



Wild Game Food for Your Family: Nutritious Meat, Fish, and Vegetable Recipes that are Delicious and Easy to Prepare (Sustainable Living)

Stacy Harris

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Wild Game Food For Your Family has recipes that use nutritious wild game, fish, and vegetables that are exceptionally delicious and surprisingly easy to prepare. This is a refreshing cookbook that focuses on recipes from the wild such as **venison and other wild game and heirloom vegetables**. Stacy's simple way of explaining how to **create tender, non-gamey meat** from ordinarily tough meat is front and center in this book with the message that eating from the wild is not only the **healthiest way to eat, but the tastiest way to eat!** This is a refreshing cookbook filled with heartwarming photographs of her beautiful family catching the fish and gathering the vegetables to prepare their healthy meals, such as the Crispy Bream and Roasted Vegetables only to be topped off with Gray's Peaches and Vanilla Cream Dessert.

Not only are the recipes delicious, there are health facts and cooking hints sprinkled through the book along with vivid photographs of every recipe. Stacy clearly is inspired and inspires others from her overflow of love and priority for family and home and it is beautifully translated to the pages of her cookbook. Anyone with a desire to be healthier, dine on exceptionally delicious and surprisingly simple food, and get back to the natural ingredients that were meant for the body, needs this book.

Stacy writes from a passion that wild venison, turkey, duck, quail, pheasant, fish, fruits, and vegetables without hormones, antibiotics, pesticides, and without being genetically modified are the most nutritious and tasty foods that one can eat. She states that whether you hunt, fish, and gather yourself, or whether you purchase from a reputable harvester and shop at farmers markets, changing your eating habits to wild foods is the best choice in health you will ever make. For many, preparing wild game seems to be a daunting task. In her book, not only does Stacy give the information needed to melt away any intimidation of cooking from the wild, but she also gives the techniques to simplify the process of making succulent, excellent meals. Her tried and true recipes come from a heart to love her family through cooking extraordinarily delicious food gathered from the garden, and hunted and fished from the wild.

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