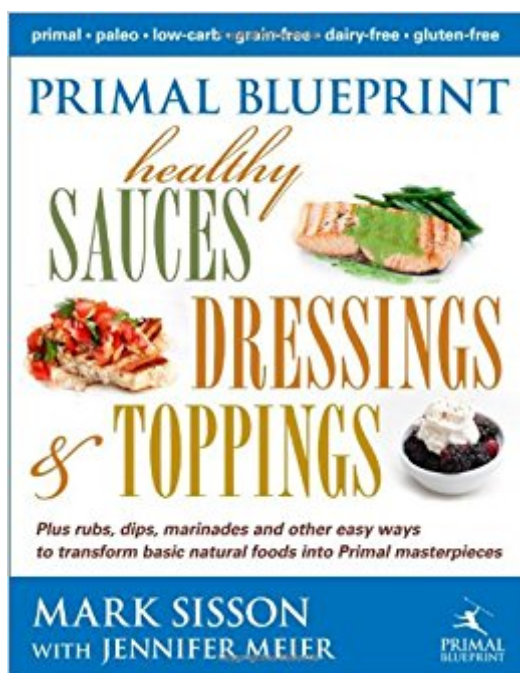


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# Primal Blueprint Healthy Sauces, Dressings And Toppings



## Synopsis

Following the popularity of *The Primal Blueprint Cookbook* and *Primal Blueprint Quick & Easy Meals* (both attained #1 ranking for low-carb cookbooks), best-selling author Mark Sisson and gourmet chef Jennifer Meier team up again to transform ordinary meals into culinary masterpieces with *Primal Blueprint Healthy Sauces, Dressings & Toppings*. You'll get acquainted with the essential list of Primal-approved ingredients: butter, coconut milk, flour alternatives, purified vegetables, nut butters, eggs, healthful oils, vinegar, salt and assorted herbs and spices. Then, it's off to the races to create your dips, rubs, dessert toppings, marinades, seasonings, salsa, pesto, flavored butter, tapenade, gravy and much more. The rich and satisfying flavor these sauces, dressings and toppings bring to your meals will not only boost nutritional and antioxidant values, but will also ban the objectionable sugars and fats found in most conventional flavor enhancers from the table! From staples like ketchup, mustard and hot sauce, to the more exotic creations like Blueberry Chutney, Carrot Salsa and Avocado Lime Dressing, each recipe enhances the nutritional value of your meal and uses only Primal ingredients. That means no gluten, grains, legumes, added sugars or unhealthy trans or polyunsaturated oils. And you don't have to compromise great taste or spend hours slaving over complicated preparations. With options organized into convenient categories and presented with vibrant photos and simple instructions, going Primal just got easier and a whole lot tastier!

## Book Information

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## Customer Reviews

Mark is the one of the leading figures in the primal/paleo/ancestral health world, with his MarksDailyApple.com the most visited site in this category. Mark has followed the revolutionary bestseller, The Primal Blueprint, with six other books on primal living and eating. He is a former world-class endurance athlete (2:18 marathon, 4th place Hawaii Ironman), BA degree in biology (Williams College). Besides blogging daily and writing books, Mark hosts PrimalCon lifestyle retreats in North America

I cannot and will not be without this cookbook. It is full of easy and quick, well, sauces, dressings, and toppings, lol. Every single recipe has been delicious. One of the best things about this cookbook is that it makes for a dinner on the table in lightening speed. Steam some veggies or make a salad, grill or pan fry some meat or a burger, and use one of the recipes from this book. It makes for endless variety but easy, fast, healthy. Perfect for weeknights! Here are a few of my favorites: Tartar Sauce: I eat more fish because of this recipe. Simply amazing. And it works on everything from sole to salmon. And salmon cakes!! Hollandaise Sauce: So simple but so flavorful. A little goes a long way and a unique way to use it is as a dressing for a chopped salad with hard boiled eggs, tomatoes, avocado, cucumbers, scallions, and leftover roasted chicken. Of course it's great for the more typical uses as well. Sausage Gravy: 3 ingredients and amazing flavor. I watch my carbs so I top a spaghetti squash omelette (from the Quick and Easy primal blueprint cookbook) with this. I recommend the pork sausage from US Wellness. Spicy Poblano sauce: Perfect for a mexican fix without the junk. Pan sear any meat and top with this. Creamy Arugula Sauce: So summery and refreshing. I add some lemon juice and turn it into a dressing. Stir Fry Sauce: Delicious!!! I like to add a tsp of red boat fish sauce for some extra flavor. Coconut Milk Whipped Cream: Decadent! And guilt free. I top 1/2 cup of berries and sprinkle some slivered almonds for dessert. Ranch Dressing: The best ranch dressing hands down. I don't do dairy often but this is a nice splurge for me. Bacon Dressing: Need I say more? Sesame Coconut Dressing: Yummy for an asian style salad. Add some almond butter to make it even more decadent. Mayonnaise: To me most homemade mayo recipes are all pretty much the same. Oil, eggs, salt, lemon juice, and/or mustard of some sort. The real difference is the oil you use. I use this as my basic mayo and do 1/2 and 1/2 of avocado oil and light olive oil. Blueberry Chutney: I've made this with cherries too and it's yummy both ways. Taco Seasoning: awesome way to avoid the stuff in the packets...with all the junk. Nori Salt Blend: Mmmm! Reminds me of furikake. I use it on eggs and asian salads. So as you can see I use this cookbook all the time. I never thought I'd get so much use out of a book without any "real" recipes. This has become one of my favorite cookbooks though!

I've been eating mostly-primal and paleo for some years now, and Mark Sisson's wonderful books have made it so much easier. It's not that I want to eat paleo-ified versions of pancakes, breads, or other unhealthy foods all the time, but it is nice to have the option to eat familiar foods sometimes and know I won't feel sick afterwards. That's where Mark's books really shine, is in bridging the gap between familiar and primal foods so we can feel genuine enjoyment in all of our food choices and not have to feel like we are missing out. The condiments and sauces are a place where I have struggled, because even though I have gotten pretty creative with roasting vegetables and pureeing them with spices and coconut milk to make sauces, doing my own homemade mayo, etc, I haven't felt like my own homemade sauces and condiments have been as good as I'd like, so I have occasionally used storebought dressings or traditional recipes with dairy or starches as thickeners when I have been too busy to try researching yet another new recipe that might be "the one". So given that I am such a huge fan of Mark's work, and given that I really needed ideas for sauces, dressings, and toppings, I thought that this book would be a slam dunk hit. And I am really enjoying it. But I have to say I'm a little bit disappointed because I was really hoping for a number of warm sauces that I could use over spaghetti squash, vegetables, and meats to make them seem like old familiar favorites. While this book shines in the dressings and condiments department, there are very few sauces in the book that would be good warm, over dinner foods. In addition, some of those sauces that are warm and would taste good over vegetables and meat really have not been adjusted much from their traditional origins, so they still contain a LOT of dairy. For example, the Mornay sauce includes whipping cream, butter, almond butter, a cup of cheese, and nutmeg. While it certainly an interesting touch to include almond butter in a cream sauce to thicken it, there are already a few different Paleo -ish ways of thickening a sauce, such as arrowroot starch or even pureed root vegetables of some kind. What I'm really looking to get rid of is the cheese, which I don't think of as being primal or Paleo at all. The ranch dressing is another example, since it contains sour cream and buttermilk. I don't need a special primal book to tell me how to make ranch dressing using dairy - any recipe book would do that just fine. I know Mark says that high-fat dairy is okay if you tolerate it well and especially if you can find raw sources, but I think the vast majority of us do not tolerate it well and cannot find good sources for raw dairy, so I was really hoping that a book about primal sauces would include some more innovative ideas for substituting out the dairy. Another element that was a mild disappointment is that a lot of the sauces are things that have never really been off the diet in the first place. There are a number of different kinds of gravy, for example, which has always been pretty easy to make in a totally Paleo way. Bolognese and

marinara sauces were something I made in my first week of being primal, and really had no issue eliminating the teaspoon of sugar contained in most recipes. There are about five different gravy recipes and five different tomato-based recipes, plus a number of vinaigrette recipes, so those kinds of sauces took up a lot of space in the book and didn't provide a lot of new ideas for me personally. There were also a number of dry spice blends included such as for taco seasoning, chili powder, and barbecue rub. I don't need a special primal book to tell me how to make a dry seasoning blend. I buy a special primal book to tell me how to make things that other cookbooks wouldn't tell me. I'm happy for extra information like this to be included, but I really wish the meat of the book had been focused on unusual solutions for making sauces that are usually off the diet in a new, healthy way. A note: Mark has a little milk symbol in the table of contents which is meant to indicate that a recipe has dairy in it. However, I found at least one recipe, the coconut lime sauce, that is not listed as having dairy even though it does. They also do not consider butter a dairy product, which is fine in my view because I can always substitute ghee, but you should be aware of that you are doing a whole 30 or trying to avoid all dairy. A large proportion of the recipes do contain butter. Now, for the good: there are a ton of cold sauces such as pestos (which do list parmesan as an ingredient but say you can substitute half an avocado instead, which is an idea that I really like), and a lot of really fun salad dressings and dips that you can use with vegetables. The tarragon dressing, which uses hard-boiled eggs to get a creamy consistency, is brilliant. The chocolate pudding sauce, which uses coconut milk and avocado for a delightfully rich mouth feel and texture, was divine. I can't wait to try the hot harissa sauce, the sweet potato bacon dip, the roasted cauliflower dip, artichoke dip and the coconut milk whipped cream, which I've seen on Mark's site but have never actually tried. There are also a lot of ideas that I want to adapt to be dairy free, such as creamy arugula sauce, which contains arugula, sour cream, fresh parsley leaves, and salt. I also want to try to adapt the coconut lime sauce, which contains creme fraiche, coconut milk, lime juice, and lime zest. I'm hoping there's some way that I can use a non-dairy product in place of the creme fraiche in this recipe. Overall, I'm enthused about a lot of the ideas in this book, but the more I read it, the more I realize that almost all of the recipes that I'm truly excited about are ones that use dairy. Given that most of the recipes I'm interested in trying will need some form of substitution in order for me to eat them, I probably could have gotten almost as much benefit from buying a traditional cookbook about sauces and just used it as a jumping off point for my own experimentation. That said, I really enjoy cooking and have been making my own paleo pestos, condiments, vinaigrettes, and sauces with pureed veggies for some time, so it's not that there aren't good ideas here, it's just that it doesn't fill that niche I was hoping it would - of bridging the gap between food I miss eating

and food that is on the diet. If, however, you are new to making your own paleo condiments, sauces, and dressings, you will definitely find a lot of great inspiration here for interesting spice combinations to add to a vinaigrette and ways of making some basic, delicious condiments and sauces that will be a staple of your primal plate. Here's a listing of every single recipe in the book (I have listed the dairy ingredients separately, but have not specified butter as A. there's a lot of butter in the book and it would take forever and B. you can always substitute ghee if you need the milk proteins gone)

**Sauces:** Hollandaise sauce, bearnease sauce, horseradish sauce (1 cup sour cream), Mornay sauce (3/4 C whipping cream, 1 cup cheese), marsala sauce (1 T of optional whipping cream, but coconut milk is listed as a sub), almost traditional turkey gravy, roasted meat gravy, sausage gravy (1 cup whole cream, coconut milk listed as a sub, but since the entire recipe is comprised of sausage, almond butter and cream, I'm not yet convinced that coconut milk will be a great sub because there is not much to make the dish taste more like cream and less like coconut), onion gravy, onion mushroom sauce, quick mushroom sauce, slow simmered mushroom sauce, Bolognese sauce, marinara sauce, pancetta tomato sauce, peppery roasted tomato sauce, Veracruz sauce - basically a tomato sauce with olive, spicy poblano sauce (1/2 cup heavy cream, coconut milk listed as a sub), Bell pepper sauce, roasted red pepper pesto, coconut cilantro pesto, arugula watercress pesto (1 cup grated parmesan, with the clever sub listed of half an avocado), creamy arugula sauce (3/4 cup sour cream or greek yogurt), minty caper sauce, fennel olive tapenade, leek garlic sauce (optional chicken stock, cream or coconut milk), coconut shallot sauce, lemon butter sauce, brown butter sage sauce, tomato coconut curry sauce, stir fry sauce, tomato salsa, carrot salsa, avocado salsa, coconut milk whipped cream, dark chocolate coconut sauce (basically coconut oil and chocolate which hardens up when chilled, so good to dip strawberries in), dark chocolate pudding sauce (brilliantly awesome with some clever ingredients), very coconut sauce, raspberry butter sauce, coconut lime sauce (1/2 cup creme fraiche)

**Salad Dressing:** basic vinaigrette, ranch dressing (3/4 cup sour cream and 1/4 cup buttermilk), Caesar dressing, thousand island dressing, blue cheese vinaigrette (blue cheese), dairy free green goddess dressing, bacon dressing, tarragon dressing, rosemary dressing, mint dressing, basil lime dressing, basil oil dressing, basil berry dressing, raspberry dressing, coconut cilantro dressing, avocado lime dressing, creamy avocado dressing, sesame coconut dressing, lemon ginger dressing, coconut masala dressing, tahini olive dressing, macadamia oil dressing, sumac dressing, garlic oil dressing, sweet and smoky paprika dressing

**Dips Condiments and Garnishes:** barbecue sauce, fresh tomato ketchup, easy catch up, dijon mustard, yellow mustard, shallow mustard, mayonnaise, lemon aioli, dill pickle, tartar sauce, pickle relish, spicy relish, scallion ginger relish, harissa hot sauce, basic hot sauce, red pepper hot sauce, olive gremolata, bacon chive butter, blueberry chutney, sweet potato bacon dip, roasted

cauliflower dip artichoke dip onion dip (1 cup sour cream) sun-dried tomato dip chicken liver dip  
Spice Blends: barbecue rub Cajun rub chili powder taco seasoning Indian spice blend green curry  
paste coconut spice blend za'atar spice blend chimichurri spice blend French spice blend nori salt  
blend dried herb blend lemon herb blend fennel blend mushroom powder  
Marinades: basil lime marinade spicy cilantro marinade ginger garlic marinade lemon garlic marinade lemon pepper  
marinade balsamic rosemary marinade mustard marinade coconut almond marinade aromatic Thai  
marinade Indian marinade (1/2 cup yogurt) Southwest marinade Mediterranean marinade Jamaican  
marinade anchovy paste

As an ardent believer and practitioner of the Primal Blueprint way of eating/exercising/playing/living I am always trying to motivate my friends and family to implement it into their lives by touting the benefits. However my wife has been a particularly tough nut to crack and is not really motivated by the benefits. This is because she is a very picky eater. She loves food, but it must be very flavorful and have the right texture. The thing she was most dissuaded by when looking at the food on my plate was the lack of sauces and robust flavors. I'm perfectly content to eat a steak with sauteed onions and mushroom and a dollop of ghee on it. However, that's generally too bland, and too heavy for her. So I saw this book and ordered it immediately. It has been just the ticket for my wife and me. I have finally gotten her to eat healthier and I am also enjoying my food even more than I was before. It's a perfect solution with exactly zero compromise in health or flavor. I strongly recommend this book (in combo with any other paleo/primal cookbook) (my wife and I have been loving the Primal Blueprint Cookbook) to anybody who is having trouble getting their kids or spouse to enjoy healthy paleo or primal foods.

Good book! I've been eating Paleo for a few months now and have found some amazing recipes. Sometimes though, I would like a simple meal with a nice sauce. This book comes in handy for those times! Or, even for one of the amazing meals I've found, but with an added punch. One thing though, the pictures and the descriptions of the pictures do not match on the ebook. It would be nice to get an update with the proper labels.

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