



# Tender Grassfed Barbecue: Traditional, Primal and Paleo

*Stanley A. Fishman*

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## **Tender Grassfed Barbecue: Traditional, Primal and Paleo** Stanley A. Fishman

Tender Grassfed Barbecue shows you a new way to prepare grassfed meat and pastured pork using traditional barbecue methods adapted for modern times. This book describes what is different about barbecuing grassfed meat and how to make it come out tender and delicious every time. All the recipes in this book have been specifically created and designed for barbecuing grassfed meat and pastured pork. The step-by-step recipes are detailed and easy to use. Includes over 120 recipes for barbecued meat. The detailed barbecue techniques presented in this book will be new to most people, but are based on the traditional ways grassfed meat was barbecued throughout history. These timeless and traditional methods are perfect for grassfed meat, and have been adapted for modern times to be easy, yet full of wonderful, traditional flavor. The recipes use traditional flavors from many nations and cultures, even ancient Rome and ancient China. Also included are rediscovered bastes and marinades from the Native American traditions, the gauchos of Argentina, many European nations, the barbecue masters of Sardinia, and more.

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