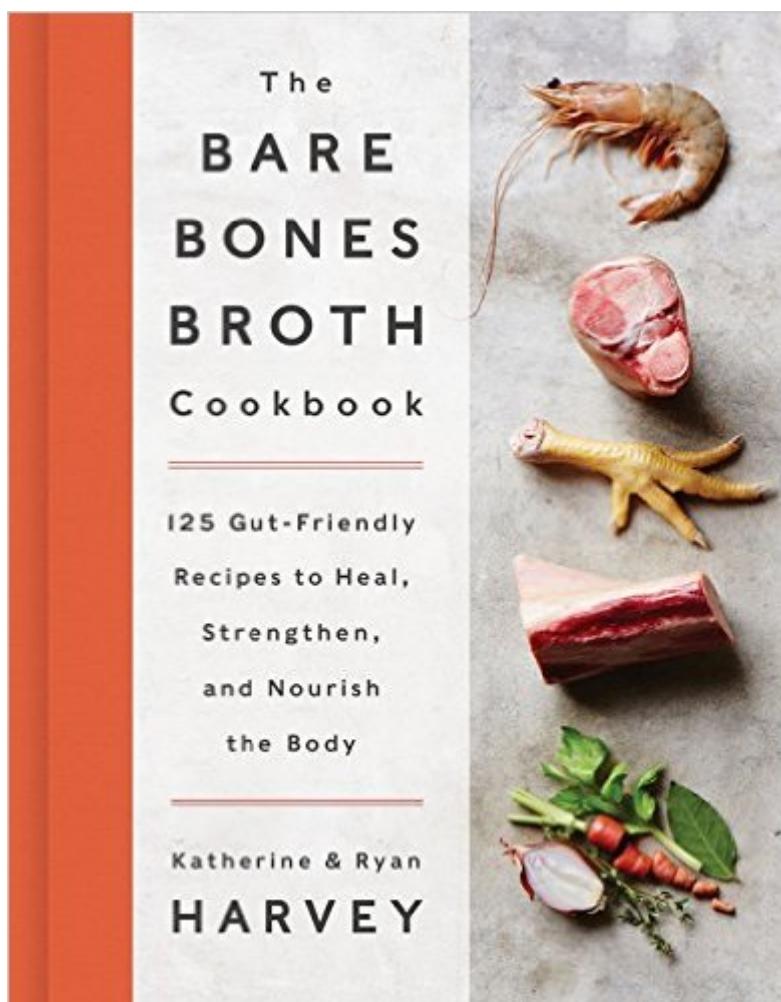


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# The Bare Bones Broth Cookbook: 125 Gut-Friendly Recipes To Heal, Strengthen, And Nourish The Body



## Synopsis

From the founders of Bare Bones Broth Company, 125 delicious recipes for making and cooking with the latest food trend that's taking the culinary and wellness communities by storm: bone broth. Bone broth is one of mankind's oldest foods—and healthiest, boasting one of the most complete nutritional profiles of any food on earth. The collagen, bone, skin, marrow, and fat that is extracted when animal bones simmer in water for hours (or days) are the building blocks of life, containing proteins that help to combat inflammation; boost immunity; strengthen bones; improve hair, skin, and nails; and help a host of digestive issues by promoting optimum gut health. In The Bare Bones Broth Cookbook, Kate and Ryan Harvey, founders of the artisanal broth manufacturer, Bare Bones Broth Co., show readers how simple, inexpensive, and delicious it is to make their own nutrient-rich broth at home. With foolproof directions for slow-cooking your own broth and more than 100 inventive ideas for incorporating it into everyday meals in delicious new ways, The Bare Bones Broth Cookbook includes: 10 signature broth recipes, from beef and chicken to fish and vegetable recipes Soups and stews such as Coconut, Beet, and Ginger Soup and a Classic Pho Broth Eggs and breakfast, including a Bison Omelet with Yucca Root Hash and a Curried Scramble with Artichokes and Sun-Dried Tomatoes Meat and seafood entrees, from Pan-Seared Tuna with Mushroom Risotto to Slow-Cooked Chipotle Lamb and Pinto Beans Sides and salads, such as the Braised Collard Greens with Bacon or Yucca Root Fries Sauces and spreads, including Cilantro Chimichurri, Bacon Jam, and Spicy Salsa VerdeDiscover the amazing health benefits of bone broth—the power of delicious food is only a stockpot away with The Bare Bones Broth Cookbook.

## Book Information

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## Customer Reviews

"How much can there be to say about bone broth?" by Katherine Harvey When we began writing a book about bone broth, we wondered how much we would ever be able to say on this single topic. A lot, it turns out. Properly made broth, or stock, is one of the oldest culinary ingredients, meaning it has a history as deep and rich as its warm, savory flavor. Broth has been around for so long, in fact, that it was taken for granted for centuries. Keeping a pot of stock simmering on the back of the stove was just what cooks did, in much the way they baked bread and snipped fresh herbs. But in 1903, legendary French chef and sauce master Auguste Escoffier made broth a centerpiece of his 943-page tome *Le Guide Culinaire*. He mentioned stock, or broth, 293 times. It thus earned its reputation as an essential base for cooking well. Then industrialization showed us how to replace the satisfying flavor of traditional broth with a chemical compound called MSG. Slow-cooked broth fell out of style, and in its place we began using dusty boxes and cans containing a slurry of water, sodium and preservatives. Now a modern revolution, driven by a rising interest in health and nutrition, is demanding our return to real, whole foods. What, we wondered, might a modern-day home cook, committed to nourishment through real food, want to know about this classic ingredient and the techniques for making and using it? And what would that cook need to know about the health benefits broth has to offer (something Escoffier did not address)? The Bare Bones Broth Cookbook is the answer to those questions. We started experimenting in the kitchen, and the running joke in our home at mealtime became, "Is there broth in this?" Even our wildest ideas— a bone broth cocktail, for example, and a bone broth smoothie—panned out. Not only did they work; they were delicious. Eleven chapters and 125 recipes later, we are more certain than ever that broth not only is one of the most versatile ingredients in the kitchen, it's a surefire way to elevate your cooking game and infuse your meals with mouthwatering flavor. It's also an easy way to add nutritional value to virtually any diet. Like, "just add water" easy. The dishes reflect our preference for eating only real, whole foods and avoiding dairy, sugar and grains. But you don't have to be Paleo to enjoy the Grass-Fed Burger with Caramelized Onion, Garlic and Sundried Tomatoes or our take on the potluck classic, Green Bean Casserole.

Genuinely one of the best bone broth cookbooks around. It captures the classic cookbook feel with both a homey, textured book binding and stunning tabletop photography. I'm more than happy to put my review copy on my kitchen shelf. It's truly creative in its breadth--ranging from classic stocks

to more sophisticated recipes for pho. I'm partial to some of their fish recipes, too, like the Pan Roasted Halibut or the Cast Iron Salmon with Fennel with Butter Sauce. I don't have any complaints--primal/paleo friendly ingredients and an inviting design. What more could someone want from a bone broth cookbook?

Are you drinking bone broth? What is that you ask? It's pure liquid gold that our grandmothers always knew was the secret ingredient to tasty food that just happens to be incredibly healthy for you too. That's why I'm happy to see bone broth business owners Kate and Ryan Harvey compile this incredible book of recipes that incorporate the gloriousness of this lost real food in our diets. If you're not already familiar with bone broth, it's rich in healing properties for your gut, skin, nails, inflammation levels, and more. This really is the secret elixir to a healthy life and now you have a book full of recipes for incorporating it into your diet daily. You owe it to yourself and your family to begin cooking with and regularly consuming bone broth. Kate and Ryan are on to something life-transforming!

I knew a little about Bone broth...enough to know it would be good for me. I've been reading and learning about gut health since I have an auto-immune disease. This book was a WEALTH of information and so interesting! I learned more than I ever thought I would from a COOKBOOK and it was presented in such a simple, clear way. The whole time I was reading all I could think about was wanting to hurry up and get broth cooking! The pictures are beautiful and I love that it's hard back. Can't wait to try these recipes!

An amazing collection of thoughtful, intensely creative, and palate-expanding recipes. This cookbook isn't just a pretty face (even if the photography looks straight out of *Saveur*), but it gives the reader/home-cook a deep dive into why and HOW bone broth is the #1 thing you can add to your diet. I'm already planning my next week's worth of meals around the recipes, and I can't wait to see my health and my family's health continue to improve with the use of bone broth.

Gorgeous book. I knew the basics of making bone broth but this helped me get better flavor and a ton more ideas for how to USE it. Most of the recipes are a touch too complicated for this throw-it-together mom but, again, the general ideas are extremely worthwhile. I'm definitely going to work my way through it, simplifying a few things as I go. But I have a new, improved appreciation for how bone broth can fit into my family's diet and my clients'.

This is a really fine cookbook. It presents great healthy recipes in a beautifully formatted book. The photos are stunning. I have made and used bone broth for years, but was pleasantly surprised to find new-to-me ideas and recipes.

Wonderful cookbook. This book does a very good job of bridging the gap between home cook and professional chef all with the added benefit of knowing you are eating healthy. The clear and concise explanations of how bone broth is such a benefit for your total body health makes you want to dive right in and start healing. Job well done.

I LOVE broth! This cookbook has amazing photos to accompany the mouthwatering recipes. I can't wait to try them out, and even attempt to make my own bone broth! There's something for everyone whether you want an easy meal for a weeknight or a more gourmet meal for a special evening. Definitely a must buy!

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