

Carnivore Pizza



INGREDIENTS:

3 eggs

$\frac{3}{4}$ cup Greek yogurt* 185 grams

1 cup mozzarella 120 grams, shredded

dash salt

dash pepper

$\frac{1}{4}$ tsp Italian season optional

INSTRUCTIONS:

Preheat oven to 415 °F. Line a large baking sheet with parchment paper.

In a medium bowl, whisk up eggs. Add Greek yogurt and stir together to a smooth batter. Stir in mozzarella cheese, salt, pepper, and Italian seasoning if desired.

Pour batter onto your lined baking sheet. With a spoon or spatula, spread batter into a thin oval or rectangle of about 13×11 inches. Bake for 19-21 minutes until golden brown.

Let flatbread cool down for 5 minutes. Cut into slices or squares for serving. Tastes great with freshly grated parmesan, feta cheese, and/or melted butter. Cook the flatbread first. Then add the toppings. Put in oven after just long enough to melt the cheese at 350°

Carnivore Tortillas



Serves 3 (9-10 tortillas)

Active Time: 25 minutes **Total Time:** 35 minutes

Ingredients:

1 boneless, skinless chicken breast (5 ounces) (see tip)

3 large or 4 small egg whites

2 large whole eggs

1 teaspoon fine salt

1 – 2 tablespoons tallow

Directions:

Place the chicken in a medium pot and add enough water to cover. Bring to a boil. Reduce the heat and simmer, covered, until the chicken is no longer pink, about 10 minutes. Remove the chicken and let cool. Discard the cooking liquid.

Cut or shred the chicken into chunks. In a blender or food processor, combine the chicken, egg whites, whole eggs, and salt. Cover and blend or process until smooth. The batter should be similar to a thin pancake batter.

Make the tortillas: Heat a griddle or a large frying pan over medium-high heat and lightly grease with about ½ teaspoon tallow. Reduce the heat to low. For each tortilla, add 2 tablespoons batter to the griddle and use the back of the spoon to gently spread the batter into a circle, 5 ½ to 6 inches in diameter (about the size of a street taco). Cook the tortillas until almost done, about 2 ½ minutes before flipping. To flip, carefully nudge one side of the tortilla with a spatula; if the tortilla does not easily lift onto the spatula, wait 30 seconds, and try to flip again. Cook the second side for about 1 ½ minutes, until lightly cooked through. Transfer to a plate and keep warm while cooking the remaining tortillas. Before cooking a second batch, turn off the heat and allow the griddle to cool for 1 minute. If the pan is too hot, the batter will not spread into a circle well.

Store any leftovers tightly covered in the refrigerator for up to 4 days.

Tip: You may skip a step and use precooked chicken to make the tortillas. You'll need 4 ounces of cooked light or dark meat (or a mix of both).

Tip: Double your tortilla batch! Double or triple the tortilla recipe to make enough tortillas for the next few weeks. If frozen, leave the tortillas in the fridge for a few hours to thaw.

Tip: If you are using an electric stove, remove the griddle from the heat between batches to allow the pan to cool.

Substitution: In place of the tallow, you may use lard, butter, or ghee.

Cheesy Shrimp



Cook the shrimp (raw, deveined, peeled without tail) in butter with garlic powder salt and pepper . When it is done. add whatever cheese you want (about a couple of tablespoons) and then 1/2 block of cream cheese. Let it melt down and enjoy.

Chicken Cordon Bleu Casserole



INGREDIENTS:

3 cups chicken cooked and shredded

8 oz ham chopped

4 oz cream cheese softened

3 oz butter melted

1 tbsp white wine optional

1/2 tbsp Dijon mustard

1 tsp lemon juice

1/4 tsp salt

1/4 tsp black pepper

3 oz Swiss cheese shredded

Fresh Parsley

INSTRUCTIONS:

Preheat the oven to 350°F.

Put the chicken in the bottom of a 9 x 13 baking dish.

Layer the pieces of ham on top.

In a large bowl with an electric mixer combine the cream cheese, butter, white wine, mustard, lemon juice, salt, and pepper.

Blend until a thick sauce forms.

Spread this sauce over the chicken and ham in the baking dish.

Sprinkle Swiss cheese on top of the sauce.

Bake for 25-30 minutes until hot and cheese is melted.

Broil for 1-2 minutes if desired for bubbly cheese.

Garnish with parsley if desired.

Recipe Notes

You can replace the white wine with chicken broth or water to make it alcohol free.

If you're not a fan of Swiss cheese, try substituting with gruyere.

Before broiling you can also top with crushed pork rinds for a little extra texture.

Chicken Dressed the French Way



Quarter, then broil them, crumble over them a little bread and parsley. When they are half done put them in a stew pan with 3 or 4 spoonful's of gravy and double the quantity of white wine, salt, and pepper, some fried veal-balls, and some suckers, onions, shallots, and some green gooseberries or grapes when in season. Cover the pan and let it stew on a charcoal fire for an hour. Thicken the liquor with the yolks of eggs, and the juice of lemon. Garnish the dish with fried suckers, sliced lemon, and the livers.

Note: Suckers are young artichokes.

Note: Take 1 chicken, one medium onion, 1 quarter cup breadcrumbs, 1 shallot, one teaspoon of parsley, ½ cup golden raisins or grapes, 2 cups chicken broth, juice of 1 lemon, 4 cups white wine, and 3 egg yolks. Cut the chicken into 4 parts. Coat lightly with breadcrumbs and parsley. Broil or grill until the outside is brown, but the meat is still pink by the joints. Place chicken in a stew pot with the broth, wine, onion, shallot, grapes

or raisins, and lemon juice. Simmer for about 25 minutes and remove the chicken. In a medium bowl, whip the egg yolks, gradually add some sauce to the yolks while stirring. Do not cook the egg yolks, Stir the mixture into the rest of the sauce. Heat gradually until sauce thickens. Pour over the chicken and serve.

Clarified Bacon Fat

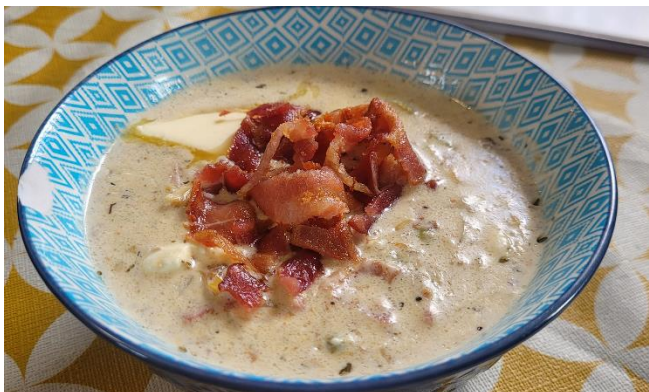


Save fat from frying up your bacon. Strain it to remove the leftover pieces.

Place 1 cup strained bacon fat into a saucepan. Add one cup of water and bring to a boil over high heat. Reduce heat to medium and gently boil for 1-2 minutes. Transfer to a heat-proof container and add another cup of cold water. Refrigerate for at least 5 hours until the fat has solidified or freeze for 2 hours. The mixture will separate into a layer of clarified fat, a very thin layer of fat mixed with impurities, a layer of fat mixed with impurities, and a layer of water. Remove the solidified fat, shave off any impurities, and discard the water. Place clarified bacon fat in a glass container with lid tightly closed. Keep in the refrigerator for up to one month or in the freezer for up to 6 months.

Use it to fry eggs or any other meats.

Clean Clam Chowder



Ingredients:

2 284 gram cans of clams with juice

1 lb. thick cut bacon

1 package cream cheese

1/2 cup Heavy cream

1 onion diced

3 cloves garlic minced

1 tsp dried thyme

2 bay leaves

Celery salt

Black pepper

Instructions:

Cook all of the bacon and remove, leaving grease in pan.

Add onion and garlic and cook for 5 minutes.

Add cream, cream cheese, and clams (juice and all!).

Stir until everything's blended.

Add thyme, bay leaves, and half of the bacon (chopped), and a pinch of salt.

Let simmer for 10-15 minutes. Garnish with remaining bacon and butter, and a grind of pepper.

You can add any seafood you want to this ... calamari, shrimp, octopus, etc. ... You can also add bone marrow!

You can omit the onion and garlic if you prefer.

Cream (crème fraiche, crème double)



French cream is matured cream, that is, lactic acids and natural ferments have been allowed to work in it until the cream has thickened and taken on a nutty flavor. It is not sour. Commercially made sour cream with a butterfat content of only 18-20 percent is no substitute; furthermore, it cannot be boiled without curdling. French cream has a butterfat content of at least 30 percent. American whipping cream with its comparable butterfat content may be used in any French recipe calling for crème fraiche. If it is allowed to thicken with a little buttermilk, it will taste quite a bit like French cream, can be boiled without curdling, and will keep for 10 days or more under refrigeration; use it on fruits or desserts, or in cooking.

1 tsp. commercial buttermilk

1 cup whipping cream

Stir the buttermilk into the cream and heat to luke-warm—not over 85 degrees. Pour the mixture into a loosely covered jar and let it stand at a temperature of not over 85 degrees nor under 60

degrees until it has thickened. This will take 5-8 hours on a hot day, 24-36 hours at a low temperature. Stir, cover, and refrigerate.

Note: French unmatured or sweet cream is called fleurette

Cream Cheese



Makes 3 cups or 24 (2 tablespoons) servings

Active Time: 10 minutes **Total Time:** 26 hours

The key to this cheese is the mesophilic starter culture, which sets the milk and cream mixture, turns it into cream cheese, and gives the final product a buttery flavor. It's also a probiotic, which aids in gut health. The starter is widely available online.

In a large pot, combine the milk and cream. Gently stir in the mesophilic starter. Loosely cover the pot with the lid and let stand at room temperature for 10-12 hours. The cream cheese will have the consistency of yogurt and will become tangier the longer it stands.

Line a bowl with a double thickness of 100%-cotton cheesecloth.

Pour the cream cheese into the cheesecloth-lined bowl. Gather the ends of the cloth to make a bundle. Hang the ends on a hook with the bowl directly beneath it and let the cheese drain for 14 hours.

Remove the cheesecloth and transfer the cheese to an airtight container. Store tightly covered in the refrigerator for up to 7 days.

Note: Do not use ultra-pasteurized milk or cream.

Tip: For the flavored cream cheese, stir in salt, honey, Ceylon cinnamon, or fresh herbs such as oregano, parsley, thyme, and basil after transferring the cheese to an airtight container.

Dirty Carnivore Cinnamon Monk Fruit Whipped Butter Bites



Ingredients:

4 sticks Kerry gold butter - 2 salted 2 unsalted

2 tsp. cinnamon

6 tbsp. monk fruit

1 medium saucepan

1 large saucepan that medium saucepan will fit into

Instructions:

Heat butter in medium saucepan on medium high while whisking until butter turns brown.

Add cinnamon and remove from heat whisk for 2 minutes then let cool for 40 minutes.

Place medium saucepan in large saucepan with cold water, add monk fruit and whisk together.

Keep whisking until creamy.

Add to mold and freeze.

These are ½ tbsp. each.

I find using a power stick whisk works good for the final whisk.
Whisking while heating is done by hand.

Egg and Bacon Pie to Eat Cold



Steep a few thin slices of bacon all night in water to take out the salt, lay your bacon in the dish, beat eight eggs, with a pint of thick cream, put in a little pepper and salt, and pour it on the bacon, over it lay a good cold paste, bake it a day before you want it in a moderate oven.

Favorite Roast Chicken



Ingredients:

One 2- to 3-pound farm-raised chicken

Kosher salt and freshly ground black pepper

2 teaspoons minced thyme (optional)

Unsalted butter

Dijon mustard

Directions:

Step 1: Preheat the oven to 450°F. Rinse the chicken, then dry it very well with paper towels, inside and out. The less it steams, the drier the heat, the better.

Step 2: Salt and pepper the cavity, then truss the bird. Trussing is not difficult, and if you roast chicken often, it's a good technique to feel comfortable with. When you truss a bird, the wings and legs stay close to the body; the ends of the drumsticks cover the top of the breast and keep it from drying out. Trussing helps the chicken to cook evenly, and it also makes for a more beautiful roasted bird.

Step 3: Now, salt the chicken, nice uniform coating will result in a crisp, salty, flavorful skin (about 1 tablespoon). When it's cooked, you should still be able to make out the salt baked onto the crisp skin. Season to taste with pepper.

Step 4: Place the chicken in a sauté pan or roasting pan and, when the oven is up to temperature, put the chicken in the oven. Don't baste it; don't add butter; you can if you wish, but it creates steam. Roast it until it's done, 50 to 60 minutes.

Step 5: Remove it from the oven and add the thyme, if using, to the pan. Baste the chicken with the juices and thyme and let it rest for 15 minutes on a cutting board.

Step 6: Remove the twine. Remove the legs and thighs.

Cut the breast down the middle and serve it on the bone, with one wing joint still attached to each. The preparation is not meant to be super elegant. Slather the meat with fresh butter.

Serve with mustard on the side. You'll start using a knife and fork, but finish with your fingers, because it's so good.

Garlic Butter Thighs



Pat the thighs dry

Sprinkle both sides with Redmond's Real Salt, (or Salt of choice), garlic powder and coarse black pepper. Place garlic cloves all around the thighs.

Bake at 350°-375° for 30 minutes and turn over for another 20-30 minutes until thigh skin is crispy and golden. Take out and add pieces of butter all over to melt.

Gravy



When your meat comes from the butcher's, take a piece of beef, a piece of veal, and a piece of mutton; cut them into as small pieces as you can, and take a large deep sauce-pan with a cover, lay your beef at the bottom, then your mutton, then a very little piece of bacon, a slice or two of carrot, some mace, cloves, whole pepper black and white, a large onion cut in slices, a bundle of sweet herbs, and then lay in your veal. Cover it close over a slow fire for 6-7 minutes, shaking the sauce pan now and then; then shake some flour in, and have ready some boiling water; pour it in till you cover the meat and something more. Cover it close, and let it stew till it is quite rich and good; then season it to your taste with salt, and strain it off. This will do for most things.

Ground Meat Patties



You can grind bovine heart.

Mix heart and meat from a variety of animals together to make ground meat patties.

Herb Crusted Ribeye Roast with Gravy Made from Pan Drippings and Heavy Cream



Hot seared Beef heart, Butter & Yolks



Maple, Bacon. and Cream Cheese Snack



Ingredients:

8 oz cream cheese, softened

1/2 cup unsalted butter, softened

1/2 tablespoon maple syrup (you can always add more if necessary)

1/4 cup cooked and crumbled bacon (about 3 slices - why not more if you want it!)

Directions:

Beat everything but the bacon together until well mixed, then add in bacon. Enjoy!

If you need some chocolate, add about 1/4 cup chocolate chips to the above. I only buy Nestles allergen-free dark chips because it has just 3 ingredients and they are organic.

Marrow (moelle)



The fatty filling of beef leg-bones, marrow is poached and used in sauces, garnitures, and on canapés. It is prepared as follows:

Step 1:

A beef marrowbone about 5 inches long

Stand the bone on one end and split it with a cleaver.

Remove the marrow in one piece if possible. Slice or dice it with a knife dipped in hot water.

Step 2:

Boiling bouillon or boiling salted water

Shortly before using, drop the marrow into the hot liquid. Set aside for 3-5 minutes until the marrow has softened. Drain, and it is ready to use.

Meatballs



Mix 2 lbs. grassfed/finished beef (or bison) with 2 pasture-raised eggs & crushed pork rinds.

Season with salt & form into meatballs.

Stuff a piece of raw cheese in the middle (can add bacon crumbles too!) and bake at 350° for 25 mins.

Serve hot, or let cool and freeze for later.

Pizza Crust



Chicken, pork rinds, cheese, egg - grind the chicken and add the other ingredients until you get the consistency you want. You can add YL Vitality Italian oils to the crust ingredients

Pork and Scallion Kebabs with Herbed Couscous



Yields:1 serving(s) **Total Time:**25 mins **Cal/Serv:**461

Ingredients:

1 lemon

1 clove garlic, pressed or finely grated

1 tbsp. olive oil

Kosher salt and pepper

1/2 lb. pork tenderloin

2 scallions, each cut into four 2-inch pieces

1/2 c. couscous

1/2 c. plus 2 tablespoons boiling water

1/4 c. mint leaves, finely chopped

1/4 c. flat-leaf parsley, finely chopped

1 Persian cucumber, cut into very small pieces

1/2 oz. feta cheese, crumbled

Directions:

Step 1

Heat grill or grill pan to medium-high. Into medium bowl, finely grate zest of lemon; transfer half to second bowl. Into 1 bowl, squeeze in 1 tablespoon lemon juice. Add garlic, oil, and 1/8 teaspoon each salt and pepper and stir to combine. Thinly slice pork on a diagonal, add to bowl along with scallions and toss to coat.

Step 2

To the second bowl, add couscous and toss to combine. Add boiling water, cover, and let sit until water is absorbed, about 10 minutes.

Step 3

Meanwhile, thread pork and scallions onto skewers and grill until pork is just cooked through, 2 to 3 minutes per side. Squeeze the remaining lemon juice on top; transfer half to plate and transfer remaining pork and scallions to airtight container for lunch the next day.

Step 4

Fluff couscous and transfer half to container for lunch the next day. Toss remaining couscous with mint, parsley, cucumber, and feta. Serve herbed couscous with pork and scallions.

Pork Rind Pancakes



The ratio of ingredients is about 1 cup ground pork rinds, 4 eggs, a healthy tablespoon heavy cream and enough milk to thin if needed and salt to taste.

Don't forget to crumble up a couple strips of cooked bacon.

Use enough raw milk to make pancake consistency.

Think ground beef instead of blueberries as an add in.

Quiche Lorraine



You do not have to use a pie shell; just butter a dish and pour it in and cook it that way. Same ingredients but without the shell.

Serves 6-8

Ingredients:

1 prebaked 9 inch Tender and Flaky Pie Crust

$\frac{3}{4}$ cup cooked and crumbled bacon (about 8 slices)

1 cup shredded Gruyere cheese (about 3 ounces)

1 cup shredded Jarlsberg cheese (about 3 $\frac{1}{2}$ ounces)

4 large eggs

1 cup milk

1 cup heavy cream

1 teaspoon fresh minced thyme

$\frac{1}{2}$ teaspoon freshly ground black pepper

$\frac{1}{4}$ teaspoon salt

Directions:

Step 1: Preheat oven to 375° F.

Step 2: Fill the pie shell with bacon and shredded cheese, tossing gently to combine. In a medium bowl, whisk together eggs, milk, cream, thyme, pepper, and salt. Pour the egg mixture over the filling.

Step 3: Bake until the egg filling is puffed up and starting to lightly brown on the top 20-25 minutes.

Step 4: Cool for 10 minutes before serving.

Quick and Easy Dinner for a Cold Day



Chicken bone broth, some chicken meat and scrambled eggs.
Served with a side of smoked ribs.

Roasted Shrimp, Tomatoes, and Spinach



Yields:1 serving(s) **Total Time:**30 mins **Cal/Serv:**138

Ingredients:

2 small red onions, cut into 1/2-inch-thick wedges

1 small bulb fennel, cut into 1/4-inch-thick wedges

1/2 tsp. coriander seeds, cracked

1 tbsp. olive oil

Kosher salt and pepper

10 large peeled and deveined shrimp

1/4 tsp. ground sumac

12 oz. small cherry or grape tomatoes

1 small lemon, halved

3 c. baby spinach

Directions:

Step 1

Heat oven to 450°F. On rimmed baking sheet, toss onions, fennel, and coriander with oil and a pinch each of salt and pepper. Roast for 15 minutes.

Step 2

Season shrimp with sumac and 1/8 teaspoon each salt and pepper. Toss tomatoes into fennel mixture, then nestle in shrimp and lemon halves and roast until shrimp are opaque throughout, 5 to 7 minutes more.

Step 3

Transfer half each of lemon, roasted vegetables, and shrimp to airtight container for lunch the next day.

Step 4

Transfer remaining shrimp and lemon to plate. Scatter spinach over remaining vegetables and roast until barely wilted, 1 to 2 minutes. Serve with roasted shrimp and lemon.

Russian Liver Cake



- 1 1/2 lb. chicken liver
- 1 egg
- 1/2 cup sour cream
- 1/2 cup ground pork rinds
- 1 tbsp salt adjust to taste
- Black pepper vitality essential oil adjust to taste
- 2 cup keto/carnivore mayonnaise
- 5 garlic cloves
- dill vitality essential oil
- 3 tbs carnivore oil for frying

Making Russian liver cake only requires a handful of ingredients and a couple of simple steps. Below, find a quick overview of the recipe before you get started.

- **Clean the Chicken Liver:** Rinse the chicken liver under cold water in the sink and use a sharp knife to remove any excess connective tissue (the white or pink muscle fibers). Next, blend

the liver in a blender or a food processor until it becomes fine in texture.

- **Season the Liver:** Into the blender, add the sour cream, egg, salt, pepper, and ground pork rinds. Pulse the mixture until well combined.
- **Fry the Liver Crepes:** In a skillet preheated with oil over medium heat, pour in a thin layer of the liver mixture. Fry each side until golden brown, setting them aside in a single layer as you go. Allow the crepes to cool at room temperature.
- **Make the Herbed Mayo:** In a separate bowl, combine the pressed garlic, dill, and mayo.
- **Assemble the Liver Cake:** Lay on crepe flat on a serving plate. Next, spread a thick layer of mayo on top. Alternate a crepe layer with a mayo layer, repeating until you run out of crepes.
- **Refrigerate the Cake:** Cover the liver cake with plastic wrap or place it in an airtight cake container. Refrigerate it for at least an hour before serving. Slice and enjoy!

Tips & Tricks

Here you'll find a couple of tips and tricks to help you make the most authentic Russian liver cake.

- Clean and trim the chicken livers properly. To prevent your chicken livers from turning out bitter or tough, rinse them under cool water before cooking.

Additionally, make sure to use a sharp knife to trim off any connective tissue.

- Fry the liver crepes until golden brown. Not only will frying the crepes make the cake taste better, but it will also help it to keep its structure. Just a couple of minutes on both sides will do the trick!

Sausages



Take a slip of fat pork near the belly and put to it as much again of a fillet of veal as you do pork. Chop them very fine. Pick out all of the hard knots and season it pretty high with white pepper and salt and as much powder of aniseed as will lay on half a crown. Mix the seasoning very well with the meat. Then have ready the small guts of a sheep which must have lain a day and a night in water, shifting it often. Wash them very clean and scrap them very thin and stuff in your meat.

Adaptation: You can use a little over a pound of chopped veal and pork combined with the spices (salt, white pepper, and aniseed). Cook in butter or lard. The “guts of a sheep” are the intestines or casings used to stuff the meat into – normally with a sausage stuffer usually made of tin.

Scotch Eggs



Soft boiled eggs wrapped in bulk breakfast sausage.

Roll in pork rinds crumbs.

Fry in bacon fat.

Great for meals on the go.

Can be frozen and baked in oven/air fryer to reheat.

Scrambled Eggs (Oeufs Brouillés)



Scrambled eggs in French are creamy soft curds that just hold their shape from fork to mouth. Their preparation is entirely a matter of stirring the eggs over gentle heat until they slowly thicken as a mass into a custard. No liquid or liquid-producing ingredients such as tomatoes should be beaten into them before cooking, as this is liable to turn them watery.

Servings: 4-5

Step 1:

A fork or a wire whip

8 eggs or 7 eggs and 2 yolks

A mixing bowl

¼ tsp. salt

Pinch of pepper

Beat the eggs in the bowl with the seasonings for 20-30 seconds to blend yolks and whites.

Step 2:

2 tablespoons softened butter

A heavy-bottomed, enameled, Pyrex, earthenware, or stainless-steel saucepan or skillet 7-8 inches in diameter. Depth of eggs in pan should be 2/3 to 1 inch.

A rubber spatula, wooden spoon, or wire whip.

Smear the bottom and sides of the pan with the butter. Pour in the eggs and set over moderately low heat. Stir slowly and continually, reaching all over the bottom of the pan. Nothing will seem to happen for 2-3 minutes as the eggs gradually heat. Suddenly they will begin to thicken into a custard. Stir rapidly, moving pan on and off heat, until the eggs have almost thickened to the consistency you wish. Then remove from heat, as they will continue to thicken slightly.

Step 3:

1 ½ to 2 tablespoons softened butter or whipping cream

A warm buttered platter

Parsley sprigs

Just as soon as they are of the right consistency, stir in the enrichment butter or cream, which will stop the cooking. Season to taste, turn out onto the platter, decorate with parsley, and serve.

(*) The eggs may be kept for a while in their saucepan over tepid water, but the sooner they are served the better.

SHAKSHUKA



SERVINGS: 6 **PREP:**10minutes mins **COOK:**20minutes mins **TOTAL:**30minutes mins

INGREDIENTS:

2 tablespoons olive oil

1 medium onion, diced

1 red bell pepper, seeded and diced

4 garlic cloves, finely chopped

2 teaspoon paprika

1 teaspoon cumin

¼ teaspoon chili powder

1 (28-ounce can) whole peeled tomatoes

6 large eggs

salt and pepper, to taste

1 small bunch fresh cilantro, chopped

1 small bunch fresh parsley, chopped

INSTRUCTIONS:

Heat olive oil in a large sauté pan on medium heat. Add the chopped bell pepper and onion and cook for 5 minutes or until the onion becomes translucent.

Add garlic and spices and cook an additional minute.

Pour the can of tomatoes and juice into the pan and break down the tomatoes using a large spoon. Season with salt and pepper and bring the sauce to a simmer.

Use your large spoon to make small wells in the sauce and crack the eggs into each well. Cook the eggs for 5 to 8 minutes, or until the eggs are done to your liking. You can also cover the pan with a lid to expedite the eggs cooking.

Garnish with chopped cilantro and parsley before serving.

Simple Beef Rump Roast



Serves: 6

Active Time: 10 minutes **Total Time:** 3 hours

Ingredients:

1 boneless beef rump roast (2-3 pounds)

1 tablespoon butter, melted

1 teaspoon salt

Directions:

Let the roast sit at room temperature for 1 hour.

Preheat the oven to 375°F. Place the roast on a rack in a shallow roasting pan. Brush with the melted butter and rub the salt over all sides.

Roast for 30 minutes to brown the surface. Reduce the oven temperature to 225°F. Roast to desired doneness (125°F for rare, 135°F for medium-rare, or 145°F for medium), 2-3 hours. Use an instant-read meat thermometer to check the internal temperature of the meat.

Let the roast rest for 10-15 minutes. Slice against the grain and serve.

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

Skirt Steak Fajitas



Marinade and Steak

3 tablespoons coconut aminos

1 tablespoon fresh lime juice

1 teaspoon dried oregano

¼ teaspoon salt

1 pound skirt steak or flank steak, cut against the grain into 1/8-inch thick slices

For the Guacamole

2 avocados, halved, pitted, peeled, and diced

2 tablespoons chopped fresh cilantro

1 tablespoon fresh lime juice

½ teaspoon kosher salt

4 Carnivore Tortillas

2 ounces queso cotija cheese, crumbled (optional)

Directions:

Marinate the steak: Place the coconut aminos, lime juice, oregano, and salt in a large resealable plastic bag. Using a sharp

knife, score the steak on both sides with shallow diagonal cuts 1 inch apart. Place the steak in the bag and turn to coat. Marinate in the refrigerator for 1 hour. Remove the steak from the marinade; discard the marinade.

Meanwhile, make the guacamole: In a medium bowl, combine the avocado, cilantro, lime juice, and salt and toss to mix.

Preheat the grill to medium (350° F to 375° F).

Grill the steak, covered, for 10-12 minutes on medium (145°F), turning once halfway through grilling. (or cook steak on a stovetop grill pan over medium-high heat.) Remove the steak from the heat when the temperature reaches 5 degrees below your desired doneness because the steak will continue to cook while it is resting. Transfer the meat to a cutting board and let rest while heating the tortillas. Grill the tortillas over medium heat, turning once, just until heated through, about 1 minute.

Thinly slice the steak against the grain. Place the steak on the warm tortillas, top with the guacamole and cheese, if using.

Store the skirt steak and the guacamole tightly covered in separate containers in the refrigerator for up to 4 days.

Small Pork Roast with the Skin on



Cook it in salted water (for about an hour per kilo), then oven finished until crisp.

With butter and salt!

Spinach & Egg Scramble with Raspberries



Prep Time:10 mins **Total Time:**10 mins **Servings:**1 **Yield:**1 serving

Ingredients:

1 teaspoon canola oil

1 ½ cups baby spinach (1 1/2 ounces)

2 large eggs, lightly beaten

Pinch of kosher salt

Pinch of ground pepper

1 slice whole-grain bread, toasted

½ cup fresh raspberries

Directions:

Heat oil in a small nonstick skillet over medium-high heat. Add spinach and cook until wilted, stirring often, 1 to 2 minutes.

Transfer the spinach to a plate. Wipe the pan clean, place over medium heat and add eggs. Cook, stirring once or twice to ensure

even cooking, until just set, 1 to 2 minutes. Stir in the spinach, salt, and pepper. Serve the scramble with toast and raspberries.

Watermelon Gazpacho



YIELDS:4 serving(s) **PREP TIME:**10 mins **TOTAL TIME:**2 hrs 5 mins **CAL/SERV:**219

Ingredients:

1 medium cucumber, peeled and seeded

1/2 red bell pepper, finely chopped

2 c. cored roughly chopped tomatoes

2 c. roughly chopped watermelon

1/4 c. (or more) extra-virgin olive oil, plus more for drizzling

1 tbsp. plus 1 tsp. (or more) sherry vinegar

1 to 2 tbsp. finely chopped jalapeño

3 tbsp. finely chopped shallot, divided

Kosher salt

Freshly ground black pepper

Sliced basil, cilantro leaves, and toasted bread, for serving

Directions:

Step 1

Finely chop one-quarter of cucumber; set aside for serving. Roughly chop the remaining cucumber and transfer to a blender. Add bell pepper, tomatoes, watermelon, oil, vinegar, jalapeño, and 2 tbsp. shallot; season with a pinch of salt and a few grinds of black pepper. Blend to desired consistency. (We like ours with a little bit of texture, but you can blend until completely smooth if you prefer.) Taste and season with salt, pepper, and more vinegar or oil if needed.

Step 2

Transfer to refrigerator to chill for at least 2 hours or up to overnight.

Step 3

Divide gazpacho among bowls. Top with herbs, a drizzle of oil, reserved cucumber, and remaining 1 tbsp. shallots. Serve with bread alongside.

Watermelon Quinoa Salad



YIELDS:4 - 6 serving(s) **PREP TIME:**20 mins **TOTAL TIME:**30 mins **CAL/SERV:**423

Ingredients:

- 2 c. quinoa, cooked and cooled
- 3 c. watermelon, cut in 1/2-inch cubes
- 1 c. cucumber, cut into 1/2-inch cubes
- 1/2 small red onion, thinly sliced
- 1/2 c. feta
- 1/2 c. mint leaves, torn
- 1/4 c. balsamic glaze
- Kosher salt

Directions:

Step 1

Toss all ingredients together, reserving some feta, mint, and balsamic for garnish. Season with salt and top with extra feta, mint, and balsamic glaze. Serve.