



Low Carb High Fat and Paleo Slow Cooking: 60 Healthy and Delicious LCHF Recipes (Hardback)

By Birgitta Höglund

Skyhorse Publishing, United States, 2015. Hardback. Book Condition: New. 244 x 202 mm. Language: English . Brand New Book. Slow food, in the form of slow cooking and old-fashioned home cooking, has become really hot. Rich stews, roasts, soups, and stocks are now simmering in many kitchens. A stew cooked slowly over low heat for several hours works wonders even with the simplest and least expensive cuts of meat. The food takes care of itself while you're doing other things, and a few hours later it has evolved into an amazing taste experience. Slow food is perfect for the low carb high fat (LCHF) and paleo diets, which emphasize proteins and vegetables over sugar and flour. Low Carb High Fat and Paleo Slow Cooking offers sixty amazing recipes for recognizable favorites with new twists from a variety of cuisines. Dish up that Sunday roast with blueberry cream sauce, salted pork with cauliflower puree, and saffron-scented seafood stew interspersed with recipes inspired by author Birgitta Höglund's many trips to various Mediterranean kitchens. From these regions, she presents nutritious dishes with gentle but intense flavors like lemon stuffed chicken, Turkish lamb stew, Greek stifado, meat sauce with sundried tomatoes, and...



[DOWNLOAD PDF](#)



[READ ONLINE](#)

[7.72 MB]

Reviews

These kinds of publication is the greatest pdf available. Better then never, though i am quite late in start reading this one. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Lorena Streich

It becomes an awesome pdf that I have actually read through. It really is full of knowledge and wisdom You may like how the writer compose this book.

-- Amanda Gleichner

See Also



[The Well-Trained Mind: A Guide to Classical Education at Home \(Hardback\)](#)

WW Norton Co, United States, 2016. Hardback. Book Condition: New. 4th Revised edition. 244 x 165 mm. Language: English . Brand New Book. The Well-Trained Mind will instruct you, step by step, on how to give your child an academically rigorous, comprehensive...



[In Nature's Realm, Op.91 / B.168: Study Score \(Paperback\)](#)

Petrucci Library Press, United States, 2015. Paperback. Book Condition: New. 244 x 170 mm. Language: English . Brand New Book ***** Print on Demand *****.Composed in 1891, Vojtěch (In Nature's Realm) is the first of Dvorak's three concert...



[Suite in E Major, Op. 63: Study Score \(Paperback\)](#)

Petrucci Library Press, United States, 2013. Paperback. Book Condition: New. 244 x 170 mm. Language: English . Brand New Book ***** Print on Demand *****.Composed originally in four movements during 1907-08, Foote dropped the Theme and Variations while revising the work prior...



[Hussite Overture, Op. 67 / B. 132: Study Score \(Paperback\)](#)

Petrucci Library Press, United States, 2013. Paperback. Book Condition: New. 244 x 170 mm. Language: English . Brand New Book ***** Print on Demand *****.Commissioned by the Committee for the Completion of the National Theatre, Dvorak composed this work in exactly one...



[Three Bavarian Dances, Op.27a: Study Score \(Paperback\)](#)

Petrucci Library Press, United States, 2015. Paperback. Book Condition: New. 244 x 170 mm. Language: English . Brand New Book ***** Print on Demand *****.Elgar produced orchestral arrangements of three items (Nos.1, 3 and 6) from his own set of six songs...



[Czech Suite, Op.39 / B.93: Study Score \(Paperback\)](#)

Petrucci Library Press, United States, 2015. Paperback. Book Condition: New. 244 x 170 mm. Language: English . Brand New Book ***** Print on Demand *****.Composed rapidly during April of 1879 in the wake of his success with the two serenades (Opp.22 and...
