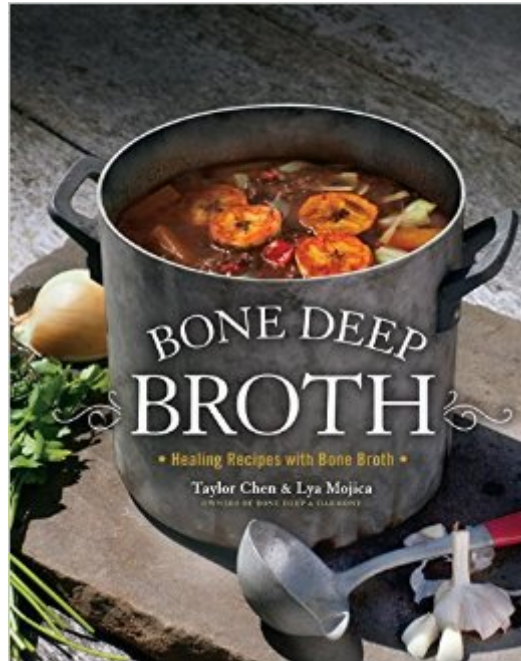


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# Bone Deep Broth: Healing Recipes With Bone Broth



## Synopsis

Bone broth is the perfect healing dishâ€”true dietary medicine, especially when properly prepared with locally sourced, grass-fed animals. Plus, it's economical, sustainable, and tasty, which is why so many cultures around the world, from Mexico to Vietnam, depend on it. Lya Mojica and Taylor Chen, who run the company Bone Deep & Harmony, reveal the benefits and simple basics of creating this fabulous meal, and provide recipes for using it in soups, sauces, and stews. Make Borscht, Pozole, Pho, Mole de Olla (vegetables in spicy tomato and chicken broth), Lamb Tagine with Green Olives and Preserved Lemon, and even baby food. Being nutritious has never been as delicious!

## Book Information

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## Customer Reviews

I've been fighting some health issues for some time, and in studying and researching natural ways to help I discovered bone broth. I wanted to give it a try and this book came along at the perfect time. I sourced some lovely beef bones and got started. When I first started looking at the book I was taken aback at the amount of bones called for. I was afraid I would have trouble getting that amount together easily, but I was able to source all the bones I needed quickly. I left out the ginger as it and I do not get along, and added some carrots and celery along with the other ingredients and started cooking. Twenty hours later (Yes, you read that right. It simmered on low over night.) I had a lovely bone broth. After it cooled down it went in the fridge for a couple of hours. That solidified the fat so that it was easily removed (You can save the fat and make tallow for candles/soap, as that is covered later in the book.) and I was left with a beautiful bone broth. I felt it was under salted, but

that's easily corrected. There are recipes included in the book to use your bone broth. I've found that it works great to make a simple couscous with just some herbs added. I made an amazing beef stew the other night, and used my bone broth instead of a store bought stock. Yum! Next I'm on to chicken!! received a copy of this book from Sterling Publishing for my honest review. All thoughts and opinions are my own.

Excellent recipes and great information on using bone broth for ultimate health.

I have been cooking for quite some time and this book taught me a thing or two about flavors of soup. I made a beef stew that we couldn't stop eating. Great book!

So excited to continue using this book, it has so much information and a huge variety of recipes.

Good book.

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