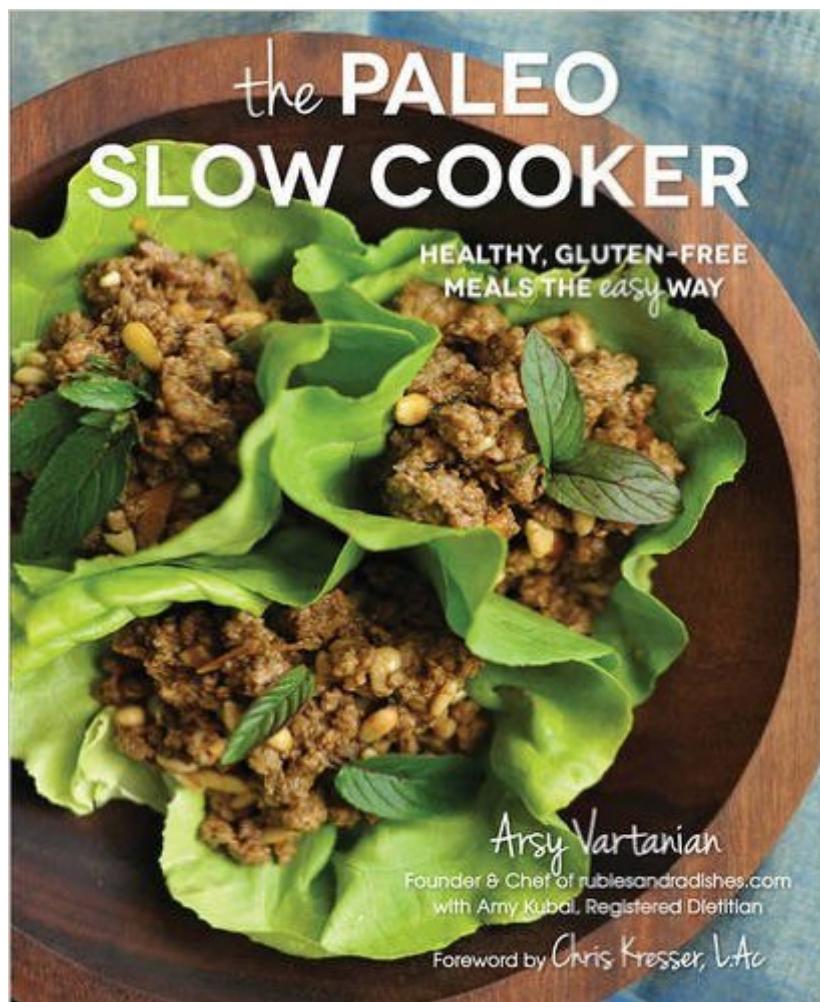


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# The Paleo Slow Cooker: Healthy, Gluten-Free Meals The Easy Way



## **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**

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## **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 a 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 quit 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:> SautÃ© 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:> SautÃ© 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 saut  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 saut  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 saut  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 quite 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.

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