



## Carnivores Toppers Recipe

**Toppers are a Nutritious Stew in a Hearty Broth made with Pure, Natural Whole Food Ingredients**

**Toppers can be used for the following purposes:**

- As the cooked protein meals used during the transition to a raw diet
- As the stock (Broth) for the **Eggnog Recipe**. Including a small amount of the meat in the eggnog will add some substance to the egg meal. **Do not use commercial broths or stocks because most (even the all natural) contain onion powder and/or soy derivatives and many brands contain natural flavors (MSG). All of which are not suitable for the dog or cat**
- To mix a small amount into the raw meat-bone-organ to entice the finicky eater to eat his or her raw meal. Much like pouring melted cheese on our children's broccoli to coax them into eating it
- If you are taking a short trip and don't want to carry frozen ground products
- If someone is taking care of your furry child who is not accustomed to feeding raw and does not feel comfortable feeding them their raw diet
- As a nutritious snack
- If you run out of raw food and are in a pinch

We have searched for years for an all animal protein (no grain or starch) canned food that we could feel comfortable feeding our four-legged kids for these purposes. Although there are a handful of companies that are dedicated to using all natural, clean meat sources in their processed canned pet foods, these formulas still contain ingredients we are not comfortable with serving our pets. Ingredients such as mixed tocopherols- 99% of the time soy derived, Vitamin D2 which is a drug, not a vitamin, and our pets cannot convert D2 to usable Vitamin D, and ingredients likely to contain MSG- i.e. natural flavors or broth, and thickeners such as carrageenan and guar gum, as well as pre-mixed, bulk synthetic vitamins and minerals which pose risk of excessive amounts. In addition, BPA is still present in the lining of most canned foods. BPA is a toxic plastics chemical and known hormone-disruptor. BPA leaches from the can lining, especially in pet foods cooked directly in the can.

For this reason we feel more comfortable preparing homemade cooked dog and cat foods over any commercially processed canned brands on the market. We need the pure, healthy Broth for our pet's weekly Eggnogs and although we don't use the Toppers often, it's convenient to have this wholesome cooked pet food available when needed.

**Cooking Method:** Pressure Cooker: *As a rule cooked bones should never to be fed to cats or dogs because they can cause obstruction and perforation.* However, using a large pressure cooker will allow you to pressure cook Chicken Thigh bones (*only*) to a point that they become soft to the touch (crumble to powder when crushed between fingers) and therefore edible. A major dog food company that operates a cannery does just this by cooking the whole Chicken Thighs (including the bone) right in the can they sell. You can accomplish the same thing at home with a pressure cooker. *The Soup Bones for inclusion in the stew or meatball version of the Recipe are used solely for enriching the stock (Broth), and should never be fed to your pet.* Bones add nutritious richness to the Broth.

**Ingredients:**

(Using the large sized, 10 quart pressure cooker)

**Meats:**

16 to 20 Chicken Thighs (with the bone-in)

12 Chicken Livers or 3 Tbsp of **Chicken Organ Meat**

6 **Chicken Hearts** or **Duck Hearts** or 3 **Turkey Hearts**

(Livers and Hearts are easier to cut into small pieces once cooked)

**Make a note of exactly how many Chicken Thighs you place in the pressure cooker so you can confirm when you remove the bone from the Thigh to further cook them you have *all* of the bones. You do not want to feed your pet Thigh bones that have not fully broken down to a soft texture.**

To avoid potential sensitivity/allergies, use only Chicken Thighs that are free of preservatives, additives or natural flavoring (i.e. MSG). Check the label because many contain up to 12% of these added ingredients. Sanderson's Farms® brand is a safe one to use and I am sure there are other natural Chicken brands.

**Note:** **We do not recommend any other cut of poultry.** The Chicken Thigh has only one main bone assuring that no other bones will remain in the cooked meat and not be further cooked to a soft texture. Turkey thigh bones take much to long to achieve this level of softness, so stick with Chicken Thighs only.

**Other Meat Choices:**

3 lbs of boneless Beef, Lamb, or Venison stew meat or ground for meatballs.

**Carnivores Beef Trim** or ground boneless **Lamb** or **Venison** are good choices.

(Most store-bought stew or ground meats do not contain preservatives and additives; however, avoid any brands with natural flavorings- MSG)

Beef, Lamb or Venison Liver – 1 ¼ cup chopped or 3 Tbsp of **Beef Organ Meat**

¾ cup of chopped **Beef Heart** or the poultry hearts can be substituted

(Livers and hearts are easier to cut into small pieces once cooked)

A few cut Soup Bones or 1 large Soup Bone (aka **Marrow Bones**) (if uncut/whole- select the smallest one so it will fit in the pressure cooker). *These Bones will be discarded.*

1 tsp organic, unfiltered Apple Cider Vinegar (helps draw the minerals out of the Soup Bones)

### **Other Ingredients:**

10 cups of filtered water (plus 2 ½ cups for finishing the bones)

1 ½ cups chopped organic celery heart, about 4 to 5 stalks

¾ cup chopped organic carrot, about 1 ½ medium carrots

½ cup fresh chopped parsley

½ tsp quality sea salt

1 tbsp organic apple cider vinegar (draws minerals out of the bones)

½ to 1 tsp chopped garlic (optional)

(Eliminate garlic if your pet has anemia or other blood disorder. If you are also offering the Topper to cats use the lesser amount of garlic).

### **Directions:**

Rinse Chicken Thighs or stew meat

(Remove the skin from 10 to 14 of the Thighs and discard)

Place Chicken Thighs or stew meat or the formed meatballs in pressure cooker

(If making with stew or ground/meatballs, place the Soup Bones in cooker too)

Add 10 cups water and sea salt. (According to pressure cooker directions, do not fill pressure cooker higher than two thirds to three quarter full)

Allow water to come to a boil while you chop your vegetables

Add celery, carrot, parsley, organ meats (liver and heart), and (optional) garlic

Place top securely on pressure cooker and lock

Cook at medium heat until steam begins to release from the pressure cooker

Reduce heat to simmer and continue cooking for 30 minutes. If the thighs are frozen, it will take slightly longer for the pressure cooker to build-up steam.

The meatball version of Recipe cooks quicker; takes about 15 minutes instead of 30.

Remove from heat and let cool. Once steam is reduced, the pressure cooker will allow you to unlock it

Remove lid and using tongs lift the Chicken Thighs out of the cooker

Remove the bone from the center of the thigh with the tongs and set bones aside. The meat should easily fall off the bone

Remove the vegetables with a finely slotted spoon

Place the Chicken Thigh meat and the vegetables in separate stainless steel or glass bowls and put in refrigerator

Count the number of bones you pulled out of the Chicken Thighs to be sure you have them all. You want to be sure you have a bone for each of the Thighs you had placed in the pressure cooker

Place the bones back in the pressure cooker and add another 2 ½ cups of water.

Secure the lid again. Re-lock the pressure cooker

Cook at medium heat until steam begins to release

Reduce heat to just above simmer and continue cooking for at least 1 ½ hours

Remove from heat and allow pressure cooker to cool

Open pressure cooker and *test the bones* to be sure they are *totally soft*.

Check a couple of bones by rubbing the Thigh bone between your fingers.

(The bone should crumble into a gritty powder-like substance.) If not, return to heat for another 15 minutes. **DO NOT Feed the Thigh bone unless it is soft.**

Portion the meat accordingly into meal size and/or Topper enticer size servings placing it in glass freezer safe storage containers

Add a little of the cooked vegetables, Liver and Heart pieces, and Broth to each of the individual servings

If Chicken Thighs were used, place 1 to 2 *softened* Thigh bones (depending on serving size) in each of the containers on top of the meat.

If stew meat or meatballs and Soup (Marrow) Bones were used, remove some marrow out of the Soup Bone and discard the bone. ***Never feed cooked Marrow Bones, they are not edible and can cause serious health issues for your pet.*** Add the marrow to the Broth or add a little marrow to each individual serving.

Package the balance of the Broth in glass jars for your pet's eggnog meals. You'll need about 8 oz (1 cup) of Broth per 3-egg eggnog or for the smaller ones approximately 3 oz of Broth per egg. When the Broth is cooled the fat will rise to the top of the liquid Broth. Prior to heating, remove most of the fat off the top of the Broth with a spoon and discard it.

Place the packaged individual Toppers servings and bottled Broth in the freezer

**Defrosting Frozen Toppers and Broth:** *It is best not to microwave the Toppers.* We believe microwaving depletes nutrition in foods. It is best to defrost/heat the Toppers on the stovetop in a pot. If you need to defrost quickly, set microwave on defrost (low) setting for 5 minutes and then place the Toppers or Broth in a pot to finish thawing and heating. **NEVER cook the soft Thigh bones in the microwave.** The frozen Broth can be defrosted enough to remove it from the jar for heating on the stovetop by placing the jar in a pool of hot water for an hour.

When serving Toppers as the transition diet meals or as an occasional cooked meal, a small amount of **Veggie Puree** and pure Bone Meal can be added to the cooked Toppers when serving. Pureed veggies are very concentrated. 1 to 1 ½ tsp per 1 cup of Topper stew will add more nutrition, Calcium, and a bit of fiber to the meal. To increase the Calcium even more, add Bone Meal at about ½ tsp or 400 mg. of elemental Calcium per 1 cup (½ lb) of cooked Toppers meat. If using Toppers in small quantity as enticers for the new or finicky raw diet eater and not as meals, you don't need to add the Bone Meal. Also, the organ meats (Liver and Heart) would be in the raw meat-bone organ meal so these can be omitted from the recipe if using only for this purpose.



Woody (2009)

**Your furry friend will find Toppers irresistible... BONE APPETIT!**

Although we believe cooking homemade meals for your pet is superior to commercially processed pet foods, we do not recommend it as a staple diet. Dogs and Cats do not digest cooked meats as well as they do raw meats and they need the unadulterated amino acids and living enzymes found only in *raw* animal protein to thrive. Toppers are only intended for the purposes stated herein.

**Reference Links:**

**Is BPA in Canned Pet Food Linings a Concern for our Pets**, by Susan Thixton, citizen journalist (October 2008)

[http://www.naturalnews.com/024384\\_food\\_BPA\\_pet\\_food.html](http://www.naturalnews.com/024384_food_BPA_pet_food.html)

**Bisphenol A: (BPA) Toxic Plastics Chemical in canned Food**, EWG Research (March 2007) <http://www.ewg.org/reports/bisphenola>

**Canned Pet Food Secret Wheat Gluten Meat**, by Susan Thixton (August 2009)

<http://www.truthaboutpetfood.com/articles/canned-pet-food-secret-wheat-gluten-meat.html>

**Wheatex in our pets canned foods. See how they make fake meat.**

<http://videos.howstuffworks.com/discovery/35505-howstuffworks-show-episode-7-wheatex-video.htm>

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