

RECIPE GUIDE

OUR FAVORITE ANIMAL-BASED RECIPES



 HEART & SOIL

ANIMAL-BASED

30

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BEEF BONE BROTH



BEEF BONE BROTH

INGREDIENTS

2 long beef trotters
(10-12 inches) with the
tendons along the bone

12 cups water

2 carrots, coarsely chopped

3 tablespoons chopped
peeled celeriac (optional)

4 bay leaves

2 teaspoons salt,
plus more to taste

*Nutrition (1 cup, fat skimmed off) per
serving: Calories 45, Fat 1.5g, Carbs 1g,
Protein 7g*

RECIPE

About one- third of the protein composition of your body is collagen. It is one of the primary building blocks of muscle, skin, bones, and ligaments and is also pre sent in blood vessels, corneas, and teeth. So getting adequate amounts of collagen in your diet is pretty important. In addition to the gut- healing and nutritional properties of this collagen-packed broth, a hot mug of it hits the spot on a chilly day. We like using beef trotter bones to make broth because they're incredibly rich in collagen. However, in place of the trotters, you may use 4 pounds beef bones (with tendon pieces attached).

Makes 3 Quarts

12 (1-cup) Servings

Active time: 15 minutes

Total time: 24 hours

Place the trotters in a 6- quart slow cooker. Add the water, carrots, celeriac (if using), bay leaves, and salt. Cover and cook on low for 24 hours. Remove the bones and set aside to cool. Once cool, remove any remaining pieces of tendon and (optional) save for The Saladino Specialty recipe or just to consume on their own (they're a great source of gelatin!). Discard or compost the bare bones.

Strain the broth through a fine- mesh strainer. Keep any remaining tendon, and discard the vegetables and bay leaves. If desired, season the broth with additional salt. Pour the broth into clean glass jars. Fasten the lids and store in the refrigerator for up to 7 days or in the freezer for up to 1 year.

Note: The broth will solidify in the fridge once cool and become "wiggly" bone broth because of the high amount of collagen from the trotters. A layer of fat will rise to the top when chilled. Skim off the fat before using the broth and save it to use as you would tallow.

Note: The broth may also be cooked in a large pot over low heat for 24 hours.

THE PERFECT STEAK



THE PERFECT STEAK

INGREDIENTS

2 beef rib eye steaks (see note)

Salt to taste

1-2 tablespoons tallow (or butter)

*Nutrition (based on 2 16oz rib eye steaks, separable lean and fat)
per serving: Calories 495, Fat 35g,
Carbs 0g, Protein 45g*

RECIPE

This recipe uses the reverse sear method, which calls for first cooking the steak in a low oven to make it tender then finishing it off with a sear on the stovetop to create a flavorful crust. The low oven temperature results in more even cooking throughout the steak and also activates enzymes—cathepsins—which naturally help break down muscle proteins.

Serves 4

Active time: 25 minutes

Total time: 8 hours, 25 minutes

Generously season the steaks with salt; chill, uncovered, overnight.

Position the oven rack in center of the oven. Preheat the oven to 275°F. Place a wire rack on a rimmed baking sheet and place the steaks on the rack.

Bake the steaks in the oven until the internal temperature is 105°F for rare, 115°F for medium-rare, 125°F for medium, or 140°F for medium-well. Check the temperature using an instant-read thermometer after 15 minutes and then every 5 minutes until desired temperature is reached. Cover the steaks with parchment paper and let rest for 5 minutes.

Heat a cast-iron skillet over high heat. Add 1 tablespoon tallow and heat until slightly smoking. Add the steaks to the hot skillet and sear on each side for 1 minute. If desired, add an additional 1 tablespoon tallow to skillet and use to baste the steaks while searing. Season the steaks with salt, cut into serving pieces, and enjoy.

Store any leftovers tightly covered in the refrigerator for up to 5 days.

Note: This method works best for thicker steaks, such as 1½-inch-thick rib eyes, which are typically around 16 ounces. You could use any other steak of a similar thickness, such as a T-bone, New York strip, or porter house.

WHIPPED BONE MARROW SPREAD



WHIPPED BONE MARROW SPREAD

INGREDIENTS

1 beef femur bone, canoe cut
(2 canoe cut bones)

1 teaspoon fresh thyme leaves

1/2 teaspoon chopped
fresh oregano

1/4 teaspoon salt, plus more
to taste

1 lemon, quartered

*Nutrition per serving (of 4): Calories
197, Fat 21g, Carbs 0g, Protein 2g*

RECIPE

This rich spread, jam- packed with nutrients, can be enjoyed by the spoonful or spread on jerky chips or a slice of Carnivore Bread.

Serves 4

Active time: 15 minutes

Total time: 1 hour

Preheat the oven to 400°F. Line a roasting pan with foil or parchment paper.

Place the bones, marrow- side up, in the roasting pan. Roast the bones until the marrow is soft, 20 to 30 minutes. Let cool.

When cool enough to handle, scoop the marrow from the bones and place in a mixing bowl. Chill in the fridge until the consistency of soft butter, about 10 to 15 minutes. Beat the marrow with an electric mixer on medium- high until thick and fluffy. Beat in the thyme, oregano, and salt. Season to taste with additional salt. If desired, squeeze lemon over the spread just before serving.

Store any leftovers tightly covered in the refrigerator for up to 5 days or in the freezer for up to 6 months. If frozen, allow to thaw in the refrigerator overnight before use.

THE SALADINO SPECIALTY



THE SALADINO SPECIALTY

INGREDIENTS

2 ounces beef liver

Beef bone broth plus the trotters from making the broth (page 4)

1 pound beef stew meat, cut into 1-inch pieces

Salt to taste

Nutrition for stew meat, broth, liver, and 2 ounces cooked tendon per serving (of 4): Calories 295g, Fat 7g, Carbs 1g, Protein 57g

RECIPE

This is Paul Saladino's staple meal—blanched stew meat, bone broth, tendon, and liver. He eats it frequently because it covers a wide variety of nutrients and because blanching meat is a quick and easy prep that leaves it nearly raw but with a browned outer layer.

Serves 4, Plus Extra Broth

Active time: 15 minutes

Total time: 24 hours (broth), 30 minutes

Cut the liver into $\frac{1}{4}$ -inch pieces and freeze until firm.

Bring the broth to a simmer over medium heat. Use tongs to hold each piece of stew meat in the hot broth to blanch, about 45 seconds.

When the beef trotters are cool enough to handle, trim the tendons away and cut into bite-size pieces. Place the tendons, stew meat, and frozen liver on plates and serve with cups of hot broth. Season to taste with salt and enjoy!

Store any leftovers tightly covered in the refrigerator for up to 5 days.

Tip: If your liver comes frozen, allow to thaw in the fridge before cutting into pieces, and then refreeze the pieces.

PEACHES AND CREAM ICE CREAM



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INGREDIENTS

3 medium peaches, peeled, pitted, and chopped into 1/2 inch pieces

1/4 cup + 2 tablespoons honey (or substitute honey)

1/2 teaspoon fresh lemon juice

2 large egg yolks

2 cups milk

1 1/2 cups heavy cream

1/2 teaspoon salt

1/4 teaspoon vanilla extract

Nutrition per serving (of 6): Calories 344, Fat 20g, Carbs 33g, Protein 8g

RECIPE

There is no substitute for a perfectly ripe peach, dripping with sweetness and juice. When peaches are at peak season is the best time to make this ice cream, but you can enjoy it anytime!

Serves 6

Active time: 25 minutes

Total time: 1 hour, 30 minutes

In a small saucepan, cook the peaches over low heat until starting to release their juice. In a small bowl, combine the peaches, 2 table-spoons of the honey, and the lemon juice. Cover and chill.

In a large bowl, lightly beat the egg yolks. Whisk in the milk, cream, salt, vanilla, and remaining 1/4 cup honey. Cover and chill for at least 1 hour.

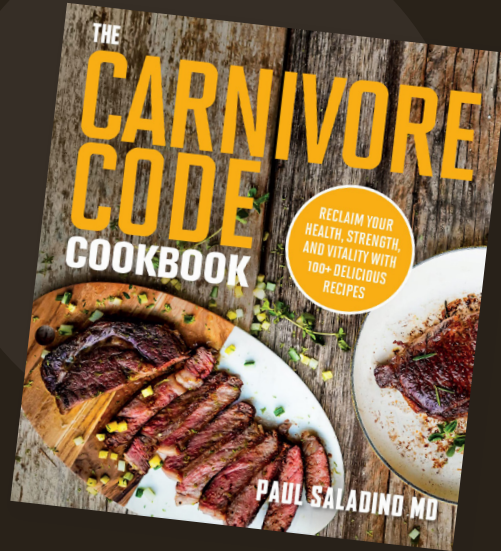
Stir the peaches into the cream mixture. Pour into a 1 1/2- or 2- quart ice cream maker and churn according to manufacturer's directions. Transfer the ice cream to a freezer container, cover, and freeze until firm, at least 30 minutes.

Store any leftovers tightly covered in the freezer for up to 2 weeks.

Note: If you don't have an ice cream maker, pour the cream mixture into a freezer container. Stir in peaches. Freeze, stirring every 30 minutes, until firm, about 3 hours.

Note: You may use a blender instead of whisking the ingredients. The milk and cream will froth a little, but the froth reduces when frozen.

RESOURCES



All of these recipes, and many more, can be found in **The Carnivore Code Cookbook** by Paul Saladino, MD.

You can purchase online here as an e-book, paperback, or spiral-bound copy for your kitchen! We highly recommend it.



For more recipe ideas you can also follow on instagram:
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