



Paleo By Season: A Chef's Approach to Paleo Cooking

Peter Servold

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Paleo By Season presents a chef's approach to healthy Paleo cuisine by teaching home cooks the essential techniques for cooking any food, so they can focus not on recipes but on using the best fresh, local ingredients. With dozens of techniques, over 100 Paleo recipes, and a showcase of small farmers and ranchers cross the country who are providing sustainably raised meats and organically grown fruits and vegetables, Paleo By Season offers home cooks the tools they need to think like a chef.

Paleo By Season presents a chef's approach to Paleo cuisine. From day one of culinary school, chefs are taught not to rely on recipes. Instead, they're trained in cooking methods, techniques, and flavor profiles that give them the skills to handle any ingredient, in any kitchen, anywhere in the world. And it's fresh, local ingredients that chefs care about most. Paleo By Season brings this approach to healthy, seasonal home cooking that follows paleo cuisine's emphasis on whole meats, fruits, and vegetables. It gives home cooks the tools they need to conquer any farmer's market or CSA box—no matter what ingredients they find, they'll have the skills to turn them into something delicious. Essential kitchen skills from roasting poultry to keeping your knife sharp to sautéing vegetables are all clearly explained and broken down into easy-to-follow steps.

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