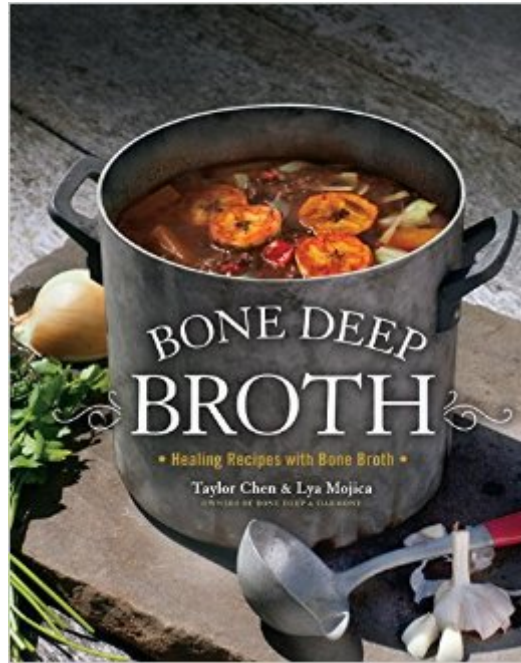


The book was found

Bone Deep Broth: Healing Recipes With Bone Broth



Synopsis

Bone broth is the perfect healing dishâ ”true dietary medicine, especially when properly prepared with locally sourced, grass-fed animals. Plus, it's economical, sustainable, and tasty, which is why so many cultures around the world, from Mexico to Vietnam, depend on it. Lya Mojica and Taylor Chen, who run the company Bone Deep & Harmony, reveal the benefits and simple basics of creating this fabulous meal, and provide recipes for using it in soups, sauces, and stews. Make Borscht, Pozole, Pho, Mole de Olla (vegetables in spicy tomato and chicken broth), Lamb Tagine with Green Olives and Preserved Lemon, and even baby food. Being nutritious has never been as delicious!

Book Information

Hardcover: 192 pages

Publisher: Sterling Epicure; First Edition edition (January 5, 2016)

Language: English

ISBN-10: 1454917717

ISBN-13: 978-1454917717

Product Dimensions: 8.2 x 0.8 x 9.2 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 starsÂ Â See all reviewsÂ (10 customer reviews)

Best Sellers Rank: #98,661 in Books (See Top 100 in Books) #67 inÂ Books > Cookbooks, Food & Wine > Main Courses & Side Dishes > Soups & Stews #946 inÂ Books > Health, Fitness & Dieting > Nutrition #1633 inÂ Books > Cookbooks, Food & Wine > Special Diet

Customer Reviews

I've been fighting some health issues for some time, and in studying and researching natural ways to help I discovered bone broth. I wanted to give it a try and this book came along at the perfect time. I sourced some lovely beef bones and got started. When I first started looking at the book I was taken aback at the amount of bones called for. I was afraid I would have trouble getting that amount together easily, but I was able to source all the bones I needed quickly. I left out the ginger as it and I do not get along, and added some carrots and celery along with the other ingredients and started cooking. Twenty hours later (Yes, you read that right. It simmered on low over night.) I had a lovely bone broth. After it cooled down it went in the fridge for a couple of hours. That solidified the fat so that it was easily removed (You can save the fat and make tallow for candles/soap, as that is covered later in the book.) and I was left with a beautiful bone broth. I felt it was under salted, but

that's easily corrected. There are recipes included in the book to use your bone broth. I've found that it works great to make a simple couscous with just some herbs added. I made an amazing beef stew the other night, and used my bone broth instead of a store bought stock. Yum! Next I'm on to chicken!! received a copy of this book from Sterling Publishing for my honest review. All thoughts and opinions are my own.

Excellent recipes and great information on using bone broth for ultimate health.

I have been cooking for quite some time and this book taught me a thing or two about flavors of soup. I made a beef stew that we couldn't stop eating. Great book!

So excited to continue using this book, it has so much information and a huge variety of recipes.

Good book.

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

Bone Broth: Bone Broth Diet Cookbook: Bone Broth Recipes and Guide to Lose Up 15 Pounds, Firm up Your Skin, Reverse Grey Hair and Improve Health in 21 ... Broth, Bone Broth Diet, Bone Broth Recipes) Bone Deep Broth: Healing Recipes with Bone Broth Broth and Stock from the Nourished Kitchen: Wholesome Master Recipes for Bone, Vegetable, and Seafood Broths and Meals to Make with Them Deep Wounds, Deep Healing Brodo: A Bone Broth Cookbook Dr. Kellyann's Bone Broth Diet: Lose Up to 15 Pounds, 4 Inches--and Your Wrinkles!--in Just 21 Days Bone Broth Secret: A Culinary Adventure in Health, Beauty, and Longevity Healing Scriptures for a Broken Heart: Experience Emotional Healing and Healing the Wounds of the Past Crystal Healing: How crystal healing works, crystal therapy, the human energy field, gemstones, and how to use crystals for healing and increased energy! Healing Scriptures: 300 Healing Bible Verses on the Proven Healing Promises from God's Word The Bare Bones Broth Cookbook: 125 Gut-Friendly Recipes to Heal, Strengthen, and Nourish the Body Deep-Sea Anglerfish and Other Fearsome Fish (Creatures of the Deep) Deep Learning for Business with R: A Very Gentle Introduction to Business Analytics Using Deep Neural Networks Deep Learning Step by Step with Python: A Very Gentle Introduction to Deep Neural Networks for Practical Data Science Deep Learning: Natural Language Processing in Python with Recursive Neural Networks: Recursive Neural (Tensor) Networks in Theano (Deep Learning and Natural Language Processing Book 3) Deep Learning: Natural Language Processing in Python with GLoVe: From Word2Vec to GLoVe in Python and Theano

(Deep Learning and Natural Language Processing) Deep Learning: Natural Language Processing in Python with Word2Vec: Word2Vec and Word Embeddings in Python and Theano (Deep Learning and Natural Language Processing Book 1) 2011 Pediatric Cancer Toolkit: Childhood Bone Cancer - Osteosarcoma and Malignant Fibrous Histiocytoma (MFH) of Bone (Ringbound Book and DVD-ROM) Principles of Bone Biology, Third Edition (Bilezikian, Principles of Bone Biology 2 Vol Set) Alkaline Diet Cookbook: Lunch Recipes: Insanely Delicious Alkaline Plant-Based Recipes for Weight Loss & Healing (Alkaline Recipes, Plant Based Cookbook , Nutrition) (Volume 2)

[Dmca](#)