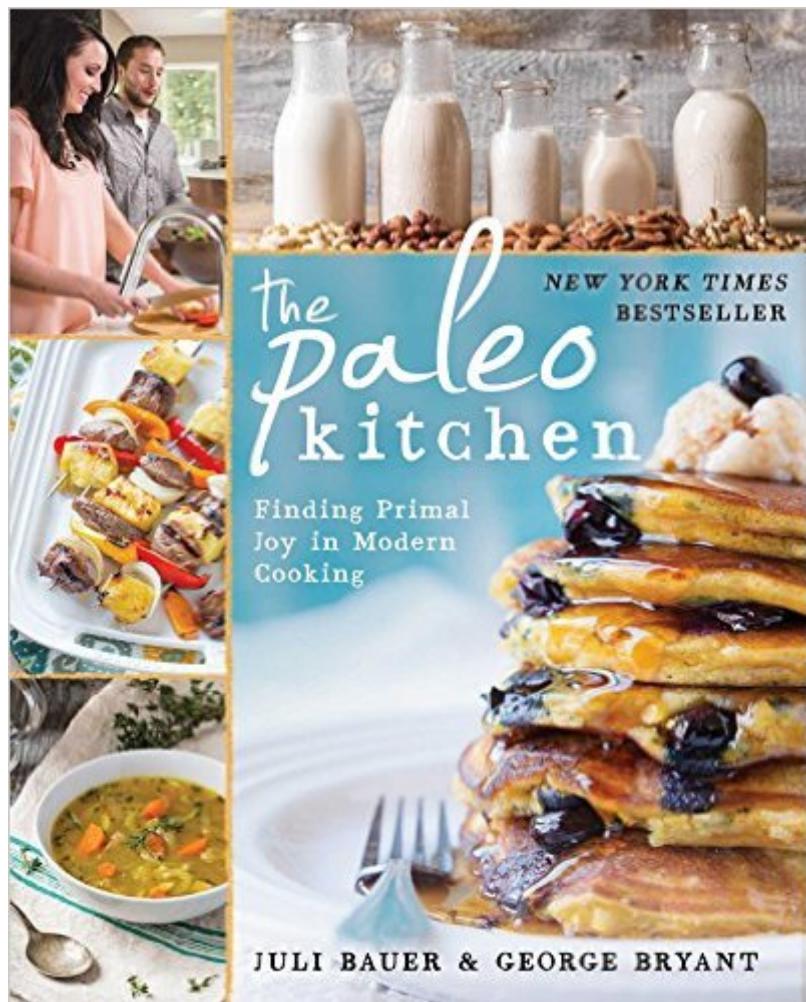


The book was found

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 cookbookÂ The Paleo Kitchen.Â Together, George and Juli have masterfully created daring flavor combinations that will bring your Paleo experience to a whole new level.Â Â This beautiful cookbook offers full-color photos along with tips, tricks and anecdotes straight from the clever minds of these culinary mavericks.Â Â Â The Paleo KitchenÂ boasts over 100 brand new recipes consisting of appetizers, entrÃ©es, side dishes, and decadent desserts that are sure to invigorate and please the fearless caveman palate.Â Recipes include:Â Â Â Â Â Â Â Â Sage and Shallot Delicata Squash SoupÂ Â Â Â Â Â Â Citrus Mint Sugar SaladÂ Â Â Â Â Â Â Blackberry Lavender MuffinsÂ Â Â Â Â Â Â Banana Chip French ToastÂ Â Â Â Â Â Creamy Seafood RisottoÂ Â Â Â Â Â Â Pepper Crusted Prime RibÂ Â Â Â Â Asian Marinated Bacon-wrapped AsparagusÂ Â Â Â Â Spinach and Artichoke Stuffed Portabella MushroomsÂ Â Â Â Â Blueberry Cheesecake Â Â Â Â Â Lime Pound Cake with Coconut Lime FrostingExperience the Paleo you never thought possible!

Book Information

Paperback: 336 pages

Publisher: Victory Belt Publishing (June 10, 2014)

Language: English

ISBN-10: 1628600101

ISBN-13: 978-1628600100

Product Dimensions: 8 x 1 x 10 inches

Shipping Weight: 2.3 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 starsÂ See all reviewsÂ (714 customer reviews)

Best Sellers Rank: #15,756 in Books (See Top 100 in Books) #49 inÂ Books > Cookbooks, Food & Wine > Special Diet > Allergies #60 inÂ Books > Cookbooks, Food & Wine > Special Diet > Paleo #65 inÂ Books > Cookbooks, Food & Wine > Special Diet > Gluten Free

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 Juliâ™s trademark charisma, the book is a page-turner. Introductory material like âœWhat is Paleo and is it right for you?â•, 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 you're just getting started with Paleo—or to fine-tune your approach to get the most out of your time in the kitchen if you'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. I've already hinted at the wide variety of unique recipes The Paleo Kitchen has to offer. George and Juli'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, you'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 couldn'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.

[Download to continue reading...](#)

Paleo For Beginners: Paleo Diet - The Complete Guide To Paleo - Paleo Cookbook, Paleo Recipes, Paleo Weight Loss The Primal Blueprint Cookbook: Primal, Low Carb, Paleo, Grain-Free, Dairy-Free and Gluten-Free (Primal Blueprint Series) The Paleo Kitchen: Finding Primal Joy in Modern Cooking Primal Blueprint Quick and Easy Meals: Delicious, Primal-approved meals you can make in under 30 minutes (Primal Blueprint Series) Paleo: 30 Day Paleo Challenge: Unlock The Secret To Health And Dramatic Weight Loss With The Paleo Diet 30 Day Challenge; Complete 30 Day Paleo Cookbook with Photos Southern Cooking: Southern Cooking Cookbook - Southern Cooking Recipes - Southern Cooking Cookbooks - Southern Cooking for Thanksgiving - Southern Cooking Recipes - Southern Cooking Cookbook Recipes Paleo Freezer: Delicious, Fix & Freeze, Gluten-Free, Paleo Recipes for Busy People (Paleo Diet Solution Series) Primal Blueprint Day-to-Day 2017 Desk Calendar: Daily Tips and Inspiration for Primal Living Paleo Lunches and Breakfasts On the Go: The Solution to Gluten-Free Eating All Day Long with Delicious, Easy and Portable Primal Meals Primal Cravings: Your favorite foods made Paleo Super Paleo Snacks: 100 Delicious Low-Glycemic, Gluten-Free Snacks That Will Make Living Your Paleo Lifestyle Simple & Satisfying Paleo Holiday Recipes: Delicious, Easy & 100% Paleo-Friendly Thanksgiving and Christmas Recipes The Paleo Slow Cooker Cookbook: 40 Easy To Prepare Paleo Recipes For Your Slow Cooker The Complete Paleo Slow Cooker: A Paleo Cookbook for Everyday Meals That

Prep Fast & Cook Slow Paleo Cookbook: 300 Delicious Paleo Diet Recipes The New Outdoor Kitchen: Cooking Up a Kitchen for the Way You Live and Play Joy Of First Classics (Joy Of...Series) The Joy of First Year Piano (Joy Of...Series) The Joy of Ballet Music: Piano Solo (Joy Of...Series) The Joy of Waltzes, Tangos and Polkas: Piano Solo (Joy Books (Music Sales))

[Dmca](#)