



Paleo Comfort Foods: Homestyle Cooking for a Gluten-Free Kitchen

Julie Mayfield, Charles Mayfield, Mark Adams (Photographs)

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What if you could cook fantastic meals similar to the heartwarming comfort dishes your grandma used to make...and have them be good for you? In *Paleo Comfort Foods*, Charles and Julie Mayfield provide you with an arsenal of recipes that are healthy crowd-pleasers, sure to appeal to those following a paleo, primal, gluten-free, or "real-food" way of life—as well as those who have not yet started down such a path.

Implementing paleo guidelines and principles in this book (no grains, no gluten, no legumes, no dairy), the Mayfields give you 100+ recipes and full color photos with entertaining stories throughout. The recipes in *Paleo Comfort Foods* can help individuals and families alike lose weight, eat healthy and achieve optimum fitness, making this way of eating sustainable, tasty and fun.

Paleo Comfort Foods: Homestyle Cooking for a Gluten-Free Kitchen Details

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From Reader Review Paleo Comfort Foods: Homestyle Cooking for a Gluten-Free Kitchen for online ebook

Donna Dieckmann says

Not sure if it's for me..

Catherine says

I checked this book out from the library because we have adopted a gluten-free diet for my other half's digestive issues and I wanted some new ideas. If you are already a competent cook, this book is GREAT for ideas or new twists on things you may already make. For example, we eat a lot of spaghetti squash with tomato sauce, it was cool to get the idea of doing a "pesto" sauce instead. I also found the dessert section to be quite good, we tried the berry tart and I will probably make the lemon bars for our next potluck. I have a few other things bookmarked to try as well.

All that said, the book did not feel very well put together and there were a few things that bothered me:

1. Organization was pretty poor, both overall (no list of recipes up front), and within individual recipes (slightly inconsistent formatting, less than clear instructions).
2. The "personal" parts of the book need some serious trimming down. Sure, some background on the authors and their motivation for writing the book is nice, but this one ran to excess. In a similar vein, some of the recipe descriptions and notes were a little too "folksy" and long for my tastes.
3. In the desserts section, the fact that most recipe "variations" were "tastes great with whipped cream" also felt a little lazy. Guess what, authors? EVERYTHING tastes better with whipped cream. I also got tired of the little exhortations about how you should or shouldn't make X recipe too often, or shouldn't eat Y if you are trying to "lean out", etc. It just felt a little too evangelical and preachy.

Basically, the book is great but it does feel like it was probably a rush publishing job that did not get a lot of editing or recipe testing. It was nice to be able to get it from the library, but I would not buy it. I am waiting to get my hands on a copy of the new book from the health-bent.com site, it will be interesting to see how they compare.

Sarah says

This book seemed to suffer a bit of an identity crisis: most interpretations of "Paleo" equate to more than just gluten-free but the authors are a little laissez faire about how they define things. There is a lengthy introduction about each co-author (which I totally skipped), plus a short paragraph before every single recipe about how it was made, which family member requests it, etc.; these added unnecessary clutter to what is a pretty thick book. Readers are here for recipes, people.

Despite the title, this cookbook is pretty comprehensive, going far beyond "comfort foods"-- sides, main

dishes, salads, soups-- although comforts like biscuits, fried chicken, and desserts do get some space. However, most of these recipes seem a bit unnecessary; surely anyone embarking on Paleo recognizes they can have salsa, deviled eggs, and roasts-- things which seem too simple to have to include. It felt like the authors were trying to bulk up the page count. For a longer book, I wrote down fewer recipes than I did for /Well fed/. Not recommended.

Greta says

I've tried a few of the recipes and they've turned out well. Love the pictures. However, in some of the pictures you can obviously tell that they used at least one different ingredient than listed in the recipe (mushrooms when there are none listed, red pepper instead of the green pepper listed, etc.) Weird?

AnandaTashie says

Some of the chit-chat antidotes are too diet-purity-preachy. I should make the lemon squares only once per year because the entire recipe calls for a whopping 1/4 cup of honey? Even the banana pudding came with a "once-in-awhile treat" warning because of the actual bananas (no added sweeteners). I guess I would rather diet / paleo / lifestyle suggestions be contained to their own section of the book rather than intermingling so much with the recipes.

As for the recipes, I wish there was an actual recipe list for optimal organization. Still, though, there are a lot of recipes and all have a big color photo of the final product. I marked 11 pages as ones I wanted to try (which actually isn't bad for me with recipe books!), including chicken & grape salad, squash casserole, and sawmill gravy.

Wildrose VuVu Magoo says

I loved this book! So far we've made the jambalaya and baked okra with spices, and it was a hit! I can't wait to try everything else. The recipes don't look very difficult and the pictures are mouth watering.

Kellea says

Read this book a while ago. It's always interesting reading about the paleo movement and the different types of recipes that are available for people who follow the paleo lifestyle. This book in particular focuses on gluten free cooking and paleo.

Monica says

I started skimming through this last night, looking for recipes to try out. I really feel like this should be called Paleo Southern-Style Cooking or something, rather than Comfort Foods, since the author is from the South

and basically focuses on Southern recipes. This is not a bad thing, but the title is misleading, since I don't know that most folks consider crawfish, for instance, as a comfort food. I guess, too, when I think of comfort food I think of things like breakfast food, such as french toast, pancakes, hash, homefries, and there's maybe one pancake recipe in here and that's about it.

Anyway, the recipes look good, and I was excited to see one for chicken pot pie included. I don't quite get the point of including recipes for things like tomato salad and salsa, since these could be found in any old cookbook and still be paleo, but I guess it's nice to give folks different options.

I do want to note that Mayfield uses butter for some of her recipes, but many use coconut oil instead. It does make me wonder if coconut oil can be substituted or not for butter in the recipes that require butter for folks who don't do dairy.

Update: We tried the chicken pot pie recipe and it didn't work out very well - not a good crust. Will be looking for other ones.

Also, I'm not really sure what to rate this book since we've only tried one recipe in it so far. I guess I'll just leave the rating blank.

Penelope says

I'm glad that I purchased this book. I've tried a few recipes and they taste very good. As a Type 2 diabetic, I found greater control of my glucose levels and HbA1c by strictly limiting the sugars, grains and beans I allow in my diet. I worry less about calorie and fat intake. I have also found that my appetite is less voracious.

I really do believe that I respond to sugars and starchy foods the way alcoholics respond to beer and liquor - once I start eating these foods, I find that I am never full, never satisfied, whereas, I quickly find I am full and satisfied with a diet based on vegetables, proteins and some fat. This may be a personal quirk or in fact, a genetic disposition; either way, a paleo/primal approach to diet works very well for me.

Patricia Green says

I truly enjoyed this friendly view of Paleo cooking and the Paleo attitude behind it. The recipes were easy to understand, easy to follow, and didn't call for very many ingredients I couldn't find in my local supermarket. (Had to order coconut flour online, but that was no big deal.) The recipes I tried have been excellent. The authors offer helpful tips and substitution ideas that make the food easy to fit into your lifestyle and family eating habits.

Although many recipes are not low carb (honey or fruit), most were, which offered my low-carb Paleo lifestyle many choices.

I highly recommend this book to anyone looking to eat wholesome, whole and natural foods without grains or new-world starches that gum up the body.

Jennilee says

Great recipes for those "comfort foods" you sometimes miss on the paleo diet. however, there is SO MUCH reading in the recipes and the ingredient lists are very long. there are very few 'simple' recipes. most of them are very involved which makes them less appealing to make. I WOULD recommend this book for any paleo eater though. It really hits the spot for some of those foods you miss!!!

Airam Fenandez says

Paleo is already the solution and this book clarifies the way to get through easy paleo steps.

Claire says

This book is poorly edited and that makes me question the accuracy of the recipes. It started with bad grammar, such as using "your" instead of "you." Soon, ingredients in the instructions were not on the ingredient list (meaning I have no idea how much green onion I am to put in, in addition to the white onion). For some, I suspect the list had one type of ingredient listed and the narrative another. This is fraught with errors that are visible to a non-chef; it makes me question if there are errors in the quantities as well (I sure wouldn't know, then just question what went wrong with a recipe).

My test recipes did not work, save the egg cups. The cauliflower dirty rice was just such a disaster, with the giblets turning downright rubbery from boiling. It just confirmed this book was best returned to the library and not purchased.

Also, the lack of serving numbers (or sizes, I'd be good with sizes) means you must make the recipe, then determine such things and write it in the book before you can use a recipe in menu or party planning. The book is just not well-thought at all.

Yes, the photos of a lot of recipes looked tasty; yes, it was nice having pictures for every recipe. However, what good are pictures with terrible recipes?

And no matter what they say, most Paleo folks do NOT use dairy, so all this butter is troublesome. Similarly alcohol and sugar.

Diana Thomsen says

The pictures in this book made me hungry...and the recipes were pretty good, too! :) Covering a wide range of dishes, all of them nicely altered to fit the Paleo lifestyle, there really is something here for everyone. And for people like me who are trying to limit non-Paleo meals but are still not willing to eat "weird" food, this is a good match. My favorite recipe so far was the osso buco - the veggie blend in which the meat cooked was amazing! We enjoyed it both that night and again a couple nights later over spaghetti squash. Delicious!

Donna says

I was disappointed by this. If you are an experienced cook there is not going to be a lot of new information in here for you. Take your desired recipe, drop the flour, sugar & dairy & you have a Paleo ready recipe. For the novice cook exploring Paleo cooking this is right up your alley.
