



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

Birgitta Höglund

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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 pulled pork with flavor from the Cypriot cuisine.

Many people simply prefer to eat simple, natural food without preservatives, and *Low Carb High Fat and Paleo Slow Cooking* is here to provide delicious, slow-cooked meals that are healthy for the whole family.

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