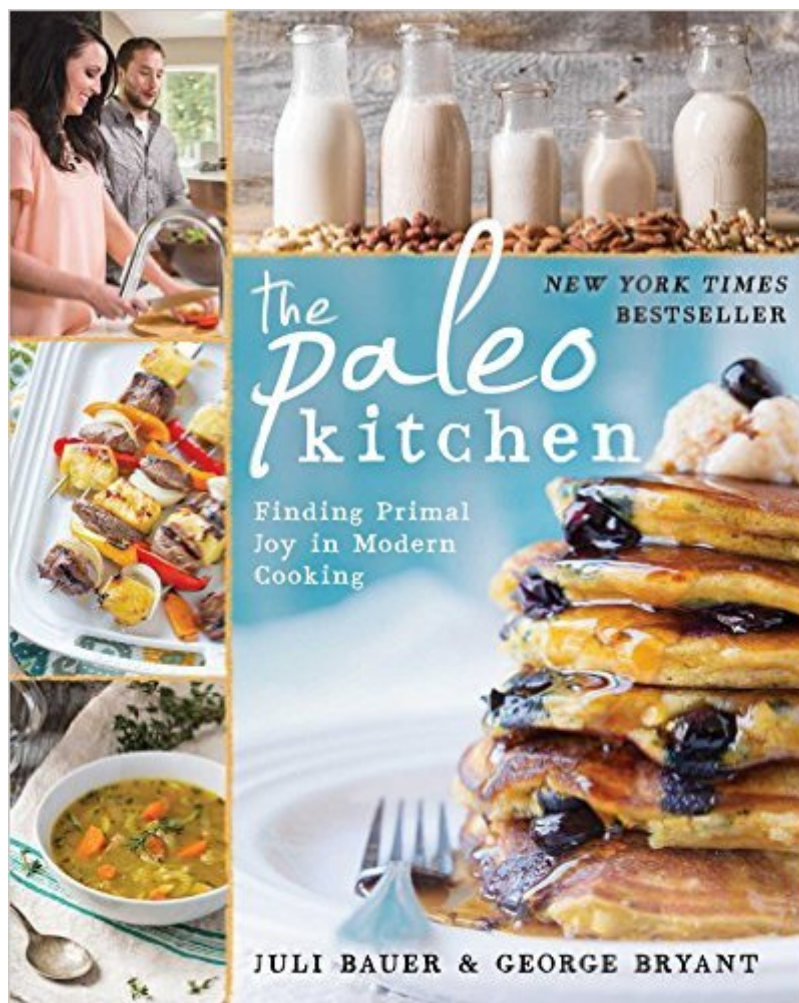


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The Paleo Kitchen: Finding Primal Joy In Modern Cooking



Synopsis

George Bryant and Juli Bauer, two of the most insightful and well-respected Paleo powerhouses have united to bring a myriad of bold and delectable gluten & grain-free Paleo recipes straight from their kitchens to yours in their new cookbook *The Paleo Kitchen*. Together, George and Juli have masterfully created daring flavor combinations that will bring your Paleo experience to a whole new level. This beautiful cookbook offers full-color photos along with tips, tricks and anecdotes straight from the clever minds of these culinary mavericks. *The Paleo Kitchen* boasts over 100 brand new recipes consisting of appetizers, entrées, side dishes, and decadent desserts that are sure to invigorate and please the fearless caveman palate. Recipes include: Sage and Shallot Delicata Squash Soup, Citrus Mint Sugar Salad, Blackberry Lavender Muffins, Banana Chip French Toast, Creamy Seafood Risotto, Pepper Crusted Prime Rib, Asian Marinated Bacon-wrapped Asparagus, Spinach and Artichoke Stuffed Portabella Mushrooms, Blueberry Cheesecake, Lime Pound Cake with Coconut Lime Frosting. Experience the Paleo you never thought possible!

Book Information

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Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (714 customer reviews)

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Customer Reviews

First of all, the book is beautifully laid-out. With stark, simple design and stunning photography on virtually every page, not to mention George and Juli's trademark charisma, the book is a page-turner. Introductory material like "What is Paleo and is it right for you?", simple Paleo

shopping lists, tips for getting started (my favorite: making your kitchen a fun place to be in), kitchen tools worth checking out, and notes on food storage, batch cooking, curbing cravings, and eating out will give you the insight and inspiration to get going if youâ€™re just getting started with Paleo or to fine-tune your approach to get the most out of your time in the kitchen if youâ€™re already a Paleo pro. Many of these are featured as tear-outs in the back of the book, so you can keep your Paleo shopping lists or other useful guides on the fridge or wherever else is convenient for you. Iâ€™ve already hinted at the wide variety of unique recipes The Paleo Kitchen has to offer. George and Juliâ€™s creativity shines. They have a real talent for using ingredients in unexpected ways, bringing new flavors and textures to otherwise classic dishes. Their Baked Banana Chip Crusted French Toast is a two-part recipe: Before you make the French toast itself, youâ€™ll need to make some Paleo banana bread. I made the Cinnamon Chocolate Swirl Banana Bread also featured in the book and was tempted not to make the French toast. Cinnamon chocolate swirl? In banana bread? Why mess with a good thing? I used a slightly larger loaf pan than called for and still wound up with a ridiculously delicious bread. But I couldnâ€™t stop there. The idea of battering it with banana chips sounded too ingenious not to try. And I am so, so glad I followed through.

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