

The book was found

101 Wild Game Recipes - Large Game: Large Game (The Hunter's Cookbook Book 3)



The **Hunter's Cookbook**

101 Delicious Wild Game Recipes
- Large Game -

Goce Nikolovski



GO  **IK**



Synopsis

Wild or farmed, venison is always a first-rate meat choice. Free-range and pasture-fed, it has a slightly finer grain than beef. If you have only ever tasted venison in the customary red wine marinade stew, you might have found it too robust – but don't be put off. Venison is very lean, so either cook it fast and high, or add extra fat to keep it moist. It has more protein than any other red meat, which means that it sates the appetite really well. It is also particularly rich in iron (more so than beef), which prevents anaemia and is good for energy levels. It's full of B vitamins: B2 (riboflavin) and B3 (niacin), which help regulate metabolism; and vitamin B6 and B12, which may lower homocysteine build-up in the blood, thus lowering the risk of heart attacks and strokes. Thanks to all the wild and pasture food that deer eat, the small amount of fat in venison is likely to contain high levels of conjugated linoleic acid, which is thought to protect against heart disease and cancer.

Book Information

File Size: 4454 KB

Simultaneous Device Usage: Unlimited

Publisher: lulu.com; 1 edition (January 29, 2016)

Publication Date: January 29, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01B9ZRXCW

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #1,003,627 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #62

in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Cooking by Ingredient > Meat,

Poultry & Seafood > Game #189 in Books > Cookbooks, Food & Wine > Cooking by Ingredient >

Meat & Game > Game #434 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine >

Cooking by Ingredient > Meat, Poultry & Seafood > Meats

[Download to continue reading...](#)

101 Wild Game Recipes - Large Game: Large Game (The Hunter's Cookbook Book 3) Hunter Book:

Defender (Hunter Roleplaying Game) Hunter Book: Hermit (Hunter Roleplaying Game) Hunter Book: Visionary (Hunter Roleplaying Game) Crock Pot: 2,000 Crock Pot Recipes Cookbook (Crock Pot Recipes, Slow Cooker Recipes, Dump Meals Recipes, Dump Dinner Recipes, Freezer Meals Recipes, Crock Pot Recipes Free) Native Indian Cookbook: Wild Game, Fish, and Wild Edibles Salads - Top 200 Salad Recipes Cookbook (Salads, Salads Recipes, Salads to go, Salad Cookbook, Salads Recipes Cookbook, Salads for Weight Loss, Salad Dressing Recipes, Salad Dressing, Fruit Salad) Rice Cooker Recipes: The Ultimate Rice Cooker Cookbook: The Best Quick And Easy Rice Cooker Recipes You Can Make At Home Tonight (Rice Cooker Cookbook, ... Recipes, Rice Cookbook, Rice Recipes) Sing You Home Large Print (Large Print, companion soundtrack, Large Print) Word Search Puzzles Large Print: Large print word search, Word search books, Word search books for adults, Adult word search books, Word search puzzle books, Extra large print word search Wild Diet Smoothie Recipes: 20 Delicious and Official Wild Diet Approved Smoothie Recipes Cooking with Harissa: Delicious Recipes with a Spicy North African Style (Harissa Cookbook, Harissa Recipes, North African Recipes, Tunisian Recipes, Algerian Recipes, Moroccan Recipes Book 1) Low Carb High Fat Cookbook: Bacon, Butter & Coconut Oil-101 Healthy & Delicious Low Carb, High Fat Recipes Perfect For the Paleo Diet, Atkins Diet, Low ... Paleo Cookbook, Gluten Free Cookbook) Night of the Hunter (The Hunter Series Book 1) Crock Pot: Everyday Crock Pot and Slow Cooker Recipes for Beginners(Slow Cooker, Slow Cooker Cookbook, Slow Cooker, Slow Cooker Cookbook, Crockpot Cookbook, ... Low Carb) (Cookbook delicious recipes 1) Easy Vietnamese Cookbook: 50 Authentic Vietnamese Recipes (Vietnamese Recipes, Vietnamese Cookbook, Vietnamese Cooking, Easy Vietnamese Cookbook, Easy Vietnamese Recipes, Vietnamese Food Book 1) Crockpot Recipes: 30 Delicious, Dairy & Gluten Free, Low Carb Recipes For Busy People (Slow Cooker, Slow Cooker Cookbook, Crockpot Cookbook, Gluten Free ... Cooker Recipes, Low Carb Cookbook Book 1) Easy Tomato Sauce Cookbook: 50 Delicious Tomato Sauce Recipes (Tomato Sauce, Tomato Sauce Cookbook, Tomato Sauce Recipes, Italian Cookbook, Italian Recipes Book 1) Easy Portuguese Cookbook: 50 Authentic Portuguese and Brazilian Recipes (Portuguese Cookbook, Portuguese Recipes, Portuguese Cooking, Brazilian Cookbook, Brazilian Recipes, Brazilian Cooking Book 1) Easy Chicken Recipes Cookbook: Top 50 Mouth-Watering, Easy to Make Recipes Including Grilled Chicken Recipes, Baked Chicken Recipes, Chicken Soup Recipes, Chicken Thigh Recipes, and Many More!

[Dmca](#)