Paleo-content

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**Subject** – Why Are You Cooking Your Paleo Food?

Hey there,

So, you are on a civilized caveman diet, and there are still so many questions you ask yourself despite a visible improvement in your lifestyle and health. One of them is ‘why do we cook when we are supposed to eat raw?’

Well, that gives us a chance to clear a few misconceptions regarding the Paleo diet. Unlike what most of us learn from the history books, Paleolithic ancestors of ours did not eat completely raw meat fresh off the hunted game with blood dripping all over their faces and hands. Mind you, they were cavemen, not barbarians.

For all of us who didn’t pay much attention in history classes, fire was actually discovered during the Paleolithic times. Also, cooking meat was one of the earliest discovered uses of fire. However, our paleo ancestors also used other ways to process the meat.

Similarly, the modern paleo diet is not about eating 100 percent raw. Meat is usually sundried, marinated or baked in order to make sure it is tender and the good bacteria are still there.

However, if you still want to stop cooking altogether, you can opt for options that can be eaten completely raw. Other than vegetables, fruits, and nuts, you can take fish and organ meat in that form. Just use a little salt, pepper, and lemon, and leave if for sometime before serving.

Want more interesting recipes that require least amount of cooking?

Stay tuned!

Take care

Thank you