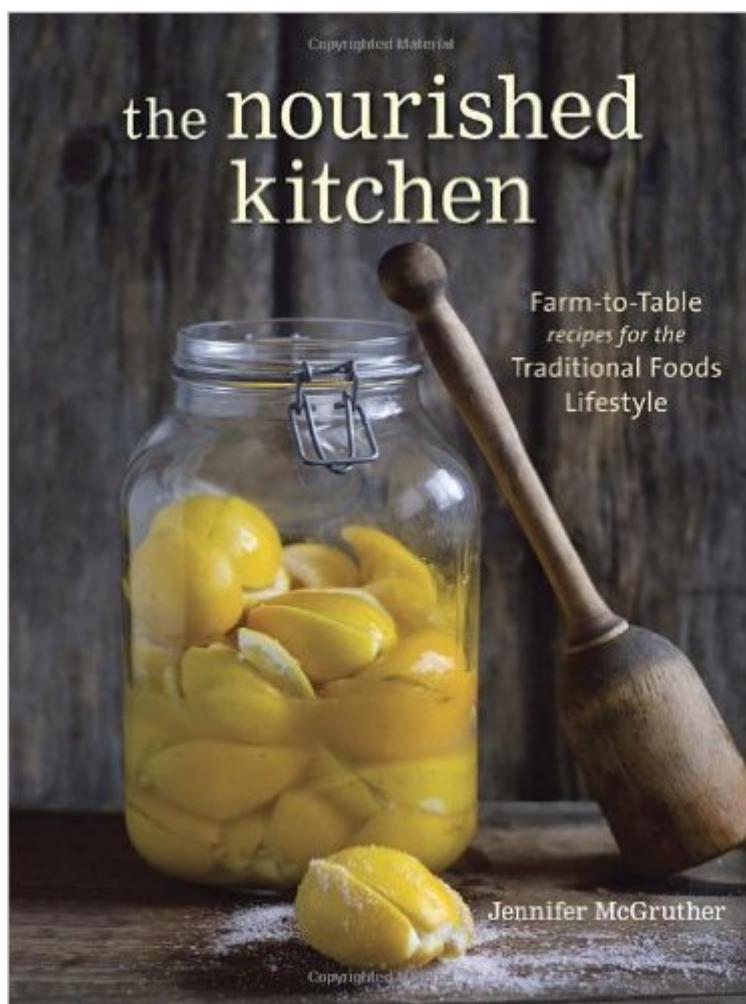


The book was found

The Nourished Kitchen: Farm-to-Table Recipes For The Traditional Foods Lifestyle Featuring Bone Broths, Fermented Vegetables, Grass-Fed Meats, Wholesome Fats, Raw Dairy, And Kombuchas





Synopsis

A cookbook from the author of the popular website Nourished Kitchen, featuring over 160 recipes based on the "traditional foods" philosophy of eating, which emphasizes whole grains, dairy, red meat, organ meats, and fermented foods. The traditional foods movement is a fad-free approach to cooking and eating that emphasizes nutrient-dense, real food, and values quality, environment, and community over the convenience of processed, additive-laden products that are the norm on grocery store shelves. Based on the research of Weston A. Price, who studied the diets of indigenous peoples to understand the relationship between nutrition and health, a traditional foods diet avoids processed ingredients, but allows meat, animal fat, and grains. It embraces cultured dairy, such as kefir and yogurt, that contain beneficial bacteria; fermented foods, such as sauerkraut and kombucha, that are rich in probiotics; and organ meats that are packed with vitamins and minerals. It also celebrates locally grown foods. By choosing ingredients from nearby sources, you create a stronger connection to your food, and have a better understanding what you're eating and how it was produced. In The Nourished Kitchen, Jennifer McGruther guides you through her traditional foods kitchen and offers more than 160 recipes inspired by the seasons, land, and waters around her. In the morning, fuel up with Eggs Poached in Fiery Tomato Sauce. On a hot summer day, Cucumber Salad with Dill and Kefir is a cooling side dish, and on a chilly fall evening, Barley in Broth with Bacon and Kale offers comfort and warmth. Old-Fashioned Meat Loaf with Gravy makes a hearty family meal, while Chicken in Riesling with Peas can be the centerpiece of an elegant supper. Satisfy your sweet tooth with Maple-Roasted Pears, and quench your thirst with naturally fermented Vanilla Mint Soda. With the benefit of Jennifer's experience, you can craft a loaf of Whole Wheat and Spelt Sourdough Bread and stock your kitchen with Spiced Sour Pickles with Garlic. The Nourished Kitchen not only teaches how to prepare wholesome, nourishing foods, but also encourages a mindful approach cooking and a celebration of old-world culinary traditions that have sustained healthy people for millennia. Whether you're already a practitioner of the traditional foods lifestyle or simply trying to incorporate more natural, highly nutritious foods into your routine, you will find plenty to savor in The Nourished Kitchen.

Book Information

Paperback: 320 pages

Publisher: Ten Speed Press (April 15, 2014)

Language: English

ISBN-10: 1607744686

ISBN-13: 978-1607744689

Product Dimensions: 7.4 x 1 x 10 inches

Shipping Weight: 2 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars (See all reviews) (290 customer reviews)

Best Sellers Rank: #26,573 in Books (See Top 100 in Books) #8 in Books > Cookbooks, Food & Wine > Cooking Methods > Raw #40 in Books > Cookbooks, Food & Wine > Canning & Preserving #63 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Natural Foods

Customer Reviews

The Nourished Kitchen is based on the Farm to Table approach and Traditional Foods Lifestyle. Traditional foods are described as "...the foods of gardens and of farms. They represent a system of balance, emphasizing the value of meat and milk, grain and bean, vegetables and fruits." The Nourished Kitchen works with the "philosophy that combines sustainability, balance, tradition and community involvement." This cookbook won't work for everyone, especially if you are on a restrictive diet; but if you want to get back to basics and cook nutritiously and conscientiously, this book is for you. Since I enjoy cooking from my garden and using locally harvested meats, I enjoyed this book. However, I do disagree with using raw milk, which is discussed in more detail within the book. The book is organized into sections depending on where the ingredients come from, so there is From The Garden, Pasture, Range, Waters, Fields, Wild, Orchard, and Larder. Since I have a large garden, enjoy foraging and have some fruit trees, I got the most use out of the Garden, Wild and Orchard sections. I tried a few recipes from the Garden section with ingredients that I had handy. The Blistered Radishes with Parsley turned out well and I'm glad that I have another use for them other than garnish. I love anything with maple syrup, so the Maple Glazed Root Vegetables with Orange and Thyme was a winner for me. I'll be saving the Cider-Braised Kale with Apples and Sweet Cherries for the fall, it looks delicious. Every recipe in From the Orchard looked delicious, I'll be trying the Maple Roasted Pears when my tree fruits. I did not get as much use out of other sections, such as From the Pasture since I am not up to making my own butter, cheeses or yogurts yet.

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

The Nourished Kitchen: Farm-to-Table Recipes for the Traditional Foods Lifestyle Featuring Bone Broths, Fermented Vegetables, Grass-Fed Meats, Wholesome Fats, Raw Dairy, and Kombuchas Broth and Stock from the Nourished Kitchen: Wholesome Master Recipes for Bone, Vegetable, and

Seafood Broths and Meals to Make with Them 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) The Dairy-Free Kitchen: 100 Recipes for all the Creamy Foods You Love--Without Lactose, Casein, or Dairy Fermented Vegetables: Creative Recipes for Fermenting 64 Vegetables & Herbs in Krauts, Kimchis, Brined Pickles, Chutneys, Relishes & Pastes Raw and Simple: Eat Well and Live Radiantly with 100 Truly Quick and Easy Recipes for the Raw Food Lifestyle The Backyard Homestead Guide to Raising Farm Animals: Choose the Best Breeds for Small-Space Farming, Produce Your Own Grass-Fed Meat, Gather Fresh ... Rabbits, Goats, Sheep, Pigs, Cattle, & Bees Kristen Suzanne's EASY Raw Vegan Dehydrating: Delicious & Easy Raw Food Recipes for Dehydrating Fruits, Vegetables, Nuts, Seeds, Pancakes, Crackers, Breads, Granola, Bars & Wraps The Raw Cure: Healing Beyond Medicine: How self-empowerment, a raw vegan diet, and change of lifestyle can free us from sickness and disease. The Vermont Farm Table Cookbook: 150 Home Grown Recipes from the Green Mountain State (The Farm Table Cookbook) The New Mexico Farm Table Cookbook: 100 Homegrown Recipes from the Land of Enchantment (The Farm Table Cookbook) The South Beach Diet: Good Fats Good Carbs Guide - The Complete and Easy Reference for All Your Favorite Foods, Revised Edition Mastering Fermentation: Recipes for Making and Cooking with Fermented Foods Grass-Fed Cattle: How to Produce and Market Natural Beef The Paleo Bread Bible: More Than 100 Grain-Free, Dairy-Free Recipes for Wholesome, Delicious Bread Smoothies For Kids: 80+ Recipes, Whole Foods Diet, Heart Healthy Diet, Natural Foods, Blender Recipes, Detox Cleanse Juice, Smoothies for Weight ... loss - detox smoothie recipes) (Volume 40) Simply Raw 2017 Wall Calendar: Vegetable Portraits and Raw Food Recipes Kristen Suzanne's EASY Raw Vegan Holidays: Delicious & Easy Raw Food Recipes for Parties & Fun at Halloween, Thanksgiving, Christmas, and the Holiday Season Live Raw: Raw Food Recipes for Good Health and Timeless Beauty Simply Raw 2016 Wall Calendar: Vegetable Portraits with Raw Food Recipes

[Dmca](#)