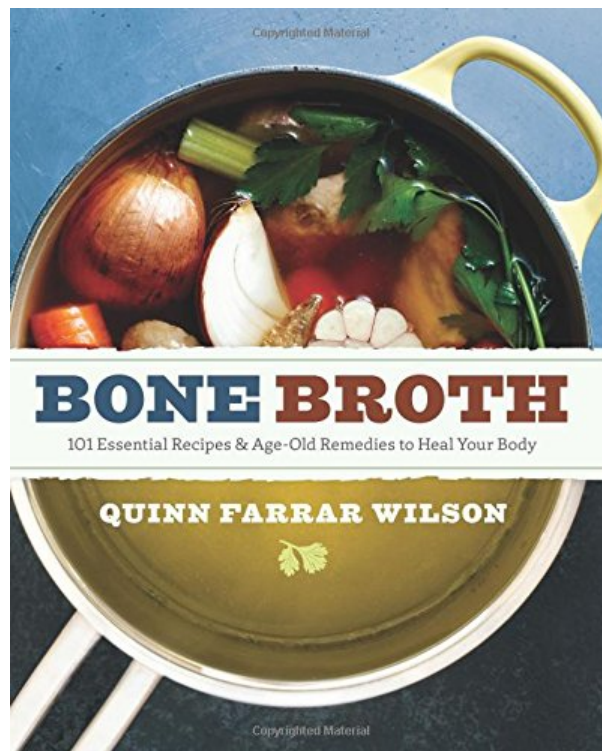


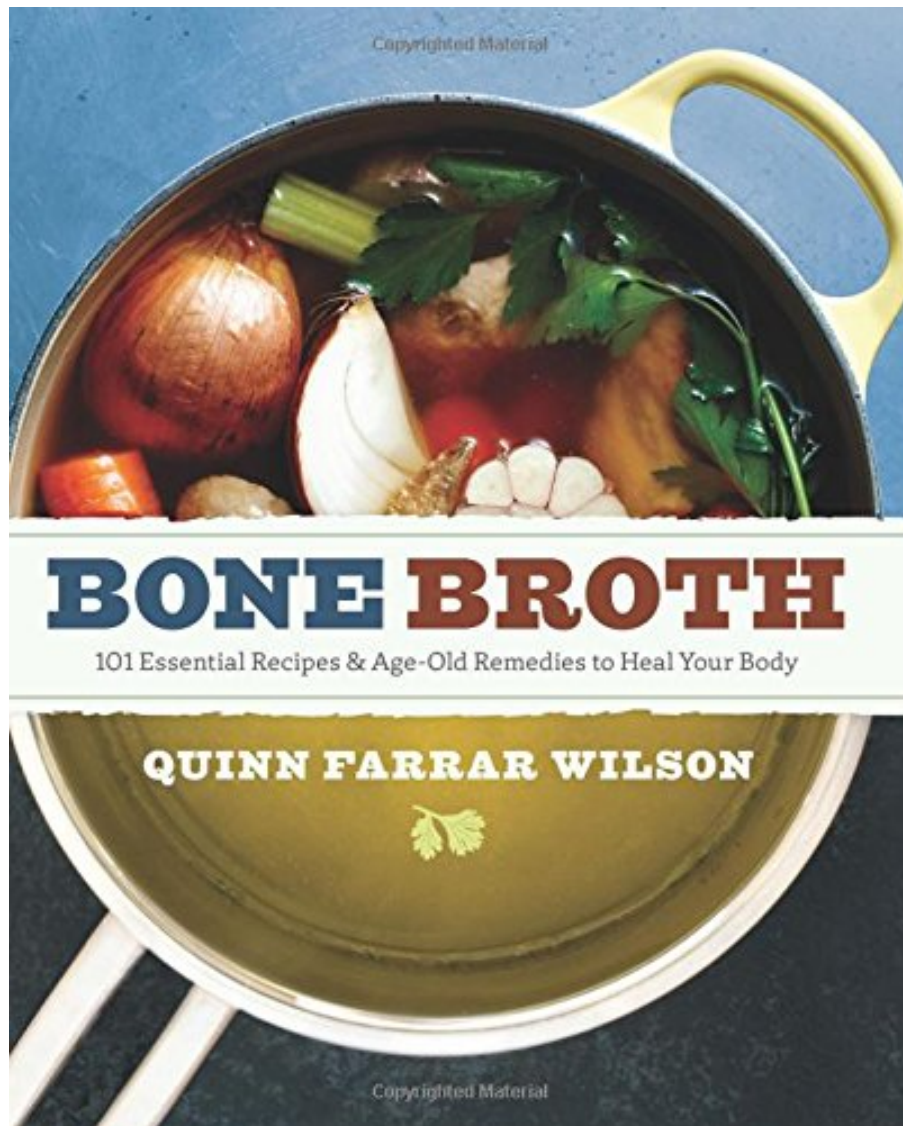
BONE BROTH: 101 ESSENTIAL RECIPES & AGE-OLD REMEDIES TO HEAL YOUR BODY

BY QUINN FARRAR WILSON



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Discover the amazing natural healing powers of bone broth, the ancient cure-all that is making waves as today's newest health food trend. The miracle broth has been said to heal inflammation, improve skin, aid digestion, and strengthen joints, among a long list of other wellness benefits. While hotspots from New York City to Portland are dishing out cups of bone broth for upwards of \$9 a piece, it is surprisingly inexpensive and easy to make at home—and with this simple cookbook in hand, it is an accessible and rewarding addition to any diet.

This bone-a-fide guide will give you everything you need to enjoy the nourishing benefits of bone broth, with:

- 20 go-to bone broth recipes to start enjoying today
- Dozens of inspired broth-based recipes for breakfast, lunch, and dinner
- An easy-to-understand overview of the health benefits of broth
- Remedies for the common flu, joint pain, fatigue, inflammation, and much more
- Helpful tips to incorporate bone broth into your everyday diet
- A handy conversion chart to go from stovetop to slow cooker to pressure cooker

Easy-to-follow and straightforward, the recipes and tips in this book will put you on a sustainable path to health and wellness.

- Sales Rank: #285402 in Books
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- Original language: English
- Number of items: 1
- Dimensions: 9.30" h x .60" w x 7.50" l, .0 pounds
- Binding: Paperback
- 240 pages

Most helpful customer reviews

13 of 13 people found the following review helpful.

A thorough and unique resource for bone broth lovers!

By Suzie B.

I really enjoyed reading and cooking from "Bone Broth"! I too have experienced the benefits of bone broth in my own health journey, and I loved reading Quinn's story of how bone broth improved her health. In this book, she begins by presents a brief history of bone broth, which I loved, as well as the ways in which bone broth is healing to the body. As a nutritional therapist, I recommend bone broth to all of my clients because

of its wide reaching health benefits. I love that I now have this amazing resource that will help my clients use and love bone broth just as much as I do.

There are many basic bone broth recipes included in this book, that are the backbone (pun intended) of every recipe thereafter. I remember make bone broth for the first time and feeling so intimidated by it. The tips and instructions in this book for creating a high quality broth are well written and thorough, and will be a great resource for anyone looking to include bone broth as a part of their healthy lifestyle. I especially liked that Quinn covered how to render the fat cap that forms when broth has cooled. It's another step that I didn't often think about, but will definitely start doing with my future broth batches.

Quinn's recipes are truly inventive; using bone broth in ways I had never thought about using it before. When I saw the Cinnamon Roll beverage, I had to try it! It was delicious and will be in my normal rotation when I'm looking to enjoy a nice warm mug of broth. Another big favorite was the Poached Salmon with Citrus Seafood Sauce. So good!

I look forward to cooking more from this book and recommending it to clients and friends!

Please note: I received a review copy in exchange for a fair and unbiased review.

Suzie Bauer, NTP

15 of 17 people found the following review helpful.

It's like the bible of bone broth

By Amazon Customer

I've been obsessed with Bone Broth for awhile now but I actually never made it myself. I would purchase it at local farmers market, I even ordered it online but I couldn't get myself to actually make it. The book changed that. It's like the bible of bone broth. I learned so many things about the history of bone broth and how in Eastern countries bone broth has been and still is used for everyday use. Another amazing thing I learned, as simple as it may seem, is that I can cook the bones with a slow cooker! I was always afraid to cook bone broth because I didn't have time to leave it on the open fire for that long. Not anymore.

There are so many different types of recipes in this book. Who would have thought you could make Berry Cobbler with some neutral bone broth! I tried two different recipes. The first one is super easy. I made the Beautiful Skin Broth recipe which is a combination of your homemade broth with some amazing ingredients like aloe vera and fresh thyme. It tasted amazing, it took 20 minutes and I just felt healthy drinking it.

The other recipe I tried was the Creamy Greek Lemon Soup. I made this with the lamb bone broth. Wow. Its not only a great version of this recipe (I've tried a lot of them) but it tastes so unique because of the complexity of the lamb bones. Yum. I received a review copy in exchange for a fair and unbiased review and I couldn't be happier with owning a book like this.

18 of 22 people found the following review helpful.

If your looking for a good basic broth book

By Carol-Jo Armstrong

Ho Hum. If your looking for a good basic broth book, I guess this a good place to start. 10 basic bone recipes (with almost the same vegetables) and a neutral broth with ginger root for all those yummy smoothies, tonics, desserts and yes, hot chocolate. Oops, no broth in Grammy Bee's Fried Chicken but fry it up in 2 1/2 cups of lard. I am also not whipping 2 cups of celery root for the Shrimp Soup. Also, where do I find liquid aminos (and what is it?) for the Asian Dressing? There are some good recipes where bone broth is added but I just can't put it in Berry Cobbler, I just can't. I would have like to have seen more actual soup recipes. The text was rather preachy, only organic. Know your butcher in case your broth isn't gelling, that way you can get some tendons and feet !!! There is also a list of dirty dozen fruits and vegetables and the clean 15. Your going to spend a fortune to feed your family. Just wash your produce because the dirty 16 are what most people put in their shopping cart every week. I feel these are a lot of unrealistic recipes for people that don't

have 12-36 hours in the kitchen. I learned how to make luscious broth from my mother and grandmother by cooking it in a big roaster in the oven. A big no-no according to author. My way takes half the time and a bigger batch for the freezer. I received this product free in exchange for my honest and unbiased review.

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