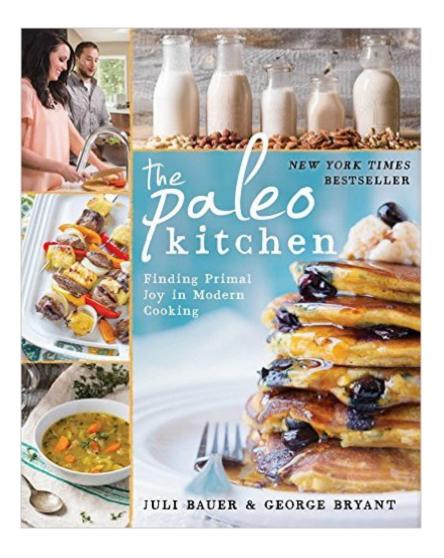
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The Paleo Kitchen: Finding Primal Joy In Modern Cooking





Synopsis

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 stars Â See all reviews (714 customer reviews) Best Sellers Rank: #15,756 in Books (See Top 100 in Books) #49 in Books > Cookbooks, Food & Wine > Special Diet > Allergies #60 in Books > Cookbooks, Food & Wine > Special Diet > Paleo #65 in 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 â œWhat 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 youâ [™]re just getting started with Paleoâ "or to fine-tune your approach to get the most out of your time in the kitchen if youâ [™]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.lâ [™]ve already hinted at the wide variety of unique recipes The Paleo Kitchen has to offer. George and Juliâ [™]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, youâ [™]II 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 couldnâ [™]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.

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