



HOMEMADE  
*mommy*  
H A N D B O O K



**Tips, Techniques and Basic  
Real Food Recipes to Cook  
Like a Homemade Mommy**

*Lindsey Gremont*



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If you find an error or have a suggestion for improvement, or if you have a question about a recipe, please contact Lindsey at [lindsey@homemademommy.net](mailto:lindsey@homemademommy.net).

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## ABOUT THE AUTHOR

I'm Lindsey, the Homemade Mommy. I work a full time corporate job on top of being a wife to an amazingly supportive husband and mother to a 4 year old daughter. Oh and I blog about food!

**Real Food.**

**Healthy Food.**

**Great food.**

I find the time and make a commitment to homemade cooking because eating this way has truly changed mine and my family's life. Ditching processed food has helped us heal from a number of ailments including asthma, allergies, recurrent sinus infections and ADHD. I buy organic, from family farms, local and grass-fed. I am passionate about achieving vibrant health and am happy to share my tips, techniques and recipes with you in the hopes that it will help you create your own path.

# introduction

This eBook is about so much more than recipes. While recipes are important, how many times have you undercooked a roasted chicken or were underwhelmed by the flavor of something you made but weren't really sure how to fix it?

This is why I want to share with you three other equally important factors in making great real food dishes:

## **Using quality ingredients**

When I finally purged processed foods from my kitchen and replaced them with quality products from local farms, I was struck by how much more delicious and interesting our meals became. New vegetables and cuts of meats inspired me to leave my comfort zone and experiment with amazing results.

## **Understanding basic cooking techniques**

I learned that making real food requires cooking skills that have virtually disappeared from most modern cookbooks. Real food isn't the same as processed food which has been manufactured to be consistent and convenient. Quite simply, what is missing from modern recipes is the skill you gain from watching your mother or grandmother cook without a recipe! The optimal timing of a given dish is influenced by a whole host of factors, many of which cannot be captured in a straightforward recipe. Confidence in the kitchen comes from not having to follow a recipe to the letter because you have knowledge of how to troubleshoot and make adjustments on the fly.

## **Knowledge of flavor combinations**

Most processed foods we experience these days are either salty or sweet. However, there are actually five basic types of flavors: salty, sweet, sour, bitter and umami. Learning and experimenting with all five flavor profiles is an amazing way to cook. Learning how to ferment various vegetables and beverages has opened a whole new world of flavor in my household. These flavors have long been lost to many of us and they may seem foreign or strange at first and then evolve into something more inspiring.

Think of this eBook as a proxy for standing in the kitchen with your proverbial mother or grandmother (or me!) and learning by doing. I am going to lay out various cooking tips and techniques in a simple and straightforward manner. These techniques will help you to become more confident in the kitchen and will hopefully inspire you to reach out of your comfort zone to a world of amazing flavors. This eBook also contains some of my most favorite recipes to get you started.

*Learning to cook  
real food is a  
revolutionary act*

