



Paleo Grilling: A Modern Caveman's Guide to Cooking with Fire

Tony Federico, James William Phelan

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Embracing the Paleo movement is about getting back to basics—eating food in its most simple, unprocessed form, just like our ancestors.

And what is more basic than cooking meat over a fire? This book features more than 100 grilling recipes using a variety of methods for cooking natural, locally farmed meat over fire: primitive campfire, wood and charcoal, gas grilling, and smoking. *Paleo Grilling* will help you to choose the best meats for any meal, and offers international recipes, including side dishes and desserts suitable for the modern caveman.



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