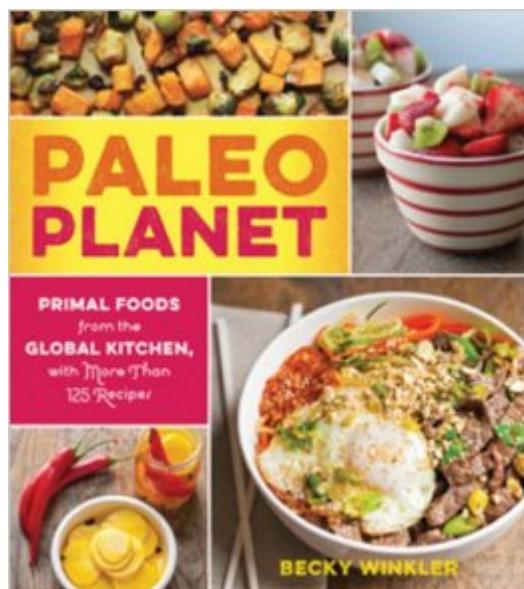


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# Paleo Planet: Primal Foods From The Global Kitchen, With More Than 125 Recipes



## Synopsis

Becky Winkler's *Paleo Planet* is the first cookbook to take the paleo diet for a global spin, with recipes that represent the cuisines of East, South, and Southeast Asia, the Middle East and Europe, Latin America, the Caribbean, and of course the U.S. In 125 recipes, she proves just how creative and wide-ranging the tastes in paleo cooking can be. With the chicken chapter alone, Becky demonstrates this breadth and depth of flavors with Yu Hsiang Chicken and Eggplant, Indochinese Chile Chicken, Roast Chicken with Za'atar and Yogurt Sauce, Chiles Rellenos with Pepita-Avocado Crema, and Chicken Meatballs with Garlic-Kale Marinara. Beyond these and other main courses featuring meat and fish, there are chapters devoted to vibrantly flavored appetizers, soups, sides, and desserts. With a color photo accompanying every recipe, *Paleo Planet* is a beautiful book for all cooks, especially those who are looking to eat for better overall health. Above all, for followers of the paleo diet, it takes this style of cooking in exciting and brand new directions, transforming paleo into a truly global cuisine.

## Book Information

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## Customer Reviews

[View larger](#) Korean Beef with Cucumber & Shiitake Mushrooms from *Paleo Planet* Yield: 2 servings | Prep Time: 15 minutes | Cook Time: 10 minutes Cooking a cucumber may seem strange, but it really works in this dish. The crisp-tender cucumber, meaty shiitake mushrooms, and marinated beef are a great team. A double dose of sesame <sup>oil</sup> <sup>toasted</sup> sesame oil and toasted crushed sesame seeds <sup>gives</sup> this stir-fry great flavor. Directions 1. Place the meat in the

freezer for 30 to 45 minutes, then slice it as thinly as possible across the grain. 2. Combine the garlic, coconut aminos, sesame oil, sugar, salt, and cayenne in a medium-size bowl. Add the steak and toss to coat well. Let the meat marinate at room temperature while you prepare the other ingredients. 3. Cut the cucumber in half lengthwise, scrape out the seeds, and slice into half moons about  $\frac{1}{8}$  inch thick. 4. Heat 1 tablespoon of the ghee in a wok or large skillet over medium-high heat. Add the white and light green parts of the scallions and stir-fry until fragrant. Add the shiitake mushrooms and toss until softened, 3 to 4 minutes. Transfer the mushrooms and scallions to a plate. 5. Add the remaining 1 tablespoon ghee to the pan and raise the heat to high. Stir-fry the beef until almost cooked through, about 1 minute. Return the mushrooms and scallions to the pan, add the cucumber, and stir-fry for 1 minute. Reduce the heat to medium and cook until the beef is fully cooked, 2 to 3 minutes. 6. Serve hot, topped with the toasted crushed sesame seeds and the dark green parts of the scallions. Recipe Tip I like the look of a zebra-striped cucumber, so I use my vegetable peeler to remove lengthwise strips of peel about  $\frac{1}{8}$  inch wide, leaving about  $\frac{1}{8}$  inch of peel in between the stripes. It's just for aesthetics, so you can peel the whole thing if you prefer. Ingredients: 8 ounces rump steak. 3 garlic cloves, minced. 2 tablespoons coconut aminos. 2 teaspoons toasted sesame oil.  $\frac{1}{4}$  teaspoon coconut sugar.  $\frac{1}{4}$  teaspoon flaky sea salt. Pinch of cayenne pepper, or more to taste. 1 medium cucumber, partly peeled (see Recipe Tip). 2 tablespoons ghee or coconut oil. 4 scallions, thinly sliced, white/light green and dark green parts separated. 4 ounces shiitake mushrooms, stemmed and thinly sliced. 2 tablespoons crushed toasted white sesame seeds.

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