GAME OF BONES

Bone Broth Cookbook of The Seven Kingdoms

Healing Broths & Hearty Feasts to Die For

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BEFORE YOU BEGIN

Bonus: Free Cookbooks!

If you are a huge cookbook addict then I'd love to help satiate your appetite for new recipes! As a small token of thanks for picking up this book I'd like to offer you the chance to pick up more just like it for free by joining my cookbook addicts club!

You can find out more at the back of this book. Can't wait that long?

Recipe Genie: Kitchen Assistant

Love a recipe but wish it had a little twist? Meet Recipe Genie — your AI-powered celebrity chef that helps you tweak, swap, and perfect any recipe to your taste or diet.

Get my bonus now!

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Introduction

The Seven Kingdoms were not built on a diet of kale and coconut milk. The Mountain didn't make his name by nibbling on nuts and seeds. The Iron Throne will NEVER be taken by a VEGAN!

The men and women of Westeros and Essos were made tough from the moment they were plucked from the teat. These people wasted none of the animals they hunted and cooked, right down to their very bones.

It was this secret that allowed them to forge warriors as formidable as Khal Drogo, Gregor Clegane, Ygritte of the Free Folk and the hero that is Jon Snow. These powerhouses were raised on a diet rich in the proteins and minerals found deep within the bones of the animals they roamed the lands with.

This cookbook contains essential broths and stocks that you can enjoy right away or use for cooking later on. There's also plenty of sipping beverages for those who are constantly on the go, marching their armies through enemy territory of doing the school run. And then there's the feasts, a collection of hearty main meal recipes to die for, each of which goes perfectly with your new bone broth stocks.

All of this is topped off by a collection of sweet things; delicious desserts with a bone broth twist. Altogether there are offerings of beast, bird, fish, vegetables and treats enough to fill even the greatest feasting halls of the Seven Kingdoms.

Why no pretty pictures? Because proper people are more concerned with how their food tastes and performs than how it looks. Do you think the men of the Night's Watch or the women from the land beyond The Wall wasted time preening and primping so they could share their creations with other tribes?

By the time you have finished with your hashtags and filters the dish will have gone cold or been stolen by intrepid raiders. So you are encouraged to cook with heart and enjoy your broths and feasts just as Sandor Clegane enjoys a good chicken!

If you too want to become a formidable fighter, tame dragons, stake a claim for the Iron Throne, or simply stave off the common cold, then read on. The recipes and remedies packed into this magical cookbook will create a stronger, better you. It is known.

“There is a chef in every MAN, and it stirs

when

you put a spatula

in HIS hand.”

I. The Power Within

The first men made use of every part of the beasts they hunted and slew. Bones, marrow, feet, tendons, muscles, ligaments and all. The Maesters knew the powers within each and every one of these precious components and allowed nothing to go to waste.

Calcium, collagen, glutamine, magnesium, phosphorous, silicone, glycine. The list goes on, and benefits range from improving joint health and reducing inflammation, to boosting the immune system, healing leaky gut syndrome and overcoming food intolerances and allergies.

The would-be Queens among you will also be glad to know that this ancient practice can even reduce cellulite and boost your skin health. It's easy to see, then, why this magical culinary technique has been passed down through the oral histories from the First Men, to the Andals and beyond.

Some vendors have tried to take advantage of this by manufacturing synthetic stocks and broths, but these are a pale and ineffective imitation. If you want to grow healthy, strong and vibrant then you need the real thing.

If you are too posh to hunt your own animals, make sure you purchase only grass-fed organic beasts and not those packed with chemicals, otherwise your joy will turn to ashes in your mouth.

You now hold an ancient secret in your hands, and possess the power to fulfill your destiny. To ensure you stay safe and

maximize your results, it is recommended to check out the 5 common bone broth mistakes towards the back of the book before you proceed. After all, with great power comes great responsibility.

II. Essential Broths & Stocks

It all begins with these simple, ancient remedies, ready to be taken as they are or stored and used as stocks for feasts later on.

Khal's Stock

The first thing Daenerys Targaryen discovered when she married the mighty Khal was that apart from the occasional horse heart, he really liked to start each morning with a cup of bone broth.

So, she learned the following recipe from the old Dothraki women to get into his good graces. She also learned a little something in the bedroom, but this isn't that kind of book.

Serves: 16 | Prep Time: 10 mins | Cooking Time: 8 hours

Ingredients

4 chicken feet

2.5-3 pounds animal bones left over from a feast

2-3 tablespoons apple cider vinegar

3 carrots

1 zucchini

2 onions

Large bunch of parsley leaves

2 teaspoons dried thyme

1 tablespoon salt

Directions

1. With the help of the Khalasar wives, she placed all the bones in a large pot. You may enlist the help of your family or friends.
2. Cover the bones with water, filling the pot, and add the vinegar to draw out the magic inside. Leave to sit for about half an hour.
3. Take an arakh (Dothraki sword) and chop the vegetables. Put them into the pot.
4. After that, place the pot over a vigorous fire or, if you're high born, an electric cooker, and wait until it begins to bubble.
5. Let the fire burn low and allow the broth to cook for about 8 hours.
6. Carefully remove all the foam that forms periodically using a large spoon.
7. In the last half an hour, add the chopped parsley to taste.
8. Strain the broth and pour into sealable jars.

You can fill a drinking horn with this nectar and enjoy the benefits right away, or keep it in the fridge for up to 5 days.