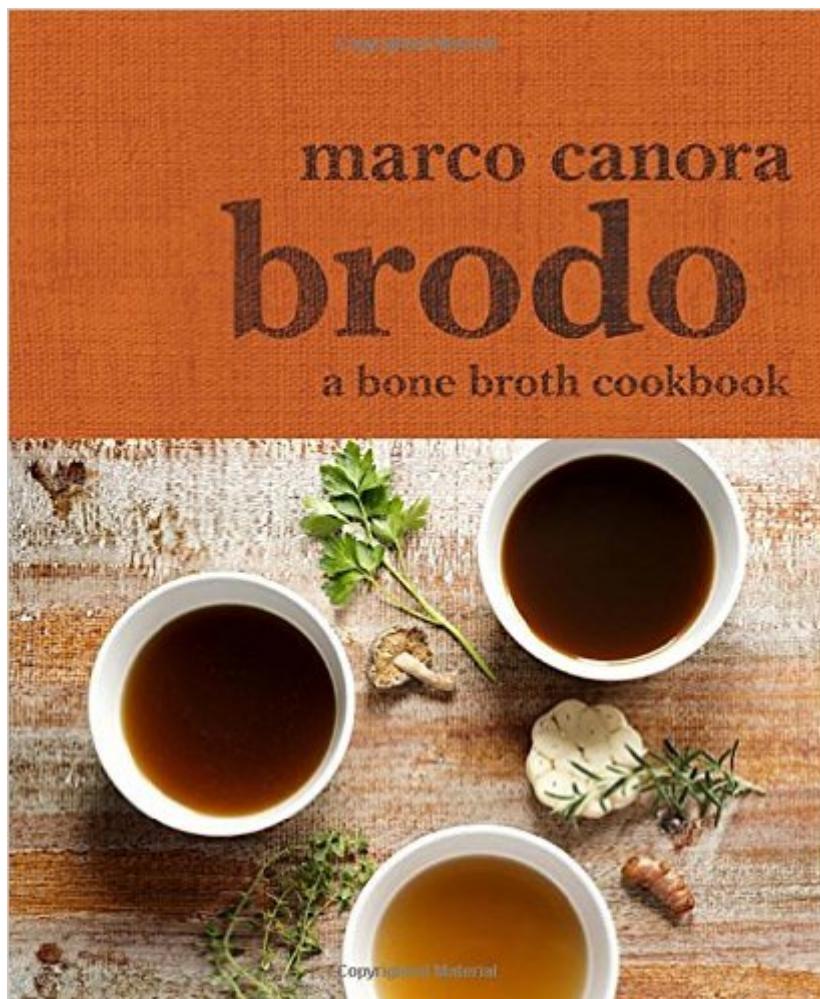


The book was found

Brodo: A Bone Broth Cookbook



Synopsis

No one has been more responsible for the recent explosion of interest in bone than New York City chef Marco Canora. After completely revitalizing his health by integrating bone broth into his diet, Marco began to make his nourishing broths available by the cupful to New Yorkers from a small window in his East Village restaurant, drawing sell-out crowds virtually from the beginning. No longer just a building block for soups and sauces, bone broths are now being embraced for their innumerable health benefits, from cultivating a healthier gut to greater resistance to colds and other illnesses. In *Brodo*, Marco shares the recipes for his flavorful, nutritious broths and shows how to serve them year round as well as incorporate them into recipes and as a daily health practice. Perfect for stirring into a broth bowl or a pot of risotto, as a more gentle, supportive alternative to the afternoon caffeine fix, and an immunity and health booster any time, the homey bone broths in *Brodo* should be a part of every well-stocked pantry.

Book Information

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Customer Reviews

I was excited to see this bone broth cookbook. Even more thrilled at how the broth tasted. Oh, Wow! I was first introduced to this Chef and read about his journey into wellness after his health wake up-call 5 years ago; in his cookbook titled *A Good Food Day*. I too experienced amazing healing in my stomach through just drinking bone broth. The bone broth I made last year didn't even compare to the broth in this book. My husband and I made *Hearth* broth and the grass-fed beef broth. They are rich with flavor, comforting, taste amazing and satisfy. I like how Marco talks about

the nutritional benefits and healing abilities of bone broth for the gut, joints, as well as skin and immunity. He found it gave him more energy and a zest for life. He was busting to share this with his customers. Heâ™s had a restaurant for years that had the ability to serve customers through a window that faced the street. He opened Brodo in Nov. 2014. He focused on three signature broths: chicken, beef and Hearth broth (which is a beef, chicken and turkey broth). The chef says, âœIn this book I share all of the basics: where to buy bones, what kind to look for, the tools I recommend and the key techniques to use to develop flavor and get the most bang for your buck of every batchâ™. I show you how putting just an hour or two of active cooking times a week make bone broths a part of your everyday dietâ™. Iâ™ve also included a look at why itâ™s considered the worldâ™s first comfort food. I explore the medicinal effects of drinking broth and dig into all the ways that bone broth is a functional food.â• The author goes on to say, âœBone broth is filling, hydrating, and incredibly restorative in a way that caffeinated drinks canâ™t match.

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