

Carnivore Diet Cookbook for Beginners

Simple & Delicious High-Protein Meat-Based Recipes with Full-Color Photos to Reduce Inflammation, Burn Fat and Boost Energy



Copyright © 2025 by Liam Infinity

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means — electronic, mechanical, photocopying, recording, or otherwise — without prior written permission from the author, except for brief quotations in reviews, educational materials, or scholarly works.

This book is published in good faith for educational and informational purposes. While every effort has been made to ensure accuracy, variations in ingredients, equipment, and cooking conditions may affect results.

Disclaimer:

The content in this book is intended for general informational use. The author is not a medical professional, nutritionist, or licensed dietitian. Recipes and nutritional information are based on general dietary principles and personal experience. Always consult a qualified healthcare provider before making significant dietary changes, especially if you have health conditions, allergies, or dietary restrictions.

The author and publisher assume no responsibility for adverse effects or outcomes resulting from the use of this material. Cooking times and results may vary depending on your appliance model.

Cook with intention. Live with balance. — Liam Infinity



Contents

Introduction	7
Breakfast	9
SUNRISE STEAK AND EGGS SKILLET	10
HEARTY BEEF BACON AND POACHED EGGS	10
SLOW-COOKED PORK BELLY WITH SCRAMBLED EGGS.....	11
CLASSIC LAMB SAUSAGE BREAKFAST PATTIES.....	11
CARNIVORE'S DELIGHT CHICKEN LIVER PATE	12
SIZZLING RIBEYE WITH FRIED EGGS	12
JUICY BISON BURGERS WITH SUNNY SIDE UP.....	13
TENDER VEAL CUTLETS WITH POACHED EGGS.....	13
BREAKFAST BEEF BONE BROTH.....	14
SUCCULENT TURKEY BACON AND SCRAMBLED EGGS	14
SMOKY BEEF SAUSAGES WITH SOFT-BOILED EGGS	15
ZESTY LAMB CHOPS WITH POACHED EGGS	15
CARNIVORE'S MORNING BEEF JERKY.....	16
FLAVORFUL DUCK BREAST WITH SCRAMBLED EGGS	16
SIZZLING PORK CHOPS WITH SOFT-BOILED EGGS	17
MORNING DELIGHT VENISON STEAKS WITH FRIED EGGS	17
HEARTY BEEF TONGUE WITH EGG SCRAMBLE.....	18
CARNIVORE CORNED BEEF HASH WITH FRIED EGGS.....	18
CLASSIC CARNIVORE'S CHICKEN HEART SKEWERS	19
SPICY CHORIZO WITH SCRAMBLED EGGS	19
SAVORY BEEF KIDNEY WITH POACHED EGGS	20
DELIGHTFUL RABBIT SAUSAGES WITH FRIED EGGS	20
Carnivore Snacks and Bites	21
CHICKEN JERKY BITES.....	22
CRISPY BACON WRAPPED SCALLOPS	22
BISON MEATBALLS IN BONE BROTH.....	23
STEAK TARTARE CANAPÉS	23
LAMB LOIN SKEWERS WITH GARLIC BUTTER.....	24
SPICY CHORIZO STUFFED MUSHROOMS	24
SMOKED TROUT PÂTÉ.....	25
GRILLED CHICKEN DRUMETTES WITH ROSEMARY	25
CARNIVORE DEVILED EGGS WITH SHREDDED BEEF	26
CRISPY SHREDDED DUCK WITH MELTED CHEDDAR	26

CRUSTED LAMB CHOPS WITH THYME	27
GARLIC BUTTER SHRIMP SKEWERS	27
VEAL LIVER PATE	28
CURED SALMON ROLLS WITH CREAM CHEESE.....	28
PORK BELLY CRACKLINGS WITH SEA SALT	29
ROASTED BONE MARROW	29
CRISPY PROSCIUTTO ROLLS.....	30
MINI BEEF TACOS WITH CHEESE SHELLS	30
SPICY CHICKEN WINGLETS WITH BLUE CHEESE DIP.....	31
SMOKED SAUSAGE BITES WITH MUSTARD SAUCE	31
JUICY GRILLED LAMB KEBABS	32
PORK RIND NACHOS WITH SPICY BEEF	32
Pork	33
HERB-INFUSED PORK TENDERLOIN MEDALLIONS.....	34
BACON-WRAPPED PORK LOIN WITH TRUFFLE BUTTER.....	34
SAVORY PORK CHOPS WITH BONE MARROW GRAVY.....	35
ROASTED PORCHETTA WITH CRISPY CRACKLING.....	35
SMOKY GRILLED SPARERIBS WITH GARLIC BUTTER.....	36
SLOW-COOKED PORK BELLY WITH PINK SALT	36
PORK RILLETES WITH AROMATIC HERBS	37
SPICED PULLED PORK WITH BONE BROTH JUS	37
STUFFED PORK TENDERLOIN WITH PANCETTA.....	38
SIZZLING PORK SAUSAGES WITH SAGE BUTTER.....	38
PORK & OFFAL TERRINE WITH BLACK PEPPER	39
CRISPY PORK HOCK WITH ROSEMARY SALT	39
SUCCULENT PORK CHEEKS BRAISED IN BONE BROTH	40
GRILLED PORK SKEWERS.....	40
OVEN-ROASTED PORK SHOULDER WITH BAY LEAVES.....	41
PORK LIVER PATE	41
SPARE RIBS WITH SMOKY PAPRIKA RUB	42
COUNTRY-STYLE PORK RIBS WITH THYME BUTTER.....	42
BRAISED PORK SHANKS WITH ROASTED GARLIC	43
PORK NECK STEAKS WITH RED WINE REDUCTION	43
PORK HEART STEW WITH FRESH HERBS.....	44
SLOW-ROASTED BOSTON BUTT WITH CRACKED PEPPER	44
Beef and Red Meat	45
SAVORY SLOW-ROASTED BRISKET	46
PEPPER-CRUSTED PRIME RIB	46
HERB-INFUSED TENDERLOIN STEAK	47
JUICY PAN-SEARED RIBEYE	47
PROVOCATIVE RED WINE-BRAISED SHORT RIBS	48

GARLIC BUTTER INFUSED T-BONE STEAK	48
ZESTY MARINATED FLANK STEAK.....	49
CARNIVORE BEEF WELLINGTON.....	49
HEARTY BEEF BOURGUIGNON	50
SPICED SKIRT STEAK FAJITAS	50
LUSCIOUS STUFFED BEEF TENDERLOIN	51
CLASSIC CORNED BEEF	51
TANGY BBQ BEEF RIBS	52
FLAVORFUL BEEF OSSO BUCO	52
ROSEMARY-SCENTED POT ROAST	53
SUCCULENT BEEF CARPACCIO.....	53
HEARTY BEEF STEW	54
LUXURIOUS BEEF STROGANOFF	54
BOLD AND SPICY BEEF CHILI.....	55
SMOKY BEEF BRISKET	55
CRISPY BEEF AND ONION STIR-FRY	56
ROBUST PORTERHOUSE STEAK WITH GARLIC BUTTER.....	56
Egg-Based Dishes	57
CLASSIC SCRAMBLED EGGS WITH CRISPY BACON.....	58
POACHED EGGS OVER SAVORY BEEF STEAK	58
EGG & BEEF STIR-FRY EXTRAVAGANZA	59
SIZZLING PORK SAUSAGES WITH HERBED OMELETTE.....	59
CREAMY DEVEILED EGGS WITH SMOKED SALMON	60
BAKED EGGS IN SPICY CHORIZO CUPS.....	60
DELICATE EGG CREPES WITH HAM AND CHEESE.....	61
EGGS BENEDICT WITH RICH HOLLANDAISE SAUCE	61
FLUFFY CLOUD EGGS WITH CRISPY PANCETTA	62
SUCCULENT LOBSTER OMELETTE WITH CAVIAR	62
SEARED TUNA AND SCRAMBLED EGG MEDLEY	63
CHEESY EGG AND BACON CASSEROLE	63
DELECTABLE QUAIL EGG AND PROSCIUTTO BITES.....	64
CREAMY EGG YOLK AND CHICKEN LIVER PATE.....	64
SMOKY EGG SALAD WITH CRUMBLER BACON.....	65
HARD-BOILED EGG AND STEAK TARTARE.....	65
DUCK EGG FRITTATA WITH CHORIZO AND MANCHEGO	66
HEARTY TURKEY AND EGG BREAKFAST SKILLET	66
SLOW-COOKED EGG IN RICH BONE BROTH.....	67
BUTTER-POACHED EGGS WITH SHREDDED PORK.....	67
SPICY SCRAMBLED EGGS WITH CHORIZO AND CHEESE.....	68
GRILLED EGG-STUFFED BELL PEPPERS WITH BEEF	68
Carnivore Desserts and Treats	69

DECADENT BEEF TALLOW CHOCOLATE MOUSSE	70
SAVORY BACON-WRAPPED BLUEBERRY BOMBS	70
CRISPY CHICKEN SKIN CHURROS WITH CINNAMON	71
SILKY BONE MARROW PANNA COTTA	71
CREAMY DUCK FAT ICE CREAM	72
SMOKY PORK RIND CHOCOLATE TRUFFLES.....	72
RICH BEEF LIVER BROWNIES	73
CRUNCHY CHICKEN SKIN COOKIES	73
LUSCIOUS LAMB TALLOW VANILLA FUDGE	74
SPICED PORK CRACKLING BRITTLE.....	74
SWEET AND SALTY BACON CARAMEL POPCORN.....	75
TANGY LEMON CURD WITH CRISPY BACON BITS	75
DELIGHTFUL DUCK FAT CARAMEL SAUCE	76
VELVETY BEEF MARROW CUSTARD	76
EXQUISITE EGG YOLK AND BEEF TALLOW CUSTARD	77
HEAVENLY PORK RIND AND CINNAMON DONUTS.....	77
SWEETENED BEEF JERKY CHOCOLATE BARK.....	78
CREAMY CHICKEN LIVER CHEESECAKE.....	78
SALTY-SWEET BACON WRAPPED DATES.....	79
DELECTABLE DUCK FAT GINGERBREAD COOKIES	79
RICH BONE BROTH AND DARK CHOCOLATE GELATO	80
SUCCULENT BACON-INFUSED APPLE PIES	80
Conclusion.....	81

Introduction

Welcome to the *Carnivore Diet Cookbook for Beginners* — your first step toward reclaiming health, energy, and mental clarity through the power of simplicity.

This book is more than just a collection of meat-based recipes — it's a practical guide to returning to the natural, ancestral way of eating that once sustained human strength, vitality, and longevity. The Carnivore Diet is a lifestyle built on pure, nutrient-dense animal foods. It removes modern dietary clutter and helps your body restore its natural balance.

What Is the Carnivore Diet?

The Carnivore Diet is a nutrition plan that focuses exclusively on **animal-based foods**. It eliminates all plant-based products — grains, vegetables, fruits, legumes, nuts, sugar, and seed oils.

The core idea is simple: **eat what nature designed for humans in its most nourishing form — meat, fish, eggs, and animal fats**.

This way of eating reduces inflammation, stabilizes hormones and blood sugar, improves digestion, and provides steady, long-lasting energy.

What You Can Eat

- ✓ **Red Meat:** beef, veal, lamb, pork, game meats.
 - ✓ **Poultry:** chicken, turkey, duck, quail.
 - ✓ **Fish & Seafood:** salmon, sardines, mackerel, tuna, shrimp, oysters.
 - ✓ **Eggs:** chicken, duck, quail — all are welcome.
 - ✓ **Fats:** beef tallow, butter, ghee, lard, duck fat, bone marrow.
 - ✓ **Dairy (optional):** heavy cream, hard cheeses, full-fat butter (if tolerated).
 - ✓ **Salt:** natural salt for taste and electrolyte balance.
-

What You Should Avoid

- ⊘ All plant-based foods — vegetables, fruits, legumes, grains, seeds, and nuts.
 - ⊘ Sugar, honey, syrups, and artificial sweeteners.
 - ⊘ Processed seed oils such as soybean, canola, or sunflower oil.
 - ⊘ Highly processed or packaged foods with additives, starches, or fillers.
-

How to Transition Safely to the Carnivore Diet

Switching to a meat-only diet is a powerful metabolic shift — and it should be done gradually and mindfully.

Follow these key steps:

1. **Start Slowly.**

Gradually reduce carbohydrates and plant-based foods while increasing meat, fish, eggs, and fat intake.

2. **Support Electrolytes.**

In the first few weeks, you may experience temporary fatigue or headaches as your body adapts. Stay hydrated and add salt or electrolytes to maintain balance.

3. **Eat Until Satisfied.**

There's no calorie counting or portion control on this diet. Eat when you're hungry and stop when you're full. Your body will naturally regulate appetite and energy levels.

4. **Adaptation Phase.**

During the first 2–3 weeks, your metabolism shifts from using glucose to using fat as its primary fuel. Once adapted, you'll experience stable energy, mental clarity, and a noticeable reduction in cravings.

5. **Listen to Your Body.**

Trust your natural hunger cues. The Carnivore Diet is intuitive — your body will tell you when and how much to eat.

Intermittent Eating and Natural Rhythm

The Carnivore Diet doesn't require meal plans or strict schedules. It naturally encourages **intermittent eating** — most people find themselves satisfied with one or two meals per day without effort.

You don't need to count calories or track macros. Simply eat to fullness and allow your body's instincts to guide you. This approach is sustainable, natural, and deeply freeing.

Benefits of the Carnivore Diet

- ✓ **Reduced Inflammation:** Many experience relief from chronic pain, swelling, and joint issues.
 - ✓ **Steady Energy Levels:** Without sugar spikes or crashes, energy stays consistent all day.
 - ✓ **Improved Mental Clarity:** A meat-based diet supports focus, calmness, and emotional balance.
 - ✓ **Healthy Fat Loss:** Appetite and metabolism naturally regulate without forced restriction.
 - ✓ **Simplicity & Freedom:** No complex meal planning, calorie tracking, or constant hunger.
 - ✓ **Better Digestion:** Eliminating fiber and plant toxins often improves gut function and reduces bloating.
-

Final Thoughts

The Carnivore Diet is not about restriction — it's about **returning to nature's simplicity**. It's a way of eating that restores your energy, stabilizes your mood, and reconnects you with your body's natural rhythms.

This cookbook is your trusted companion on this journey. Inside, you'll find clear explanations, easy and delicious recipes, and practical tips for cooking, selecting quality meat, and making every meal deeply satisfying.

Welcome to a world where eating is simple, nourishing, and joyful again.

Here, every meal is a step toward balance, strength, and the freedom to live in harmony with your body.



Breakfast



SUNRISE STEAK AND EGGS SKILLET



Servings:
4



Prep:
10 min



Cook:
15 min



Equipment: Cast Iron Skillet, Spatula, Tongs



Ingredients:

- 1 lb ribeye steak, cut into strips
- 8 large eggs
- 2 tbsp butter
- 1 tsp salt
- 1/2 tsp black pepper
- 1/2 tsp garlic powder



Directions:

1. Heat the cast iron skillet over medium-high heat and add 1 tbsp of butter.
2. Season the steak strips with salt, pepper, and garlic powder, then add them to the skillet.
3. Cook the steak for 3–4 minutes, turning occasionally, until browned to your liking.
4. Push the steak to one side of the skillet and add the remaining 1 tbsp of butter.
5. Crack the eggs into the skillet, cooking them to your preferred doneness (sunny side up or over easy).
6. Once the eggs are cooked, remove the skillet from heat and serve immediately.



Nutritional Information:

Calories: 450, Protein: 35g, Carbohydrates: 1g, Fat: 34g, Fiber: 0g, Cholesterol: 420 mg, Sodium: 550 mg, Potassium: 450 mg



HEARTY BEEF BACON AND POACHED EGGS



Servings:
2



Prep:
10 min



Cook:
15 min



Equipment: Skillet, Saucepan, Slotted Spoon



Ingredients:

- 8 oz beef bacon
- 4 large eggs
- 1 tbsp white vinegar
- Salt, to taste
- Black pepper, to taste



Directions:

1. Heat a skillet over medium heat and cook the beef bacon until crispy, about 5–7 minutes. Remove and set aside.
2. Fill a saucepan with water and bring to a gentle simmer. Add the white vinegar.
3. Crack each egg into a small bowl, then gently slide them into the simmering water. Poach for about 3–4 minutes for a runny yolk.
4. Use a slotted spoon to remove the eggs and drain on a paper towel.
5. Serve the poached eggs over the crispy beef bacon, seasoning with salt and pepper to taste.



Nutritional Information:

Calories: 350, Protein: 30g, Carbohydrates: 1g, Fat: 25g, Fiber: 0g, Cholesterol: 400 mg, Sodium: 900 mg, Potassium: 350 mg



SLOW-COOKED PORK BELLY WITH SCRAMBLED EGGS



Servings:
4



Prep:
15 min



Cook:
2 h



Equipment: Slow Cooker, Skillet, Whisk



Ingredients:

- 2 lbs pork belly
- 1 tsp salt
- 1/2 tsp black pepper
- 1 tbsp butter
- 8 large eggs
- 1/4 cup heavy cream



Directions:

1. Season the pork belly with salt and black pepper.
2. Place the pork belly in a slow cooker and cook on low for 2 hours until tender.
3. In a skillet, melt butter over medium heat.
4. Whisk together eggs and heavy cream, then pour into the skillet.
5. Cook the eggs, stirring gently, until softly scrambled.
6. Serve the scrambled eggs alongside slices of slow-cooked pork belly.



Nutritional Information:

Calories: 650, Protein: 35g, Carbohydrates: 2g, Fat: 58g,
Fiber: 0g, Cholesterol: 400 mg, Sodium: 600 mg,
Potassium: 350 mg



CLASSIC LAMB SAUSAGE BREAKFAST PATTIES



Servings:
8



Prep:
15 min



Cook:
10 min



Equipment: Large Mixing Bowl, Skillet, Spatula



Ingredients:

- 1 lb ground lamb
- 1 tsp salt
- 1/2 tsp black pepper
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp dried thyme
- 1/2 tsp dried rosemary
- 1 tbsp olive oil



Directions:

1. In a large mixing bowl, combine ground lamb, salt, black pepper, garlic powder, onion powder, thyme, and rosemary. Mix well until all ingredients are evenly incorporated.
2. Divide the mixture into 8 equal portions and shape each into a patty.
3. Heat olive oil in a skillet over medium heat.
4. Place patties in the skillet and cook for 4–5 minutes on each side, or until they are browned and cooked through.
5. Remove from skillet and let rest for a minute before serving.



Nutritional Information:

Calories: 180, Protein: 15g, Carbohydrates: 0g, Fat: 13g,
Fiber: 0g, Cholesterol: 55mg, Sodium: 320mg, Potassium:
220mg



CARNIVORE'S DELIGHT CHICKEN LIVER PATE



Servings:
6



Prep:
20 min



Cook:
15 min



Equipment: Skillet, Food Processor, Spatula



Ingredients:

- 1 lb chicken livers, cleaned
- 4 oz unsalted butter, divided
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 tsp salt
- 1/2 tsp black pepper
- 1/4 cup heavy cream



Directions:

1. Melt 2 oz of butter in a skillet over medium heat; add onion and garlic, sauté until translucent.
2. Add chicken livers, salt, and pepper; cook until livers are browned and cooked through, about 7–10 minutes.
3. Transfer the mixture to a food processor; add remaining butter and heavy cream.
4. Blend until smooth and creamy, adjusting seasoning if necessary.
5. Transfer to a serving dish and chill for at least 1 hour before serving.



Nutritional Information:

Calories: 220, Protein: 15g, Carbohydrates: 3g, Fat: 18g,
Fiber: 0g, Cholesterol: 300mg, Sodium: 420mg, Potassium:
220mg



SIZZLING RIBEYE WITH FRIED EGGS



Servings:
2



Prep:
10 min



Cook:
15 min



Equipment: Cast Iron Skillet, Tongs, Spatula



Ingredients:

- 1 lb Ribeye Steak
- 2 tbsp Butter
- 2 Large Eggs
- 1 tsp Salt
- 1/2 tsp Black Pepper



Directions:

1. Preheat the cast iron skillet over medium-high heat.
2. Season the ribeye steak with salt and black pepper on both sides.
3. Add 1 tbsp of butter to the skillet and let it melt. Place the ribeye steak in the skillet and cook for 3–4 minutes on each side, or until desired doneness.
4. Remove the steak from the skillet and let it rest on a plate.
5. In the same skillet, add the remaining 1 tbsp of butter. Crack the eggs into the skillet and fry until the whites are set but the yolks remain runny, about 2–3 minutes.
6. Serve the ribeye steak with the fried eggs on top.



Nutritional Information:

Calories: 650, Protein: 55g, Carbohydrates: 1g, Fat: 48g,
Fiber: 0g, Cholesterol: 350 mg, Sodium: 750 mg,
Potassium: 700 mg



JUICY BISON BURGERS WITH SUNNY SIDE UP



Servings:
4



Prep:
10 min



Cook:
15 min



Equipment: Skillet, Spatula, Mixing Bowl



Ingredients:

- 1 lb ground bison
- 1 tsp salt
- 1/2 tsp black pepper
- 1 tbsp butter
- 4 large eggs



Directions:

1. In a mixing bowl, combine ground bison, salt, and pepper. Form into four patties.
2. Heat a skillet over medium-high heat and add butter.
3. Cook bison patties for 4–5 minutes on each side until desired doneness.
4. In the same skillet, crack eggs and cook sunny side up until whites are set, about 3–4 minutes.
5. Serve each bison patty topped with a sunny side up egg.



Nutritional Information:

Calories: 320, Protein: 28g, Carbohydrates: 1g, Fat: 22g, Fiber: 0g, Cholesterol: 280mg, Sodium: 520mg, Potassium: 400mg



TENDER VEAL CUTLETS WITH POACHED EGGS



Servings:
4



Prep:
15 min



Cook:
20 min



Equipment: Skillet, Saucepan, Slotted Spoon



Ingredients:

- 1 lb veal cutlets
- 2 tbsp butter
- 4 large eggs
- 1 tsp salt
- 1/2 tsp black pepper
- 1 tbsp white vinegar



Directions:

1. Season veal cutlets with salt and pepper.
2. Melt butter in a skillet over medium heat, then add veal cutlets, cooking for 3–4 minutes on each side until golden brown and cooked through.
3. In a saucepan, bring water to a gentle simmer and add white vinegar.
4. Crack each egg into a small bowl, then gently slide into the simmering water. Poach for 3–4 minutes until whites are set and yolks are runny.
5. Remove eggs with a slotted spoon and drain on paper towels.
6. Serve veal cutlets topped with poached eggs.



Nutritional Information:

Calories: 320, Protein: 35g, Carbohydrates: 1g, Fat: 20g, Fiber: 0g, Cholesterol: 280 mg, Sodium: 420 mg, Potassium: 450 mg



BREAKFAST BEEF BONE BROTH



Servings:
4



Prep:
15 min



Cook:
8 h



Equipment: Large stockpot, Strainer, Ladle



Ingredients:

- 3 lbs beef bones (marrow and knuckle)
- 1 gallon water
- 2 tbsp apple cider vinegar
- 1 tsp salt
- 1 tsp black peppercorns



Directions:

1. Place beef bones in a large stockpot and cover with water.
2. Add apple cider vinegar and let sit for 30 minutes to help extract minerals.
3. Bring to a boil over high heat, then reduce to a simmer.
4. Skim off any foam that rises to the surface.
5. Add salt and peppercorns, then cover and simmer for 8 hours.
6. Strain the broth through a strainer and discard the solids.
7. Serve hot, or store in the refrigerator for later use.



Nutritional Information:

Calories: 60, Protein: 10g, Carbohydrates: 0g, Fat: 2g,
Fiber: 0g, Cholesterol: 0mg, Sodium: 250mg, Potassium:
150mg



SUCCULENT TURKEY BACON AND SCRAMBLED EGGS



Servings:
4



Prep:
10 min



Cook:
15 min



Equipment: Skillet, Whisk, Spatula



Ingredients:

- 8 oz turkey bacon
- 8 large eggs
- 2 tbsp butter
- 1/4 tsp salt
- 1/4 tsp black pepper



Directions:

1. Heat a skillet over medium heat and cook the turkey bacon until crispy, about 5–7 minutes. Remove and set aside.
2. In a bowl, whisk together the eggs, salt, and black pepper until well combined.
3. Melt the butter in the same skillet over low heat.
4. Pour the egg mixture into the skillet and gently stir with a spatula, cooking until the eggs are softly scrambled, about 5–8 minutes.
5. Serve the scrambled eggs with crispy turkey bacon on the side.



Nutritional Information:

Calories: 300, Protein: 25g, Carbohydrates: 1g, Fat: 22g,
Fiber: 0g, Cholesterol: 420mg, Sodium: 750mg, Potassium:
250mg



SMOKY BEEF SAUSAGES WITH SOFT-BOILED EGGS



Servings:
4



Prep:
10 min



Cook:
15 min



Equipment: Skillet, Saucepan, Tongs



Ingredients:

- 1 lb beef sausages
- 8 large eggs
- 1 tbsp unsalted butter
- 1 tsp smoked paprika
- 1/2 tsp salt
- 1/4 tsp black pepper



Directions:

1. Heat the skillet over medium heat and add the butter.
2. Add the beef sausages to the skillet and sprinkle with smoked paprika. Cook for 10 minutes, turning occasionally, until browned and cooked through.
3. Meanwhile, fill the saucepan with water and bring to a boil. Gently add the eggs and boil for 6 minutes for soft-boiled eggs.
4. Remove the eggs with a slotted spoon and place them in cold water to stop cooking. Peel the eggs carefully.
5. Serve the sausages with the soft-boiled eggs, seasoned with salt and pepper.



Nutritional Information:

Calories: 450, Protein: 30g, Carbohydrates: 2g, Fat: 35g,
Fiber: 0g, Cholesterol: 350 mg, Sodium: 800 mg,
Potassium: 450 mg



ZESTY LAMB CHOPS WITH POACHED EGGS



Servings:
4



Prep:
15 min



Cook:
20 min



Equipment: Skillet, Saucepan, Slotted Spoon



Ingredients:

- 1 lb lamb chops
- 2 tbsp olive oil
- 1 tsp salt
- 1/2 tsp black pepper
- 1 tbsp lemon zest
- 4 large eggs
- 1 tbsp white vinegar



Directions:

1. Season lamb chops with salt, pepper, and lemon zest.
2. Heat olive oil in a skillet over medium-high heat and sear lamb chops for 3–4 minutes on each side until cooked to your liking.
3. In a saucepan, bring water to a gentle simmer and add white vinegar.
4. Crack each egg into a small bowl, then gently slide into the simmering water. Poach for 3–4 minutes until whites are set.
5. Remove eggs with a slotted spoon and serve atop lamb chops.



Nutritional Information:

Calories: 320, Protein: 28g, Carbohydrates: 1g, Fat: 22g,
Fiber: 0g, Cholesterol: 220 mg, Sodium: 420 mg,
Potassium: 350 mg



CARNIVORE'S MORNING BEEF JERKY



Pieces:
8



Prep:
20 min



Cook:
4 h



Equipment: Dehydrator, Sharp Knife, Mixing Bowl



Ingredients:

- 2 lbs beef flank steak
- 1 tsp sea salt
- 1 tsp black pepper
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tbsp apple cider vinegar



Directions:

1. Slice the beef flank steak into thin strips, about 1/4 inch thick.
2. In a mixing bowl, combine sea salt, black pepper, garlic powder, onion powder, and apple cider vinegar.
3. Add the beef strips to the bowl and coat them evenly with the seasoning mixture.
4. Arrange the seasoned beef strips in a single layer on the dehydrator trays.
5. Dehydrate at 160°F for 4 hours or until the jerky is dry and chewy.



Nutritional Information:

Calories: 150, Protein: 25g, Carbohydrates: 0g, Fat: 5g, Fiber: 0g, Cholesterol: 60mg, Sodium: 350mg, Potassium: 300mg



FLAVORFUL DUCK BREAST WITH SCRAMBLED EGGS



Servings:
2



Prep:
10 min



Cook:
20 min



Equipment: Skillet, Whisk, Knife



Ingredients:

- 1 lb duck breast
- 4 large eggs
- 2 tbsp duck fat or butter
- 1/2 tsp salt
- 1/4 tsp black pepper



Directions:

1. Score the skin of the duck breast and season with salt and pepper.
2. Heat 1 tbsp of duck fat in a skillet over medium heat. Place the duck breast skin-side down and cook for 6–8 minutes until the skin is crispy.
3. Flip the duck breast and cook for another 5–7 minutes. Remove from skillet and let rest.
4. In the same skillet, add 1 tbsp of duck fat. Whisk the eggs with a pinch of salt and pour into the skillet.
5. Cook the eggs over low heat, stirring gently until softly scrambled.
6. Slice the duck breast and serve alongside the scrambled eggs.



Nutritional Information:

Calories: 650, Protein: 45g, Carbohydrates: 2g, Fat: 52g, Fiber: 0g, Cholesterol: 470 mg, Sodium: 720 mg, Potassium: 450 mg



SIZZLING PORK CHOPS WITH SOFT-BOILED EGGS



Servings:
4



Prep:
10 min



Cook:
20 min



Equipment: Skillet, Saucepan, Tongs



Ingredients:

- 4 (8 oz) bone-in pork chops
- 1/2 tsp black pepper
- 1 tsp olive oil
- 4 large eggs
- 1 tsp salt
- 1 tbsp butter



Directions:

1. Season pork chops with salt and pepper on both sides.
2. Heat olive oil in a skillet over medium-high heat. Add pork chops and cook for 4–5 minutes on each side until golden brown and cooked through. Remove and let rest.
3. In a saucepan, bring water to a boil. Gently lower eggs into the water and boil for 6 minutes for soft-boiled eggs.
4. Remove eggs from water and place in an ice bath for 2 minutes. Peel carefully.
5. Melt butter in the skillet and return pork chops to the pan to warm through, about 2 minutes.
6. Serve pork chops with soft-boiled eggs on the side.



Nutritional Information:

Calories: 450, Protein: 45g, Carbohydrates: 1g, Fat: 30g,
Fiber: 0g, Cholesterol: 220 mg, Sodium: 600 mg,
Potassium: 550 mg



MORNING DELIGHT VENISON STEAKS WITH FRIED EGGS



Servings:
4



Prep:
10 min



Cook:
15 min



Equipment: Cast Iron Skillet, Tongs, Spatula



Ingredients:

- 1 lb venison steaks
- 1 tsp sea salt
- 2 tbsp unsalted butter
- 1/2 tsp black pepper
- 4 large eggs
- 1 tbsp beef tallow or lard



Directions:

1. Season the venison steaks with sea salt and black pepper on both sides.
2. Heat the cast iron skillet over medium-high heat and add 1 tbsp of butter.
3. Once the butter is melted and sizzling, add the venison steaks to the skillet. Cook for 3–4 minutes on each side, or until desired doneness. Remove and let rest.
4. In the same skillet, add the remaining butter and beef tallow. Crack the eggs into the skillet and fry until the whites are set but the yolks remain runny, about 3 minutes.
5. Serve the venison steaks with the fried eggs on top or alongside. Enjoy immediately.



Nutritional Information:

Calories: 350, Protein: 32g, Carbohydrates: 0g, Fat: 24g,
Fiber: 0g, Cholesterol: 290 mg, Sodium: 450 mg,
Potassium: 500 mg



HEARTY BEEF TONGUE WITH EGG SCRAMBLE



Servings: 4



Prep: 20 min



Cook: 1 h 30 min



Equipment: Large Pot, Skillet, Whisk



Ingredients:

- 2 lbs beef tongue
- 8 large eggs
- 2 tbsp unsalted butter
- 1 tsp salt
- 1/2 tsp black pepper
- 1/4 cup heavy cream



Directions:

1. Place the beef tongue in a large pot, cover with water, and bring to a boil. Reduce heat and simmer for 1 hour or until tender.
2. Remove the tongue from the pot, let it cool slightly, then peel off the skin and slice into thin pieces.
3. In a skillet, melt the butter over medium heat. Add the sliced tongue and cook for 5 minutes until lightly browned.
4. In a bowl, whisk together the eggs, heavy cream, salt, and pepper.
5. Pour the egg mixture into the skillet with the tongue and gently scramble until the eggs are cooked to your liking.
6. Serve hot and enjoy the hearty flavors.



Nutritional Information:

Calories: 420, Protein: 35g, Carbohydrates: 2g, Fat: 30g,
Fiber: 0g, Cholesterol: 450 mg, Sodium: 420 mg,
Potassium: 350 mg



CARNIVORE CORNED BEEF HASH WITH FRIED EGGS



Servings: 4



Prep: 10 min



Cook: 20 min



Equipment: Skillet, Spatula, Knife



Ingredients:

- 1 lb cooked corned beef, diced
- 3 tbsp unsalted butter or beef tallow
- 4 large eggs
- Salt to taste (optional)



Directions:

1. Heat the skillet over medium heat and melt the butter or beef tallow.
2. Add the diced corned beef and cook for about 10 minutes, stirring occasionally, until it becomes crisp and browned.
3. Create four small wells in the beef mixture and crack one egg into each well.
4. Cover the skillet and cook for 4–5 minutes, or until the whites are set but the yolks remain soft.
5. Lightly season with salt (if desired) and serve hot.



Nutritional Information:

Calories: 370, Protein: 28g, Carbohydrates: 0g, Fat: 29g,
Fibre: 0g, Cholesterol: 295mg, Sodium: 880mg, Potassium:
460mg



CLASSIC CARNIVORE'S CHICKEN HEART SKEWERS



Servings:
4



Prep:
15 min



Cook:
10 min



Equipment: Grill, Skewers, Mixing Bowl



Ingredients:

- 1 lb chicken hearts
- 2 tbsp olive oil
- 1 tsp sea salt
- 1/2 tsp black pepper
- 1 tsp garlic powder
- 1 tsp smoked paprika



Directions:

1. Preheat the grill to medium-high heat.
2. In a mixing bowl, combine olive oil, sea salt, black pepper, garlic powder, and smoked paprika.
3. Add chicken hearts to the bowl and toss until they are well coated with the seasoning mixture.
4. Thread the seasoned chicken hearts onto skewers.
5. Grill the skewers for about 5 minutes on each side, or until the hearts are cooked through and have a slight char.
6. Remove from the grill and let them rest for a couple of minutes before serving.



Nutritional Information:

Calories: 180, Protein: 26g, Carbohydrates: 1g, Fat: 8g,
Fiber: 0g, Cholesterol: 210mg, Sodium: 350mg, Potassium:
400mg



SPICY CHORIZO WITH SCRAMBLED EGGS



Servings:
4



Prep:
10 min



Cook:
15 min



Equipment: Skillet, Whisk, Spatula



Ingredients:

- 8 oz chorizo sausage, sliced
- 8 large eggs
- 2 tbsp unsalted butter
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1/4 cup heavy cream



Directions:

1. Heat a skillet over medium heat and add the sliced chorizo. Cook until browned and crispy, about 5–7 minutes.
2. In a bowl, whisk together the eggs, heavy cream, salt, and black pepper until well combined.
3. Remove the chorizo from the skillet and set aside. In the same skillet, melt the butter over medium-low heat.
4. Pour the egg mixture into the skillet and gently stir with a spatula, cooking until the eggs are softly scrambled, about 3–5 minutes.
5. Stir the cooked chorizo back into the eggs and mix until evenly distributed.
6. Serve immediately, garnished with additional black pepper if desired.



Nutritional Information:

Calories: 380, Protein: 24g, Carbohydrates: 2g, Fat: 32g,
Fiber: 0g, Cholesterol: 400mg, Sodium: 720mg, Potassium:
250mg



SAVORY BEEF KIDNEY WITH POACHED EGGS



Servings:
4



Prep:
20 min



Cook:
25 min



Equipment: Skillet, Saucepan, Slotted Spoon



Ingredients:

- 1 lb beef kidney, cleaned and sliced
- 2 tbsp unsalted butter
- 1 tsp sea salt
- 1/2 tsp black pepper
- 4 large eggs
- 1 tbsp white vinegar
- 1/4 cup fresh parsley, chopped (optional for garnish)



Directions:

1. Heat the skillet over medium heat and melt the butter.
2. Add the sliced beef kidney to the skillet, seasoning with salt and pepper, and cook for 10–12 minutes until browned and tender.
3. Meanwhile, fill the saucepan with water and bring to a gentle simmer. Add the white vinegar.
4. Crack each egg into a small bowl, then gently slide them into the simmering water. Poach for 3–4 minutes until the whites are set but the yolks remain runny.
5. Use a slotted spoon to remove the poached eggs and drain them briefly on a paper towel.
6. Serve the cooked beef kidney on plates, topped with poached eggs. Garnish with fresh parsley if desired.



Nutritional Information:

Calories: 320, Protein: 28g, Carbohydrates: 2g, Fat: 22g, Fiber: 0g, Cholesterol: 410 mg, Sodium: 480 mg, Potassium: 450 mg



DELIGHTFUL RABBIT SAUSAGES WITH FRIED EGGS



Servings:
4



Prep:
10 min



Cook:
20 min



Equipment: Skillet, Mixing Bowl, Spatula



Ingredients:

- 1 lb ground rabbit meat
- 1 tsp salt
- 1/2 tsp black pepper
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tbsp lard or tallow
- 8 large eggs



Directions:

1. In a mixing bowl, combine ground rabbit meat with salt, black pepper, garlic powder, and onion powder. Mix well.
2. Form the mixture into small sausage patties, about 2 inches in diameter.
3. Heat lard or tallow in a skillet over medium heat. Cook the rabbit sausages for 4–5 minutes on each side until browned and cooked through.
4. Once sausages are done, remove them from the skillet and set aside. In the same skillet, crack the eggs and fry them to your preferred doneness.
5. Serve the rabbit sausages alongside the fried eggs.



Nutritional Information:

Calories: 320, Protein: 35g, Carbohydrates: 1g, Fat: 20g, Fiber: 0g, Cholesterol: 420 mg, Sodium: 620 mg, Potassium: 450 mg



Carnivore Snacks and Bites



CHICKEN JERKY BITES



Servings:
8



Prep:
10 min



Cook:
4 h



Equipment: Mixing Bowl, Dehydrator



Ingredients:

- 2 lbs chicken breast, thinly sliced
- 1/4 cup soy sauce
- 2 tbsp Worcestershire sauce
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp smoked paprika
- 1/2 tsp black pepper



Directions:

1. In a mixing bowl, combine soy sauce, Worcestershire sauce, garlic powder, onion powder, smoked paprika, and black pepper.
2. Add the sliced chicken, ensuring all pieces are evenly coated. Marinate for 30 minutes.
3. Arrange the chicken slices in a single layer on dehydrator trays.
4. Set the dehydrator to 160°F (70°C) and dry for about 4 hours, or until the jerky is firm and slightly chewy.
5. Let cool completely before transferring to an airtight container.



Nutritional Information:

Calories: 65, Protein: 12g, Carbohydrates: 1g, Fat: 1.5g, Fiber: 0g, Cholesterol: 30mg, Sodium: 240mg, Potassium: 190mg



CRISPY BACON WRAPPED SCALLOPS



Pieces:
12



Prep:
10 min



Cook:
15 min



Equipment: Baking Sheet, Toothpicks, Oven



Ingredients:

- 12 large sea scallops
- 12 slices bacon
- 1 tbsp olive oil
- 1 tsp sea salt
- 1/2 tsp black pepper



Directions:

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
2. Pat the scallops dry with a paper towel and season with sea salt and black pepper.
3. Wrap each scallop with a slice of bacon and secure with a toothpick.
4. Place the bacon-wrapped scallops on the prepared baking sheet and drizzle with olive oil.
5. Bake in the preheated oven for 12-15 minutes, or until the bacon is crispy and the scallops are cooked through.



Nutritional Information:

Calories: 110, Protein: 8g, Carbohydrates: 0g, Fat: 8g, Fiber: 0g, Cholesterol: 25mg, Sodium: 320mg, Potassium: 135mg



BISON MEATBALLS IN BONE BROTH



Balls:
12



Prep:
20 min



Cook:
30 min



Equipment: Large Mixing Bowl, Baking Sheet, Saucepan



Ingredients:

- 1 lb ground bison
- 1 tsp salt
- 1/2 tsp black pepper
- 1 tsp garlic powder
- 1 tbsp ghee or butter
- 4 cups bone broth



Directions:

1. Preheat the oven to 375°F (190°C).
2. In a large mixing bowl, combine ground bison, salt, black pepper, and garlic powder. Mix well.
3. Form the mixture into 12 evenly sized meatballs and place them on a baking sheet.
4. Bake the meatballs for 15 minutes or until browned.
5. In a saucepan, heat ghee or butter over medium heat, then add the bone broth.
6. Add the baked meatballs to the saucepan and simmer for 15 minutes, allowing the flavors to meld.



Nutritional Information:

Calories: 120, Protein: 15g, Carbohydrates: 0g, Fat: 7g, Fiber: 0g, Cholesterol: 40mg, Sodium: 300mg, Potassium: 250mg



STEAK TARTARE CANAPÉS



Pieces:
12



Prep:
20 min



Chill:
15 min



Equipment: Sharp Knife, Mixing Bowl, Cutting Board



Ingredients:

- 8 oz beef tenderloin, finely chopped
- 1 tbsp capers, finely chopped
- 1 tbsp Dijon mustard
- 1 tbsp Worcestershire sauce
- 1 tsp sea salt
- 1/2 tsp freshly ground black pepper
- 1 tbsp fresh chives, finely chopped
- 1 tbsp olive oil
- 1 cucumber, sliced into 1/4-inch rounds



Directions:

1. In a mixing bowl, combine the chopped beef, capers, Dijon mustard, Worcestershire sauce, sea salt, and black pepper.
2. Gently mix in the chopped chives and olive oil until well incorporated.
3. Arrange the cucumber slices on a serving platter.
4. Spoon a small amount of the steak tartare mixture onto each cucumber slice.
5. Chill the canapés in the refrigerator for 15 minutes before serving to allow flavors to meld.
6. Serve immediately and enjoy the fresh, savory bites.



Nutritional Information:

Calories: 45, Protein: 4g, Carbohydrates: 1g, Fat: 3g, Fiber: 0g, Cholesterol: 10mg, Sodium: 150mg, Potassium: 80mg



LAMB LOIN SKEWERS WITH GARLIC BUTTER



Pieces:
6



Prep:
20 min



Cook:
10 min



Equipment: Skewers, Grill or Grill Pan, Small Saucepan



Ingredients:

- 1 lb lamb loin, cut into 1-inch cubes
- 4 tbsp unsalted butter
- 3 cloves garlic, minced
- 1 tsp sea salt
- 1/2 tsp black pepper
- 1 tbsp fresh parsley, chopped (optional for garnish)



Directions:

1. Preheat the grill or grill pan to medium-high heat.
2. Thread the lamb cubes onto skewers, ensuring even spacing.
3. In a small saucepan, melt the butter over low heat and add the minced garlic. Cook until fragrant, about 2 minutes.
4. Season the lamb skewers with sea salt and black pepper.
5. Grill the skewers for 8-10 minutes, turning occasionally, until the lamb is cooked to your desired doneness.
6. Brush the garlic butter over the skewers during the last few minutes of grilling.
7. Garnish with fresh parsley before serving, if desired.



Nutritional Information:

Calories: 210, Protein: 24g, Carbohydrates: 1g, Fat: 13g, Fiber: 0g, Cholesterol: 70mg, Sodium: 320mg, Potassium: 320mg



SPICY CHORIZO STUFFED MUSHROOMS



Pieces:
12



Prep:
15 min



Cook:
20 min



Equipment: Baking Sheet, Skillet, Mixing Bowl



Ingredients:

- 12 large white mushrooms
- 8 oz chorizo sausage, casing removed
- 4 oz cream cheese, softened
- 1/4 cup grated Parmesan cheese
- 1 tsp smoked paprika
- 1 tbsp olive oil
- Salt and pepper to taste



Directions:

1. Preheat the oven to 375°F (190°C).
2. Clean the mushrooms and remove the stems. Set the caps aside and finely chop the stems.
3. In a skillet over medium heat, cook the chorizo until browned. Add the chopped mushroom stems and cook for another 2–3 minutes.
4. In a mixing bowl, combine the cooked chorizo mixture with cream cheese, Parmesan cheese, smoked paprika, salt, and pepper.
5. Stuff each mushroom cap with the chorizo mixture and place them on a baking sheet. Drizzle with olive oil.
6. Bake for 15–20 minutes until the mushrooms are tender and the tops are golden brown.



Nutritional Information:

Calories: 120, Protein: 6g, Carbohydrates: 2g, Fat: 10g, Fiber: 0g, Cholesterol: 25mg, Sodium: 320mg, Potassium: 150mg



SMOKED TROUT PÂTÉ



Servings:
6



Prep:
15 min



Chill:
30 min



Equipment: Food Processor, Mixing Bowl, Spatula



Ingredients:

- 8 oz smoked trout, skin removed
- 4 oz cream cheese, softened
- 2 tbsp unsalted butter, softened
- 1 tbsp lemon juice
- 1 tsp sea salt
- 1/2 tsp black pepper



Directions:

1. Place the smoked trout in a food processor and pulse until finely chopped.
2. Add the cream cheese, unsalted butter, lemon juice, sea salt, and black pepper to the processor.
3. Blend until smooth and creamy, scraping down the sides as needed.
4. Transfer the mixture to a mixing bowl and chill in the refrigerator for 30 minutes to allow flavors to meld.
5. Serve chilled, spreading on slices of meat or enjoy as is.



Nutritional Information:

Calories: 160, Protein: 12g, Carbohydrates: 1g, Fat: 12g, Fiber: 0g, Cholesterol: 45mg, Sodium: 320mg, Potassium: 180mg



GRILLED CHICKEN DRUMETTES WITH ROSEMARY



Pieces:
12



Prep:
10 min



Cook:
20 min



Equipment: Grill, Mixing Bowl, Tongs



Ingredients:

- 2 lbs chicken drumettes
- 2 tbsp olive oil
- 1 tbsp fresh rosemary, chopped
- 1 tsp garlic powder
- 1 tsp sea salt
- 1/2 tsp black pepper



Directions:

1. Preheat the grill to medium-high heat.
2. In a mixing bowl, combine olive oil, rosemary, garlic powder, sea salt, and black pepper.
3. Add the chicken drumettes to the bowl and toss to coat them evenly with the marinade.
4. Place the drumettes on the grill and cook for 10 minutes on each side, or until fully cooked and golden brown.
5. Remove from the grill and let rest for a few minutes before serving.



Nutritional Information:

Calories: 150, Protein: 15g, Carbohydrates: 0g, Fat: 10g, Fiber: 0g, Cholesterol: 50mg, Sodium: 250mg, Potassium: 150mg



CARNIVORE DEVILED EGGS WITH SHREDDED BEEF



Pieces:
12



Prep:
15 min



Cook:
10 min



Equipment: Saucepan, Mixing Bowl, Spoon



Ingredients:

- 6 large eggs
- 4 oz shredded beef
- 2 tbsp mayonnaise
- 1 tsp Dijon mustard
- 1/2 tsp salt
- 1/4 tsp black pepper



Directions:

1. Place the eggs in a saucepan and cover with water. Bring to a boil, then reduce heat and simmer for 10 minutes.
2. Drain and cool the eggs under cold running water. Peel and halve them lengthwise.
3. Remove the yolks and place them in a mixing bowl. Add mayonnaise, mustard, salt, and pepper, and mash until smooth.
4. Stir in the shredded beef until well combined.
5. Spoon the yolk mixture back into the egg whites.
6. Serve immediately or refrigerate until ready to enjoy.



Nutritional Information:

Calories: 85, Protein: 7g, Carbohydrates: 1g, Fat: 6g, Fiber: 0g, Cholesterol: 95mg, Sodium: 180mg, Potassium: 60mg



CRISPY SHREDDED DUCK WITH MELTED CHEDDAR



Pieces:
4



Prep:
10 min



Cook:
2 h



Equipment: Dutch Oven, Skillet, Tongs



Ingredients:

- 2 lbs duck legs
- 1 tbsp salt
- 1 tsp black pepper (optional for less strict version)
- 1 cup duck fat
- 6 oz cheddar cheese, sliced



Directions:

1. Preheat the oven to 300°F (150°C).
2. Season the duck legs with salt (and pepper, if using), then place them in a Dutch oven.
3. Pour duck fat over the legs until fully covered.
4. Cover and cook in the oven for 2 hours, until the meat is very tender.
5. Remove the duck from the fat and shred the meat using tongs.
6. Heat a skillet over medium heat and sear the shredded duck for 2–3 minutes until golden and crisp.
7. Top with sliced cheddar cheese and let it melt slightly before serving.
8. Serve hot and enjoy the rich, savoury flavour.



Nutritional Information:

Calories: 480, Protein: 35g, Carbohydrates: 0g, Fat: 38g, Fibre: 0g, Cholesterol: 210mg, Sodium: 720mg, Potassium: 310mg



CRUSTED LAMB CHOPS WITH THYME



Servings:
4



Prep:
10 min



Cook:
15 min



Equipment: Skillet, Tongs, Meat Thermometer



Ingredients:

- 1.5 lbs lamb chops
- 2 tbsp unsalted butter
- 1 tsp fresh thyme leaves
- 1 tsp sea salt
- 1/2 tsp black pepper



Directions:

1. Season the lamb chops with salt, pepper, and thyme leaves.
2. Heat the butter in a skillet over medium-high heat until melted and hot.
3. Add the lamb chops to the skillet and cook for 3–4 minutes on each side, or until a golden crust forms.
4. Use a meat thermometer to ensure the internal temperature reaches 145°F for medium-rare.
5. Remove from heat and let rest for 5 minutes before serving.



Nutritional Information:

Calories: 320, Protein: 28g, Carbohydrates: 0g, Fat: 22g,
Fiber: 0g, Cholesterol: 95 mg, Sodium: 320 mg, Potassium:
340 mg



GARLIC BUTTER SHRIMP SKEWERS



Servings:
4



Prep:
10 min



Cook:
8 min



Equipment: Grill, Skewers, Mixing Bowl



Ingredients:

- 1 lb shrimp, peeled and deveined
- 4 tbsp unsalted butter, melted
- 2 tsp garlic powder
- 1 tsp sea salt
- 1/2 tsp black pepper
- 1 tbsp lemon juice



Directions:

1. Preheat the grill to medium-high heat.
2. In a mixing bowl, combine melted butter, garlic powder, sea salt, black pepper, and lemon juice.
3. Add shrimp to the bowl and toss until well coated with the garlic butter mixture.
4. Thread the shrimp onto skewers, ensuring they are evenly spaced.
5. Grill the skewers for 3–4 minutes on each side, until the shrimp are opaque and cooked through.



Nutritional Information:

Calories: 210, Protein: 24g, Carbohydrates: 1g, Fat: 12g,
Fiber: 0g, Cholesterol: 215 mg, Sodium: 780 mg,
Potassium: 220 mg



VEAL LIVER PATE



Servings:
8



Prep:
15 min



Cook:
15 min



Equipment: Skillet, Food Processor, Spatula



Ingredients:

- 8 oz veal liver, cleaned and chopped
- 3 tbsp unsalted butter or beef tallow
- 1/4 cup heavy cream
- Salt to taste



Directions:

1. Heat 2 tablespoons of butter in a skillet over medium heat.
2. Add the veal liver and cook for 3–4 minutes per side, until browned on the outside but still slightly pink inside to keep it tender.
3. Transfer the cooked liver to a food processor. Add the remaining butter and heavy cream.
4. Blend until smooth and creamy. Adjust consistency with a little extra melted butter if needed.
5. Serve warm or chilled, topped with a small amount of melted butter or tallow instead of toast.



Nutritional Information:

Calories: 190, Protein: 13g, Carbohydrates: 0g, Fat: 15g, Fibre: 0g, Cholesterol: 160mg, Sodium: 150mg, Potassium: 230mg



CURED SALMON ROLLS WITH CREAM CHEESE



Rolls:
8



Prep:
20 min



Chill:
1 h



Equipment: Sharp Knife, Cutting Board, Mixing Bowl



Ingredients:

- 8 oz cured salmon slices
- 4 oz cream cheese, softened
- 1 tsp lemon zest
- 1/4 tsp black pepper
- 1 tbsp fresh dill, finely chopped



Directions:

1. Lay the cured salmon slices flat on a cutting board.
2. In a mixing bowl, combine the cream cheese, dill, lemon zest, and black pepper until smooth.
3. Spread a thin layer of the cream cheese mixture over each salmon slice.
4. Roll each salmon slice tightly into a roll.
5. Chill the rolls in the refrigerator for 1 hour before serving.
6. Slice each roll into bite-sized pieces and serve.



Nutritional Information:

Calories: 85, Protein: 6g, Carbohydrates: 1g, Fat: 6g, Fiber: 0g, Cholesterol: 20mg, Sodium: 240mg, Potassium: 120mg



PORK BELLY CRACKLINGS WITH SEA SALT



Pieces:
8



Prep:
15 min



Cook:
1 h



Equipment: Baking Sheet, Sharp Knife, Paper Towels



Ingredients:

- 1 lb Pork Belly, skin-on
- 1 tbsp Sea Salt
- 1 tsp Black Pepper (optional)



Directions:

1. Preheat your oven to 400°F (200°C).
2. Pat the pork belly dry with paper towels to remove excess moisture.
3. Score the skin of the pork belly in a crosshatch pattern using a sharp knife, being careful not to cut into the meat.
4. Rub the sea salt (and black pepper, if using) evenly over the scored skin.
5. Place the pork belly on a baking sheet, skin side up, and bake for 1 hour or until the skin is golden and crispy.
6. Remove from the oven and let it cool slightly before cutting into bite-sized pieces.



Nutritional Information:

Calories: 220, Protein: 15g, Carbohydrates: 0g, Fat: 18g,
Fiber: 0g, Cholesterol: 45mg, Sodium: 350mg, Potassium:
150mg



ROASTED BONE MARROW



Servings:
8



Prep:
10 min



Cook:
20 min



Equipment: Oven, Baking Tray, Spoon, Tongs



Ingredients:

- 1 lb beef marrow bones, cut lengthwise or crosswise
- Salt to taste (optional for less strict version)



Directions:

1. Preheat the oven to 450°F (232°C).
2. Arrange the marrow bones on a baking tray, cut side up.
3. Roast for 15–20 minutes, until the marrow is soft, bubbling, and slightly browned at the edges.
4. Remove from the oven and let rest for a few minutes.
5. Scoop out the marrow and serve immediately — enjoy it as is, or spread over slices of seared beef or crispy cooked fat for added texture.



Nutritional Information:

Calories: 220, Protein: 6g, Carbohydrates: 0g, Fat: 22g,
Fibre: 0g, Cholesterol: 40mg, Sodium: 120mg, Potassium:
90mg



CRISPY PROSCIUTTO ROLLS



Pieces:
12



Prep:
10 min



Cook:
15 min



Equipment: Baking Tray, Parchment Paper, Tongs



Ingredients:

- 6 oz prosciutto slices
- 4 oz mozzarella or cream cheese (optional filling for added fat)



Directions:

1. Preheat the oven to 400°F (200°C) and line a baking tray with parchment paper.
2. Roll up each prosciutto slice, or spread with cheese before rolling for a creamier centre.
3. Arrange the rolls on the baking tray, spacing them slightly apart.
4. Bake for 12–15 minutes, or until the prosciutto is crisp and golden.
5. Remove from the oven and allow to cool slightly before serving.



Nutritional Information:

Calories: 90, Protein: 6g, Carbohydrates: 0g, Fat: 7g, Fibre: 0g, Cholesterol: 25mg, Sodium: 420mg, Potassium: 80mg



MINI BEEF TACOS WITH CHEESE SHELLS



Pieces:
12



Prep:
15 min



Cook:
20 min



Equipment: Baking Sheet, Skillet, Parchment Paper



Ingredients:

- 1 lb ground beef
- 12 oz cheddar cheese, shredded
- 1 tsp salt
- 1 tsp black pepper
- 1 tsp garlic powder
- 1 tsp onion powder



Directions:

1. Preheat the oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. Place small mounds of shredded cheddar cheese (about 1 oz each) on the baking sheet, flattening them slightly to form circles. Bake for 5-7 minutes until the edges are golden and crispy.
3. While the cheese shells are baking, heat a skillet over medium heat. Add the ground beef and season with salt, black pepper, garlic powder, and onion powder. Cook until browned, about 8-10 minutes.
4. Remove the cheese shells from the oven and let them cool slightly, then gently mold them into taco shell shapes.
5. Fill each cheese shell with a spoonful of the seasoned ground beef.
6. Serve immediately while the shells are still crisp.



Nutritional Information:

Calories: 150, Protein: 10g, Carbohydrates: 1g, Fat: 12g, Fiber: 0g, Cholesterol: 35mg, Sodium: 250mg, Potassium: 100mg



SPICY CHICKEN WINGLETS WITH BLUE CHEESE DIP



Servings:
4



Prep:
15 min



Cook:
25 min



Equipment: Oven, Mixing Bowl, Baking Sheet



Ingredients:

- 2 lbs chicken winglets
- 2 tbsp olive oil
- 1 tsp cayenne pepper
- 1 tsp garlic powder
- 1 tsp salt
- 1/2 cup blue cheese, crumbled
- 1/4 cup sour cream
- 1/4 cup mayonnaise



Directions:

1. Preheat the oven to 400°F (200°C).
2. In a mixing bowl, toss the chicken winglets with olive oil, cayenne pepper, garlic powder, and salt until evenly coated.
3. Arrange the winglets on a baking sheet and bake for 25 minutes, turning halfway through.
4. While the winglets are baking, prepare the blue cheese dip by combining blue cheese, sour cream, and mayonnaise in a small bowl. Mix until smooth.
5. Serve the spicy winglets hot with the blue cheese dip on the side.



Nutritional Information:

Calories: 450, Protein: 35g, Carbohydrates: 2g, Fat: 35g, Fiber: 0g, Cholesterol: 120mg, Sodium: 750mg, Potassium: 250mg



SMOKED SAUSAGE BITES WITH MUSTARD SAUCE



Pieces:
24



Prep:
10 min



Cook:
15 min



Equipment: Skillet, Mixing Bowl, Whisk



Ingredients:

- 1 lb smoked sausage, sliced into 1-inch pieces
- 2 tbsp unsalted butter
- 1/2 cup Dijon mustard
- 2 tbsp heavy cream
- 1 tsp apple cider vinegar
- 1/4 tsp black pepper



Directions:

1. Heat the skillet over medium heat and melt the butter.
2. Add the smoked sausage pieces to the skillet and cook for 10–12 minutes, turning occasionally, until browned and heated through.
3. In a mixing bowl, whisk together the Dijon mustard, heavy cream, apple cider vinegar, and black pepper until smooth.
4. Serve the sausage bites warm with the mustard sauce on the side for dipping.



Nutritional Information:

Calories: 85, Protein: 3g, Carbohydrates: 1g, Fat: 8g, Fiber: 0g, Cholesterol: 15mg, Sodium: 250mg, Potassium: 100mg



JUICY GRILLED LAMB KEBABS



Servings:
6



Prep:
20 min



Cook:
15 min



Equipment: Grill, Skewers, Mixing Bowl



Ingredients:

- 2 lbs lamb shoulder, cut into 1-inch cubes
- 2 tsp olive oil
- 1 tsp sea salt
- 1 tsp black pepper
- 1 tsp garlic powder
- 1 tsp onion powder



Directions:

1. Preheat the grill to medium-high heat.
2. In a mixing bowl, combine lamb cubes, olive oil, sea salt, black pepper, garlic powder, and onion powder. Mix well to coat the lamb evenly.
3. Thread the seasoned lamb cubes onto skewers, ensuring they are packed tightly.
4. Place the skewers on the grill and cook for 12–15 minutes, turning occasionally, until the lamb is cooked to your desired level of doneness.
5. Remove from the grill and let rest for a few minutes before serving.



Nutritional Information:

Calories: 320, Protein: 26g, Carbohydrates: 1g, Fat: 24g, Fiber: 0g, Cholesterol: 90mg, Sodium: 350mg, Potassium: 400mg



PORK RIND NACHOS WITH SPICY BEEF



Servings:
4



Prep:
15 min



Cook:
10 min



Equipment: Skillet, Baking Sheet, Oven



Ingredients:

- 8 oz pork rinds
- 1 lb ground beef
- 1 tsp chili powder
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1 cup shredded cheddar cheese
- 1/4 cup sour cream (optional)
- 1/4 cup chopped green onions (optional)



Directions:

1. Preheat oven to 375°F (190°C).
2. In a skillet over medium heat, cook the ground beef until browned. Drain excess fat.
3. Add chili powder, garlic powder, and onion powder to the beef. Stir well to combine.
4. Spread pork rinds evenly on a baking sheet. Top with the cooked beef and sprinkle with cheddar cheese.
5. Bake in the oven for 5–7 minutes, or until the cheese is melted and bubbly.
6. Serve with sour cream and green onions, if desired.



Nutritional Information:

Calories: 450, Protein: 30g, Carbohydrates: 2g, Fat: 35g, Fiber: 0g, Cholesterol: 90 mg, Sodium: 600 mg, Potassium: 450 mg



Pork





HERB-INFUSED PORK TENDERLOIN MEDALLIONS



Servings:
4



Prep:
15 min



Cook:
20 min



Equipment: Skillet, Knife, Cutting Board



Ingredients:

- 1 lb pork tenderloin
- 2 tsp olive oil
- 1 tsp sea salt
- 1/2 tsp black pepper
- 1 tsp dried rosemary
- 1 tsp dried thyme
- 2 cloves garlic, minced



Directions:

1. Slice the pork tenderloin into 1-inch thick medallions.
2. Season the medallions with sea salt, black pepper, rosemary, and thyme.
3. Heat olive oil in a skillet over medium-high heat.
4. Add garlic and sauté for 1 minute until fragrant.
5. Place the medallions in the skillet and cook for 3-4 minutes on each side until browned and cooked through.
6. Remove from heat and let rest for 5 minutes before serving.



Nutritional Information:

Calories: 220, Protein: 28g, Carbohydrates: 1g, Fat: 12g, Fiber: 0g, Cholesterol: 80mg, Sodium: 350mg, Potassium: 450mg



BACON-WRAPPED PORK LOIN WITH TRUFFLE BUTTER



Servings:
6



Prep:
20 min



Cook:
1 h



Equipment: Oven, Baking Sheet, Meat Thermometer



Ingredients:

- 2 lbs pork loin
- 8 oz bacon slices
- 4 tbsp truffle butter, softened
- 1 tsp sea salt
- 1/2 tsp black pepper
- 1 tsp garlic powder



Directions:

1. Preheat the oven to 375°F (190°C).
2. Rub the pork loin with truffle butter, ensuring an even coating.
3. Season the pork with sea salt, black pepper, and garlic powder.
4. Wrap the bacon slices around the pork loin, securing them with toothpicks if necessary.
5. Place the bacon-wrapped pork loin on a baking sheet and roast for 1 hour, or until the internal temperature reaches 145°F (63°C).
6. Let the pork rest for 10 minutes before slicing and serving.



Nutritional Information:

Calories: 450, Protein: 32g, Carbohydrates: 0g, Fat: 36g, Fiber: 0g, Cholesterol: 110 mg, Sodium: 780 mg, Potassium: 450 mg



SAVORY PORK CHOPS WITH BONE MARROW GRAVY



Servings:
4



Prep:
15 min



Cook:
30 min



Equipment: Cast Iron Skillet, Saucepan, Tongs



Ingredients:

- 4 (8 oz each) bone-in pork chops
- 2 tbsp lard or beef tallow
- 1 tsp sea salt
- 1/2 tsp black pepper
- 4 oz bone marrow
- 1/2 cup beef broth
- 1 tbsp unsalted butter



Directions:

1. Season pork chops with sea salt and black pepper on both sides.
2. Heat lard or beef tallow in a cast iron skillet over medium-high heat.
3. Sear pork chops for 4-5 minutes on each side until golden brown and cooked through. Remove and let rest.
4. In a saucepan, melt bone marrow over low heat, then add beef broth and simmer for 5 minutes.
5. Whisk in unsalted butter until the gravy is smooth and creamy.
6. Serve pork chops with bone marrow gravy drizzled on top.



Nutritional Information:

Calories: 520, Protein: 45g, Carbohydrates: 0g, Fat: 38g, Fiber: 0g, Cholesterol: 160 mg, Sodium: 480 mg, Potassium: 650 mg



ROASTED PORCHETTA WITH CRISPY CRACKLING



Servings:
6



Prep:
20 min



Cook:
2 h 30 min



Equipment: Oven, Roasting Pan, Sharp Knife



Ingredients:

- 3 lbs Pork Belly
- 1 lb Pork Tenderloin
- 2 tbsp Sea Salt
- 1 tbsp Black Pepper
- 2 tbsp Olive Oil
- 1 tbsp Fennel Seeds
- 1 tbsp Fresh Rosemary, chopped
- 1 tbsp Fresh Thyme, chopped
- 4 cloves Garlic, minced



Directions:

1. Preheat the oven to 450°F (232°C).
2. Lay the pork belly skin-side down and place the tenderloin in the center. Season with salt, pepper, fennel seeds, rosemary, thyme, and garlic.
3. Roll the pork belly around the tenderloin and secure with kitchen twine.
4. Rub the outside with olive oil and sprinkle generously with sea salt for crispy skin.
5. Place in a roasting pan and cook for 30 minutes, then reduce the temperature to 325°F (163°C) and cook for an additional 2 hours.
6. Let rest for 10 minutes before slicing.



Nutritional Information:

Calories: 720, Protein: 40g, Carbohydrates: 1g, Fat: 64g, Fiber: 0g, Cholesterol: 180mg, Sodium: 980mg, Potassium: 620mg



SMOKY GRILLED SPARERIBS WITH GARLIC BUTTER



Servings:
4



Prep:
20 min



Cook:
1 h 30
min



Equipment: Grill, Basting Brush, Aluminum Foil



Ingredients:

- 4 lbs pork spareribs
- 1/4 cup unsalted butter
- 4 cloves garlic, minced
- 1 tbsp smoked paprika
- 1 tsp sea salt
- 1/2 tsp black pepper



Directions:

1. Preheat the grill to medium heat.
2. Melt the butter in a small saucepan over low heat, then add minced garlic, smoked paprika, sea salt, and black pepper. Stir until well combined.
3. Place the spareribs on the grill, bone side down. Cover and cook for 1 hour, basting occasionally with the garlic butter mixture.
4. Wrap the ribs in aluminum foil and continue to grill for an additional 30 minutes, ensuring they are tender and juicy.
5. Remove from the grill, let rest for 5 minutes, then serve hot with remaining garlic butter drizzled on top.



Nutritional Information:

Calories: 850, Protein: 70g, Carbohydrates: 2g, Fat: 62g,
Fiber: 0g, Cholesterol: 230 mg, Sodium: 650 mg,
Potassium: 750 mg



SLOW-COOKED PORK BELLY WITH PINK SALT



Servings:
6



Prep:
15 min



Cook:
3 h



Equipment: Slow Cooker, Sharp Knife, Cutting Board



Ingredients:

- 3 lbs pork belly
- 2 tbsp pink salt
- 1 tsp black pepper
- 1 cup water



Directions:

1. Pat the pork belly dry with paper towels and score the skin with a sharp knife.
2. Rub pink salt and black pepper evenly over the pork belly.
3. Place the pork belly in the slow cooker, skin side up, and pour in the water.
4. Cover and cook on low for 3 hours until the pork is tender and juicy.
5. Remove from the slow cooker and let it rest for 10 minutes before slicing.



Nutritional Information:

Calories: 420, Protein: 15g, Carbohydrates: 0g, Fat: 40g,
Fiber: 0g, Cholesterol: 70mg, Sodium: 850mg, Potassium:
180mg



PORK RILLETTES WITH AROMATIC HERBS



Jars:
4



Prep:
20 min



Cook:
3 h



Equipment: Dutch Oven, Mixing Bowl, Mason Jars



Ingredients:

- 2 lbs pork shoulder, cut into 2-inch cubes
- 1 cup pork fat, cubed
- 1 tbsp sea salt
- 1 tsp black pepper
- 2 tsp dried thyme
- 1 tsp dried rosemary
- 1 cup water



Directions:

1. Preheat your oven to 275°F (135°C).
2. In a Dutch oven, combine pork shoulder, pork fat, sea salt, black pepper, thyme, and rosemary.
3. Add water and bring to a simmer over medium heat. Cover the Dutch oven with a lid.
4. Transfer the Dutch oven to the oven and cook for 3 hours, until the pork is tender and easily shredded.
5. Remove from the oven and let cool slightly. Shred the pork with two forks, mixing it with the fat and juices.
6. Pack the shredded pork into mason jars, ensuring the top is covered with a thin layer of fat.
7. Seal the jars and refrigerate for at least 4 hours before serving.



Nutritional Information:

Calories: 320, Protein: 25g, Carbohydrates: 0g, Fat: 24g, Fiber: 0g, Cholesterol: 85 mg, Sodium: 600 mg, Potassium: 350 mg



SPICED PULLED PORK WITH BONE BROTH JUS



Servings:
6



Prep:
20 min



Cook:
6 h



Equipment: Slow Cooker, Mixing Bowl, Large Skillet



Ingredients:

- 3 lbs pork shoulder
- 2 tsp sea salt
- 1 tsp black pepper
- 1 tbsp smoked paprika
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 cup bone broth
- 2 tbsp apple cider vinegar
- 2 tbsp ghee or butter



Directions:

1. Season the pork shoulder with sea salt, black pepper, smoked paprika, garlic powder, and onion powder.
2. Place the seasoned pork in the slow cooker and pour the bone broth and apple cider vinegar over it.
3. Cook on low for 6 hours until the pork is tender and easily shredded.
4. Remove the pork from the slow cooker and shred it using two forks.
5. In a large skillet, melt the ghee or butter over medium heat and add the shredded pork, cooking until slightly crispy.
6. Serve the pulled pork with the bone broth jus from the slow cooker.



Nutritional Information:

Calories: 450, Protein: 35g, Carbohydrates: 2g, Fat: 33g, Fiber: 0g, Cholesterol: 120mg, Sodium: 800mg, Potassium: 550mg



STUFFED PORK TENDERLOIN WITH PANCETTA



Servings:
4



Prep:
20 min



Cook:
45 min



Equipment: Oven, Baking Sheet, Skillet, Toothpicks



Ingredients:

- 1.5 lbs pork tenderloin
- 4 oz pancetta, thinly sliced
- 4 oz cream cheese
- 2 oz grated Parmesan cheese
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tbsp olive oil
- Salt and pepper to taste



Directions:

1. Preheat the oven to 375°F (190°C).
2. Butterfly the pork tenderloin by slicing it lengthwise, being careful not to cut all the way through. Open it flat and season with salt, pepper, garlic powder, and onion powder.
3. Spread cream cheese evenly over the inside of the tenderloin and sprinkle with Parmesan cheese.
4. Roll the tenderloin back up and wrap it with pancetta slices, securing with toothpicks.
5. Heat olive oil in a skillet over medium-high heat. Sear the tenderloin on all sides until pancetta is crispy, about 5 minutes.
6. Transfer to a baking sheet and roast in the oven for 40 minutes, or until the internal temperature reaches 145°F (63°C).
7. Let rest for 5 minutes before slicing and serving.



Nutritional Information:

Calories: 450, Protein: 45g, Carbohydrates: 2g, Fat: 30g, Fiber: 0g, Cholesterol: 130 mg, Sodium: 850 mg, Potassium: 650 mg



SIZZLING PORK SAUSAGES WITH SAGE BUTTER



Servings:
4



Prep:
10 min



Cook:
20 min



Equipment: Skillet, Tongs, Small Bowl



Ingredients:

- 1 lb pork sausages
- 4 tbsp unsalted butter
- 1 tbsp fresh sage, finely chopped
- 1 tsp sea salt
- 1/2 tsp black pepper



Directions:

1. Heat the skillet over medium heat and add the pork sausages.
2. Cook the sausages for 15 minutes, turning occasionally, until they are browned and cooked through.
3. In a small bowl, melt the butter and mix in the chopped sage, sea salt, and black pepper.
4. Pour the sage butter over the cooked sausages in the skillet.
5. Allow the sausages to sizzle in the sage butter for an additional 5 minutes, ensuring they are well-coated.
6. Serve hot, drizzled with any remaining sage butter from the skillet.



Nutritional Information:

Calories: 350, Protein: 18g, Carbohydrates: 1g, Fat: 31g, Fiber: 0g, Cholesterol: 80mg, Sodium: 720mg, Potassium: 250mg



PORK & OFFAL TERRINE WITH BLACK PEPPER



Slices:
8



Prep:
20 min



Cook:
1 h 30
min



Equipment: Large Mixing Bowl, Terrine Mold, Oven



Ingredients:

- 1 lb ground pork
- 8 oz pork liver, finely chopped
- 4 oz pork belly, diced
- 2 tsp black pepper, freshly ground
- 1 tsp sea salt
- 2 tbsp unsalted butter, melted
- 2 large eggs, beaten



Directions:

1. Preheat the oven to 325°F (165°C).
2. In a large mixing bowl, combine ground pork, pork liver, and pork belly.
3. Add black pepper, sea salt, melted butter, and beaten eggs to the mixture; mix well until evenly combined.
4. Pack the mixture into a terrine mold, pressing down to eliminate air pockets.
5. Cover the mold with foil and place it in a larger baking dish filled with water halfway up the sides of the mold.
6. Bake for 1 hour 30 minutes until firm and cooked through.
7. Allow to cool slightly before slicing.



Nutritional Information:

Calories: 320, Protein: 22g, Carbohydrates: 1g, Fat: 26g, Fiber: 0g, Cholesterol: 180mg, Sodium: 350mg, Potassium: 320mg



CRISPY PORK HOCK WITH ROSEMARY SALT



Servings:
4



Prep:
20 min



Cook:
2 h



Equipment: Roasting Pan, Oven, Small Bowl



Ingredients:

- 2 lbs Pork Hock
- 2 tbsp Olive Oil
- 1 tbsp Sea Salt
- 1 tsp Fresh Rosemary, finely chopped
- 1 tsp Black Pepper



Directions:

1. Preheat the oven to 350°F.
2. Rub the pork hock with olive oil, ensuring an even coating.
3. In a small bowl, mix sea salt, rosemary, and black pepper, then rub the mixture onto the pork hock.
4. Place the pork hock in a roasting pan and cook in the oven for 2 hours, or until the skin is crispy and the meat is tender.
5. Let it rest for 10 minutes before slicing and serving.



Nutritional Information:

Calories: 450, Protein: 35g, Carbohydrates: 0g, Fat: 35g, Fiber: 0g, Cholesterol: 120mg, Sodium: 800mg, Potassium: 450mg



SUCCULENT PORK CHEEKS BRAISED IN BONE BROTH



Servings:
4



Prep:
20 min



Cook:
2 h



Equipment: Dutch Oven, Tongs, Measuring Cups



Ingredients:

- 2 lbs pork cheeks
- 4 cups beef bone broth
- 2 tbsp lard
- 1 tsp sea salt
- 1 tsp black pepper
- 2 cloves garlic, minced



Directions:

1. Heat the lard in a Dutch oven over medium-high heat.
2. Season the pork cheeks with sea salt and black pepper.
3. Sear the pork cheeks in the Dutch oven until browned on all sides, about 5 minutes.
4. Add the minced garlic and cook for an additional 1 minute.
5. Pour in the beef bone broth, ensuring the pork cheeks are submerged.
6. Reduce the heat to low, cover, and let simmer for 2 hours until the pork cheeks are tender.



Nutritional Information:

Calories: 450, Protein: 40g, Carbohydrates: 0g, Fat: 32g, Fiber: 0g, Cholesterol: 120mg, Sodium: 600mg, Potassium: 450mg



GRILLED PORK SKEWERS



Servings:
4



Prep:
10 min



Cook:
15 min



Equipment: Grill, Skewers, Mixing Bowl



Ingredients:

- 1.5 lbs pork tenderloin, cut into 1-inch cubes
- 2 tbsp melted pork fat or lard
- 1 tsp sea salt (optional for less strict version)



Directions:

1. In a mixing bowl, combine the melted pork fat and salt.
2. Add the pork cubes and toss to coat evenly. Let rest for 10 minutes to absorb the flavour.
3. Thread the pork cubes onto skewers, leaving a little space between each piece.
4. Preheat the grill to medium-high heat. Place the skewers on the grill.
5. Cook for 12–15 minutes, turning occasionally, until the pork is golden, slightly charred, and cooked through.
6. Remove from the grill and let rest for 5 minutes before serving.



Nutritional Information:

Calories: 310, Protein: 35g, Carbohydrates: 0g, Fat: 19g, Fiber: 0g, Cholesterol: 100mg, Sodium: 440mg, Potassium: 540mg



OVEN-ROASTED PORK SHOULDER WITH BAY LEAVES



Servings:
6



Prep:
20 min



Cook:
3 h



Equipment: Roasting Pan, Oven, Meat Thermometer



Ingredients:

- 4 lbs Pork Shoulder
- 2 tbsp Olive Oil
- 6 Bay Leaves
- 1 tbsp Sea Salt
- 1 tsp Black Pepper
- 1 tsp Garlic Powder



Directions:

1. Preheat your oven to 325°F (163°C).
2. Rub the pork shoulder with olive oil, ensuring it's evenly coated.
3. Season the pork with sea salt, black pepper, and garlic powder.
4. Place the bay leaves on top of the pork shoulder and transfer it to a roasting pan.
5. Roast in the oven for 3 hours, or until the internal temperature reaches 190°F (88°C).
6. Allow the pork to rest for 15 minutes before slicing and serving.



Nutritional Information:

Calories: 480, Protein: 45g, Carbohydrates: 0g, Fat: 32g, Fiber: 0g, Cholesterol: 135mg, Sodium: 720mg, Potassium: 650mg



PORK LIVER PATE



Servings:
6



Prep:
15 min



Cook:
15 min



Equipment: Frying Pan, Food Processor, Spatula



Ingredients:

- 1 lb pork liver, cleaned and chopped
- 3 tbsp unsalted butter or pork fat
- 1/2 cup heavy cream
- Salt to taste (optional for less strict version)



Directions:

1. Melt 2 tablespoons of butter in a frying pan over medium heat.
2. Add the pork liver and cook for 5–7 minutes, turning occasionally, until browned on the outside but still slightly pink inside to keep it tender.
3. Transfer the cooked liver to a food processor. Add the remaining butter and heavy cream.
4. Blend until smooth and creamy. Adjust the consistency with a little extra melted butter if desired.
5. Serve warm or chilled. For extra richness, top with a thin layer of melted butter or pork fat before refrigerating.



Nutritional Information:

Calories: 220, Protein: 19g, Carbohydrates: 0g, Fat: 16g, Fibre: 0g, Cholesterol: 255mg, Sodium: 310mg, Potassium: 340mg



SPARE RIBS WITH SMOKY PAPRIKA RUB



Servings:
4



Prep:
15 min



Cook:
2 h



Equipment: Oven, Baking Sheet, Aluminum Foil



Ingredients:

- 2 lbs pork spare ribs
- 2 tbsp smoked paprika
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp black pepper
- 1 tsp salt
- 1 tbsp olive oil



Directions:

1. Preheat the oven to 300°F (150°C).
2. In a small bowl, mix smoked paprika, garlic powder, onion powder, black pepper, and salt.
3. Rub the olive oil over the ribs, then coat them evenly with the spice mixture.
4. Place the ribs on a baking sheet lined with aluminum foil, cover with another piece of foil, and seal tightly.
5. Bake in the preheated oven for 2 hours, or until the meat is tender and easily pulls away from the bone.
6. Remove the top foil and increase the oven temperature to 400°F (200°C) to brown the ribs for an additional 10 minutes.
7. Let rest for 5 minutes before slicing and serving.



Nutritional Information:

Calories: 450, Protein: 30g, Carbohydrates: 2g, Fat: 36g, Fiber: 1g, Cholesterol: 110 mg, Sodium: 750 mg, Potassium: 500 mg



COUNTRY-STYLE PORK RIBS WITH THYME BUTTER



Servings:
4



Prep:
15 min



Cook:
1 h 30 min



Equipment: Oven, Baking Dish, Small Saucepan



Ingredients:

- 2 lbs country-style pork ribs
- 4 tbsp unsalted butter
- 1 tbsp fresh thyme leaves, chopped
- 1 tsp sea salt
- 1/2 tsp black pepper



Directions:

1. Preheat the oven to 325°F (163°C).
2. Season the pork ribs with sea salt and black pepper, ensuring even coverage.
3. Place the ribs in a baking dish and cover with aluminum foil.
4. Bake in the preheated oven for 1 hour 15 minutes.
5. In a small saucepan, melt the butter over low heat and stir in the chopped thyme.
6. Remove the foil from the ribs, brush with thyme butter, and bake uncovered for an additional 15 minutes.
7. Serve hot, drizzling any remaining thyme butter over the ribs.



Nutritional Information:

Calories: 450, Protein: 30g, Carbohydrates: 1g, Fat: 36g, Fiber: 0g, Cholesterol: 120mg, Sodium: 420mg, Potassium: 450mg



BRAISED PORK SHANKS WITH ROASTED GARLIC



Servings: 4



Prep: 20 min



Cook: 2 h 30 min



Equipment: Dutch Oven, Roasting Pan, Tongs



Ingredients:

- 4 lbs pork shanks
- 2 tsp olive oil
- 1 cup beef broth
- 1 head garlic, halved
- 1 tsp salt
- 1/2 tsp black pepper
- 1 tbsp fresh thyme leaves



Directions:

1. Preheat your oven to 325°F (165°C).
2. Heat olive oil in a Dutch oven over medium-high heat. Season pork shanks with salt and pepper, then brown on all sides.
3. Add beef broth and garlic halves to the Dutch oven. Cover and transfer to the oven.
4. Braise for 2 hours, turning shanks halfway through, until meat is tender.
5. Remove the lid, sprinkle with thyme, and cook for an additional 30 minutes to allow the garlic to roast and flavors to meld.



Nutritional Information:

Calories: 550, Protein: 60g, Carbohydrates: 4g, Fat: 32g, Fiber: 0g, Cholesterol: 180mg, Sodium: 750mg, Potassium: 950mg



PORK NECK STEAKS WITH RED WINE REDUCTION



Servings: 4



Prep: 10 min



Cook: 30 min



Equipment: Cast Iron Skillet, Tongs, Saucepan



Ingredients:

- 2 lbs pork neck steaks
- 2 tbsp olive oil
- 1 cup red wine
- 1/2 cup beef broth
- 1 tsp salt
- 1/2 tsp black pepper
- 2 tbsp unsalted butter



Directions:

1. Season the pork neck steaks with salt and black pepper on both sides.
2. Heat olive oil in a cast iron skillet over medium-high heat. Sear the steaks for 4-5 minutes on each side until browned.
3. Remove the steaks from the skillet and set aside. In the same skillet, add red wine and beef broth, scraping up any browned bits.
4. Bring the mixture to a simmer and reduce by half, about 10 minutes.
5. Stir in the butter until melted and smooth. Return the steaks to the skillet, spooning the sauce over them.
6. Cook for an additional 5 minutes, allowing the steaks to absorb the flavors.
7. Serve hot, drizzled with the red wine reduction.



Nutritional Information:

Calories: 480, Protein: 42g, Carbohydrates: 2g, Fat: 32g, Fiber: 0g, Cholesterol: 125mg, Sodium: 520mg, Potassium: 650mg



PORK HEART STEW WITH FRESH HERBS



Servings:
4



Prep:
20 min



Cook:
1 h



Equipment: Large Pot, Cutting Board, Knife



Ingredients:

- 2 lbs Pork Heart, cleaned and cubed
- 2 tsp Lard or Tallow
- 1 cup Beef Broth
- 1 tsp Sea Salt
- 1/2 tsp Black Pepper
- 2 tbsp Fresh Rosemary, chopped
- 2 tbsp Fresh Thyme, chopped
- 1 tbsp Fresh Parsley, chopped



Directions:

1. Heat the lard or tallow in a large pot over medium heat.
2. Add the cubed pork heart and sear until browned on all sides.
3. Pour in the beef broth, then season with sea salt and black pepper.
4. Stir in the chopped rosemary and thyme, then cover and simmer for 1 hour, stirring occasionally.
5. Before serving, sprinkle with fresh parsley for added flavor.



Nutritional Information:

Calories: 320, Protein: 45g, Carbohydrates: 1g, Fat: 15g, Fiber: 0g, Cholesterol: 220 mg, Sodium: 450 mg, Potassium: 600 mg



SLOW-ROASTED BOSTON BUTT WITH CRACKED PEPPER



Servings:
6



Prep:
15 min



Cook:
4 h



Equipment: Roasting Pan, Meat Thermometer, Aluminum Foil



Ingredients:

- 4 lbs Boston butt (pork shoulder)
- 2 tbsp cracked black pepper
- 1 tbsp sea salt
- 1 tsp garlic powder
- 1 tsp onion powder
- 2 tbsp olive oil



Directions:

1. Preheat your oven to 300°F (150°C).
2. Rub the Boston butt with olive oil, ensuring it is evenly coated.
3. Mix cracked black pepper, sea salt, garlic powder, and onion powder in a bowl. Rub the spice mixture all over the pork.
4. Place the seasoned Boston butt in a roasting pan and cover it with aluminum foil.
5. Roast in the oven for 4 hours, or until the internal temperature reaches 195°F (90°C).
6. Remove the foil for the last 30 minutes to allow the crust to form.
7. Let the meat rest for 15 minutes before slicing and serving.



Nutritional Information:

Calories: 480, Protein: 42g, Carbohydrates: 0g, Fat: 35g, Fiber: 0g, Cholesterol: 145 mg, Sodium: 620 mg, Potassium: 650 mg



Beef and Red Meat



SAVORY SLOW-ROASTED BRISKET



Servings:
6



Prep:
20 min



Cook:
4 h



Equipment: Roasting Pan, Meat Thermometer, Aluminum Foil



Ingredients:

- 4 lbs beef brisket
- 2 tsp coarse sea salt
- 1 tsp black pepper
- 2 tsp garlic powder
- 1 tsp onion powder
- 1 cup beef broth



Directions:

1. Preheat your oven to 300°F (150°C).
2. Season the brisket generously with sea salt, black pepper, garlic powder, and onion powder, ensuring even coverage.
3. Place the brisket in a roasting pan and pour the beef broth around it.
4. Cover the pan tightly with aluminum foil to lock in moisture.
5. Roast in the oven for 4 hours, or until the brisket is tender and easily pulls apart with a fork.
6. Remove from the oven and let it rest for 15 minutes before slicing.



Nutritional Information:

Calories: 580, Protein: 48g, Carbohydrates: 1g, Fat: 42g, Fiber: 0g, Cholesterol: 160mg, Sodium: 850mg, Potassium: 700mg



PEPPER-CRUSTED PRIME RIB



Servings:
6



Prep:
20 min



Cook:
2 h



Equipment: Roasting Pan, Meat Thermometer, Sharp Knife



Ingredients:

- 5 lbs Prime Rib Roast
- 2 tsp Coarse Black Pepper
- 1 tbsp Sea Salt
- 2 tsp Garlic Powder
- 1 tbsp Olive Oil



Directions:

1. Preheat your oven to 450°F (232°C).
2. In a small bowl, mix the black pepper, sea salt, and garlic powder.
3. Rub the prime rib with olive oil, then coat evenly with the spice mixture.
4. Place the roast in a roasting pan and cook for 20 minutes at 450°F, then reduce the temperature to 325°F (163°C) and continue roasting for about 1 hour 40 minutes, or until the internal temperature reaches 130°F (54°C) for medium-rare.
5. Remove the roast from the oven and let it rest for 15 minutes before slicing.



Nutritional Information:

Calories: 650, Protein: 50g, Carbohydrates: 0g, Fat: 50g, Fiber: 0g, Cholesterol: 150mg, Sodium: 600mg, Potassium: 700mg



HERB-INFUSED TENDERLOIN STEAK



Servings:
4



Prep:
10 min



Cook:
15 min



Equipment: Cast Iron Skillet, Tongs, Meat Thermometer



Ingredients:

- 2 lbs beef tenderloin steaks (about 4 steaks)
- 2 tsp olive oil
- 1 tsp fresh rosemary, chopped
- 1 tsp fresh thyme, chopped
- 1 tsp sea salt
- 1/2 tsp black pepper
- 2 tsp unsalted butter



Directions:

1. Preheat the cast iron skillet over medium-high heat and add olive oil.
2. Season the steaks with salt, pepper, rosemary, and thyme.
3. Place the steaks in the skillet and sear for 3–4 minutes on each side.
4. Add butter to the skillet and baste the steaks with the melted butter for an additional 2 minutes.
5. Use a meat thermometer to ensure the internal temperature reaches 130°F for medium-rare.
6. Remove from the skillet and let rest for 5 minutes before serving.



Nutritional Information:

Calories: 450, Protein: 40g, Carbohydrates: 0g, Fat: 32g, Fiber: 0g, Cholesterol: 120mg, Sodium: 320mg, Potassium: 600mg



JUICY PAN-SEARED RIBEYE



Servings:
2



Prep:
10 min



Cook:
15 min



Equipment: Cast Iron Skillet, Tongs, Meat Thermometer



Ingredients:

- 2 (12 oz) Ribeye Steaks
- 2 tsp Unsalted Butter
- 1 tsp Sea Salt
- 1/2 tsp Black Pepper
- 2 cloves Garlic, smashed
- 2 sprigs Fresh Thyme



Directions:

1. Season the ribeye steaks generously with sea salt and black pepper on both sides.
2. Heat the cast iron skillet over medium-high heat until very hot.
3. Add the butter to the skillet, allowing it to melt and foam slightly.
4. Place the ribeye steaks in the skillet and sear for 3–4 minutes on each side, or until a golden-brown crust forms.
5. Add the smashed garlic and thyme to the skillet, basting the steaks with the melted butter for an additional 2 minutes.
6. Use a meat thermometer to check for desired doneness (e.g., 130°F for medium-rare).
7. Remove the steaks from the skillet and let them rest for 5 minutes before serving.



Nutritional Information:

Calories: 680, Protein: 50g, Carbohydrates: 0g, Fat: 54g, Fiber: 0g, Cholesterol: 180 mg, Sodium: 600 mg, Potassium: 750 mg



PROVOCATIVE RED WINE-BRAISED SHORT RIBS



Servings:
4



Prep:
20 min



Cook:
3 h



Equipment: Dutch Oven, Tongs, Measuring Cups



Ingredients:

- 3 lbs beef short ribs
- 2 tsp olive oil
- 1 cup red wine
- 1 cup beef broth
- 1 tsp sea salt
- 1/2 tsp black pepper
- 2 cloves garlic, minced



Directions:

1. Preheat the oven to 325°F (160°C).
2. Season the short ribs with salt and pepper.
3. In a Dutch oven, heat olive oil over medium-high heat. Brown the short ribs on all sides, then remove and set aside.
4. Add garlic to the pot and sauté for 1 minute. Pour in the red wine and beef broth, scraping up any browned bits from the bottom.
5. Return the short ribs to the pot, cover, and transfer to the oven. Braise for 3 hours until the meat is tender and falling off the bone.
6. Remove from the oven and let rest for 10 minutes before serving.



Nutritional Information:

Calories: 650, Protein: 45g, Carbohydrates: 4g, Fat: 50g, Fiber: 0g, Cholesterol: 140mg, Sodium: 450mg, Potassium: 600mg



GARLIC BUTTER INFUSED T-BONE STEAK



Servings:
2



Prep:
10 min



Cook:
15 min



Equipment: Cast Iron Skillet, Tongs, Small Saucepan



Ingredients:

- 2 lbs T-bone steak
- 4 tbsp unsalted butter
- 4 cloves garlic, minced
- 1 tsp sea salt
- 1/2 tsp black pepper
- 1 tbsp fresh parsley, chopped (optional)



Directions:

1. Preheat the cast iron skillet over medium-high heat.
2. Season the T-bone steak generously with sea salt and black pepper on both sides.
3. In a small saucepan, melt the butter over low heat, then add minced garlic and stir until fragrant.
4. Place the steak in the hot skillet and sear for 4–5 minutes on each side for medium-rare, adjusting time for desired doneness.
5. During the last minute of cooking, pour the garlic butter over the steak, basting it continuously.
6. Remove the steak from the skillet and let it rest for 5 minutes. Garnish with fresh parsley if desired before serving.



Nutritional Information:

Calories: 850, Protein: 70g, Carbohydrates: 2g, Fat: 60g, Fiber: 0g, Cholesterol: 220 mg, Sodium: 650 mg, Potassium: 950 mg



ZESTY MARINATED FLANK STEAK



Servings:
4



Prep:
10 min



Cook:
15 min



Equipment: Grill, Mixing Bowl, Tongs



Ingredients:

- 1.5 lbs Flank Steak
- 1/4 cup Olive Oil
- 2 tbsp Lemon Juice
- 2 tsp Garlic Powder
- 1 tsp Salt
- 1/2 tsp Black Pepper



Directions:

1. In a mixing bowl, combine olive oil, lemon juice, garlic powder, salt, and black pepper to create the marinade.
2. Place the flank steak in a shallow dish and pour the marinade over it, ensuring the steak is well-coated. Let it marinate for at least 30 minutes.
3. Preheat the grill to medium-high heat.
4. Remove the steak from the marinade and place it on the grill. Cook for 6–8 minutes on each side, or until desired doneness is reached.
5. Remove from the grill and let the steak rest for 5 minutes before slicing against the grain.



Nutritional Information:

Calories: 320, Protein: 28g, Carbohydrates: 1g, Fat: 22g, Fiber: 0g, Cholesterol: 70mg, Sodium: 450mg, Potassium: 420mg



CARNIVORE BEEF WELLINGTON



Servings:
6



Prep:
20 min



Cook:
40 min



Equipment: Oven, Skillet, Baking Tray, Tongs



Ingredients:

- 2 lbs beef tenderloin
- 8 slices prosciutto
- 2 tbsp unsalted butter or beef tallow
- 1 tsp salt (optional)
- 1 egg, beaten (for glaze)



Directions:

1. Preheat the oven to 400°F (200°C).
2. Season the beef with salt (if using). Sear in butter or tallow over high heat until browned on all sides. Remove and let cool slightly.
3. Lay the prosciutto slices slightly overlapping on a clean surface.
4. Place the seared beef on top and wrap it tightly in the prosciutto.
5. Brush the surface with beaten egg for a light, golden finish.
6. Place the wrapped beef on a baking tray and roast for 20–25 minutes, or until it reaches your desired doneness.
7. Rest for 10 minutes before slicing and serving.



Nutritional Information:

Calories: 580, Protein: 46g, Carbohydrates: 0g, Fat: 42g, Fibre: 0g, Cholesterol: 150mg, Sodium: 780mg, Potassium: 720mg



HEARTY BEEF BOURGUIGNON



Servings:
4



Prep:
20 min



Cook:
2 h



Equipment: Dutch Oven, Wooden Spoon, Knife



Ingredients:

- 2 lbs beef chuck, cut into 1-inch cubes
- 2 tsp unsalted butter
- 1 cup beef broth
- 1 cup dry red wine
- 4 oz bacon, chopped
- 1 tsp salt
- 1/2 tsp black pepper
- 2 cloves garlic, minced
- 1 tsp fresh thyme leaves



Directions:

1. In a Dutch oven, melt the butter over medium heat and cook the bacon until crispy. Remove and set aside.
2. Season the beef cubes with salt and pepper, then brown them in the same pot in batches. Remove and set aside.
3. In the same pot, sauté the garlic until fragrant. Add the red wine, scraping up any browned bits from the bottom.
4. Return the beef and bacon to the pot. Add the beef broth and thyme. Bring to a simmer.
5. Cover and cook on low heat for about 2 hours, or until the beef is tender and the sauce has thickened.



Nutritional Information:

Calories: 650, Protein: 50g, Carbohydrates: 3g, Fat: 45g,
Fiber: 0g, Cholesterol: 160 mg, Sodium: 800 mg,
Potassium: 950 mg



SPICED SKIRT STEAK FAJITAS



Servings:
4



Prep:
20 min



Cook:
10 min



Equipment: Grill or Grill Pan, Tongs, Cutting Board, Knife



Ingredients:

- 1.5 lbs skirt steak
- 2 tbsp olive oil
- 1 tsp salt
- 1 tsp black pepper
- 1 tsp smoked paprika
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 lime, juiced



Directions:

1. Preheat the grill or grill pan over medium-high heat.
2. In a small bowl, mix together salt, black pepper, smoked paprika, garlic powder, and onion powder.
3. Rub the skirt steak with olive oil and coat evenly with the spice mixture.
4. Grill the steak for 4–5 minutes on each side, or until it reaches your desired level of doneness.
5. Remove from the grill, let it rest for 5 minutes, then slice thinly against the grain. Drizzle with lime juice before serving.



Nutritional Information:

Calories: 450, Protein: 40g, Carbohydrates: 2g, Fat: 30g,
Fiber: 0g, Cholesterol: 110mg, Sodium: 600mg, Potassium:
550mg



LUSCIOUS STUFFED BEEF TENDERLOIN



Servings:
4



Prep:
20 min



Cook:
45 min



Equipment: Oven, Skillet, Baking Dish



Ingredients:

- 2 lbs beef tenderloin
- 4 oz cream cheese, softened
- 2 oz blue cheese, crumbled
- 2 tbsp fresh parsley, chopped
- 1 tbsp fresh thyme, chopped
- 1 tsp garlic powder
- 1 tsp salt
- 1/2 tsp black pepper
- 2 tbsp olive oil



Directions:

1. Preheat the oven to 375°F (190°C).
2. Butterfly the beef tenderloin by slicing it lengthwise, ensuring not to cut all the way through.
3. In a bowl, mix cream cheese, blue cheese, parsley, thyme, garlic powder, salt, and pepper until well combined.
4. Spread the cheese mixture evenly inside the butterflied tenderloin, then fold the meat back together.
5. Secure the stuffed tenderloin with kitchen twine at 2-inch intervals.
6. Heat olive oil in a skillet over medium-high heat and sear the tenderloin on all sides until browned, about 8 minutes.
7. Transfer the tenderloin to a baking dish and roast in the oven for 35 minutes or until the internal temperature reaches 135°F (57°C) for medium-rare.
8. Let the tenderloin rest for 10 minutes before slicing and serving.



Nutritional Information:

Calories: 520, Protein: 48g, Carbohydrates: 3g, Fat: 36g, Fiber: 0g, Cholesterol: 155mg, Sodium: 580mg, Potassium: 750mg



CLASSIC CORNED BEEF



Servings:
6



Prep:
10 min



Cook:
3 h



Equipment: Large Pot, Tongs, Knife



Ingredients:

- 3 lbs corned beef brisket (with fat layer)
- 10 cups water
- 2 tbsp unsalted butter or beef tallow (for serving)
- Salt to taste (optional for less strict version)



Directions:

1. Place the corned beef brisket in a large pot and cover with water.
2. Bring to a boil, then reduce to a gentle simmer. Cook for 2.5–3 hours, or until the beef is tender enough to pull apart easily with a fork.
3. Remove the brisket from the pot and let it rest for 10 minutes.
4. Slice against the grain into thick pieces.
5. Serve warm with melted butter or beef tallow drizzled on top for extra richness.



Nutritional Information:

Calories: 460, Protein: 33g, Carbohydrates: 0g, Fat: 36g, Fiber: 0g, Cholesterol: 105mg, Sodium: 1150mg, Potassium: 820mg



TANGY BBQ BEEF RIBS



Servings:
4



Prep:
20 min



Cook:
2 h



Equipment: Grill, Baking Sheet, Tongs



Ingredients:

- 3 lbs beef ribs
- 2 tbsp olive oil
- 1 tsp salt
- 1 tsp black pepper
- 1 cup beef broth
- 1/2 cup apple cider vinegar
- 1/4 cup Worcestershire sauce
- 1/4 cup unsalted butter



Directions:

1. Preheat your grill to medium-high heat.
2. Rub the beef ribs with olive oil, salt, and black pepper.
3. Place the ribs on the grill and sear for 5 minutes on each side.
4. In a baking sheet, combine beef broth, apple cider vinegar, Worcestershire sauce, and butter. Place the seared ribs in the mixture.
5. Cover the baking sheet with foil and cook in the grill for 1 hour 45 minutes, basting occasionally.
6. Remove the foil and grill for an additional 10 minutes to caramelize the surface.
7. Let the ribs rest for 5 minutes before serving.



Nutritional Information:

Calories: 650, Protein: 45g, Carbohydrates: 2g, Fat: 52g,
Fiber: 0g, Cholesterol: 180 mg, Sodium: 950 mg,
Potassium: 750 mg



FLAVORFUL BEEF OSSO BUCO



Servings:
4



Prep:
20 min



Cook:
2 h



Equipment: Dutch Oven, Tongs, Ladle



Ingredients:

- 4 lbs beef shanks
- 2 tbsp beef tallow
- 1 cup beef bone broth
- 1 tsp sea salt
- 1/2 tsp black pepper
- 1 tsp dried thyme



Directions:

1. Heat the beef tallow in a Dutch oven over medium-high heat.
2. Season the beef shanks with sea salt and black pepper.
3. Sear the shanks in the Dutch oven until browned on all sides, about 4 minutes per side.
4. Add the beef bone broth and dried thyme to the pot.
5. Reduce the heat to low, cover, and let it simmer for 2 hours until the meat is tender.
6. Occasionally check and add more broth if needed to keep the shanks partially submerged.
7. Serve hot, garnished with a sprinkle of additional thyme if desired.



Nutritional Information:

Calories: 650, Protein: 60g, Carbohydrates: 0g, Fat: 45g,
Fiber: 0g, Cholesterol: 160mg, Sodium: 450mg, Potassium:
800mg



ROSEMARY-SCENTED POT ROAST



Servings:
6



Prep:
20 min



Cook:
3 h



Equipment: Dutch Oven, Tongs, Measuring Spoons



Ingredients:

- 3 lbs beef chuck roast
- 2 tbsp olive oil
- 2 tsp salt
- 1 tsp black pepper
- 4 cloves garlic, minced
- 2 sprigs fresh rosemary
- 1 cup beef broth



Directions:

1. Preheat the oven to 300°F (150°C).
2. Season the beef chuck roast with salt and black pepper on all sides.
3. Heat olive oil in a Dutch oven over medium-high heat. Sear the roast on all sides until browned, about 4 minutes per side.
4. Add minced garlic and rosemary sprigs to the pot. Pour in the beef broth.
5. Cover the Dutch oven with a lid and transfer to the preheated oven. Cook for 3 hours or until the beef is tender.
6. Remove from oven and let rest for 10 minutes before slicing.



Nutritional Information:

Calories: 450, Protein: 40g, Carbohydrates: 1g, Fat: 30g, Fiber: 0g, Cholesterol: 120mg, Sodium: 600mg, Potassium: 650mg



SUCCULENT BEEF CARPACCIO



Servings:
4



Prep:
20 min



Chill:
1 h



Equipment: Sharp Knife, Cutting Board, Plastic Wrap



Ingredients:

- 12 oz beef tenderloin
- 2 tbsp olive oil
- 1 tsp sea salt
- 1 tsp black pepper
- 2 tbsp capers
- 1 oz Parmesan cheese, shaved
- 1 tbsp lemon juice



Directions:

1. Wrap the beef tenderloin tightly in plastic wrap and place it in the freezer for 1 hour to firm up.
2. Remove the beef from the freezer and slice it as thinly as possible using a sharp knife.
3. Arrange the beef slices on a serving platter, slightly overlapping them.
4. Drizzle olive oil and lemon juice over the beef slices.
5. Sprinkle with sea salt, black pepper, and capers.
6. Top with shaved Parmesan cheese before serving.



Nutritional Information:

Calories: 250, Protein: 22g, Carbohydrates: 2g, Fat: 18g, Fiber: 0g, Cholesterol: 60mg, Sodium: 350mg, Potassium: 300mg



HEARTY BEEF STEW



Servings:
4



Prep:
15 min



Cook:
1 h 30
min



Equipment: Dutch Oven, Wooden Spoon, Knife



Ingredients:

- 2 lbs beef chuck, cut into 1-inch cubes
- 2 tbsp beef tallow or butter
- 1 1/2 cups water or beef broth made from pure bones (no seasoning)
- Salt to taste (optional for less strict version)



Directions:

1. Heat the beef tallow or butter in a Dutch oven over medium-high heat.
2. Add the beef cubes and brown them well on all sides for 5–7 minutes.
3. Pour in the water or plain bone broth. Bring to a boil, then reduce the heat to low.
4. Cover and simmer gently for 1½ hours, stirring occasionally, until the beef is tender and the liquid has thickened slightly.
5. Serve hot with a drizzle of melted tallow for extra richness.



Nutritional Information:

Calories: 440, Protein: 39g, Carbohydrates: 0g, Fat: 31g,
Fibre: 0g, Cholesterol: 120mg, Sodium: 580mg, Potassium:
740mg



LUXURIOUS BEEF STROGANOFF



Servings:
4



Prep:
20 min



Cook:
30 min



Equipment: Large Skillet, Wooden Spoon,
Measuring Cups



Ingredients:

- 1.5 lbs beef sirloin, thinly sliced
- 2 tbsp butter
- 1 cup heavy cream
- 1/2 cup beef broth
- 1/4 cup sour cream
- 1 tsp salt
- 1/2 tsp black pepper



Directions:

1. Melt butter in a large skillet over medium-high heat.
2. Add the beef slices and cook until browned on all sides, about 5–7 minutes.
3. Reduce heat to medium and stir in the heavy cream and beef broth, simmering for 10 minutes.
4. Stir in the sour cream, salt, and black pepper, cooking for an additional 5 minutes until the sauce thickens.
5. Serve hot, garnished with fresh herbs if desired.



Nutritional Information:

Calories: 620, Protein: 45g, Carbohydrates: 3g, Fat: 48g,
Fiber: 0g, Cholesterol: 210mg, Sodium: 520mg, Potassium:
750mg



BOLD AND SPICY BEEF CHILI



Servings:
6



Prep:
20 min



Cook:
1 h



Equipment: Large pot, Wooden spoon, Measuring cups and spoons



Ingredients:

- 2 lbs ground beef
- 1 tsp beef tallow
- 1 cup beef bone broth
- 2 tsp smoked paprika
- 1 tsp cayenne pepper
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp salt
- 1/2 tsp black pepper



Directions:

1. Heat the beef tallow in a large pot over medium heat.
2. Add the ground beef and cook until browned, breaking it apart with a wooden spoon.
3. Stir in the smoked paprika, cayenne pepper, garlic powder, onion powder, salt, and black pepper.
4. Pour in the beef bone broth, stirring to combine.
5. Reduce heat to low and let simmer for 45 minutes, stirring occasionally.
6. Adjust seasoning to taste before serving.



Nutritional Information:

Calories: 350, Protein: 28g, Carbohydrates: 2g, Fat: 25g, Fiber: 0g, Cholesterol: 90mg, Sodium: 600mg, Potassium: 400mg



SMOKY BEEF BRISKET



Servings:
6



Prep:
20 min



Cook:
6 h



Equipment: Smoker, Meat Thermometer, Sharp Knife



Ingredients:

- 4 lbs beef brisket
- 2 tbsp kosher salt
- 1 tsp black pepper
- 1 tsp smoked paprika
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/2 cup beef broth



Directions:

1. Preheat your smoker to 225°F.
2. In a small bowl, mix together the salt, black pepper, smoked paprika, garlic powder, and onion powder.
3. Rub the spice mixture evenly over the brisket.
4. Place the brisket in the smoker and cook for 5 hours, or until the internal temperature reaches 190°F.
5. Remove the brisket from the smoker and let it rest for 30 minutes before slicing.
6. Serve with a drizzle of beef broth for added moisture.



Nutritional Information:

Calories: 550, Protein: 48g, Carbohydrates: 2g, Fat: 38g, Fiber: 0g, Cholesterol: 150mg, Sodium: 850mg, Potassium: 750mg



CRISPY BEEF AND ONION STIR-FRY



Servings:
4



Prep:
10 min



Cook:
15 min



Equipment: Large Skillet, Tongs, Cutting Board



Ingredients:

- 1 lb beef sirloin, thinly sliced
- 1 large onion, thinly sliced
- 2 tbsp beef tallow or butter
- 1 tsp salt
- 1/2 tsp black pepper
- 1 tbsp apple cider vinegar (optional for flavor)



Directions:

1. Heat the beef tallow or butter in a large skillet over medium-high heat until hot.
2. Add the sliced beef to the skillet, season with salt and pepper, and stir-fry for 5–7 minutes until crispy and browned.
3. Remove the beef from the skillet and set aside.
4. In the same skillet, add the sliced onions and stir-fry for 3–4 minutes until they are soft and slightly caramelized.
5. Return the beef to the skillet, add apple cider vinegar if using, and stir everything together for an additional 2 minutes.
6. Serve immediately, garnished with extra black pepper if desired.



Nutritional Information:

Calories: 320, Protein: 30g, Carbohydrates: 5g, Fat: 20g, Fiber: 1g, Cholesterol: 75 mg, Sodium: 450 mg, Potassium: 400 mg



ROBUST PORTERHOUSE STEAK WITH GARLIC BUTTER



Servings:
2



Prep:
10 min



Cook:
15 min



Equipment: Cast Iron Skillet, Tongs, Small Bowl



Ingredients:

- 2 lbs Porterhouse Steak
- 2 lbs Unsalted Butter
- 2 cloves Garlic, minced
- 1 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1 tbsp Olive Oil



Directions:

1. Preheat the cast iron skillet over medium-high heat and add olive oil.
2. Season the porterhouse steak generously with sea salt and black pepper on both sides.
3. Place the steak in the hot skillet and sear for 4-5 minutes on each side for medium-rare, adjusting time for desired doneness.
4. In a small bowl, mix the unsalted butter with minced garlic until well combined.
5. Remove the steak from the skillet and let it rest for 5 minutes. Top with garlic butter before serving.



Nutritional Information:

Calories: 850, Protein: 70g, Carbohydrates: 1g, Fat: 63g, Fiber: 0g, Cholesterol: 220 mg, Sodium: 700 mg, Potassium: 950 mg



Egg-Based Dishes



CLASSIC SCRAMBLED EGGS WITH CRISPY BACON



Servings:
2



Prep:
5 min



Cook:
10 min



Equipment: Skillet, Whisk, Spatula



Ingredients:

- 4 large eggs
- 4 oz bacon (about 4 slices)
- 2 tbsp unsalted butter
- Salt, to taste
- Black pepper, to taste



Directions:

1. Heat a skillet over medium heat and cook the bacon until crispy, about 5 minutes. Remove and set aside on a paper towel-lined plate.
2. In a bowl, whisk together the eggs, salt, and black pepper until well combined.
3. Melt the butter in the same skillet over medium-low heat.
4. Pour the eggs into the skillet and gently stir with a spatula, cooking until softly set, about 3–4 minutes.
5. Serve the scrambled eggs with the crispy bacon on the side.



Nutritional Information:

Calories: 350, Protein: 20g, Carbohydrates: 1g, Fat: 30g, Fiber: 0g, Cholesterol: 400mg, Sodium: 600mg, Potassium: 250mg



POACHED EGGS OVER SAVORY BEEF STEAK



Servings:
2



Prep:
10 min



Cook:
15 min



Equipment: Skillet, Saucepan, Slotted Spoon



Ingredients:

- 1 lb beef steak
- 4 large eggs
- 1 tbsp butter
- 1 tsp salt
- 1/2 tsp black pepper
- 1 tbsp vinegar
- 2 cups water



Directions:

1. Season the beef steak with salt and black pepper on both sides.
2. Heat the skillet over medium-high heat and melt the butter. Cook the steak for 4–5 minutes on each side or until desired doneness. Remove from heat and let it rest.
3. In a saucepan, bring 2 cups of water to a gentle simmer. Add vinegar.
4. Crack each egg into a small bowl, then gently slide it into the simmering water. Poach for 3–4 minutes until the whites are set but the yolks remain runny.
5. Use a slotted spoon to carefully remove the poached eggs and drain excess water.
6. Slice the rested steak and serve with poached eggs on top.



Nutritional Information:

Calories: 450, Protein: 50g, Carbohydrates: 1g, Fat: 28g, Fiber: 0g, Cholesterol: 420mg, Sodium: 750mg, Potassium: 700mg



EGG & BEEF STIR-FRY EXTRAVAGANZA



Servings:
4



Prep:
10 min



Cook:
15 min



Equipment: Skillet, Whisk, Spatula



Ingredients:

- 1 lb beef sirloin, thinly sliced
- 6 large eggs
- 2 tbsp beef tallow or butter
- 1 tsp salt
- 1/2 tsp black pepper
- 1/2 tsp garlic powder
- 1/2 tsp onion powder



Directions:

1. Heat 1 tbsp of beef tallow or butter in a skillet over medium-high heat.
2. Add the sliced beef to the skillet, season with salt, pepper, garlic powder, and onion powder, and stir-fry until browned, about 5–7 minutes.
3. Remove the beef from the skillet and set aside.
4. In the same skillet, add the remaining 1 tbsp of beef tallow or butter.
5. Whisk the eggs in a bowl, then pour them into the skillet, stirring gently to scramble.
6. Once the eggs are mostly cooked, return the beef to the skillet and stir to combine, cooking for an additional 2–3 minutes.
7. Serve hot and enjoy your Egg & Beef Stir-Fry Extravaganza.



Nutritional Information:

Calories: 350, Protein: 30g, Carbohydrates: 1g, Fat: 25g,
Fiber: 0g, Cholesterol: 380 mg, Sodium: 480 mg,
Potassium: 450 mg



SIZZLING PORK SAUSAGES WITH HERBED OMELETTE



Servings:
4



Prep:
10 min



Cook:
15 min



Equipment: Skillet, Whisk, Mixing Bowl



Ingredients:

- 8 oz pork sausages
- 8 large eggs
- 2 tbsp heavy cream
- 1 tsp unsalted butter
- 1 tsp dried thyme
- 1 tsp dried parsley
- Salt and pepper to taste



Directions:

1. Heat the skillet over medium heat and cook the pork sausages until browned and cooked through, about 10 minutes.
2. In a mixing bowl, whisk together the eggs, heavy cream, thyme, parsley, salt, and pepper.
3. Remove the sausages from the skillet and set aside. Add butter to the same skillet.
4. Pour the egg mixture into the skillet, swirling to coat the bottom evenly.
5. Cook the omelette until the edges start to set, then place the sausages on one half of the omelette.
6. Fold the omelette over the sausages and cook for another 2-3 minutes until fully set.
7. Slice and serve immediately.



Nutritional Information:

Calories: 320, Protein: 22g, Carbohydrates: 2g, Fat: 25g,
Fiber: 0g, Cholesterol: 380 mg, Sodium: 620 mg,
Potassium: 280 mg



CREAMY DEVILED EGGS WITH SMOKED SALMON



Pieces:
12



Prep:
15 min



Cook:
10 min



Equipment: Saucepan, Mixing Bowl, Piping Bag (optional)



Ingredients:

- 6 large eggs
- 3 oz smoked salmon, finely chopped
- 3 tbsp mayonnaise
- 1 tsp Dijon mustard
- 1/2 tsp lemon juice
- Salt and pepper to taste
- Fresh dill, for garnish



Directions:

1. Place the eggs in a saucepan and cover with water. Bring to a boil and cook for 10 minutes. Remove from heat and transfer eggs to an ice bath to cool.
2. Peel the eggs and slice them in half lengthwise. Remove the yolks and place them in a mixing bowl.
3. Mash the yolks with a fork and mix in the mayonnaise, Dijon mustard, lemon juice, and smoked salmon. Season with salt and pepper to taste.
4. Spoon or pipe the yolk mixture back into the egg whites.
5. Garnish each egg with a small piece of fresh dill before serving.



Nutritional Information:

Calories: 70, Protein: 5g, Carbohydrates: 1g, Fat: 5g, Fiber: 0g, Cholesterol: 95mg, Sodium: 150mg, Potassium: 50mg



BAKED EGGS IN SPICY CHORIZO CUPS



Servings:
6



Prep:
10 min



Bake:
15 min



Equipment: Muffin tin, Oven, Mixing bowl



Ingredients:

- 12 oz spicy chorizo sausage, casing removed
- 6 large eggs
- 1 tbsp butter, melted
- 1/2 tsp smoked paprika
- Salt and pepper to taste



Directions:

1. Preheat the oven to 375°F (190°C).
2. Divide the chorizo into 6 equal portions and press each into the bottom and up the sides of a muffin tin cup, forming a cup shape.
3. Crack an egg into each chorizo cup, then brush the egg whites with melted butter.
4. Sprinkle each egg with smoked paprika, salt, and pepper.
5. Bake in the oven for 12-15 minutes, or until the eggs are cooked to your desired doneness.
6. Remove from the oven and let cool slightly before serving.



Nutritional Information:

Calories: 220, Protein: 15g, Carbohydrates: 1g, Fat: 18g, Fiber: 0g, Cholesterol: 215mg, Sodium: 580mg, Potassium: 180mg



DELICATE EGG CREPES WITH HAM AND CHEESE



Servings:
4



Prep:
10 min



Cook:
15 min



Equipment: Non-stick skillet, Whisk, Spatula



Ingredients:

- 6 large eggs
- 2 tbsp heavy cream
- 1/4 tsp salt
- 1/4 tsp black pepper
- 4 oz thinly sliced ham
- 4 oz shredded cheddar cheese
- 2 tbsp butter



Directions:

1. In a bowl, whisk together eggs, heavy cream, salt, and black pepper until smooth.
2. Heat a non-stick skillet over medium heat and melt 1/2 tbsp of butter.
3. Pour a quarter of the egg mixture into the skillet, swirling to cover the bottom evenly.
4. Cook for 1–2 minutes until the edges begin to set, then add 1 oz of ham and 1 oz of cheese on one half of the crepe.
5. Fold the crepe over the filling and cook for another 1–2 minutes until the cheese melts.
6. Repeat with the remaining egg mixture, ham, and cheese, adding more butter as needed.
7. Serve warm, garnished with additional cheese if desired.



Nutritional Information:

Calories: 320, Protein: 22g, Carbohydrates: 2g, Fat: 25g,
Fiber: 0g, Cholesterol: 380 mg, Sodium: 650 mg,
Potassium: 150 mg



EGGS BENEDICT WITH RICH HOLLANDAISE SAUCE



Servings:
4



Prep:
15 min



Cook:
20 min



Equipment: Saucepan, Skillet, Whisk, Slotted Spoon



Ingredients:

- 8 large eggs
- 8 oz Canadian bacon
- 1 cup unsalted butter
- 3 large egg yolks
- 1 tbsp lemon juice
- 1/2 tsp salt
- 1/4 tsp cayenne pepper (optional)



Directions:

1. In a saucepan, melt the butter over low heat and keep warm.
2. In a skillet, cook Canadian bacon over medium heat until browned, about 3 minutes per side.
3. In a small bowl, whisk egg yolks, lemon juice, salt, and cayenne pepper.
4. Slowly drizzle melted butter into the yolk mixture, whisking constantly until thickened.
5. Poach eggs in simmering water for 3-4 minutes, until whites are set and yolks are runny.
6. Place Canadian bacon on plates, top with poached eggs, and drizzle with Hollandaise sauce.
7. Serve immediately, garnished with a sprinkle of cayenne if desired.



Nutritional Information:

Calories: 450, Protein: 24g, Carbohydrates: 2g, Fat: 38g,
Fiber: 0g, Cholesterol: 420 mg, Sodium: 850 mg,
Potassium: 150 mg



FLUFFY CLOUD EGGS WITH CRISPY PANCETTA



Servings:
4



Prep:
10 min



Cook:
15 min



Equipment: Oven, Baking Sheet, Whisk, Mixing Bowl



Ingredients:

- 4 large eggs
- 4 oz pancetta, diced
- 1/4 tsp salt
- 1/4 tsp black pepper



Directions:

1. Preheat the oven to 450°F (232°C) and line a baking sheet with parchment paper.
2. In a skillet over medium heat, cook the pancetta until crispy, about 5 minutes. Set aside.
3. Separate the egg whites from the yolks, keeping yolks intact. Whisk the egg whites with salt until stiff peaks form.
4. Gently fold in the crispy pancetta into the egg whites.
5. Spoon the egg white mixture onto the baking sheet, creating 4 mounds. Make a small well in the center of each mound and carefully place a yolk in each.
6. Bake for 5–7 minutes until the whites are set and slightly golden.



Nutritional Information:

Calories: 150, Protein: 12g, Carbohydrates: 1g, Fat: 11g, Fiber: 0g, Cholesterol: 210mg, Sodium: 450mg, Potassium: 100mg



SUCCULENT LOBSTER OMELETTE WITH CAVIAR



Servings:
2



Prep:
10 min



Cook:
15 min



Equipment: Non-stick skillet, Whisk, Spatula



Ingredients:

- 4 large eggs
- 4 oz cooked lobster meat, chopped
- 1 tbsp unsalted butter
- 2 tbsp heavy cream
- 1 oz caviar
- Salt, to taste
- Freshly ground black pepper, to taste



Directions:

1. In a bowl, whisk together the eggs, heavy cream, salt, and pepper until well combined.
2. Heat the butter in a non-stick skillet over medium heat until melted and slightly foamy.
3. Pour the egg mixture into the skillet, swirling to coat the bottom evenly.
4. As the eggs begin to set, gently add the lobster meat, distributing it evenly over one half of the omelette.
5. Once the eggs are mostly set but still slightly runny on top, fold the omelette in half using a spatula.
6. Cook for an additional 1-2 minutes until the omelette is fully set and the lobster is heated through.
7. Slide the omelette onto a plate and garnish with caviar before serving.



Nutritional Information:

Calories: 320, Protein: 28g, Carbohydrates: 2g, Fat: 22g, Fiber: 0g, Cholesterol: 430mg, Sodium: 560mg, Potassium: 240mg



SEARED TUNA AND SCRAMBLED EGG MEDLEY



Servings:
2



Prep:
10 min



Cook:
15 min



Equipment: Skillet, Whisk, Mixing Bowl



Ingredients:

- 8 oz tuna steak
- 4 large eggs
- 2 tbsp unsalted butter
- 1/4 tsp sea salt
- 1/4 tsp black pepper
- 1 tbsp olive oil



Directions:

1. Season the tuna steak with salt and pepper on both sides.
2. Heat olive oil in a skillet over medium-high heat. Sear the tuna for 2–3 minutes on each side until cooked to your preference. Remove and set aside.
3. In a mixing bowl, whisk the eggs with a pinch of salt and pepper.
4. Melt butter in the same skillet over medium heat. Pour in the eggs and gently scramble until just set.
5. Slice the seared tuna and serve alongside the scrambled eggs.



Nutritional Information:

Calories: 400, Protein: 45g, Carbohydrates: 1g, Fat: 25g, Fiber: 0g, Cholesterol: 380mg, Sodium: 350mg, Potassium: 600mg



CHEESY EGG AND BACON CASSEROLE



Servings:
6



Prep:
15 min



Cook:
30 min



Equipment: Oven, Baking Dish, Skillet



Ingredients:

- 8 oz bacon, chopped
- 12 large eggs
- 1 cup shredded cheddar cheese
- 1/2 cup heavy cream
- 1/2 tsp salt
- 1/4 tsp black pepper



Directions:

1. Preheat the oven to 375°F (190°C).
2. In a skillet, cook the chopped bacon over medium heat until crispy. Drain excess fat.
3. In a large bowl, whisk together eggs, heavy cream, salt, and pepper.
4. Stir in the cooked bacon and shredded cheddar cheese.
5. Pour the mixture into a greased baking dish.
6. Bake for 30 minutes or until the eggs are set and the top is golden brown.
7. Let it cool for a few minutes before serving.



Nutritional Information:

Calories: 350, Protein: 20g, Carbohydrates: 2g, Fat: 28g, Fiber: 0g, Cholesterol: 380 mg, Sodium: 650 mg, Potassium: 150 mg



DELECTABLE QUAIL EGG AND PROSCIUTTO BITES



Pieces:
12



Prep:
10 min



Cook:
5 min



Equipment: Skillet, Tongs, Small Bowl



Ingredients:

- 12 quail eggs
- 6 slices prosciutto, halved
- 1 tbsp butter
- 1/4 tsp sea salt
- 1/4 tsp black pepper



Directions:

1. Melt the butter in a skillet over medium heat.
2. Crack the quail eggs into a small bowl and gently slide them into the skillet.
3. Cook the eggs for about 2 minutes until the whites are set but the yolks remain runny.
4. Season the eggs with sea salt and black pepper.
5. Wrap each cooked egg with a half slice of prosciutto and secure with a toothpick.
6. Serve immediately while warm.



Nutritional Information:

Calories: 45, Protein: 4g, Carbohydrates: 0g, Fat: 3g, Fiber: 0g, Cholesterol: 95mg, Sodium: 160mg, Potassium: 20mg



CREAMY EGG YOLK AND CHICKEN LIVER PATE



Servings:
6



Prep:
15 min



Cook:
20 min



Equipment: Skillet, Blender, Mixing Bowl



Ingredients:

- 8 oz chicken livers, cleaned
- 4 large egg yolks
- 4 tbsp unsalted butter
- 1/2 cup heavy cream
- 1 tsp sea salt
- 1/2 tsp black pepper



Directions:

1. Melt 2 tablespoons of butter in a skillet over medium heat. Add chicken livers and cook until browned and cooked through, about 5–7 minutes.
2. In a blender, combine cooked chicken livers, egg yolks, remaining butter, heavy cream, salt, and pepper.
3. Blend until smooth and creamy, adjusting seasoning to taste.
4. Transfer the mixture to a mixing bowl and refrigerate for at least 1 hour to allow flavors to meld.
5. Serve chilled as a spread or dip.



Nutritional Information:

Calories: 210, Protein: 12g, Carbohydrates: 1g, Fat: 18g, Fiber: 0g, Cholesterol: 285mg, Sodium: 270mg, Potassium: 180mg



SMOKY EGG SALAD WITH CRUMBLLED BACON



Servings:
4



Prep:
15 min



Cook:
10 min



Equipment: Saucepan, Mixing Bowl, Skillet



Ingredients:

- 8 large eggs
- 6 oz bacon
- 1/2 cup mayonnaise
- 1 tsp smoked paprika
- 1/2 tsp salt
- 1/4 tsp black pepper



Directions:

1. Place eggs in a saucepan, cover with water, and bring to a boil. Cook for 10 minutes, then transfer to an ice bath to cool.
2. In a skillet, cook bacon over medium heat until crispy. Remove and crumble into small pieces.
3. Peel and chop the cooled eggs, then place them in a mixing bowl.
4. Add mayonnaise, smoked paprika, salt, and black pepper to the eggs. Mix until well combined.
5. Fold in the crumbled bacon, ensuring even distribution throughout the salad.
6. Serve immediately or refrigerate for later use.



Nutritional Information:

Calories: 320, Protein: 18g, Carbohydrates: 2g, Fat: 28g, Fiber: 0g, Cholesterol: 375mg, Sodium: 750mg, Potassium: 200mg



HARD-BOILED EGG AND STEAK TARTARE



Servings:
4



Prep:
20 min



Cook:
10 min



Equipment: Medium Saucepan, Mixing Bowl, Sharp Knife



Ingredients:

- 8 large eggs
- 1 lb beef tenderloin, finely chopped
- 2 tbs capers, finely chopped
- 1 tbs Dijon mustard
- 1 tsp sea salt
- 1/2 tsp black pepper
- 1 tbs olive oil



Directions:

1. Place eggs in a medium saucepan, cover with water, and bring to a boil. Cook for 10 minutes, then transfer to an ice bath to cool.
2. Peel the eggs and slice them in half lengthwise. Set aside.
3. In a mixing bowl, combine the chopped beef, capers, Dijon mustard, sea salt, and black pepper. Mix well.
4. Drizzle olive oil over the beef mixture and gently fold to combine.
5. Arrange the egg halves on a serving platter and top each with a generous spoonful of steak tartare.
6. Serve immediately, garnished with additional capers if desired.



Nutritional Information:

Calories: 320, Protein: 30g, Carbohydrates: 2g, Fat: 22g, Fiber: 0g, Cholesterol: 450 mg, Sodium: 480 mg, Potassium: 350 mg



DUCK EGG FRITTATA WITH CHORIZO AND MANCHEGO



Servings:
4



Prep:
10 min



Cook:
20 min



Equipment: Oven-safe skillet, Whisk, Mixing bowl



Ingredients:

- 8 oz chorizo, sliced
- 6 duck eggs
- 1/2 cup Manchego cheese, grated
- 1 tbsp butter
- 1/4 tsp salt
- 1/4 tsp black pepper



Directions:

1. Preheat your oven to 375°F (190°C).
2. In an oven-safe skillet over medium heat, cook the chorizo until browned, about 5 minutes. Remove and set aside.
3. In a mixing bowl, whisk together the duck eggs, salt, and black pepper until well combined.
4. Melt the butter in the same skillet, then pour in the egg mixture. Cook for 2 minutes, stirring gently.
5. Sprinkle the cooked chorizo and Manchego cheese evenly over the eggs.
6. Transfer the skillet to the preheated oven and bake for 12–15 minutes, or until the frittata is set and slightly golden on top.
7. Let it cool slightly before slicing and serving.



Nutritional Information:

Calories: 350, Protein: 22g, Carbohydrates: 2g, Fat: 28g, Fiber: 0g, Cholesterol: 430mg, Sodium: 720mg, Potassium: 250mg



HEARTY TURKEY AND EGG BREAKFAST SKILLET



Servings:
4



Prep:
10 min



Cook:
15 min



Equipment: Skillet, Spatula, Measuring Spoons



Ingredients:

- 1 lb ground turkey
- 8 large eggs
- 1 tbsp butter
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/2 cup shredded cheddar cheese (optional)
- 2 tbsp chopped fresh parsley (optional)



Directions:

1. Heat the skillet over medium heat and melt the butter.
2. Add the ground turkey to the skillet, season with salt and pepper, and cook until browned, about 5–7 minutes.
3. In a bowl, whisk the eggs until well combined.
4. Pour the eggs over the cooked turkey in the skillet.
5. Gently stir the mixture until the eggs are fully cooked, about 5–7 minutes.
6. If using, sprinkle cheddar cheese over the top and let it melt.
7. Garnish with chopped parsley before serving.



Nutritional Information:

Calories: 350, Protein: 30g, Carbohydrates: 2g, Fat: 25g, Fiber: 0g, Cholesterol: 400mg, Sodium: 500mg, Potassium: 450mg



SLOW-COOKED EGG IN RICH BONE BROTH



Servings:
4



Prep:
10 min



Cook:
1 h



Equipment: Slow Cooker, Ladle, Small Bowls



Ingredients:

- 4 cups beef bone broth
- 4 large eggs
- 1 tsp sea salt
- 1/2 tsp black pepper
- 1 tbsp unsalted butter



Directions:

1. Pour the beef bone broth into the slow cooker and set it to low heat.
2. Gently crack the eggs into the broth, ensuring they remain whole.
3. Add sea salt and black pepper to the broth for seasoning.
4. Allow the eggs to cook slowly for about 1 hour until they reach your desired level of doneness.
5. Use a ladle to carefully transfer each egg into a small bowl, then pour the broth over the eggs.
6. Top each serving with a small pat of unsalted butter for added richness.



Nutritional Information:

Calories: 180, Protein: 15g, Carbohydrates: 1g, Fat: 12g, Fiber: 0g, Cholesterol: 215mg, Sodium: 800mg, Potassium: 250mg



BUTTER-POACHED EGGS WITH SHREDDED PORK



Servings:
4



Prep:
10 min



Cook:
15 min



Equipment: Skillet, Saucepan, Slotted Spoon



Ingredients:

- 8 large eggs
- 1 lb shredded pork
- 4 tbsp unsalted butter
- 1/2 tsp salt
- 1/4 tsp black pepper



Directions:

1. In a skillet over medium heat, melt 2 tablespoons of butter and add the shredded pork. Cook until heated through, about 5 minutes.
2. In a separate saucepan, melt the remaining 2 tablespoons of butter over low heat.
3. Gently crack the eggs into the saucepan, ensuring they do not overlap. Poach for 3–4 minutes until the whites are set but yolks remain runny.
4. Season the eggs with salt and pepper.
5. Serve the poached eggs over the warm shredded pork.



Nutritional Information:

Calories: 420, Protein: 32g, Carbohydrates: 1g, Fat: 32g, Fiber: 0g, Cholesterol: 415mg, Sodium: 480mg, Potassium: 450mg



SPICY SCRAMBLED EGGS WITH CHORIZO AND CHEESE



Servings:
4



Prep:
10 min



Cook:
10 min



Equipment: Skillet, Whisk, Spatula



Ingredients:

- 8 large eggs
- 4 oz chorizo, diced
- 1 cup shredded cheddar cheese
- 2 tbsp butter
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/4 tsp red pepper flakes (optional, for extra spice)



Directions:

1. Heat the skillet over medium heat and add the diced chorizo. Cook until it starts to brown, about 3–4 minutes.
2. In a bowl, whisk together the eggs, salt, black pepper, and red pepper flakes.
3. Add the butter to the skillet with the chorizo, allowing it to melt completely.
4. Pour the egg mixture into the skillet, stirring gently with a spatula.
5. As the eggs begin to set, sprinkle the shredded cheddar cheese over the top.
6. Continue to cook until the eggs are fully set and the cheese is melted, stirring occasionally.
7. Serve hot, garnished with additional cheese or herbs if desired.



Nutritional Information:

Calories: 350, Protein: 22g, Carbohydrates: 2g, Fat: 28g, Fiber: 0g, Cholesterol: 380 mg, Sodium: 650 mg, Potassium: 200 mg



GRILLED EGG-STUFFED BELL PEPPERS WITH BEEF



Servings:
4



Prep:
15 min



Cook:
20 min



Equipment: Grill, Mixing Bowl, Skillet



Ingredients:

- 4 large bell peppers
- 1 lb ground beef
- 4 large eggs
- 1 tsp salt
- 1 tsp black pepper
- 1 tbsp butter



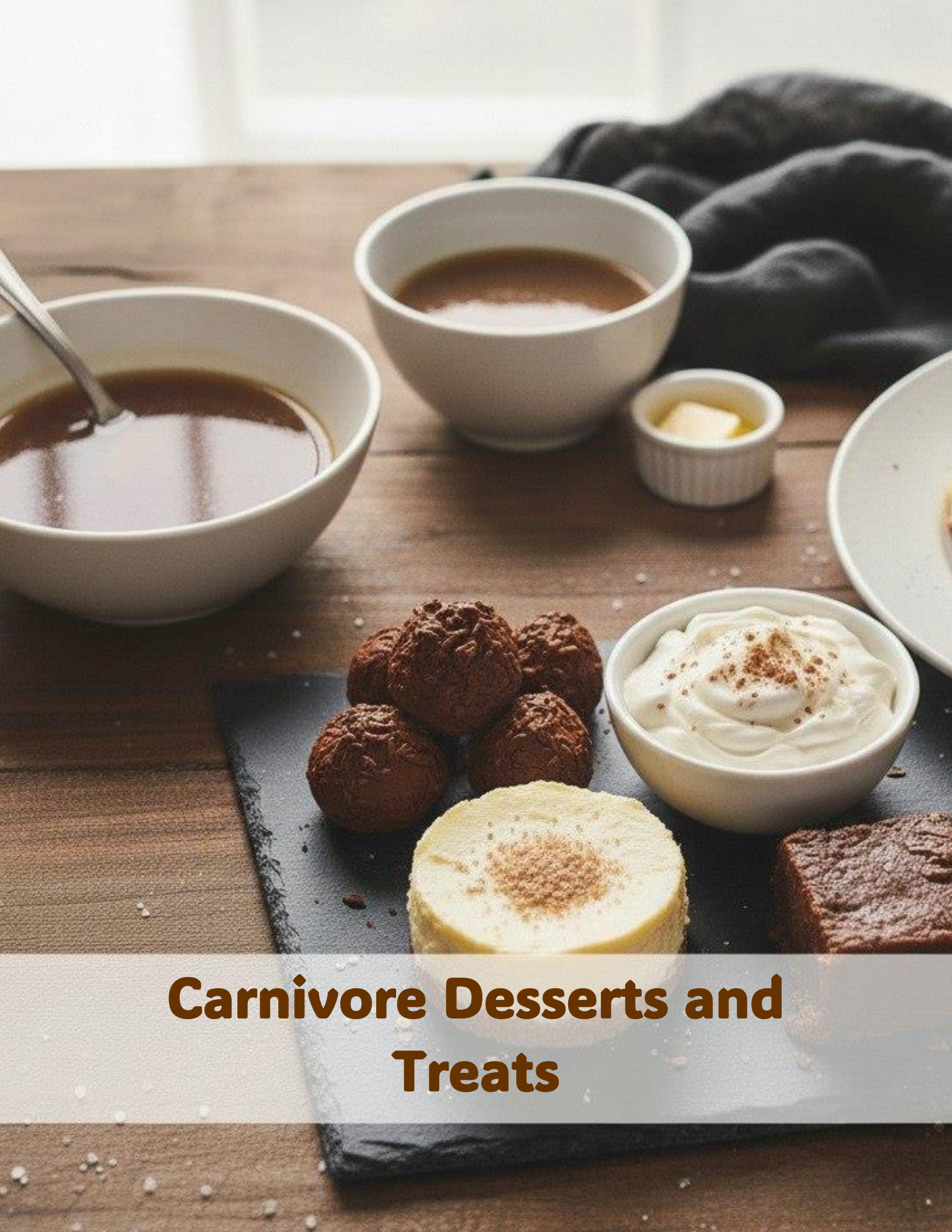
Directions:

1. Preheat the grill to medium-high heat.
2. Cut the tops off the bell peppers and remove the seeds and membranes.
3. In a skillet over medium heat, melt the butter and cook the ground beef until browned. Season with salt and black pepper.
4. Stuff each bell pepper with the cooked beef, creating a small well in the center.
5. Crack an egg into each well, then place the stuffed peppers on the grill.
6. Grill for 15–20 minutes, or until the egg whites are set and the yolks are cooked to your preference.



Nutritional Information:

Calories: 320, Protein: 28g, Carbohydrates: 6g, Fat: 21g, Fiber: 2g, Cholesterol: 245mg, Sodium: 480mg, Potassium: 600mg



Carnivore Desserts and Treats



DECADENT BEEF TALLOW CHOCOLATE MOUSSE



Servings:
4



Prep:
15 min



Chill:
2 h



Equipment: Mixing Bowl, Hand Mixer, Spatula, Serving Glasses



Ingredients:

- 4 oz beef tallow
- 2 oz unsweetened cocoa powder
- 1 cup heavy cream
- 2 tbsp water
- 1 tsp vanilla extract
- Pinch of salt



Directions:

1. Melt the beef tallow in a small saucepan over low heat until fully liquefied.
2. In a mixing bowl, combine the melted tallow, cocoa powder, water, vanilla extract, and salt. Mix until smooth.
3. In a separate bowl, whip the heavy cream using a hand mixer until soft peaks form.
4. Gently fold the cocoa mixture into the whipped cream until well combined.
5. Spoon the mousse into serving glasses and chill in the refrigerator for at least 2 hours before serving.



Nutritional Information:

Calories: 420, Protein: 3g, Carbohydrates: 5g, Fat: 45g, Fiber: 2g, Cholesterol: 70 mg, Sodium: 40 mg, Potassium: 150 mg



SAVORY BACON-WRAPPED BLUEBERRY BOMBS



Pieces:
8



Prep:
15 min



Cook:
20 min



Equipment: Baking Sheet, Toothpicks, Oven



Ingredients:

- 8 oz bacon (about 8 slices)
- 1 cup fresh blueberries
- 4 oz cream cheese, softened
- 1 tsp vanilla extract
- 1 tbsp butter, melted



Directions:

1. Preheat the oven to 375°F (190°C).
2. In a bowl, mix the cream cheese, vanilla extract, and melted butter until smooth.
3. Gently fold in the blueberries, ensuring they are evenly coated with the mixture.
4. Wrap each bacon slice around a spoonful of the blueberry mixture, securing with a toothpick.
5. Place the bacon-wrapped bombs on a baking sheet and bake for 20 minutes, or until the bacon is crispy.
6. Allow to cool slightly before serving.



Nutritional Information:

Calories: 150, Protein: 5g, Carbohydrates: 3g, Fat: 13g, Fiber: 0g, Cholesterol: 30mg, Sodium: 250mg, Potassium: 60mg



CRISPY CHICKEN SKIN CHURROS WITH CINNAMON



Pieces:
12



Prep:
15 min



Cook:
20 min



Equipment: Baking Sheet, Parchment Paper, Mixing Bowl



Ingredients:

- 1 lb chicken skin
- 1 tsp ground cinnamon
- 1 tsp sea salt
- 1 tbsp melted beef tallow or butter



Directions:

1. Preheat your oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. Lay the chicken skins flat on the baking sheet, ensuring they do not overlap.
3. Brush the skins with melted beef tallow or butter, then sprinkle with cinnamon and sea salt.
4. Bake in the oven for 20 minutes, or until the skins are golden brown and crispy.
5. Remove from the oven and let cool slightly before serving.



Nutritional Information:

Calories: 120, Protein: 8g, Carbohydrates: 0g, Fat: 10g, Fiber: 0g, Cholesterol: 25mg, Sodium: 180mg, Potassium: 50mg



SILKY BONE MARROW PANNA COTTA



Servings:
6



Prep:
20 min



Chill:
4 h



Equipment: Saucepan, Blender, Ramekins



Ingredients:

- 8 oz bone marrow
- 1 cup heavy cream
- 1 cup water
- 1 tbsp gelatin
- 1 tsp vanilla extract
- 1/4 tsp salt



Directions:

1. Preheat the oven to 350°F. Roast the bone marrow for 15 minutes until soft.
2. In a saucepan, combine heavy cream and water. Heat gently until warm.
3. Blend the roasted bone marrow with the warm cream mixture until smooth.
4. Stir in gelatin, vanilla extract, and salt until fully dissolved.
5. Pour the mixture into ramekins and chill for 4 hours until set.



Nutritional Information:

Calories: 250, Protein: 4g, Carbohydrates: 1g, Fat: 25g, Fiber: 0g, Cholesterol: 60 mg, Sodium: 150 mg, Potassium: 50 mg



CREAMY DUCK FAT ICE CREAM



Cups:
4



Prep:
15 min



Chill:
2 h



Equipment: Medium Saucepan, Whisk, Ice Cream Maker



Ingredients:

- 1 cup heavy cream
- 1 cup whole milk
- 4 oz duck fat
- 4 egg yolks
- 1/2 tsp sea salt
- 1 tsp vanilla extract



Directions:

1. In a medium saucepan, combine the heavy cream, whole milk, and duck fat. Heat over medium heat until the mixture is warm and the duck fat is fully melted.
2. In a separate bowl, whisk the egg yolks and sea salt until smooth. Slowly add the warm cream mixture to the yolks, whisking constantly.
3. Return the mixture to the saucepan and cook over low heat, stirring constantly, until it thickens enough to coat the back of a spoon.
4. Remove from heat and stir in the vanilla extract. Allow the mixture to cool to room temperature.
5. Pour the mixture into an ice cream maker and churn according to the manufacturer's instructions. Transfer to a container and freeze for at least 2 hours before serving.



Nutritional Information:

Calories: 320, Protein: 4g, Carbohydrates: 3g, Fat: 32g, Fiber: 0g, Cholesterol: 210mg, Sodium: 150mg, Potassium: 60mg



SMOKY PORK RIND CHOCOLATE TRUFFLES



Pieces:
12



Prep:
20 min



Chill:
1 h



Equipment: Food Processor, Mixing Bowl, Baking Sheet



Ingredients:

- 4 oz pork rinds
- 8 oz dark chocolate (85% cacao or higher)
- 1/4 cup heavy cream
- 1 tbsp unsalted butter
- 1/2 tsp smoked paprika
- 1/4 tsp sea salt



Directions:

1. In a food processor, pulse the pork rinds until finely ground.
2. Melt the dark chocolate, heavy cream, and butter together in a mixing bowl over a simmering pot of water, stirring until smooth.
3. Stir in the smoked paprika and sea salt, then fold in the ground pork rinds until well combined.
4. Shape the mixture into 12 small balls and place them on a baking sheet.
5. Chill the truffles in the refrigerator for 1 hour until firm.



Nutritional Information:

Calories: 110, Protein: 3g, Carbohydrates: 5g, Fat: 9g, Fiber: 2g, Cholesterol: 10mg, Sodium: 60mg, Potassium: 120mg



RICH BEEF LIVER BROWNIES



Bars:
12



Prep:
20 min



Bake:
25 min



Equipment: Blender, Mixing Bowl, Baking Pan



Ingredients:

- 8 oz beef liver, cleaned and chopped
- 4 oz unsalted butter, melted
- 3 large eggs
- 1/2 cup cocoa powder
- 1/4 cup beef tallow
- 1/2 tsp sea salt
- 1 tsp vanilla extract (optional)



Directions:

1. Preheat your oven to 350°F (175°C) and grease a baking pan with beef tallow.
2. In a blender, puree the beef liver until smooth.
3. In a mixing bowl, combine the pureed liver, melted butter, eggs, cocoa powder, beef tallow, sea salt, and vanilla extract.
4. Mix until you achieve a smooth batter.
5. Pour the batter into the prepared baking pan and spread evenly.
6. Bake for 25 minutes or until a toothpick inserted in the center comes out clean.
7. Allow to cool before slicing into bars.



Nutritional Information:

Calories: 150, Protein: 10g, Carbohydrates: 3g, Fat: 12g, Fiber: 1g, Cholesterol: 120mg, Sodium: 150mg, Potassium: 200mg



CRUNCHY CHICKEN SKIN COOKIES



Pieces:
12



Prep:
10 min



Bake:
25 min



Equipment: Baking Sheet, Parchment Paper, Oven



Ingredients:

- 1 lb Chicken Skin
- 1 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1 tbs Melted Beef Tallow



Directions:

1. Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
2. Lay the chicken skin flat on the prepared baking sheet, ensuring they do not overlap.
3. Brush the chicken skin with melted beef tallow and season with sea salt and black pepper.
4. Bake in the preheated oven for 25 minutes, or until the skins are golden brown and crispy.
5. Remove from the oven and let cool slightly before serving.



Nutritional Information:

Calories: 80, Protein: 6g, Carbohydrates: 0g, Fat: 6g, Fiber: 0g, Cholesterol: 25mg, Sodium: 150mg, Potassium: 50mg



LUSCIOUS LAMB TALLOW VANILLA FUDGE



Pieces:
16



Prep:
15 min



Chill:
2 h



Equipment: Medium Saucepan, Whisk, 8x8-inch Baking Dish, Parchment Paper



Ingredients:

- 1 cup lamb tallow
- 1/2 cup heavy cream
- 1/4 cup unsweetened vanilla extract
- 1/4 tsp sea salt
- 2 tbsp gelatin powder



Directions:

1. Line an 8x8-inch baking dish with parchment paper, leaving some overhang for easy removal.
2. In a medium saucepan over low heat, melt the lamb tallow until fully liquefied.
3. Whisk in the heavy cream, vanilla extract, and sea salt until well combined.
4. Gradually sprinkle the gelatin powder into the mixture, whisking continuously to avoid clumps.
5. Pour the mixture into the prepared baking dish, smoothing the top with a spatula.
6. Refrigerate for at least 2 hours until set. Once firm, lift the fudge out using the parchment overhang and cut into 16 pieces.



Nutritional Information:

Calories: 120, Protein: 2g, Carbohydrates: 1g, Fat: 13g, Fiber: 0g, Cholesterol: 20mg, Sodium: 30mg, Potassium: 10mg



SPICED PORK CRACKLING BRITTLE



Pieces:
10



Prep:
15 min



Cook:
25 min



Equipment: Baking Sheet, Saucepan, Parchment Paper



Ingredients:

- 8 oz pork cracklings
- 1 cup erythritol
- 1/2 cup water
- 1 tsp ground cinnamon
- 1/2 tsp cayenne pepper
- 1/4 tsp salt



Directions:

1. Preheat your oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. In a saucepan, combine erythritol and water over medium heat, stirring until dissolved.
3. Add cinnamon, cayenne pepper, and salt to the mixture, stirring until well combined.
4. Pour the mixture over the pork cracklings on the baking sheet, ensuring they are evenly coated.
5. Bake for 25 minutes, or until the brittle is golden and crisp.
6. Allow to cool completely before breaking into pieces.



Nutritional Information:

Calories: 120, Protein: 5g, Carbohydrates: 2g, Fat: 10g, Fiber: 0g, Cholesterol: 15mg, Sodium: 150mg, Potassium: 50mg



SWEET AND SALTY BACON CARAMEL POPCORN



Cups:
6



Prep:
15 min



Cook:
20 min



Equipment: Large Skillet, Saucepan, Baking Sheet



Ingredients:

- 8 oz bacon, chopped
- 1/2 cup butter
- 1 cup granulated sugar
- 1/4 cup water
- 1/2 tsp sea salt
- 6 cups pork rinds, crushed



Directions:

1. Cook the chopped bacon in a large skillet over medium heat until crispy. Remove and drain on paper towels.
2. In a saucepan, melt the butter over medium heat. Add the sugar, water, and sea salt, stirring until the sugar dissolves.
3. Bring the mixture to a boil, without stirring, until it turns a deep amber color (about 10 minutes).
4. Remove from heat and quickly stir in the crispy bacon.
5. Pour the caramel bacon mixture over the crushed pork rinds on a baking sheet, tossing to coat evenly.
6. Allow to cool and harden before breaking into pieces.



Nutritional Information:

Calories: 320, Protein: 8g, Carbohydrates: 5g, Fat: 28g, Fiber: 0g, Cholesterol: 45mg, Sodium: 480mg, Potassium: 150mg



TANGY LEMON CURD WITH CRISPY BACON BITS



Servings:
6



Prep:
10 min



Cook:
15 min



Equipment: Saucepan, Whisk, Mixing Bowl



Ingredients:

- 4 oz unsalted butter
- 1/2 cup fresh lemon juice
- 4 large egg yolks
- 1/2 cup bacon bits
- 1/4 cup water
- 1/4 tsp salt



Directions:

1. In a saucepan, melt the butter over medium heat.
2. Whisk in the lemon juice, egg yolks, water, and salt until smooth.
3. Cook the mixture, stirring constantly, until it thickens, about 10 minutes.
4. Remove from heat and let it cool slightly.
5. Stir in the bacon bits for a savory crunch.
6. Transfer to a mixing bowl and chill for at least 30 minutes before serving.



Nutritional Information:

Calories: 210, Protein: 5g, Carbohydrates: 3g, Fat: 20g, Fiber: 0g, Cholesterol: 160 mg, Sodium: 220 mg, Potassium: 50 mg



DELIGHTFUL DUCK FAT CARAMEL SAUCE



Servings:
1



Prep:
5 min



Cook:
15 min



Equipment: Medium saucepan, Whisk, Measuring cups and spoons



Ingredients:

- 1 cup duck fat
- 1 cup granulated sugar
- 1/2 cup heavy cream
- 1 tsp sea salt
- 1 tsp vanilla extract



Directions:

1. In a medium saucepan, melt the duck fat over medium heat.
2. Add the granulated sugar, stirring constantly until it dissolves and turns a deep amber color.
3. Carefully whisk in the heavy cream until the mixture is smooth and well combined.
4. Stir in the sea salt and vanilla extract, mixing thoroughly.
5. Remove from heat and let cool slightly before transferring to a jar.



Nutritional Information:

Calories: 210, Protein: 0g, Carbohydrates: 10g, Fat: 22g, Fiber: 0g, Cholesterol: 40 mg, Sodium: 150 mg, Potassium: 10 mg



VELVETY BEEF MARROW CUSTARD



Servings:
4



Prep:
10 min



Cook:
30 min



Equipment: Medium saucepan, Whisk, Oven-safe ramekins



Ingredients:

- 8 oz beef marrow
- 4 large eggs
- 1 cup heavy cream
- 1 tsp vanilla extract
- 1/4 tsp sea salt



Directions:

1. Preheat your oven to 325°F (165°C).
2. In a medium saucepan, gently heat the beef marrow until melted. Strain to remove any solid bits.
3. In a mixing bowl, whisk together the eggs, heavy cream, vanilla extract, and sea salt.
4. Slowly add the melted marrow to the egg mixture, whisking continuously to combine.
5. Pour the mixture into oven-safe ramekins and place them in a baking dish. Fill the dish with hot water halfway up the sides of the ramekins.
6. Bake for 30 minutes or until the custard is set but still slightly jiggly in the center.
7. Allow to cool slightly before serving.



Nutritional Information:

Calories: 320, Protein: 10g, Carbohydrates: 2g, Fat: 30g, Fiber: 0g, Cholesterol: 220mg, Sodium: 180mg, Potassium: 150mg



EXQUISITE EGG YOLK AND BEEF TALLOW CUSTARD



Servings:
4



Prep:
10 min



Cook:
20 min



Equipment: Medium Saucepan, Whisk, Ramekins, Baking Dish



Ingredients:

- 8 large egg yolks
- 1 cup beef tallow
- 1 cup water
- 1/2 tsp sea salt
- 1 tsp vanilla extract (optional)



Directions:

1. Preheat your oven to 300°F (150°C).
2. In a medium saucepan, melt the beef tallow over low heat. Stir in the water and sea salt until well combined.
3. In a separate bowl, whisk the egg yolks until smooth. Slowly add the melted tallow mixture to the yolks, whisking continuously to prevent curdling.
4. Pour the custard mixture into ramekins and place them in a baking dish. Fill the dish with hot water halfway up the sides of the ramekins.
5. Bake for 20 minutes or until the custard is set but still slightly jiggly in the center. Remove from the oven and let cool slightly before serving.



Nutritional Information:

Calories: 320, Protein: 5g, Carbohydrates: 0g, Fat: 35g, Fiber: 0g, Cholesterol: 470mg, Sodium: 310mg, Potassium: 40mg



HEAVENLY PORK RIND AND CINNAMON DONUTS



Pieces:
12



Prep:
20 min



Cook:
10 min



Equipment: Mixing Bowl, Frying Pan, Slotted Spoon



Ingredients:

- 2 cups pork rinds, crushed
- 4 large eggs
- 2 tbsp heavy cream
- 1 tsp ground cinnamon
- 1/2 tsp vanilla extract
- 1/4 cup beef tallow or lard, for frying
- 1 tsp erythritol (optional, for sweetness)



Directions:

1. In a mixing bowl, combine crushed pork rinds, eggs, heavy cream, cinnamon, and vanilla extract until a thick batter forms.
2. Heat beef tallow or lard in a frying pan over medium heat.
3. Drop spoonfuls of batter into the hot oil, shaping them into small donuts.
4. Fry each side for about 2–3 minutes until golden brown and crispy.
5. Remove donuts with a slotted spoon and drain on paper towels.
6. Sprinkle with erythritol if desired for added sweetness.



Nutritional Information:

Calories: 110, Protein: 8g, Carbohydrates: 1g, Fat: 8g, Fiber: 0g, Cholesterol: 70mg, Sodium: 150mg, Potassium: 50mg



SWEETENED BEEF JERKY CHOCOLATE BARK



Pieces:
8



Prep:
15 min



Chill:
1 h



Equipment: Baking Sheet, Parchment Paper, Double Boiler or Microwave-Safe Bowl



Ingredients:

- 8 oz dark chocolate (at least 70% cacao)
- 4 oz beef jerky, finely chopped
- 2 tsp unsweetened cocoa powder
- 1 tbsp coconut oil
- 1 tsp sea salt



Directions:

1. Line a baking sheet with parchment paper.
2. Melt the dark chocolate and coconut oil together using a double boiler or microwave-safe bowl, stirring until smooth.
3. Stir in the cocoa powder until fully incorporated.
4. Spread the melted chocolate mixture evenly onto the prepared baking sheet.
5. Sprinkle the chopped beef jerky and sea salt over the chocolate.
6. Chill in the refrigerator for 1 hour or until set.
7. Break into pieces and serve.



Nutritional Information:

Calories: 210, Protein: 6g, Carbohydrates: 14g, Fat: 15g, Fiber: 4g, Cholesterol: 10mg, Sodium: 220mg, Potassium: 240mg



CREAMY CHICKEN LIVER CHEESECAKE



Slices:
8



Prep:
20 min



Chill:
2 h



Equipment: Blender, Springform Pan, Mixing Bowl



Ingredients:

- 8 oz chicken liver
- 16 oz cream cheese, softened
- 2 large eggs
- 1/4 cup heavy cream
- 1/2 tsp sea salt
- 1/4 tsp black pepper
- 2 tbsp unsalted butter, melted



Directions:

1. Preheat your oven to 325°F (163°C).
2. In a blender, combine chicken liver, cream cheese, eggs, heavy cream, sea salt, and black pepper. Blend until smooth.
3. Grease a springform pan with melted butter and pour the mixture into the pan.
4. Bake for 45 minutes until the center is set but still slightly jiggly.
5. Allow to cool, then refrigerate for at least 2 hours before serving.



Nutritional Information:

Calories: 250, Protein: 15g, Carbohydrates: 2g, Fat: 22g, Fiber: 0g, Cholesterol: 180 mg, Sodium: 320 mg, Potassium: 150 mg



SALTY-SWEET BACON WRAPPED DATES



Pieces:
12



Prep:
10 min



Cook:
20 min



Equipment: Baking Sheet, Toothpicks, Oven



Ingredients:

- 12 large Medjool dates
- 12 slices bacon (thinly sliced)
- 1/4 cup cream cheese (optional, for filling)
- 1/4 tsp sea salt



Directions:

1. Preheat oven to 400°F (200°C).
2. Slice each date lengthwise and remove the pit. If desired, fill each date with a small amount of cream cheese.
3. Wrap each date with a slice of bacon, securing it with a toothpick.
4. Place the wrapped dates on a baking sheet and sprinkle with sea salt.
5. Bake for 15–20 minutes, or until the bacon is crispy and golden.
6. Allow to cool slightly before serving.



Nutritional Information:

Calories: 120, Protein: 3g, Carbohydrates: 15g, Fat: 7g,
Fiber: 2g, Cholesterol: 15mg, Sodium: 220mg, Potassium:
180mg



DELECTABLE DUCK FAT GINGERBREAD COOKIES



Pieces:
12



Prep:
20 min



Bake:
15 min



Equipment: Mixing Bowl, Baking Sheet, Rolling Pin



Ingredients:

- 1 cup duck fat
- 2 large eggs
- 1 tbsp ground ginger
- 1 tsp ground cinnamon
- 1/2 tsp ground cloves
- 1/4 tsp salt
- 1/2 cup beef gelatin powder



Directions:

1. Preheat your oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. In a mixing bowl, combine duck fat and eggs, whisking until smooth.
3. Add ground ginger, cinnamon, cloves, and salt to the mixture, stirring well.
4. Gradually incorporate the beef gelatin powder until a dough forms.
5. Roll out the dough on a flat surface to about 1/4 inch thickness and cut into desired shapes.
6. Place cookies on the prepared baking sheet and bake for 15 minutes or until golden brown.
7. Allow to cool before serving.



Nutritional Information:

Calories: 150, Protein: 5g, Carbohydrates: 1g, Fat: 14g,
Fiber: 0g, Cholesterol: 40mg, Sodium: 50mg, Potassium:
20mg



RICH BONE BROTH AND DARK CHOCOLATE GELATO



Servings:
4



Prep:
20 min



Chill:
2 h



Equipment: Blender, Saucepan, Ice Cream Maker



Ingredients:

- 2 cups bone broth
- 4 oz dark chocolate (85% cocoa or higher)
- 1 cup heavy cream
- 2 tbsp unsalted butter
- 1 tsp vanilla extract
- 1/4 tsp sea salt



Directions:

1. In a saucepan, heat the bone broth over medium heat until it begins to simmer.
2. Add the dark chocolate and stir until completely melted and smooth.
3. Stir in the heavy cream, butter, vanilla extract, and sea salt, mixing until well combined.
4. Transfer the mixture to a blender and blend until silky and smooth.
5. Pour the mixture into an ice cream maker and churn according to the manufacturer's instructions.
6. Once churned, transfer to a container and chill in the freezer for at least 2 hours before serving.



Nutritional Information:

Calories: 320, Protein: 5g, Carbohydrates: 10g, Fat: 28g, Fiber: 2g, Cholesterol: 60 mg, Sodium: 150 mg, Potassium: 200 mg



SUCCULENT BACON-INFUSED APPLE PIES



Pieces:
6



Prep:
20 min



Bake:
25 min



Equipment: Oven, Muffin Tin, Skillet



Ingredients:

- 1 lb bacon
- 2 medium apples, peeled and diced
- 1 tbsp butter
- 1 tsp ground cinnamon
- 1/4 cup water
- 1 tbsp lemon juice



Directions:

1. Preheat the oven to 375°F (190°C).
2. Cook the bacon in a skillet over medium heat until crispy. Remove and crumble.
3. In the same skillet, add butter, apples, cinnamon, water, and lemon juice. Cook until apples are tender.
4. Line muffin tin cups with bacon strips, forming a crust.
5. Fill each bacon-lined cup with the apple mixture.
6. Bake in the oven for 25 minutes until the bacon is golden and crispy.
7. Allow to cool slightly before serving.



Nutritional Information:

Calories: 250, Protein: 8g, Carbohydrates: 12g, Fat: 20g, Fiber: 2g, Cholesterol: 30mg, Sodium: 400mg, Potassium: 150mg

Conclusion

As you close the final pages of the Carnivore Diet Cookbook, take a moment to reflect on the vibrant journey you've embarked upon. Each recipe is more than just a meal; it's an invitation to explore the richness and simplicity of a lifestyle that celebrates the primal joy of cooking and eating. Your curiosity and dedication have brought you here, and for that, I am profoundly grateful. You've not only nourished your body but also embraced a culinary adventure that connects us to our ancestral roots and the essence of what it means to truly savor life.

May the skills and insights you've gained empower you to continue crafting meals that bring warmth and satisfaction to your table. I encourage you to keep experimenting, to let your kitchen be a playground of flavors and creativity. Share your discoveries with loved ones, and let the joy of cooking ripple through your community.

Your feedback is invaluable; it lights the path for others seeking this journey. If you feel inspired, please share your thoughts and experiences. Your voice helps others find their way to the joy and fulfillment that the carnivore diet can offer. Here's to many more delicious adventures ahead!