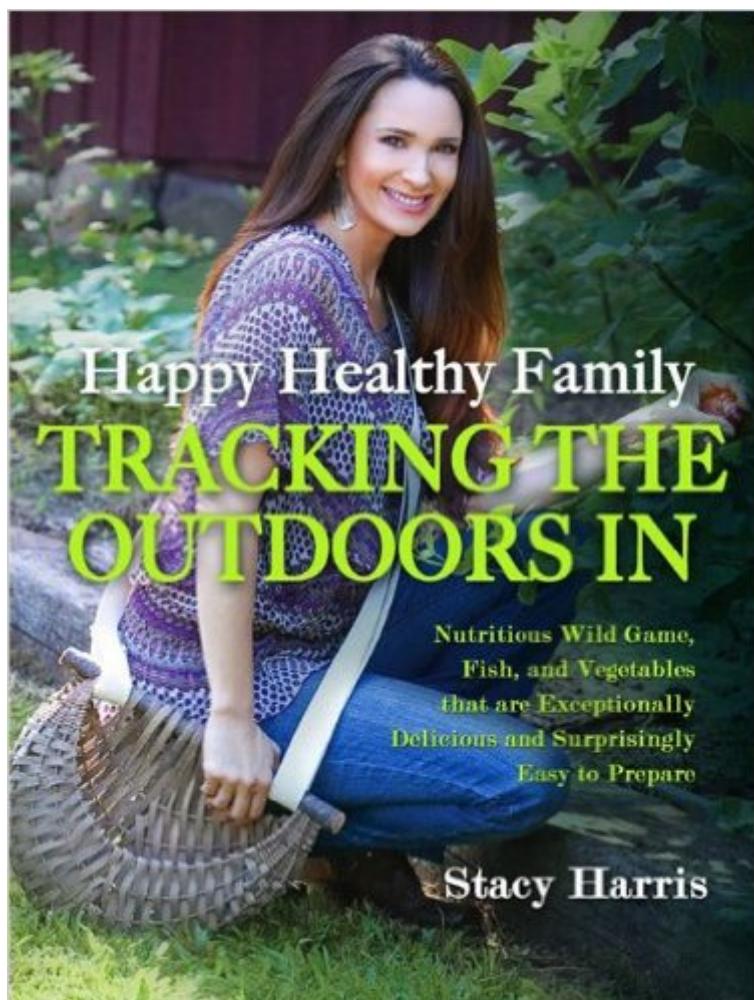


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# Happy Healthy Family Tracking The Outdoors In



## Synopsis

Happy Healthy Family Tracking the Outdoors In: Nutritious Wild Game, Fish, and Vegetables that are Exceptionally Delicious and Surprisingly Easy to Prepare 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 book is filled with heartwarming photographs of her beautiful family catching the fish and gathering the vegetables to their healthful meal of 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.

## Book Information

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## Customer Reviews

This cookbook is so interesting - not just the recipes, but the stories that go along with each recipe, and the beautiful, large full color photo of each and every recipe! I sat down and read the entire book cover to cover and was just intrigued with all the stories. And I love to see what the finished product looks like before I decide to try a new recipe, and you get that in this book. She has such a neat family and it's cool how they all contributed to the recipes and even to the writing of this book. Never thought I would like some of the meats in this book, but cooked the way she does, I think they sound wonderful! And, it's not just wild game. There are recipes with just vegetables, and even some desserts. Can't wait to try some of these! Thanks for writing such a beautiful book! Hope you will write more cookbooks in the future!

Makes you want to gather all of the kids and go fishing ( or hunting or foraging or.....). Lots of photos and encouragement for families. My children love to look at the photos, even the recipe ones!

I LOVE LOVE LOVE this cookbook! All the recipes have VERY EASY instructions with FRESH and NATURAL ingredients that most of us have already! The food photography brings life to the book to show you just how DELICIOUS this food is!!!

As an avid fisherman and hunter I can honestly say this is one of the best cook books for wild game I have ever used. The recipes are easy to follow, the descriptions are well written and the corresponding photos really tie the whole book together. If you and your family enjoy eating wild game and you are looking for unique recipes to try, get a copy of this book!

This book is excellent! My wife and I love to entertain. I am an avid hunter and I love to try new wild game recipes. Stacy's recipes will WOW an crowd or even a small dinner party. A fresh take on wild game!

I love this cookbook. In fact, some of my favorite recipes of all time have come from Stacy Harris. These recipes are all things that are found in the wild, or can be grown in your own garden or home (or raised in your own yard). I not only love that these recipes are super healthy, but I love that it drives me to want to garden, fish, hunt and live a more sustainable life!

OUTSTANDING WORK from an individual WORLD RENOWNED for her expertise on the subject matter. I always look forward to this lady's productions and her Facebook fanpage is constantly in OVERDRIVE with incredible info, chat sessions and behind-the-scenes fun. It just gets better and better when this woman is involved. Once you get a copy of this beautifully done, exhaustive, meticulous resource called 'Tracking the Outdoors In' you'll start to understand the enthusiasm of her fans across the nation. Harris and her team at Game and Garden are simply hard to beat.

-Kevin J

I am so excited to have this recipe book in my home. I can't even describe how completely clueless I am in preparing mouth-watering recipes with wild game. However, I now have a secret weapon in my kitchen. This book is insightful, informative and a tremendous asset for beginning, intermediate or experienced cooks. I know my family will benefit from this compilation of nutritious recipes for years to come! Thanks! Greenwood, South Carolina

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