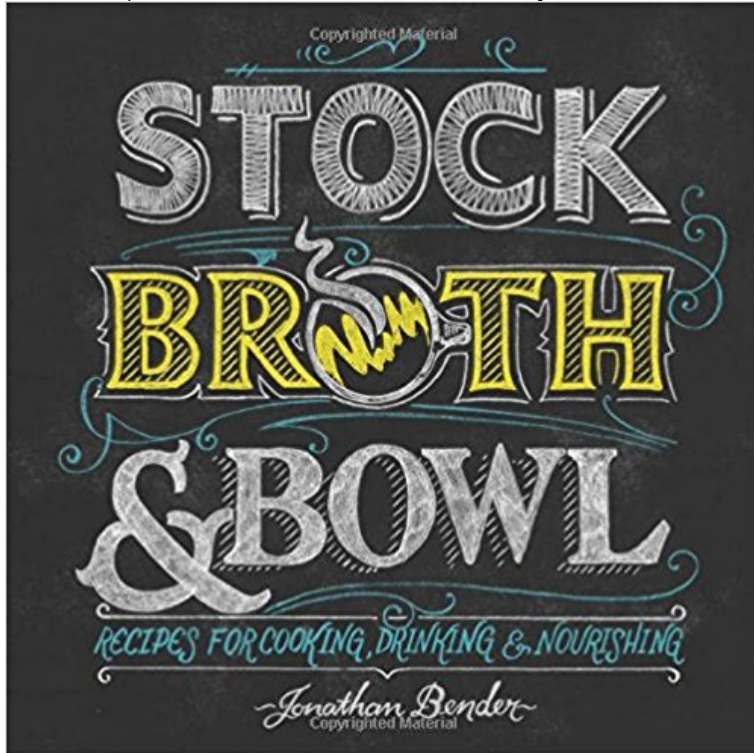


# Stock, Broth & Bowl: Recipes for Cooking, Drinking & Nourishing



Nourishing bone broths and stocks are popping up on menus and replacing caffeine in the cups of Americans on the run. Stock, Broth, and Bowl introduces you to all you need to know to get on board with this bone broth trend and the ultimate make-ahead ingredient with 40 recipes. Whether you're a seasoned cook or have never set foot in a butcher shop, Stock, Broth, and Bowl will help you dip your toe in the wildly popular bone broth pool. This book teaches you to prepare nine different stocks with straightforward recipes that are the foundation for great comfort food and the building blocks for creating nourishing drinking broths. You'll learn about sourcing ingredients, having the right kitchen tools, and straining and storing stock. There are nine stock recipes in this book, including a recipe for bone broth and how to doctor it. You'll recreate the essence of a multi-meat broth and discover the essential sweetness of root vegetables with a vegetarian broth. Stock, Broth, and Bowl also includes 20 recipes for turning stock into broth, into a delicious drink or dinner. The recipes range from one-pot meals like a savory bread pudding or decadent pot roast to broth-based cocktails. Get comfortable. Get simmering. Get Well Stocked.

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