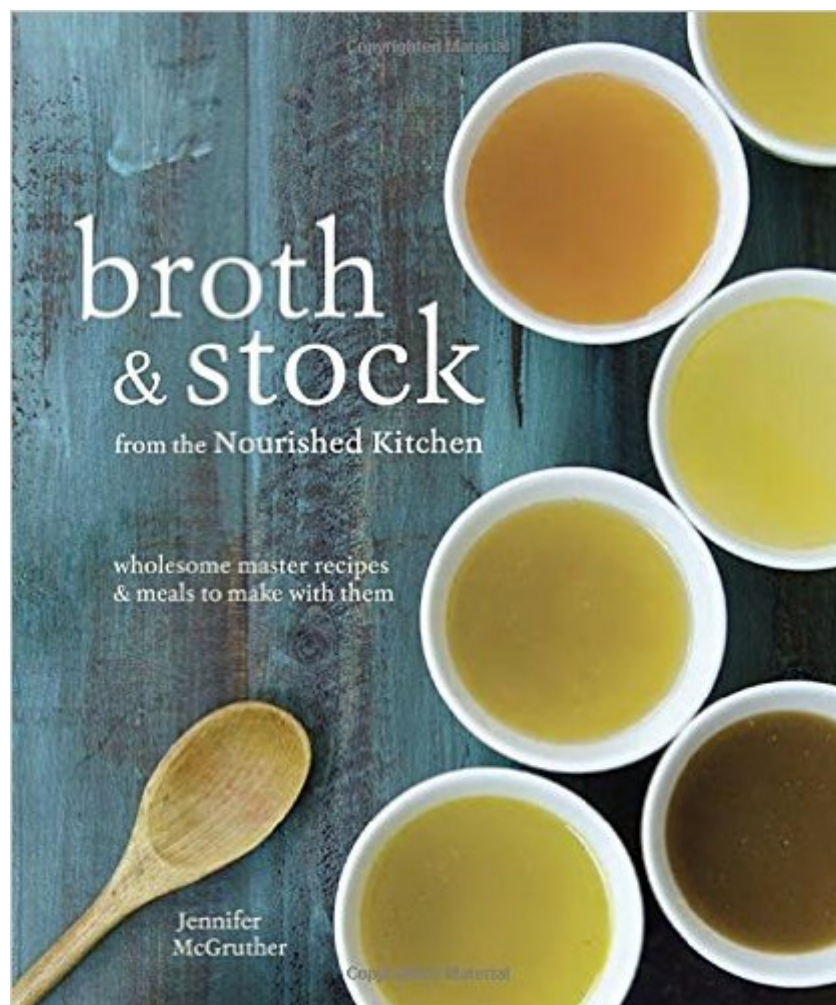


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# Broth And Stock From The Nourished Kitchen: Wholesome Master Recipes For Bone, Vegetable, And Seafood Broths And Meals To Make With Them



## Synopsis

Broths and stocks have always had a central place in kitchens around the world owing to 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 a 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

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.

The first section of Broth and Stock discusses the difference between broth, stock, and bone broth. It gives tips on choosing bones and where to find the bones for stocks and bone broths. In addition, it talks about the vegetables you should (or shouldn't) use, herbs + spices, and the equipment needed for making broths and stocks, as well as methods to store it. The chapters include: The Broth Maker's Kitchen Master Broths and Stocks Poultry Meat Fish Vegetables At the end of Broth and Stock, it has a section on where to shop "to find meat/bones for your broth, wild-caught fish and shellfish, wholesome fats, and prepared stocks/broths/bone broths, as well as a page of convenient conversion charts for volume, temperature, length, and weight. Each recipe includes a short introduction, the serving size, the ingredient list, and the instructions. The recipes don't call for a bunch of different difficult-to-obtain ingredients and the broths are very simple to make. Each chapter includes lots of recipes that you can incorporate those broths into!

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.

Broths and stocks are a crucial part of preparing meals that are nutritious and delicious. Sure, one could buy the ready made stuff but I know first hand that making your own reaps a much tastier offering. It's honestly not that hard at all to make your own but most people aren't exactly sure how. This book walks readers through in exactly how to make the basic bases and add then takes it to another level. Not only will one learn how to make over a dozen broths and stocks but there are also recipes within to create meals of all kinds with those bases. The book begins with an introduction of broth. One will learn the difference between both broth, bone broths, and stock. I have learned a tremendous amount of information such as why specific things like vinegar go into a broth and what a wine will do for it. There are specific vegetables you'll want to in-cooperate and those you'll really need to steer clear of. The best spices you'll need is mentioned and whether or not you'll want to use a stockpot or dutch oven. I love learning not just the how but also the why behind that choice. There are forty recipes. Recipes are from a plethora of cultures. I adore that a Quick Pho recipe is included. I love getting Pho soup out but have yet to make my own. It's on the to do list. Others recipes I'm excited about cooking for my family are the Potato and Onion Au Gratin, Black Bean Soup, Rhode Island Clear Clam Chowder, and Irish Vegetable Soup. Every recipe features a full color photo of the dish! I think the photos really add to this book quite a bit! If I'm feeling adventurous there are days when I flip through a cookbook like this one and chose something at random thanks to the photo! This book features classic recipes and those that are a bit more fancy. I'm excited about cooking some if not all the recipes in this book. I feel I now have a great resource on the bases of broths, bone broths, and stocks that I could whip up just about anything with them! The great thing is you can make the bases, freeze them, and be ready to cook something up right away! Money and time saving features makes this book a winner!! I like and have gotten so much out of this book that I bought my mom a copy for her birthday! Highest of recommendations!

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