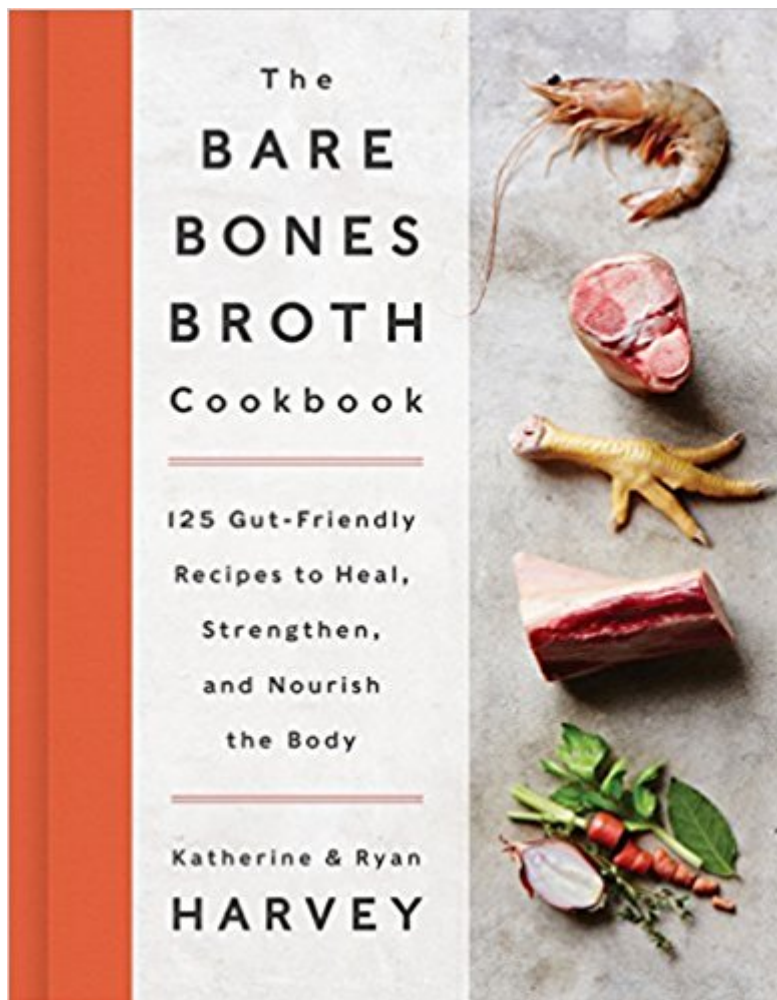




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# The Bare Bones Broth Cookbook: 125 Gut-Friendly Recipes To Heal, Strengthen, And Nourish The Body



## 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 Verde Discover 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.

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 Times* bestselling author of *Practical Paleo* and *The 21-Day Sugar Detox*

“Elevate your culinary home to luscious new levels by using this well-researched and insightful book, chock full of delicious broth recipes for both meal planning and your morning mug.”

—Adam Danforth, James Beard Award-winning butcher and author of *Butchering Poultry, Rabbit, Lamb, Goat, and Pork*

Katherine and Ryan Harvey are the founders of Bare Bones Broth Co., a small-batch broth company that sells and ships naturally sourced organic bone broth across the country. Bare Bones Broth Co. has been featured in *Details*, *Fast Company*, and the *Washington Post*. The Harveys live near Portland, Oregon.

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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!

I knew this book was in the making and had a hard time being patient for publication. I love bone broth for its flavor and health benefits. I like to do my own cooking but I've never been able to make a simple bone broth that was palatable. Bare Bones Broth is absolutely delicious! We use it in just about everything. This cookbook is clearly written without any fluffy language. It reads more like prose than like a step-by-step or how-to book. No fancy, hard to find, one-use-only ingredients are required - just things you would ordinarily find in your kitchen pantry anyway. Every recipe I've used from The Bare Bones Broth Cookbook has been easy to prepare, and it also suggests ordinary cookware. The Harvey's use sturdy cast iron skillets a lot. If you enjoy simple, easy to follow recipes with tasty results, try this cookbook. Your tastebuds will be delighted.

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.

My friend has cancer, and bone broth is what cancer patients use for health benefits. Excellent recipes.

This is the most concise, accurate and inspirational book ever about bone broth.. It's changed my methods and inspired me to try more things.. I've already gifted two people with it!!

This is a truly excellent cookbook! Ive made many of the recipes and so far they are all delicious and healthy healing meals.

I gave up coffee and have been drinking broth every day instead, and my aching knees are much better fortunately I work near a Chinese restaurant supply store, they have all of the bones and feet and tails for broth making.

Love everything about this. Great, attractive resource.

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