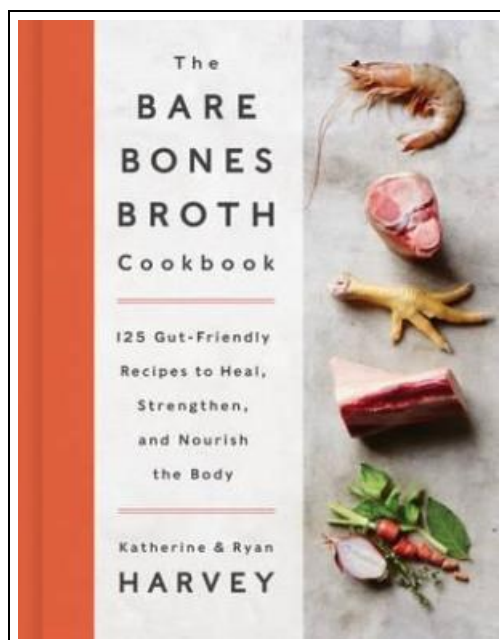


The Bare Bones Broth Cookbook: 125 Gut-Friendly Recipes to Heal, Strengthen, and Nourish the Body



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Reviews

Very good e-book and beneficial one. I am quite late in start reading this one, but better then never. I am effortlessly could get a pleasure of looking at a written book.

(Alphonso Beahan)

THE BARE BONES BROTH COOKBOOK: 125 GUT-FRIENDLY RECIPES TO HEAL, STRENGTHEN, AND NOURISH THE BODY



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HarperCollins Publishers, 2016. Hardback. Condition: New. Bone broth is just about as elemental as it gets. For centuries all across the world, cultures have been reaping both the flavor and the nutritional benefits of slowly simmered broth. And yet, as with most aspects of our food culture, we've wandered far away from one of the most basic and essential ingredients to all of cooking. The convenience of processed and packaged broth in a box has ousted homemade broths to the detriment of our health and taste buds. Now, in *The Bare Bones Broth Cookbook*, small-batch broth company founders Katherine and Ryan Harvey take the guesswork out of making authentic bone broth at home, providing foolproof recipes for meat, fish, poultry, and vegetable broths—as well as more than 75 inventive ideas for incorporating broth into a wide variety of dishes. From on-the-go beverages like their Coconut and Lime Sipping Broth or Carrot and Orange Smoothie to seasonally inspired soups to hearty mains like Tomatillo-Cilantro Pulled Pork and Fig-Braised Chicken with Spiced Walnuts—the Harveys explain how easy it is to enhance the taste and nutritional value of any meal while also helping you save money and reduce waste. And through it all, they offer insightful kitchen pointers, ingredient tutorials, and an overview of the myriad and astonishing health benefits of this modern day elixir. Just as real, slow-cooked bone broth is essential to delicious, nourishing food, *The Bare Bones Broth Cookbook* is essential to any cookbook collection. Advance Praise for *The Bare Bones Broth Cookbook*? Once considered a professional chef's secret ingredient, bone broth is now finding its way into kitchens everywhere—to the benefit of our taste buds and our overall health. *The Bare Bones Broth Cookbook* offers delicious and inventive new ways to use this nourishing ingredient in everyday meals. —Diane Sanfilippo, New York...

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