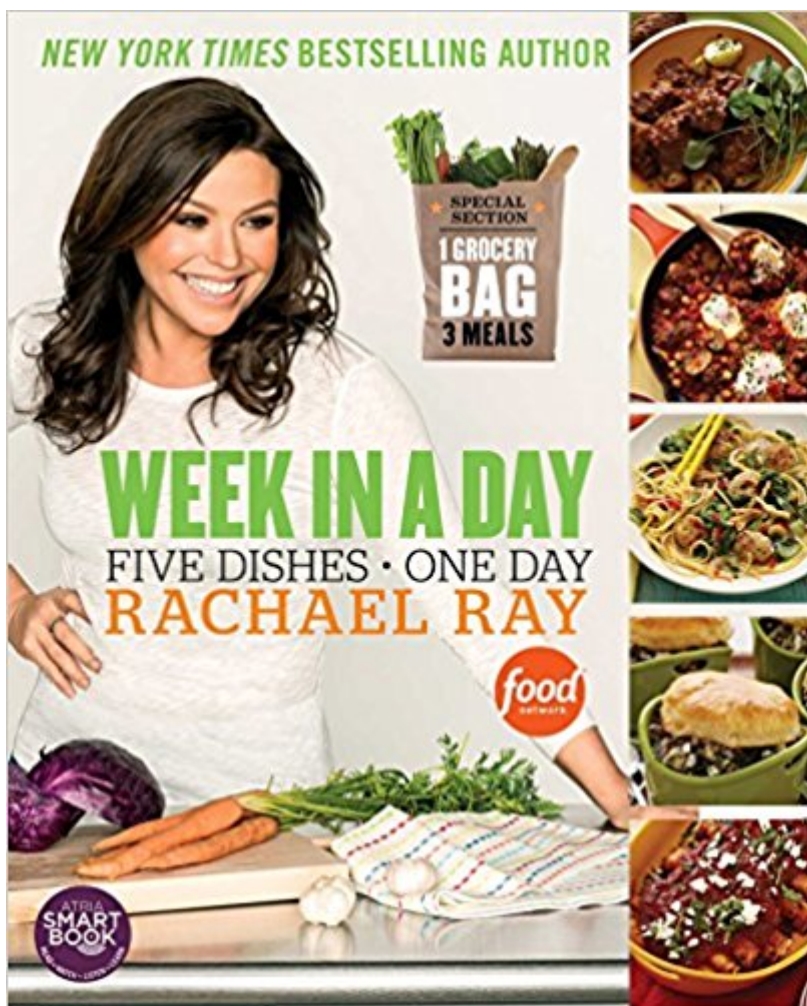




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# Week In A Day



## Synopsis

Wondering what to make for dinner tonight—and for the rest of the week? Here's an easy way to prepare a week's worth of meals, for yourself or the whole family, in just one day. Relax with a tasty meal after a busy day. Enjoy your evenings around the dinner table with your friends and family. Sound too good to be true? Not if you plan your Week in a Day. Rachael Ray's Week in a Day, the companion book to her hit cooking show of the same name, offers more than two hundred recipes that will help you prepare five nights' worth of meals in a single day. The woman who taught America how to make a meal in 30 minutes is sharing more of her practical and easy tips that will have you eating well for days to come! Each week features its own theme, including From a Taco to Morocco, A Chicken in Every Pot, and Stew on This, allowing your taste buds to travel around the world with dishes such as Chicken and Chorizo Spanish Enchiladas, Argentine Chili with Chimichurri, and Zinfully Delicious Short Ribs. In addition, Rachael shows you how to fit all the groceries you need for three fabulous meals into a single bag with her special section, 1 Grocery Bag, 3 Meals. And you can enjoy bonus content and extra recipes for side dishes by scanning the QR codes displayed throughout. When the weekend rolls around, this book has everything you need to get ready for your Week in a Day. Come Monday night, you'll be glad you did!

## Book Information

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## Customer Reviews

Rachael Ray is a New York Times bestselling author of more than twenty cookbooks. She is the

host of the Food Network's 30 Minute Meals and Rachael Ray's Kids Cook-Off, as well as the Cooking Channel's and the Food Network's Week in a Day. She is also the star of the syndicated talk show Rachael Ray; founder and editorial director of her own lifestyle magazine, Every Day with Rachael Ray; and founder of the Yum-o! organization.

Week in a Day WEEK 01FROM A TACO TO MOROCCOGLOBE-SPANNING COMFORT FOOD,  
ALL MADE AT HOME, AND IN JUST ONE DAYDISH 1 BRAISED PORK TACOSDISH 2 CRAB  
CAKE MAC & CHEESE  
DISH 3 MOROCCAN MEAT LOAF WITH  
LEMON-HONEY GRAVYDISH 4 RATATOUILLE WITH POACHED EGGS & GARLIC  
CROUTONS  
DISH 5 PORK RAGU

Here's the good news. Rachel Ray is one of the most talented recipe creators around. This book is no exception. The food here looks and reads delicious. The book is also beautifully illustrated with photographs of completed meals. The food, as advertised, is mostly "make ahead." So why only three stars? With a title like *Week in a Day* I was expecting a week of recipes that used many of the same ingredients and were easy for a busy home cook shop for and put together easily. This book, which contains a list of cooking days, each with a list of five recipes might better be titled "*Week in a Very Long Day*." Even very experienced cooks, used to cooking ahead will find a Sunday spent cooking these recipes all together, very long. Most weeks contain just a few recipes that truly help one another. For example, Week 1 starts out with pork tacos and ends with pork ragu. Okay that works. But in the middle come Crab Cake Mac and Cheese, meatloaf and a ratatouille, all of which use different proteins, many ingredients which don't overlap and require different timing. And don't get me started on the clean-up. I'm exhausted just thinking about it as no effort is made to consolidate. Most cookbooks with a make-it-in-one-day title, contain strategies for organizing a day of cooking, such as chopping onions for three recipes at the same time, or even sautéing them together. This book contains no such strategies and it's not clear why the reader should want to make them during the same week. The book also lacks shopping lists. The cheery introduction lists "Make a shopping list" in the READ ME FIRST! Section. Is this the same cook who gave us ingenious 3 in 1 recipes? The one who wrote the fantastic *No Repeats* book? It's hard to believe that the same author who wrote those and other excellent cookbooks is giving me advice like "check your pantry" before you go shopping. Yeah, I think I knew that. Yes there are some synergies in the recipes for a given week, and there are four foundation recipes on which a number of recipes are derived, but for an experienced cook a foundation recipe for poached chicken is no innovation. The

book starts with an introduction where Rachel explains that on her one day off she shops early in the day, then opens a bottle of wine and spends the next five to six hours cooking. I would say "is she kidding," except that I know perfectly well that this is nonsense. I don't for one minute believe she does this, though she may have tried it for this cookbook. Its exhausting. I can only imagine how guilty and frustrated this will make a young person who tries to live up to this, and holds down a full time job. Having spent the past thirty plus years working full time and cooking on weekends I know that this is not how it's done. People who work six days a week don't cook five make ahead meals three of which contain vastly different ingredients and cooking methods and cook for six hours! if you want to prepare a week of family meals and survive, you pick out one or two core proteins and and make variations on those. Or you make two large recipes (roast chicken and veg chile, for example), make variations for meal 2 & 4 (chicken soup and veg tacos) and add a meal that cooks quickly such as broiled salmon. Because I love Rachel Ray's recipes, I was hoping that this would be the book that could help me do, what I do faster and better and with Ray's great recipes. Unfortunately that is not the case. This is a good solid cookbook. Had it been named "Meals that Keep," I would have been a lot happier.

I have been waiting months for Rachael Ray's Week in a Day to come out. The idea is that one spends a day cooking (a Cook Day) to be rewarded with 5 delicious meals for the week ahead. It sounds terrific to this working mom of two tiny children but in actuality, the book doesn't deliver as well as I hoped. The book is divided into 43 weeks of 5 dish menus. Each week has its own theme: five fiesta favorites; meatlover's lane; a chicken in every pot; hearty classics, Thanksgiving anytime, etc. After that comes 4 foundation recipes (poached chicken, parmigiano-herb stock, roasted tomatoes, and pulled pork) that you use frequently. Then the final section is 1 Grocery Bag, 3 Meals in which you are given 8 grocery lists that promise three hearty meals utilizing only one sack of groceries. Don't get me wrong. I think the food is delicious and hearty. I cook everything from Food Network classics to Thomas Keller. I think Ray's food has improved steadily over the years and does deliver. The problem? I can't imagine utilizing many of these menus on a Cook Day to deliver meals later in the week. The recipes all have a common theme but most of the time that theme means cooking lots of different proteins and utilizing new ingredients with each dish. It isn't cost-effective and goodness knows, I don't own enough pots, pans, and kitchen implements to make all five recipes in a day. Ray says she frequently spends a good 5-6 hours cooking up a week's worth of meals. I can't see myself making 5 of most recipes in these menus in under 5-6 hours. The interruption of cleanup between recipes would make it an all day ordeal. I fully realize you

have to spend some time in the kitchen to make good food, and her recipes are good. I just don't like the premise that anyone can go in the kitchen and make these menus in a day. It seems to me that you sacrifice too much time with your family to pull these off. I'd rather spend an hour on any given day cooking a great meal than sequestering myself in the kitchen for a whole day to save some time through the week. I choose to think of this as just another Rachael Ray cookbook and ignore the Week in a Day concept. You won't find any grocery lists for each week on the 43 week menus, but there are lists that head all 8 of the One Bag, Three Meals section which I think is a lot more practical for the parenting, working cook of today. There is two page spread of Microsoft tags at the beginning of the book that you can scan with your phone to get bonus side dish recipes and cooking videos. There are some nice full color photographs of the finished dishes in this book. Most dishes taste great. The short rib ragu with drunken papperdelle is a winner as is the Thai ribs and drumsticks and ancho-chipotle turkey chili. I reiterate: you won't hurt for good food in this book. I just don't think the menus were well done to optimize your time at home. More repetition of the same protein or transforming more leftovers into new dishes would have earned this book a solid 5 stars from me. I'm happiest when I ignore the notion that these menus should be cooked in a day.

Disappointed in this book. Essentially you are spending one WHOLE day cooking 5 completely different dinners, putting them in rubbermaids, and microwaving them the night you want them. I was mostly disappointed there was not alot of carry over foods, i.e making 1 or 2 whole chickens for various meals during the week, or roasting a whole bunch of potatoes to be used in several different dishes. Basically you make a meal put in in the fridge, make another completely separate meal, put that in the fridge...and repeat...5 times. Too bad there wasnt a master shopping list. It was quite time consuming to have to write down 5 meals worth of ingredients especially when, as I said before, there were not alot of repeated ingredients. Dont expect to get away "cheap". You will be buying a huge variety of ingredients to use a tablespoon here and there.

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