

Low Carb High Fat and Paleo Slow Cooking: 60 Healthy and Delicious LCHF Recipes (Hardback)

By Birgitta Hoglund

Skyhorse Publishing, United States, 2015. Hardback. Book Condition: New. 244 x 202 mm. Language: English . Brand New Book. Slow food, in the form of slow cooking and old-fashioned home cooking, has become really hot. Rich stews, roasts, soups, and stocks are now simmering in many kitchens. A stew cooked slowly over low heat for several hours works wonders even with the simplest and least expensive cuts of meat. The food takes care of itself while you re doing other things, and a few hours later it has evolved into an amazing taste experience. Slow food is perfect for the low carb high fat (LCHF) and paleo diets, which emphasize proteins and vegetables over sugar and flour. Low Carb High Fat and Paleo Slow Cooking offers sixty amazing recipes for recognizable favorites with new twists from a variety of cuisines. Dish up that Sunday roast with blueberry cream sauce, salted pork with cauliflower puree, and saffron-scented seafood stew interspersed with recipes inspired by author Birgitta Hoglund s many trips to various Mediterranean kitchens. From these regions, she presents nutritious dishes with gentle but intense flavors like lemon stuffed chicken, Turkish lamb stew, Greek stifado, meat sauce with sundried tomatoes, and...



READ ONLINE
[6.42 MB]

Reviews







This kind of publication is every little thing and taught me to searching in advance plus more. I have got study and i am confident that i am going to going to go through yet again again down the road. I am just effortlessly could get a delight of reading a written pdf.

-- Mrs. Bonita Kuphal

This written ebook is fantastic. It is probably the most incredible ebook we have read. Its been written in an extremely basic way in fact it is just following i finished reading this publication where basically modified me, affect the way i think.

-- Howell Reichel

Relevant eBooks

	<p>The Well-Trained Mind: A Guide to Classical Education at Home (Hardback)</p> <p>WW Norton Co, United States, 2016. Hardback. Book Condition: New. 4th Revised edition. 244 x 165 mm. Language: English . Brand New Book. The Well-Trained Mind will instruct you, step by step, on how to give your child an academically rigorous, comprehensive...</p>
	<p>In Nature s Realm, Op.91 / B.168: Study Score</p> <p>Petrucchi Library Press, United States, 2015. Paperback. Book Condition: New. 244 x 170 mm. Language: English . Brand New Book ***** Print on Demand *****.Composed in 1891, V P irod (In Nature s Realm) is the first of Dvorak s three concert...</p>
	<p>Suite in E Major, Op. 63: Study Score</p> <p>Petrucchi Library Press, United States, 2013. Paperback. Book Condition: New. 244 x 170 mm. Language: English . Brand New Book ***** Print on Demand *****.Composed originally in four movements during 1907-08, Foote dropped the Theme and Variations while revising the work prior...</p>
	<p>Hussite Overture, Op. 67 / B. 132: Study Score</p> <p>Petrucchi Library Press, United States, 2013. Paperback. Book Condition: New. 244 x 170 mm. Language: English . Brand New Book ***** Print on Demand *****.Comissioned by the Committee for the Completion of the National Theatre, Dvorak composed this work in exactly one...</p>
	<p>Three Bavarian Dances, Op.27a: Study Score</p> <p>Petrucchi Library Press, United States, 2015. Paperback. Book Condition: New. 244 x 170 mm. Language: English . Brand New Book ***** Print on Demand *****.Elgar produced orchestral arrangements of three items (Nos.1, 3 and 6) from his own set of six songs...</p>
	<p>Czech Suite, Op.39 / B.93: Study Score</p> <p>Petrucchi Library Press, United States, 2015. Paperback. Book Condition: New. 244 x 170 mm. Language: English . Brand New Book ***** Print on Demand *****.Composed rapidly during April of 1879 in the wake of his success with the two serenades (Opp.22 and...</p>