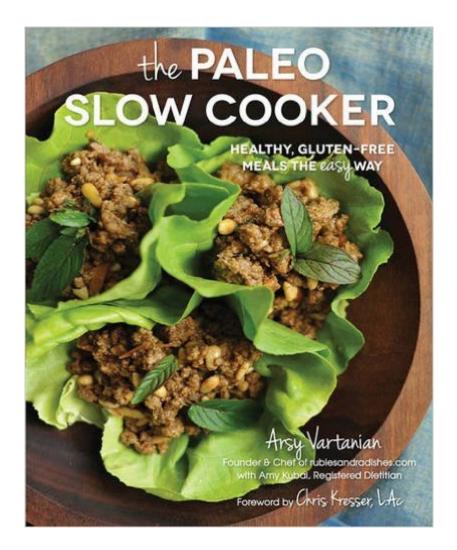
The book was found

The Paleo Slow Cooker: Healthy, Gluten-Free Meals The Easy Way





Synopsis

The Paleo Slow Cooker is Whole30 recommended and approved. Note: This is a revised and updated edition. The Paleo diet has been the latest health movement, taking the low carb diet a step further by eliminating grains and legumes and eating only lean, grass-fed meat. In short they consume only what was available to ancient humans or cavemen. The theory says that by eating what human bodies were designed to eat, people will be healthier, have fewer illnesses and lose weight. In many cases, Paleo diet consumers are also fueling their P90X or Cross Fit exercise routines, the two most popular fitness regimes in the country. The health benefits have been supported by major studies. This is a popular trend much like the low carb diet. It is combined with the great bookselling topic of slow cooking. While the cavemen didn't have slow cookers, they certainly used slow cooking techniques over fires which make the meals in this book one step closer to the origins and theory behind the diet. The delicious dishes are as homey as they are healthy?"and ready when you are.

Book Information

Hardcover: 256 pages Publisher: Race Point Publishing; 1 edition (March 6, 2013) Language: English ISBN-10: 1937994074 ISBN-13: 978-1937994075 Product Dimensions: 8.8 x 1 x 10.8 inches Shipping Weight: 2.8 pounds (View shipping rates and policies) Average Customer Review: 4.1 out of 5 stars Â See all reviews (140 customer reviews) Best Sellers Rank: #57,951 in Books (See Top 100 in Books) #112 in Books > Cookbooks, Food & Wine > Cooking Methods > Slow Cooking #132 in Books > Cookbooks, Food & Wine > Special Diet > Allergies #141 in Books > Cookbooks, Food & Wine > Special Diet > Low Carbohydrate

Customer Reviews

I had high hopes for this cookbook as I'd been waiting for it to be released and suffered through the many delays. I assumed that those extra 5 months would yield and flawless cookbook full of gorgeous food photography and delicious food. Unfortunately, only the delicious food was found. Over the last couple of weeks, we have prepared several recipes from the cookbook. We have yet to be disappointed by the finished product, but the recipe directions and lack of photographs leave much to be desired. Here are examples of the lack of clarity in the directions:-No

note on when to add ingredients - Pear Ginger Pork Chops - no note to add cinnamon and allspice-Vague instructions - Paleo Chicken Adobo - "Put the chicken and all the other ingredients into a bowl", but really means all except the ghee. It made for an interesting marinade when my husband prepared it with the ghee included-No information on how to prepare a given ingredient -Paleo Beef Casserole - garlic sliced, crushed, smashed, minced? Chicken with Butternut Squash and Figs - leave chicken breasts whole? Cube? If whole, shred at the end?We have found flaws in all but one recipe we have prepared thus far. I would definitely not recommend this for a novice or beginner cook because of the room for interpretation left by the lack of explicit instruction. One would think that the delays in publishing would have afforded ample time for recipe editing and testing. Here's the rub. I can't guit this cookbook because the food is delicious. I find myself reaching for it as I make my weekly meal plan and including at least 2-3 meals from it. As someone following an Autoimmune Protocol, I was pleasantly surprised to find at least a few recipes in each section that do not include nightshades. We have thoroughly enjoyed each dish we have prepared, and my husband has requested the Beef Roast with Beets and Tarragon enter the regular rotation. I do think most of the chicken recipes would benefit from a 4-5 hour cooking time, rather than 6 hours, but that's an easy adjustment to make personally. Overall, if you can get past the editing and lack of food photography, the food is good. I almost wish I had held out for a reprint with edits in place, though.

I just purchased this book hoping to make my life easier, sigh, too much cut and paste has screwed up the recipes. The first recipe had partial instructions from some other recipe, and my second attempt has differing amounts in instructions than in the ingredients list in addition to some of the worst writing I've ever seen to the extent of gibberish. I have a feeling the editors and publisher are to blame and have put a black eye on this book for me. I won't order any books from this publisher again rest assured.

As others have said, this cookbook is confusing, and it all stems from extremely poor editing. Let me give you an example. This is the first step in a recipe that appears fairly early in the book:"> Sauté onion in a 2 lb lean ground beef 1/2 cup sliced pimento stuffed green olive heavy pan over medium high for 5 minutes until translucent."This is an example of the simple, but unfortunately common, errors that permeate the book. For those who are curious, it should read:"> Sauté onion in a heavy pan over medium high [heat] for 5 minutes, until translucent."This is an example of the simple, but unfortunately common, errors that permeate the book. For those who are curious, it should read:"> Sauté onion in a heavy pan over medium high [heat] for 5 minutes, until translucent."By the way, ground beef and green olives both appear in this recipe, but in different quantities, and the olives aren't

stuffed. Virtually every recipe has some sort of typo, or the ingredients list is organized horribly, or a step is missing. In most paleo cookbooks, the oil or type of fat is specific, since some have strong flavors. In this recipe, no fat or oil is listed at all, while In another recipe, the first instruction simply says sautA[©] the vegetables, and butter is listed last in the ingredients list. That was annoying, as I just reached for olive oil and was cooking, before I realized I was supposed to sautA[©] in butter. It changes the flavor of the dish, and anyone who knows how to cook or write recipes knows that you list ingredients in the order that you use them. Another minus is that the author loves to sautA© things prior to putting them in the slow cooker. The buyer should be aware that many of these dishes require 20-30 minutes of prep and pre-cooking before letting the slow cooker finish. ALSO, and this is a HUGE pet peeve of mine, the author wants you to brown most of the meat. Unfortunately, many of the chicken dishes use breast or boneless thigh meat, and the chicken comes out dry and mealy (horribly overcooked). I understand that she's trying to develop flavor, but many of these dishes really only need to cook 4 hours on low, not 6, as specified, so if you have a digitally-controlled slow cooker that kicks down to warm, keep that in mind.HOWEVER, once you fight your way through the directions, the recipes I have tried are guite good. Ingredients are typical of a paleo kitchen/house, and there is a wide variety of dishes from many cuisines, which I VERY much prefer. Keep in mind that there is no apparent effort to divide them into seasonal dishes, so you may not find things like dried figs, leeks, fennel, or fresh okra year-round. If you are looking for flavorful paleo dishes, and you are ready to make some adjustments on the fly, many of these recipes are quite good. As an experienced restaurant and home cook, this cookbook is incredibly annoying. The flavors are very good, but you will likely run into one or more issues, including cooking time/temp, in most recipes. I've found nothing better, though, and it is a useful starting point, if you have enough experience to modify your cooking methods, as needed.

Download to continue reading...

The Best Slow Cooker Recipes & Meals Cookbook: Over 100 Healthy Slow Cooker Recipes, Vegetarian Slow Cooker Recipes, Slow Cooker Chicken, Pot Roast ... Recipes, Slow Cooker Desserts and more! The Paleo Slow Cooker: Healthy, Gluten-Free Meals the Easy Way Paleo For Beginners: Paleo Diet - The Complete Guide To Paleo - Paleo Cookbook, Paleo Recipes, Paleo Weight Loss The Paleo Slow Cooker Cookbook: 40 Easy To Prepare Paleo Recipes For Your Slow Cooker Rice Cooker Recipes: 50+ Rice Cooker Recipes - Quick & Easy for a Healthy Way of Life (Slow cooker recipes - rice cooker - recipes) The Complete Paleo Slow Cooker: A Paleo Cookbook for Everyday Meals That Prep Fast & Cook Slow Wheat Belly: Top Slow Cooker Recipes: 230+ Grain & Gluten-Free Slow Cooker Recipes for Rapid Weight Loss with The Revolutionary Wheat

Belly Diet (The Wheat-Free Cookbook) Top 500 Instant Pot Pressure Cooker Recipes: (Fast Cooker, Slow Cooking, Meals, Chicken, Crock Pot, Instant Pot, Electric Pressure Cooker, Vegan, Paleo, Dinner) Wheat Belly Diet For Beginners: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet) (Volume 1) Pressure Cooker Cookbook: 370 Quick, Easy, and Healthy Pressure Cooker Recipes for Amazingly Tasty and Nourishing Meals (Pressure Cooker, Electric Pressure Cooker Cookbook) Pressure Cooker Cookbook: 100 Quick, Easy, and Healthy Pressure Cooker Recipes for Nourishing and Delicious Meals (Pressure Cooker Recipes, Pressure Cooker) (Volume 1) Low Carb Aroma Rice Cooker: 50 Easy, Low Carb and Paleo Recipes with Your Rice Cooker for Busy People (Low Carb Meals & Rice Cooker) Paleo Freezer: Delicious, Fix & Freeze, Gluten-Free, Paleo Recipes for Busy People (Paleo Diet Solution Series) The Healthy Instant Pot Pressure Cooker Cookbook: 120 Nourishing Recipes For Clean Eating, Paleo, AIP, Gluten Free, Vegan And Other Healthy Diets Slow Cooking for Two: A Slow Cooker Cookbook with 101 Slow Cooker Recipes Designed for Two People Paleo: 30 Day Paleo Challenge: Unlock The Secret To Health And Dramatic Weight Loss With The Paleo Diet 30 Day Challenge; Complete 30 Day Paleo Cookbook with Photos Wheat Belly: Wheat Belly Slow Cooker: 30 Delicious Grain-Free Slow Cooker Recipes for Beginners Danielle Walker's Against All Grain: Meals Made Simple: Gluten-Free, Dairy-Free, and Paleo Recipes to Make Anytime Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker, crockpot, Cast Iron) Mediterranean Slow Cooker Cookbook: A Mediterranean Cookbook with 101 Easy Slow Cooker Recipes

<u>Dmca</u>