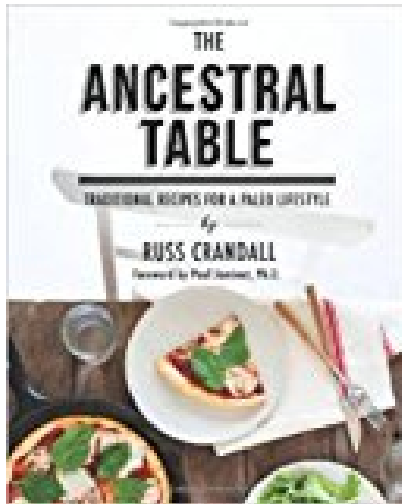


The Ancestral Table Traditional Recipes for a Paleo Lifestyle



BOOK DETAILS

- Author : Russ Crandall
- Pages : 288 Pages
- Publisher : Victory Belt Publishing
- Language : English
- ISBN : 1628600055

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BOOK SYNOPSIS

Critically-acclaimed food blogger Russ Crandall presents over 100 classic traditional recipes for a gluten-free, whole foods lifestyle. Beautifully photographed and tirelessly researched, The Ancestral Table will provide you with the tools to approach cuisine in a way is healthful without sacrificing taste. In The Ancestral Table, acclaimed home chef and blogger Russ Crandall (the mastermind behind The Domestic Man) combs through the pages of history and refines a selection of beloved traditional recipes, redeveloping them to complement a gluten-free, ancestral, and whole foods lifestyle. This stunning cookbook features more than 100 recipes that will help experienced and budding chefs alike create classic, familiar, and overwhelmingly delicious feasts. Humans have been cooking for thousands of years, taking small steps and great leaps in the culinary arts. In his book, Crandall delivers time-tested recipes that incorporate wholesome, rewarding, nutrient-rich ingredients. He demystifies daunting techniques and provides unexpected preparations for a number of familiar foods. Inside, you'll find American and international classics such as: - Chicken-Fried Steak to rival Grandma's recipe; - timeless French Onion Soup; - Bi Bim Bap with authentic, hassle-free Kimchi; - an incomparable Teriyaki Sauce; and - fragrant, satisfying Butter Chicken. Perfectly crafted, beautifully photographed, and tirelessly researched, The Ancestral Table is a contemporary take on ancestral eating that is equally at home on your kitchen counter, in your book bag, or on your nightstand.

THE ANCESTRAL TABLE TRADITIONAL RECIPES FOR A PALEO LIFESTYLE

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