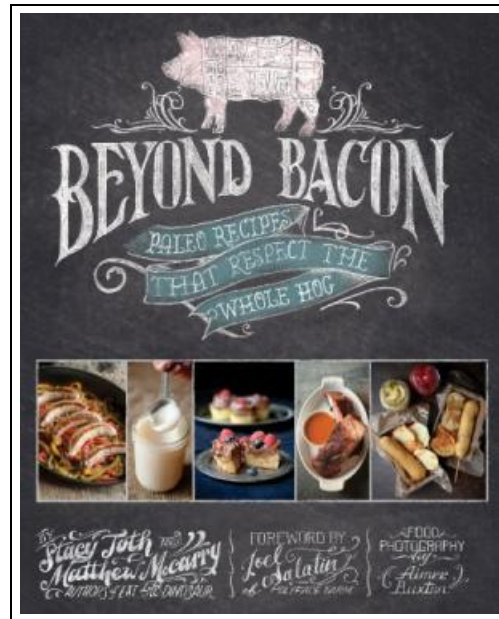


Beyond Bacon Paleo Recipes that Respect the Whole Hog



Filesize: 2.61 MB

Reviews

Great e book and helpful one. It really is writter in straightforward terms and not hard to understand. You can expect to like how the blogger write this book.
(Hudson Christiansen)

BEYOND BACON PALEO RECIPES THAT RESPECT THE WHOLE HOG



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Victory Belt Publishing. Hardcover. Condition: New. 304 pages. Dimensions: 10.1in. x 8.3in. x 0.9in. Beyond Bacon pays homage to the humble hog by teaching you how to make more than a hundred recipes featuring cuts from the entire animal. While bacon might be the most popular part of the pig for those following the paleo diet, there is a plethora of other delicious and nutrient dense cuts to enjoy. Pastured pork is rich in Omega 3 fatty acids and conjugated linoleic acid (CLA), the good fats our doctors want us to eat - not to mention high in Vitamin D, a deficiency for most Americans. Beyond Bacon breaks the myths behind this often eschewed meat and shows you how create delectable dishes that are grain-, legume-, dairy-, and refined sugar-free. Beyond Bacon allows you to improve your health and the environment by focusing on sustainable swine. Dont let the dried out pork of your youth scare you away! All the recipes in Beyond Bacon are elegant yet approachable, making it the ultimate cookbook for the foodie in you. Youll find: Perfect Pork Chops, better than most restaurant steaks, Pho Soup with chitterling noodles and other healing and delicious soups and stews to stretch your dollar, the already-famous Savory Bacon Jam fantastic with green apples or our Homestyle Biscuits, sweet treats made luxuriously rich with lard, such as Grain-Free Pie Crust, Salted Mocha Biscotti, Chocolate Fudge, and Maple Lard Scones, instructions on how to properly BBQ and smoke your meats as well as recipes to make your own sauces, instructions for curing your own bacon, pancetta and even home-made sausage better than store bought, details on how to properly fry foods, like Corn Dogs with Potato Crisps and Sweet and Sour Pork, andan extensive guide on how to make and cook with...



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