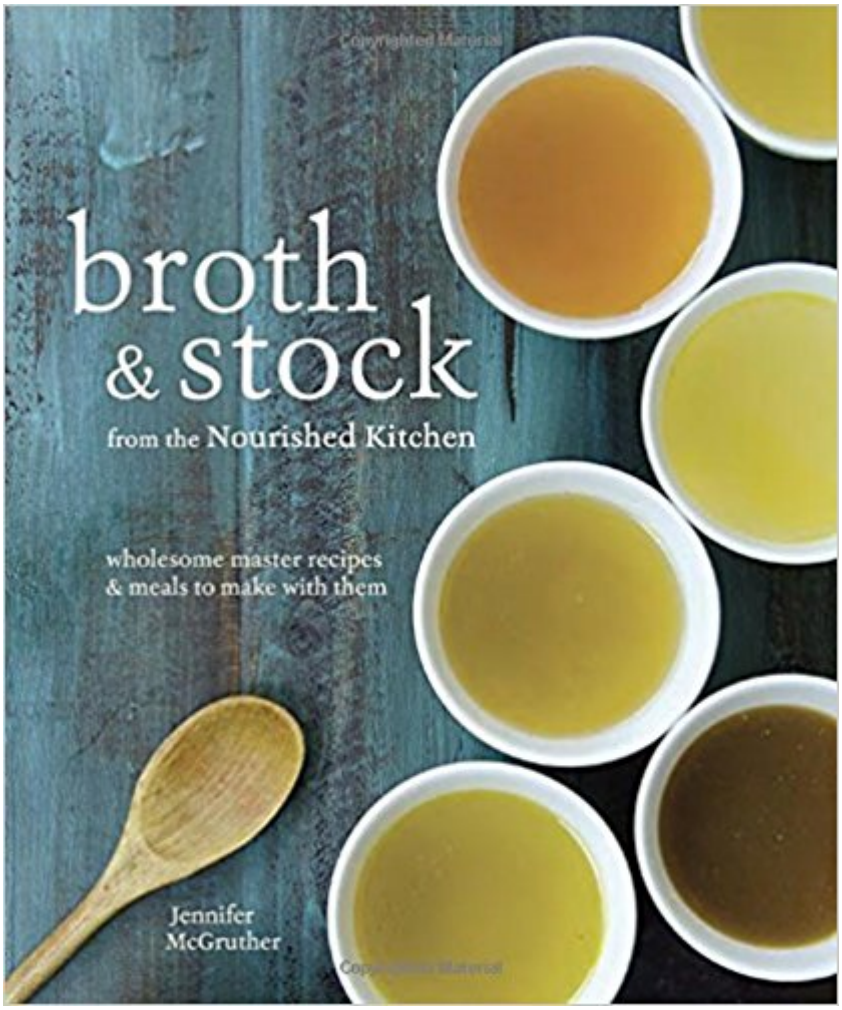
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Broth And Stock From The Nourished Kitchen: Wholesome Master Recipes For Bone, Vegetable, And Seafood Broths And Meals To Make With Them




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Synopsis

Broths and stocks have always had a central place in kitchens around the world owing toÃ Â their ability to comfort, nourish, and heal. In Broth and Stock from the Nourished Kitchen, Jennifer McGruther, author of The Nourished Kitchen and an authority in the traditional foods movement, illustrates why aÃ Â good broth or stock is the foundation of amazing and wholesome cooking. Included are over a dozen master recipes for base stocks and then 40 recipes using these stocks in complete meals. These accessible recipes are appropriate for vegetarians, pescatarians, and meat eaters alike and showcase the nutrient-dense, real food that nourishes the body and soul. The Whole Chicken Broth is the perfect base for Springtime Risotto with Asparagus, Green Garlic, and Chive Blossoms, while the recipe for Fish Stock will bring new life to a classic dish like New England Clam Chowder. People are catching on to this centuries old appreciation of bone and vegetable based broths, and Jennifer McGruther shows how these can be made quickly and cost-effectively at home.

Book Information

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Customer Reviews

Ã¢â ¬Å“This is a most beautiful book to look at and to read, and itÃ¢â ¬â„¢s a courageous one, too, for as the author herself says, Ã¢â ¬Ëœmaking broth is an experience in delayed gratification,Ã¢â ¬â„¢ not something we have much experience with today. But this patient tending of the pot which makes full use all the ingredients we bring into our kitchens, is perhaps just whatÃ¢â ¬â„¢s needed to foster mindfulness, deliciousness and health. I love the promise and

stillness of BrothÃ Â and Stock from the Nourished Kitchen.Ã¢â ¬Â• Ã¢â ¬â • Deborah Madison, author of Vegetable LiteracyÃ¢â ¬Å“Many people have been starting to discover the health benefits of simple, basic broth, and discovering how much richness and complexity it can add to any dish. Broth and Stock from the Nourished Kitchen will help you discover the wisdom of your grandparentsÃ¢â ¬â„¢ approach to eating and will get you thinking about what you can do with broth. Even the most experienced cook willÃ Â be inspired to create something new.Ã¢â ¬Â• Ã¢â ¬â • Anya Fernald, CEO and Co-Founder of Belcampo Meat Co. andÃ Â author of Home Cooked

Jennifer McGruther is a food educator, the creator of the award-winning traditional foods website, Nourished Kitchen (www.nourishedkitchen.com) and the author of The Nourished Kitchen. She teaches workshops on traditional foods, fermentation, as well as food activism. Jennifer lives with her husband and son in Washington State.

This is a good book that was well thought out and has lovely photographs of most (or maybe even all) recipes. The quality of this book is equivalent to her first cookbook, which was also very good. I'm not totally amazed by the book but in jenny's defense I already knew how to make stocks, broths, and soups from them. I merely got it to support her and the traditional foods lifestyle :) and because it was priced as cheap as some magazines out there now. I learned some new terms/recipes from other cultures such as dashi, remouillage (you'll have to read the book to learn that one :p), and the lime soup from Mexico's Yucatan Peninsula. It's a small book that is a rather quick read and starting stock can be done that same day if you already have a traditionally stocked kitchen -- that was a fun plus!! All in all I'm happy with my purchase, I'll use the tips and recipes, and I'd recommend this to anyone who enjoys traditional cooking. One more thing: I really appreciate how jenny listed the different teas (infant, chicken, beef) and also provided ingredient suggestions to suit your personal taste as a morning broth routine is something I'm considering.

I pre-ordered my book and received it today. Flipping through the pages I can see it was carefully thought-out step by step.The pictures and recipes are wonderful. I can't wait to get started. I would definitely recommend this book for every kitchen. I will be ordering another for my daughter for Christmas.

This is an excellent book and, like the Nourished Kitchen Cookbook, it has a lot of depth. I will be

reading it through, because I know I'll learn a lot from it. I like having basic skills like making broth instead of always having to buy it. While the book is specialized, the area it covers is very basic to cooking. Ms. McGruther is very concerned with nutrition and everything she does helps us to get the most out of what we eat.

Jenny never lets me down! A lot of my questions were answered in this book about the difference between broths and stocks, the different types of chickens, the length of time for broths/stocks, and troubleshooting.I've tried two of the soup recipes and both I've already repeated. Her recipes are simple and packed with flavor.Get this book if you like soups and making your own broth! You won't regret it.

I have been part of the "Nourished Kitchen" blog/Email by Jennifer McGruther for a very long time. Nourished Kitchen is all about great & nutritious food - that is remarkably easy to prepare. This "Broth & Stock" cookbook is a real gem if you would like to learn about "Broth & Stock"..., from Soup to Nuts. This cookbook takes a 5 Star rating in the wholesome food category. It is further loaded with many fabulous looking recipes where the Broth & Stock forms the base. What sets this cookbook apart from other Soup Cookbooks (I think), is this cookbook uses the Stock & Broth that you previously made to give the Soups etc a new and distinctive flavor and all in the spirit of economy. The first recipe I will make is the Black Bean Soup on page 94 using Beef Bones. It also contains a very insightful section on Fish Stock... which I knew nothing about until this lovely cookbook.

"Both and Stock" is a beautiful book with lots of colorful pictures, which I love. It is a great addition to my kitchen where I cook daily. It provides not only how real food nourishes your body, but also how it helps the environment that we live in by using the natural ingredients.I love the ancient wisdom of using all the parts of animals and fish. Good for you, good for the environment and best of all, downright delicious!

I've followed Nourished Kitchen and that way of eating for many years. I really enjoy the lifestyle of eating whole foods that offer more nutrition instead of boxed, processed convenience foods which always left me feeling poor.This book is excellent for how to make broth and stock as well as how to use it so you can incorporate nutritious broth into your meals and it also helps with those nights when you haven't the time to cook a full meal. I can make soup on Sunday and store it in a mason

jar in the refrigerator until the crazy busy weeknight when it can quickly and easily be warmed up for a quick meal.

great book about the matter, I love I have gotten it! Thanks, it has great conteent in its pages.

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