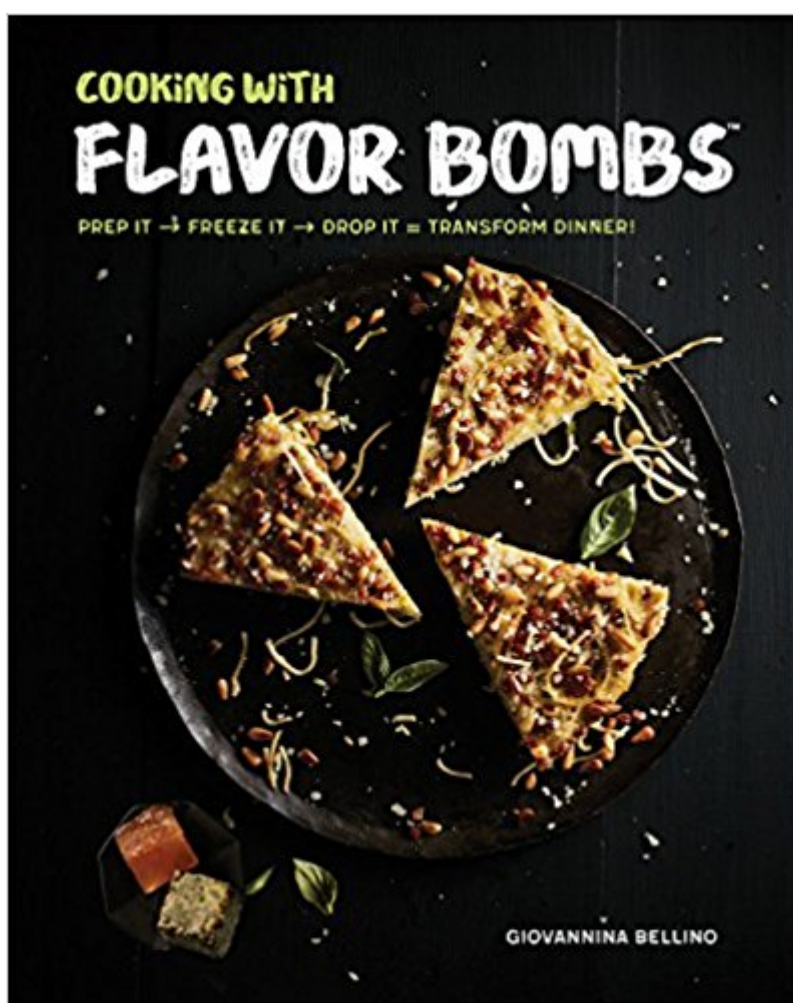


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# Cooking With Flavor Bombs: Prep It, Freeze It, Drop It . . . Transform Dinner!



## Synopsis

Gardeners know Flavor Bombs. Chefs know Flavor Bombs. And now you, too, can learn the secret to delicious, no-waste dinners! If you're tired of chopping fresh veggies and herbs night after night or throwing away extra produce, then it's time to revolutionize your cooking with Flavor Bombs! Flavor Bombs are incredible blends of savory, sautéed aromatics, fresh herbs, vegetables, and spices, or stocks and sauces that you make in advance and freeze in ice cube trays. So go ahead and take advantage of those fresh vegetable and herb specials at your local market! With the Flavor Bomb secret, you stock up, chop up, and drop the Flavor Bomb in every dinner, for an instant flavor explosion. Discover how to make:

- Herb Pesto Bombs
- rosemary, basil, sage, Tex-Mex, and chimichurri- Vegetable-Blend Bombs
- umami, suppengrün, mirepoix, Spanish sofrito, Italian soffritto, Holy Trinity, and Indian curry- Stock and Sauce Bombs
- béchamel sauce and beef, chicken and vegetable stocks

Cooking with Flavor Bombs is complete with essential Bomb step-by-step instructions plus delicious recipes to use your Flavor Bombs in, including Spaghetti Frittata, Roasted Pork Loin, Pot Pie with Guinness Stout and Cheddar, Chicken Tikka Masala, and more. So stop wasting time, money, and food, and start cooking with Flavor Bombs today!

## Book Information

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## Customer Reviews

Chef Giovannina "Gio" Bellino is a long-time "foodie" entrepreneur and the owner of Goddess Gourmet, a catering company on Long Island, New York. Gio was a contestant on the popular

cooking show *Chopped*, on the Food Network in 2013. She launched her Flavor Bombs product line in 2015. She lives on Long Island with her children.

Cooking with Flavor Bombs did not start well for me as the first few recipes all contained nuts or peanuts. As I am allergic to both, I wondered if I would be able to use this cookbook. I read further along and discovered there were usable recipes for me to try. I like the concept of Giovannina Bellino's book as I could prepare batches of flavor bombs to use later in cooking. I like to use fresh herbs in cooking, and after reading his recipes, I can now use the herbs without waste. I am a frugal cook so this makes my frugal heart happy. You will find key recipes which can be used to prepare foodstuffs. You will find the key recipe and then recipes using the flavor bomb. For example: Key recipe: Basil Flavor Bomb Recipes: Spaghetti Frittata, Linguine with Clam Sauce, Stuffed Mushrooms, Quinoa Balls. Recommend. Review written after downloading a galley from NetGalley.

Finally a chef who shares tips and explains in detail how to make and prepare gourmet food easily. If you are a herbalist/gardener and wondered what to do with the stock pile of herbs or extra vegetables, this is the book for you. I grow the usual herbs and would harvest them and freeze them, I never thought to make flavor bombs with the herbs that I could use to make dishes that we love. Since getting the book, I have made so many flavor bombs and the tips and ideas have given me the inspiration to make other flavor bombs that will end up making meal preparing easy. I highly recommend this book to anyone who loves to cook and wants to learn something new.

Just what are flavor bombs? According to *Cooking with Flavor Bombs: Prep It, Freeze It, Drop It . . . Transform Dinner!*, by Giovannina Bellino, defines them as "Flavor Bombs are combinations of savory, sautéed aromatics, fresh herbs, or sauce reductions blended together and frozen in ice cube trays, small containers, small bowls, or even just spooned onto a tray lined with wax paper." There are Stock and Sauce Flavor Bombs, Herb Flavor Bombs, and Vegetable Flavor Bombs. Not only do these Flavor Bombs save time in the kitchen, they are a perfect way to use up fresh herbs and vegetables growing in the summer garden and preventing waste. The Flavor Bombs are easy to make, and once frozen will be very convenient for anyone wanting to prepare something yummy and flavorful. Of course knowing how to prepare the flavor bombs and having them in the freezer is great, but it's nice to have some good recipes to use them in. This book delivers. For instance, Shrimp Po'Boys with Trinity Slaw (Yum! will make this one over and over) can be made with the Holy

Trinity Flavor Bomb, and a gorgeous Rosemary Focaccia as well as a delicious Roasted Rack of Lamb can be made easily with the Rosemary Flavor Bomb. The book features beautiful, mouthwatering pictures of many of the recipes, which are foods that people will actually want to make. The recipes are easy to prepare, many have minimal ingredients, and most can be made quickly. Anyone who is interested in saving time, but doesn't want to make dinners ahead and freeze them (that concept takes way too much planning and freezer space), will want to purchase this excellent cookbook to make scratch recipes that are amazing. Special thanks to NetGalley for supplying a review copy of this book.

Cooking with Flavor Bombs by Giovannina Bellino (one of the most awesomest names to grace the Earth) is a free NetGalley ebook that I read in mid-June. And I thought my cooking game was strong by buying frozen basil, cilantro, and chopped garlic cubes and using my ice cube trays to hold onto a particularly yummy stock; here comes this book to show me that I can enhance these cubes (and measure them out to be one ounce each) by adding in spice, sauce, veg, and buttery elements. Accompanying each bomb recipe are also 2-4 side dish or entree recipes that could benefit the most from that specific bomb style.

Cooking with Flavor Bombs is a fantastic book with flavourful recipes to utilize fresh herbs and spices. I have made stock and other sauces to freeze in ice cube trays but love the idea of using fresh herbs, veggies, spices, and butter to make bombs of flavor to enhance the taste of my favourite dishes. The book has colourful pictures and numerous recipes and tips for each flavor bomb. A great book to reduce waste and add intense flavours to everyday meals. Complementary copy provided by NetGalley for an honest review.

Great ideas for fast, flavorful meals and a great process for streamlining the work of everyday cooking! With the price of admission!

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