

Meat A Kitchen Education

MEAT Should We Eat Meat? The Everyday Meat Guide The Meat Eater Fish and Game Cookbook Billion Dollar Burger Buck, Buck, Moose Cooking Meat Illustrated The Complete Meat Cookbook The River Cottage Meat Book Sauces, Salsas, and Chutneys: James Peterson's Kitchen Education The Art of Beef Cutting Salt, Fat, Acid, Heat A Kitchen in France Keys to Good Cooking Kitchen Pro Series: Guide to Purchasing Six Basic Cooking Techniques Glorious French Food Baking Essentials of Cooking Chicken and Other Poultry: James Peterson's Kitchen Education The Haven's Kitchen Cooking School Cooked Mastering My Mistakes in the Kitchen Martha Stewart's Cooking School (Enhanced Edition) Meat The Jungle The Farm Cooking School The Science of Cooking Tar Heel Traveler Meat What's a Cook to Do? The America's Test Kitchen Cooking School Cookbook Fish & Shellfish The Meat Hook Meat Book Soups and Broths: James Peterson's Kitchen Education Killing It Thug Kitchen: The Official Cookbook Vegetables, Revised The Cook's Illustrated Meat Book

MEAT

Meat eating is often a contentious subject, whether considering the technical, ethical, environmental, political, or health-related aspects of production and consumption. This book is a wide-ranging and interdisciplinary examination and critique of meat consumption by humans, throughout their evolution and around the world. Setting the scene with a chapter on meat's role in human evolution and its growing influence during the development of agricultural practices, the book goes on to examine modern production systems, their efficiencies, outputs, and impacts. The major global trends of meat consumption are described in order to find out what part its consumption plays in changing modern diets in countries around the world. The heart of the book addresses the consequences of the "massive carnivory" of western diets, looking at the inefficiencies of production and at the huge impacts on land, water, and the atmosphere. Health impacts are also covered, both positive and negative. In conclusion, the author looks forward at his vision of "rational meat eating", where environmental and health impacts are reduced, animals are treated more humanely, and alternative sources of protein make a higher contribution. Should We Eat Meat? is not an ideological tract for or against carnivorousness but rather a careful evaluation of meat's roles in human diets and the environmental and health consequences of its production and consumption. It will be of interest to a wide readership including professionals and academics in food and agricultural production, human health and nutrition, environmental science, and regulatory and policy making bodies around the world.

Should We Eat Meat?

With beguiling recipes and sumptuous photography, *A Kitchen in France* transports you to the French countryside and marks the debut of a captivating new voice in cooking. "This is real food: delicious, honest recipes that celebrate the beauty of picking what is ripe and in season, and capture the essence of life in rural France." —Alice Waters When Mimi Thorisson and her family moved from Paris to a small town in out-of-the-way Médoc, she did not quite know what was in store for them. She found wonderful ingredients—from local farmers and the neighboring

woods—and, most important, time to cook. Her cookbook chronicles the family's seasonal meals and life in an old farmhouse, all photographed by her husband, Oddur. Mimi's convivial recipes—such as Roast Chicken with Herbs and Crème Fraîche, Cèpe and Parsley Tartlets, Winter Vegetable Cocotte, Apple Tart with Orange Flower Water, and Salted Butter Crème Caramel—will bring the warmth of rural France into your home.

The Everyday Meat Guide

Celebrated chef, teacher, and cookbook author James Peterson presents more than forty soup and broth recipes from *Cooking*, his classic guide for home cooks. Within, cooks of all levels will find a wide variety of delicious, doable recipes: basics like chicken broth, classics like Tomato Soup, and exotics such as Thai Hot-and-Spicy Shrimp Soup. For those looking to get creative, Peterson explains soup fundamentals so you can craft your own dishes tailored to different palates and tastes. Peterson also includes an array of helpful step-by-step photographs to help you master the techniques and build confidence in the kitchen. In addition to the wonderful and diverse recipes, Peterson provides a true kitchen education, with sections on the ten basic cooking methods, recipes and techniques all cooks should know, cooking terms, and recommended ingredients and kitchen tools. This e-book exclusive is an enriching addition to anyone's digital library, and cooks both new and experienced will appreciate Peterson's relaxed, unfussy style that encourages them to learn, keep it simple, and have fun in the kitchen. Be sure to check out more e-book exclusives from James Peterson's Kitchen Education series.

The MeatEater Fish and Game Cookbook

Whether you've never picked up a knife or you're an accomplished chef, there are only four basic factors that determine how good your food will taste. Salt, Fat, Acid, and Heat are the four cardinal directions of cooking, and they will guide you as you choose which ingredients to use and how to cook them, and they will tell you why last minute adjustments will ensure that food tastes exactly as it should. This book will change the way you think about cooking and eating, and help you find your bearings in any kitchen, with any ingredients, while cooking any meal. --

Billion Dollar Burger

The riveting story of the entrepreneurs and renegades fighting to bring lab-grown meat to the world. The trillion-dollar meat industry is one of our greatest environmental hazards; it pollutes more than all the world's fossil-fuel-powered cars. Global animal agriculture is responsible for deforestation, soil erosion, and more emissions than air travel, paper mills, and coal mining combined. It also, of course, depends on the slaughter of more than 60 billion animals per year, a number that is only increasing as the global appetite for meat swells. But a band of doctors, scientists, activists, and entrepreneurs have been racing to end animal agriculture as we know it, hoping to fulfill a dream of creating meat without ever having to kill an animal. In the laboratories of Silicon Valley companies, Dutch universities, and Israeli startups, visionaries are growing burgers and steaks from microscopic animal cells and inventing systems to do so at scale--allowing us to

feed the world without slaughter and environmental devastation. Drawing from exclusive and unprecedented access to the main players, from polarizing activist-turned-tech CEO Josh Tetrick to lobbyists and regulators on both sides of the issue, Billion Dollar Burger follows the people fighting to upend our food system as they butt up against the entrenched interests fighting viciously to stop them. The stakes are monumentally high: cell-cultured meat is the best hope for sustainable food production, a key to fighting climate change, a gold mine for the companies that make it happen, and an existential threat for the farmers and meatpackers that make our meat today. Are we ready?

Buck, Buck, Moose

From the host of the television series and podcast MeatEater, the long-awaited definitive guide to cooking wild game, including fish and fowl, featuring more than 100 new recipes “As a MeatEater fan who loves to cook, I can tell you that this book is a must-have.”—Andrew Zimmern When Steven Rinella hears from fans of his MeatEater show and podcast, it’s often requests for more recipes. One of the most respected and beloved hunters in America, Rinella is also an accomplished wild game cook, and he offers recipes here that range from his takes on favorite staples to more surprising and exotic meals. **Big Game:** Techniques and strategies for butchering and cooking all big game, from whitetail deer to moose, wild hogs, and black bear, and recipes for everything from shanks to tongue. **Small Game:** How to prepare appetizers and main courses using common small game species such as squirrels and rabbits as well as lesser-known culinary treats like muskrat and beaver. **Waterfowl:** How to make the most of available waterfowl, ranging from favorites like mallards and wood ducks to more challenging birds, such as wild geese and diving ducks. **Upland Birds:** A wide variety of butchering methods for all upland birds, plus recipes, including Thanksgiving wild turkey, grilled grouse, and a fresh take on jalapeño poppers made with mourning dove. **Freshwater Fish:** Best practices for cleaning and cooking virtually all varieties of freshwater fish, including trout, bass, catfish, walleye, suckers, northern pike, eels, carp, and salmon. **Saltwater Fish:** Handling methods and recipes for common and not-so-common species of saltwater fish encountered by anglers everywhere, from Maine to the Bahamas, and from Southern California to northern British Columbia. **Everything else:** How to prepare great meals from wild clams, crabs, crayfish, mussels, snapping turtles, bullfrogs, and even sea cucumbers and alligators. Whether you’re cooking outdoors or in the kitchen, at the campfire or on the grill, this cookbook will be an indispensable guide for both novices and expert chefs. “Rinella goes to the next level and offers some real deal culinary know-how to make sure that your friends and family will dig what you put on the table.”—Guy Fieri “[A] must-read cookbook for those seeking a taste of the wild.”—Publishers Weekly (starred review)

Cooking

A searing novel of social realism, Upton Sinclair's *The Jungle* follows the fortunes of Jurgis Rudkus, an immigrant who finds in the stockyards of turn-of-the-century Chicago a ruthless system that degrades and impoverishes him, and an industry whose filthy practices contaminate the meat it processes. From the stench of the killing-beds to the horrors of the fertilizer-works, the appalling conditions in which

Jurgis works are described in intense detail by an author bent on social reform. So powerful was the book's message that it caught the eye of President Theodore Roosevelt and led to changes to the food hygiene laws. In his Introduction to this new edition, Russ Castronovo highlights the aesthetic concerns that were central to Sinclair's aspirations, examining the relationship between history and historical fiction, and between the documentary impulse and literary narrative. As he examines the book's disputed status as novel (it is propaganda or literature?), he reveals why Sinclair's message-driven fiction has relevance to literary and historical matters today, now more than a hundred years after the novel first appeared in print.

Meat Illustrated

Welcome to New York City's most popular cooking class -- now in a book! This vividly photographed manual is a peek inside culinary instructor Jennifer Clair's best-selling class her cooking school, Home Cooking New York (homecookingny.com), where just six cooking techniques lay the groundwork for a solid culinary foundation. You'll learn the proper way to handle a chef's knife, cook meat to perfection, create impressive pan sauces, and prepare restaurant-worthy vegetable dishes. Plus, you'll discover which ingredients truly make a difference in a home kitchen (kosher salt, extra-virgin olive oil, and Parmigiano-Reggiano cheese, to start). Each technique chapter includes a collection of flavorful recipes, so you can practice your newfound skills while cooking delicious meals. And throughout the book, myth-busting "Students Ask" and "Chefs Say" columns feature pearls of indispensable kitchen wisdom (why you should never mince basil, mint, or sage; why blanching vegetables is better than steaming; what are the three key flavors that make all food taste better; and more). Confidence is what makes a great cook, and this practical culinary guide is filled with the teachings you need to gain control of your kitchen.

The Complete Meat Cookbook

Award-winning author James Peterson is renowned for his instructive, encyclopedic cookbooks—each one a master course in the fundamentals of cooking. Like well-honed knives, his books are indispensable tools for any kitchen enthusiast, from the novice home cook, to the aspiring chef, to the seasoned professional. *Meat: A Kitchen Education* is Peterson's guide for carnivores, with more than 175 recipes and 550 photographs that offer a full range of meat and poultry cuts and preparation techniques, presented with Peterson's unassuming yet authoritative style. Instruction begins with an informative summary of meat cooking methods: sautéing, broiling, roasting, braising, poaching, frying, stir-frying, grilling, smoking, and barbecuing. Then, chapter by chapter, Peterson demonstrates classic preparations for every type of meat available from the butcher: chicken, turkey, duck, quail, pheasant, squab, goose, guinea hen, rabbit, hare, venison, pork, beef, veal, lamb, and goat. Along the way, he shares his secrets for perfect pan sauces, gravies, and jus. Peterson completes the book with a selection of homemade sausages, pâtés, terrines, and broths that are the base of so many dishes. His trademark step-by-step photographs provide incomparable visual guidance for working with the complex structure and musculature of meats and illustrate all the basic prep techniques—from trussing a whole chicken to breaking down a whole

lamb. Whether you're planning a quick turkey cutlet dinner, Sunday pot roast supper, casual hamburger cookout, or holiday prime rib feast, you'll find it in *Meat* along with: Roast Chicken with Ricotta and Sage; Coq au Vin; Duck Confit and Warm Lentil Salad; Long-Braised Rabbit Stew; Baby Back Ribs with Hoisin and Brown Sugar; Sauerbraten; Hanger Steak with Mushrooms and Red Wine; Oxtail Stew with Grapes; Osso Buco with Fennel and Leeks; Veal Kidneys with Juniper Sauce; Lamb Tagine with Raisins, Almonds, and Saffron; Terrine of Foie Gras; and more. No matter the level of your culinary skills or your degree of kitchen confidence, the recipes and guidance in *Meat* will help you create scores of satisfying meals to delight your family and friends. This comprehensive volume will inspire you to fire up the stove, oven, or grill and master the art of cooking meat. Winner - 2011 James Beard Cookbook Award - Single Subject Category

The River Cottage Meat Book

An uproarious, inspiring cookbook from the longtime editor-in-chief of *Food & Wine* magazine, in which the first lady of food spills the secret of her culinary ineptitude, while learning—finally—to cook, side-by-side with some of the greatest chefs working today, from David Chang to Alice Waters to Thomas Keller. For years, Dana Cowin kept a dark secret: From meat to veggies, broiling to baking, breakfast to dinner, she ruined literally every kind of dish she attempted. Now, in this cookbook confessional, the vaunted “first lady of food” finally comes clean about her many meal mishaps. With the help of friends—all-star chefs, including April Bloomfield, Alex Guarnaschelli, and Tom Colicchio, among many others—Cowin takes on 100 recipes dear to her heart. Ideal dishes for the home cook, each recipe has a high “yum” factor, a few key ingredients, and a simple trick that makes them special. With every dish, she attains a critical new skill, learning invaluable lessons along the way from the hero chefs who help her discover exactly where she goes wrong. Hilarious and heartwarming, encouraging and instructional, *Mastering My Mistakes in the Kitchen* showcases Cowin’s plentiful cooking mistakes, inspiring anyone who loves a good meal but fears its preparation. Featuring gorgeous full color photography, it is an intimate, hands-on cooking guide from a fellow foodie and amateur home chef, designed to help even the biggest kitchen phobics overcome their reluctance, with delicious results.

Sauces, Salsas, and Chutneys: James Peterson's Kitchen Education

Pat LaFrieda, the third generation butcher and owner of America’s premier meatpacking business, presents the ultimate book of everything meat, with more than seventy-five mouthwatering recipes for beef, pork, lamb, veal, and poultry. For true meat lovers, a beautifully prepared cut of beef, pork, lamb, veal, or poultry is not just the center of the meal, it is the reason for eating. No one understands meat’s seductive hold on our palates better than America’s premier butcher, Pat LaFrieda. In *Meat: Everything You Need to Know*, he passionately explains the best and most flavorful cuts to purchase (some of them surprisingly inexpensive or unknown) and shares delicious recipes and meticulous techniques, all with the knowledge that comes from a fourth generation butcher. If you have ever wondered what makes the meat in America’s finest restaurants so delectable,

LaFrieda—the butcher to the country’s greatest chefs—has the answers, and the philosophy behind it. In seventy-five recipes—some of them decades-old LaFrieda family favorites, some from New York City’s best restaurateurs, including Lidia Bastianich, Josh Capon, Mike Toscano, and Jimmy Bradley—the special characteristics of each type of meat comes into exquisite focus. Pat’s signature meat selections have inspired famous chefs, and now Meat brings home cooks the opportunity to make similar mouthwatering recipes including multiple LaFrieda Custom Burger Blends, Whole Shank Osso Bucco, Tuscan Fried Chicken with Lemon, Crown Pork Roast with Pineapple Bread Stuffing, Frenched Chop with Red Onion Soubise, Beef Wellington with Mushroom Cream Sauce, and Chipotle-Braised Tomahawk Short Ribs, along with many more. Step-by-step photographs make tricky operations like butterflying a veal chop or tying a crown roast easy even for beginners; beautiful double-page photographic diagrams show more clearly than any previous book where different cuts come from on the animal; and advice on necessary equipment, butcher’s notes, and glorious full-color photographs of the dishes complete this magnificent and comprehensive feast for the senses. Throughout the pages of Meat, Pat LaFrieda’s interwoven tales of life in the meatpacking business and heartwarming personal reminiscences celebrate his family’s century of devotion to their calling and are a tribute to a veritable New York City institution. Pat’s reverence and passion for his subject both teach and inspire.

The Art of Beef Cutting

“Grass-fed.” “Organic.” “Natural.” “Pastured.” “Raised Without Antibiotics.” “Heirloom Breed.” Meat has never been better, but the vast array of labels at today’s meat counter can overwhelm even the savviest shopper. Which are worth the price? Which are meaningless? Bruce Aidells, America’s foremost meat expert and the founder of Aidells Sausage Company, makes sense of the confusion and helps you choose the best steaks, chops, roasts, and ribs and match them to the right preparation method. The definitive book for our time, *The Great Meat Cookbook* includes • hundreds of extraordinary recipes, from such “Great Meat Dishes of the World” as Whole Beef Fillet Stuffed with Prosciutto and Parmigiano-Reggiano to economical dishes that use small amounts of meat, like Thai Pork Salad, to American classics like Steak House Grilled Rib Eye • handy recipe tags like “Fit for Company,” “In a Hurry,” and “Great Leftovers” that help you match each dish to the occasion • at-a-glance guides to all the major cuts, with a full-color photo of each • recipes for handcrafted sausages, pâtés, confits, and hams • recipes for newly popular meats like bison, goat, heirloom pork, and grass-fed beef, veal, and lamb • recipes for underappreciated parts that make delicious dishes without breaking the bank With straight talk and an affable voice, Aidells provides every single bit of information you need to get comfortable in the kitchen, from which thermometers are the most reliable, to instructions for thawing frozen meat from the farmers’ market, to tips that will make you a grill and barbecue pro.

Salt, Fat, Acid, Heat

Celebrated chef, teacher, and cookbook author James Peterson presents more than fifty recipes for sauces, salsas, and chutneys from *Cooking*, his classic guide for home cooks. Covering a comprehensive range of sauces—including Bordelaise,

Pesto, Rouille, Barbecue, Ponzu, Tropical Fruit Salsa, and more—Peterson teaches the fundamentals of making delicious and approachable sauces that will enhance your kitchen repertoire. These versatile recipes punch up any dish, including meat, fish, pasta, sandwiches, and vegetables. Peterson also includes an array of helpful step-by-step photographs to help you master the techniques and build confidence in the kitchen. In addition to the wonderful and diverse recipes, Peterson provides a true kitchen education, with sections on the ten basic cooking methods, recipes and techniques all cooks should know, cooking terms, and recommended ingredients and kitchen tools. This e-book exclusive is an enriching addition to anyone's digital library, and cooks both new and experienced will appreciate Peterson's relaxed, unfussy style that encourages them to learn, keep it simple, and have fun in the kitchen. Be sure to check out more e-book exclusives from James Peterson's Kitchen Education series.

A Kitchen in France

The KITCHENPRO SERIES: GUIDE TO PURCHASING, 1st edition is the sixth text in the series. By combining real-life situations in food industry purchasing and adding in candid explanations of situations that have been encountered through many years in the food industry, Chef Thomas Schneller along with Brad Matthews have written a text specific to procurement in the food industry. Their vast knowledge of this field gained from years of experience make this text detailed not only in buying ingredients but also on the procurement of equipment as well as finding, identifying and assessing the proper vendor. The text will answer questions about establishing and maintaining vendor relationships, ethical considerations, and enables the buyer to make decisions accurately. Since the food industry is full of trends that change frequently, GUIDE TO PURCHASING will help the buyer to understand the importance of trends and how to make the right decision in ordering ingredients by writing product specifications for food service vendors. GUIDE TO PURCHASING is more than a reference tool and a guide for those in the field it but is written in an engaging style so that the reader will learn a variety of purchasing options and product specifications. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Keys to Good Cooking

When Rachael Ray wants to tell her 2.6 million viewers how to shop wisely at the meat counter, she invites veteran butcher Ray Venezia on her show. This handbook condenses Venezia's expert advice from 25 years behind the butcher block, giving every weeknight shopper and grill enthusiast the need-to-know information on meat grades, best values, and common cuts for poultry, pork, lamb, veal, and beef. The Everyday Meat Guide includes easy-to-follow illustrations and instructions for the questions butchers are most often asked, plus a handy photo gallery for quick identification at the market. Also Includes Ray Venezia's popular turkey carving method, as seen in The New York Times, with step by step instructions including hand placement illustrations. This refreshingly simplified, confidence-instilling take on the most intimidating part of grocery shopping makes navigating the meat counter truly easy.

Kitchen Pro Series: Guide to Purchasing

#1 New York Times Bestseller, first in the bestselling series Thug Kitchen started their wildly popular website to inspire people to eat some goddamn vegetables and adopt a healthier lifestyle. Beloved by Gwyneth Paltrow ('This might be my favorite thing ever') and with half a million Facebook fans and counting, Thug Kitchen wants to show everyone how to take charge of their plates and cook up some real f*cking food. Yeah, plenty of blogs and cookbooks preach about how to eat more kale, why ginger fights inflammation, and how to cook with microgreens and nettles. But they are dull or pretentious as hell—and most people can't afford the hype. Thug Kitchen lives in the real world. In their first cookbook, they're throwing down more than 100 recipes for their best-loved meals, snacks and sides for beginning cooks to home chefs. (Roasted Beer and Lime Cauliflower Tacos? Pumpkin Chili? Grilled Peach Salsa? Believe that sh*t.) Plus they're going to arm you with all the info and techniques you need to shop on a budget and go and kick a bunch of ass on your own. This book is an invitation to everyone who wants to do better to elevate their kitchen game. No more ketchup and pizza counting as vegetables. No more drive-thru lines. No more avoiding the produce corner of the supermarket. Sh*t is about to get real. Can't get enough? Check out the bestselling follow-up Thug Kitchen: Party Grub.

Six Basic Cooking Techniques

Must-have manual contains nine master classes in the fundamentals of cooking.

Glorious French Food

From America's favorite cooking teacher, multiple award-winner James Peterson, an invaluable reference handbook. Culinary students everywhere rely on the comprehensive and authoritative cookbooks published by chef, instructor, and award-winning author Jim Peterson. And now, for the first time, this guru-to-the-professionals turns his prodigious knowledge into a practical, chockablock, quick-reference, A-to-Z answer book for the rest of us. Look elsewhere for how to bone skate or trim out a saddle of lamb, how to sauté sweetbreads or flambé dessert. Look here instead for how to zest a lemon, make the perfect hamburger, bread a chicken breast, make (truly hot) coffee in a French press, make magic with a Microplane. It's all here: how to season a castiron pan, bake a perfect pie, keep shells from sticking to hardcooked eggs. How to carve a turkey, roast a chicken, and chop, slice, beat, broil, braise, or boil any ingredient you're likely to encounter. Information on seasoning, saucing, and determining doneness (by internal temperatures, timings, touch, and sight) guarantee that you've eaten your last bland and overcooked meal. Here are 500 invaluable techniques with nearly as many color photographs, bundled into a handy, accessible format.

Baking

A blend of oral history and memoir with a good dose of quirky humor, the Tar Heel Traveler is a celebratory look at the people and places of North Carolina. Mason is the TV reporter—the Tar Heel Traveler—who journeys across North Carolina

profiling colorful characters and out-of-the-way places.

Essentials of Cooking

The author recounts the story of his culinary education and the roles of the four classical elements of fire, water, air and earth in transforming natural ingredients into delicious meals and drinks, in an account that traces his efforts to master classic recipes using one of the four elements. Reprint.

Chicken and Other Poultry: James Peterson's Kitchen Education

A landmark book from the test kitchen that has been teaching America how to cook for 20 years. We launched the America's Test Kitchen Cooking School two years ago to teach home cooks how to cook the test kitchen way, and since then thousands of students have taken our interactive video-based online courses. The America's Test Kitchen Cooking School Cookbook shares the same goal as our online school and brings all our best practices—along with 600 all-time favorite recipes—into one place so that you can become a better, more confident cook. There is no better way to learn than seeing an expert in action, so we've included over 2,500 color photos that bring you into the test kitchen so you can see how to prepare recipes step-by-step. The book starts off with an exhaustive 46-page Cooking Basics chapter that covers everything from what equipment you need (and how to care for it) to test-kitchen tricks for how to make food taste better. Then we move on to cover all the major cooking and baking categories, from meat, poultry, and pasta to breads, cakes, and pies. Illustrated Core Techniques, like how to whip egg whites, roast a chicken, or bake flawless pie dough, focus on the building block recipes everyone should know. Recipe Tutorials that each feature 20-35 color photos then walk readers through recipes that are either more complicated or simply benefit from the visual clues of step photography, like Extra-Crunchy Fried Chicken, Sticky Buns with Pecans, and Deep-Dish Apple Pie. Every chapter ends with a library of the test kitchen's all-time favorite recipes, such as Pan-Seared Steaks with Red Wine Pan Sauce, Meatballs and Marinara, Best Vegetarian Chili, Memphis-Style Barbecued Ribs, and New York-Style Cheesecake—more than 600 in total—that will allow home cooks to expand their repertoire. The America's Test Kitchen Cooking School Cookbook is a how-to-cook book that also explains why recipes succeed or fail, which makes it the ideal book for anyone looking to cook better.

The Haven's Kitchen Cooking School

Buying large, unbutchered pieces of meat from a local farm or butcher shop means knowing where and how your food was raised, and getting meat that is more reasonably priced. It means getting what you want, not just what a grocery store puts out for sale—and tailoring your cuts to what you want to cook, not the other way around. For the average cook ready to take on the challenge, The Meat Hook Meat Book is the perfect guide: equal parts cookbook and butchering handbook, it will open readers up to a whole new world—start by cutting up a chicken, and soon you'll be breaking down an entire pig, creating your own custom burger blends, and throwing a legendary barbecue (hint: it will include The Man Steak—the be-all

and end-all of grilling one-upmanship—and a cooler full of ice-cold cheap beer). This first cookbook from meat maven Tom Mylan, co-owner of The Meat Hook, in Williamsburg, Brooklyn, is filled with more than 60 recipes and hundreds of photographs and clever illustrations to make the average cook a butchering enthusiast. With stories that capture the Meat Hook experience, even those who haven't shopped there will become fans.

Cooked

From the James Beard award--winning author of *Sauces*—a new classic on French cuisine for today's cook—his award-winning books have won the praise of *The New York Times* and *Gourmet* magazine as well as such culinary luminaries as chefs Daniel Boulud, Jeremiah Tower, and Alice Waters. Now James Peterson brings his tremendous stores of culinary knowledge, energy, and imagination to this fresh and inspiring look at the classic dishes of French cuisine. With a refreshing, broadminded approach that embraces different French cooking styles—from fine dining to bistro-style cooking, from hearty regional fare to nouvelle cuisine—Peterson uses fifty "foundation" French dishes as the springboard to preparing a variety of related dishes. In his inventive hands, the classic *Moules à la marinière* inspires the delightful *Miniature Servings of Mussels with Sea Urchin Sauce* and *Mussel Soup with Garlic Puree and Saffron*, while the timeless *Duck à l'orange* gives rise to the subtle *Salad of Sautéed or Grilled Duck Breasts and Sautéed Duck Breasts with Classic Orange Sauce*. Through these recipes, Peterson reveals the underlying principles and connections in French cooking that liberate readers to devise and prepare new dishes on their own. With hundreds of recipes and dazzling color photography throughout, *Glorious French Food* gives everyone who enjoys cooking access to essential French cooking traditions and techniques and helps them give free reign to the intuition and spontaneity that lie in the heart—and stomach—of every good cook. It will take its place on the shelf right next to Julia Child's *Mastering the Art of French Cooking*.

Mastering My Mistakes in the Kitchen

Celebrated chef, teacher, and cookbook author James Peterson presents more than thirty recipes for chicken, turkey, duck, squab, and quail from *Cooking*, his classic guide for home cooks. Featuring delicious and approachable recipes for all manner of poultry and birds, such as Moroccan Chicken Tagine, Provençal Chicken, classic Roast Turkey, Duck Confit, and more, Peterson teaches the finer points of cooking to produce consistently excellent results. He also includes an array of helpful step-by-step photographs to help you master the techniques and build confidence in the kitchen. In addition to the wonderful and diverse recipes, Peterson provides a true kitchen education, with sections on the ten basic cooking methods, techniques all cooks should know, cooking terms, and recommended ingredients and kitchen tools. This e-book exclusive is an enriching addition to anyone's digital library, and cooks both new and experienced will appreciate Peterson's relaxed, unfussy style that encourages them to learn, keep it simple, and have fun in the kitchen. Be sure to check out more e-book exclusives from James Peterson's Kitchen Education series.

Martha Stewart's Cooking School (Enhanced Edition)

"The Art of Beef Cutting is the only book on the market that combines a complete listing of beef cuts, including full-color photos and NAMP/IMPS numbers for each cut, with step-by-step instructions on basic meat cutting techniques"--Provided by publisher.

Meat

Eminently practical and truly trustworthy, The Cook's Illustrated Meat Book is the only resource you'll need for great results every time you cook meat. Whether you have burgers, steak, ribs, or roast chicken on the menu shopping for and cooking meat can be confusing, and mistakes can be costly. After 20-plus years of purchasing and cooking beef, pork, lamb, veal, chicken, and turkey, the editors of Cook's Illustrated understand that preparing meat doesn't start at the stove it starts at the store. The Cook's Illustrated Meat Book begins with a 27-page master class in meat cookery, which covers shopping (what's the difference between natural and organic labels?), storing (just how long should you really refrigerate meat and does the duration vary if the meat is cooked or raw?), and seasoning meat (marinating, salting, and brining). Matching cut to cooking method is another key to success, so our guide includes fully illustrated pages devoted to all of the major cooking methods: sautéing, pan-searing, pan-roasting, roasting, grilling, barbecuing, and more. We identify the best cuts for these methods and explain point by point how and why you should follow our steps and what may happen if you don't. 425 Bulletproof and rigorously tested recipes for beef, pork, lamb, veal, and poultry provide plenty of options for everyday meals and special occasion dinners and you'll learn new and better ways to cook favorites such as Pan-Seared Thick-Cut Steak, Juicy Pub-Style Burgers, Weeknight Roast Chicken, Barbecued Pulled Pork, and more. The Cook's Illustrated Meat Book also includes equipment recommendations (what should you look for in a good roasting pan and is it worth spending extra bucks on a pricey nonstick skillet?). In addition, hundreds of step-by-step illustrations guide you through our core techniques so whether you're slicing a chicken breast into cutlets or getting ready to carve prime rib the Cook's Illustrated Meat Book covers all the bases

The Jungle

Hugh Fearnley-Whittingstall covers the practical basics of cooking with meat - everything you'll need to know about choosing the best raw materials and understanding the different cuts - before offering recipes for 150 classic dishes.

The Farm Cooking School

A collection of step-by-step recipes instructs home cooks on how to prepare a range of meats, stocks, and sauces while discussing different cuts and critical points in the cooking process.

The Science of Cooking

"A Foolproof Guide to Understanding and Cooking with Cuts of All Kinds"--

Tar Heel Traveler

Featuring more than 1,100 full-color photographs and 150 recipes, this richly illustrated introduction to the art of cooking provides step-by-step instruction in one hundred essential cooking techniques, accompanied by informative background on what each techniques does in terms of the taste of food. Reprint.

Meat

A master class on vegetables with award-winning cookbook author and renowned cooking instructor James Peterson Have you ever purchased bundles of ingredients at the farmers' market only to arrive home and wonder what on earth to do with your bag of fiddlehead ferns, zucchini flowers, bamboo shoots, or cactus pads? Treat yourself to an in-depth education with *Vegetables*, acclaimed author and teacher James Peterson's comprehensive guide to identifying, selecting, and preparing ninety-five vegetables—from amaranth to zucchini—along with information on dozens of additional varieties and cultivars. Peterson's classical French training and decades of teaching experience inform his impeccable presentation of every vegetable preparation technique and cooking method. You'll begin by stemming, seeding, peeling, chopping, slicing, dicing, mincing, crushing, and pureeing, then explore less familiar but no-less-useful skills such as turning turnips, charring chile peppers, and frenching French green beans. Once the prepping is complete, Peterson explains the intricacies of the many methods for cooking each vegetable, from the most straightforward boiling, braising, steaming, and stir-frying techniques, to the more elaborate and flavor intense grilling, glazing, roasting, sautéing, and deep-frying. The text is further enhanced with handsome full-color photography and useful extras, like time-saving workarounds, tips on seasonal purchasing, storage recommendations, and suggestions for kitchen tools you'll really use. Woven in with the fundamentals is Peterson's collection of some 300 recipes that showcase the versatility of vegetables in both familiar and unexpected ways. He offers dozens of refreshing salads; plenty of soups and rich, flavorful stews; crowd-pleasing casseroles and pastas; soul-comforting gratins and risottos; and perfect, hand-crafted gnocchi. There are some surprises, as well. For instance, the hardworking cabbage is pickled, potted, steamed, stir-fried, stuffed, and slawed, but when it appears in the *Cabbage Potée with Braised Duck Legs*, it is transformed into a black-tie entrée. The *Baked Morels Stuffed with Foie Gras* is an unapologetically upscale variation on basic stuffed mushrooms, and in his iconic *Eggplant Parmesan*, Peterson confesses to changing the recipe every time he makes it—and urges you to do the same! So the next time you spot some salsify at the farmers' market, don't be daunted—buy some and give the Artichoke, Morel, and Salsify Salad a chance. If tender little broccolini show up in your neighborhood grocer's, be sure to try the savory-sweet *Broccolini with Pancetta, Anchovies, and Raisins*. And when your fifth backyard bumper crop of summer tomatoes has your family longing for take-out after weeks of tomato soup, tomato salads, and tomato sauces, bring them back to the table with *Twice-Baked Garlic and Tomato Soufflés*. Whether you're an iconoclastic cook looking to broaden your culinary horizons, or a tradition-minded home chef hoping to polish your prep skills while expanding your repertoire, *Vegetables* will become your

essential go-to reference.

What's a Cook to Do?

A requisite countertop companion for all home chefs, *Keys to Good Cooking* distills the modern scientific understanding of cooking and translates it into immediately useful information. The book provides simple statements of fact and advice, along with brief explanations that help cooks understand why, and apply that understanding to other situations. Not a cookbook, *Keys to Good Cooking* is, simply put, a book about how to cook well. A work of astounding scholarship and originality, this is a concise and authoritative guide designed to help home cooks navigate the ever-expanding universe of recipes and ingredients and appliances, and arrive at the promised land of a satisfying dish.

The America's Test Kitchen Cooking School Cookbook

Every few decades a chef or a teacher writes a cookbook that is so comprehensive and offers such depth of subject matter and cooking inspiration that it becomes a virtual bible for amateur and professional alike. Author James Peterson, who wrote the book *Sauces*, a James Beard Cookbook of the Year winner, and the incomparable *Splendid Soups*, once again demonstrates his connoisseurship with *Fish & Shellfish*, a monumental cookbook that will take its rightful place as the first and last word on seafood preparation and cooking. *Fish & Shellfish* demonstrates every conceivable method for preparing sumptuous meals of fish and shellfish, from baking, braising, deep-frying, grilling and broiling to poaching, panfrying, marinating, curing and smoking, steaming, and microwaving. Whether your taste runs strictly to shellfish or to everything seafood, *Fish & Shellfish* offers the equivalent of a complete cookbook on each subject. Within the chapters on finfish you'll learn how to prepare enticing recipes remarkable for their ease of preparation, their versatility, and their originality. Here Peterson offers such splendid flavors and textures as succulent Stuffed Striped Bass with Spinach, Shrimp, and Mushrooms; crunchy Halibut Fillets with Curry, Herbs, and Almond Crust; delicate Salmon Fillets A la Nage with Julienned Vegetables; savory Braised Tuna with Vegetables; and fiery Thai-Style Swordfish Satay. If it's shellfish you prefer, there are pages and pages of recipes for baking, frying, steaming, or serving raw everything in a shell, including mussels, clams, oysters, scallops, lobster, shrimp, crab, and crayfish. Peterson explains how to judge freshness and how to prepare shellfish delights, including lemony-flavored Steamed Mussels with Thai Green Curry; aromatic Littleneck Clams in Black Bean Scented Broth; a simple and comforting Linguine with Clam Sauce; elegant Hot Oysters with Leeks and White Wine Sauce; rich and savory Braised Scallops with Tomatoes and Fresh Basil; Steamed Lobster with Coconut Milk and Thai Spices; Shrimp with Tomato Sauce, Saffron Aioli, and Pesto; hit-the-spot Sautéed Crab Cakes; and Japanese Style Grilled Squid, to name but a few of the brilliant and vast array of wonderful seafood selections. *Fish & Shellfish* also offers techniques for preparing raw, marinated, cured, and smoked fish. As you explore *Fish & Shellfish*, you'll learn not only the essentials of seafood preparation but everything in between, including how to make a curry sauce, which red wines to cook with, how to fry parsley, and how to make Vietnamese dipping sauces. You'll learn the secrets of a variety of coatings, how to blacken fish, add stuffings, and deglaze the pan for sauces, as well as

discover the delights of salsas, chutneys, relishes, mayonnaises, and butters. Here is seafood in every incarnation, from soups, stews, and pastas to mousses, soufflés, and salads. Try everything from pureed Marseilles-Style Fish Soup and Moroccan Swordfish Tagine with Olives and Saffron to Homemade Cuttlefish-Ink Linguine, and Crayfish Stew with Tomatoes, Sorrel, and Vegetables. Jim Peterson has traveled the world and brought back the best international seafood flavors, textures, and techniques. Now you can improvise on your own with Thai marinades, Indian spices and condiments, and Japanese grilling methods, all of which play off more familiar ingredients to produce memorable dishes. At the end of Fish & Shellfish you'll find a complete Finfish Dictionary, where you'll learn all you need to know about more than sixty species of saltwater and freshwater fish. There's also a 32-page section of color photographs that pictures many of the mouthwatering recipes in the book. And the step-by-step pictorials in the color section will show you how to prepare fish and shellfish for cooking. James Peterson's books have been hailed as the most companionable and dependable of cooking guides. Replete with tables, timing charts, advice about equipment, safety preparations, a glossary of foreign ingredients, and an exhaustive index, Fish & Shellfish will give you the power of flexibility and spontaneity as it transforms you into an accomplished seafood cook. Here is a fundamental cookbook that you will come to depend on every time you think seafood-and now you'll be thinking seafood all the time.

Fish & Shellfish

This enhanced edition of Martha Stewart's Cooking School includes 31 instructional step-by-step videos and hundreds of color photographs that demonstrate the fundamental cooking techniques that every home cook should know. Imagine having Martha Stewart at your side in the kitchen, teaching you how to hold a chef's knife, select the very best ingredients, truss a chicken, make a perfect pot roast, prepare every vegetable, bake a flawless pie crust, and much more. In Martha Stewart's Cooking School, you get just that: a culinary master class from Martha herself, with lessons for home cooks of all levels. Never before has Martha written a book quite like this one. Arranged by cooking technique, it's aimed at teaching you how to cook, not simply what to cook. Delve in and soon you'll be roasting, broiling, braising, stewing, sautéing, steaming, and poaching with confidence and competence. In addition to the techniques, you'll find more than 200 sumptuous, all-new recipes that put the lessons to work, along with invaluable step-by-step photographs to take the guesswork out of cooking. You'll also gain valuable insight into equipment, ingredients, and every other aspect of the kitchen to round out your culinary education. Featuring more than 500 gorgeous color photographs, Martha Stewart's Cooking School is the new gold standard for everyone who truly wants to know his or her way around the kitchen.

The Meat Hook Meat Book

When you visit The Farm Cooking School you'll not only leave with a full stomach, but having learned something new. The Farm Cooking School is packed with many of the same lessons you'd learn in person at the school, taught through more than 100 delicious recipes. You'll learn how to make the flakiest pie crust for peerless summer pies, use fresh farm eggs for sweet, airy pavlova, and highlight what's

growing now with scratch-made pizzas and pastas. Smoking, salt-roasting, pickling, and preserving are all part of the fun. Yet it's the way Ian and Shelley employ these techniques that make their classes, and this book, so much fun. Brine nasturtium buds for creative "capers", or try the hot-smoked oysters with a dollop of harissa butter and you'll agree! The Farm Cooking School is a cookbook for anyone who wants to learn to cook in tune with nature. Celebrate the seasons as you grow comfortable with the practiced techniques of our forebears. Join us at the school!

Soups and Broths: James Peterson's Kitchen Education

The learn-to-bake master class in a book. The craft of baking is based on good technique. Learn the fundamentals well, and you can bake perfect cakes, cookies, tarts, breads, and pastries each and every time. That's the premise of *Baking*, revered cooking teacher James Peterson's master course in baking fundamentals. In more than 350 recipes and auxiliary techniques--most accompanied by illuminating step-by-step photographs--Peterson lays the foundation for lifelong baking success. This book teaches you how to build finished baked goods from their essential components, providing both maximum guidance for less experienced bakers and great creative freedom for more confident bakers. The Cakes chapter, for example, presents basic cake recipes (Moist Sponge Cake, Devil's Food Cake) followed by frostings, fillings, and glazes (Professional-Style Buttercream, White Chocolate Ganache), allowing you to mix and match endlessly. Or, if you're looking for knockout assembled cakes, go to the end of the chapter and discover complete illustrated instructions for, say, a decadent Chocolate Hazelnut Cake with Chocolate Filling and Hazelnut Buttercream, or an elegant Peach Crème Mousseline Cake. Baking is packed with the basic, must-have recipes for every baker's repertoire (as well as more ambitious classics), such as: Pound Cake • Crème Anglaise • Chiffon Cake • Cheesecake • Classic Puff Pastry • Cherry Pie • Lemon Meringue Pie • Miniature Raw Fruit Tarts • Linzertorte • Cream Puffs • Chocolate Croissants • Cheese Danish • Basic Butter Cookies • Lemon Bars • Biscotti • Challah • Rye Bread • Focaccia • Blueberry Muffins • Scones • Flourless Chocolate Cake • Cheese Souffles • Miniature Cake Petits Fours • Apple Strudel • Napoleons • Rolled Fondant • Bûche de Noël • Éclairs • Mushroom Jalousie Copious photographs inspire and help bakers visualize the crucial moments of hundreds of recipes and techniques, including: Troubleshooting Tarts and Pies • Baking "Blind" • Making Liquid Fondant • Coating a Cake with Hot Icing • Assembling a Layer Cake without Using a Cake Stand • Decorating a Cake with a Caramel Cage • Coloring Marzipan • Making a Rolled Cake • Decorating Cookies with Colored Sugar • Filling and Using a Pastry Bag • Kneading Wet Dough in a Food Processor • Scoring Dough • Shaping a Fougasse • Repairing Chocolate Mixtures that Have Seized • Cooking Sugar Syrup to the Soft Ball Stage Thorough, approachable, and authoritative, *Baking* shows why James Peterson is a trusted source for home cooks of every level. Work your way through this book, and you will gain the skills you'll need for impressive results every time.

Killing It

Camas Davis was at an unhappy crossroads. A longtime magazine editor, she had left New York City to pursue a simpler life in her home state of Oregon, with the

man she wanted to marry, and taken an appealing job at a Portland magazine. But neither job nor man delivered on her dreams, and in the span of a year, Camas was unemployed, on her own, with nothing to fall back on. Disillusioned by the decade she had spent as a lifestyle journalist, advising other people how to live their best lives, she had little idea how best to live her own life. She did know one thing: She no longer wanted to write about the genuine article, she wanted to be it. So when a friend told her about Kate Hill, an American woman living in Gascony, France who ran a cooking school and took in strays in exchange for painting fences and making beds, it sounded like just what she needed. She discovered a forgotten credit card that had just enough credit on it to buy a plane ticket and took it as kismet. Upon her arrival, Kate introduced her to the Chapolard brothers, a family of Gascon pig farmers and butchers, who were willing to take Camas under their wing, inviting her to work alongside them in their slaughterhouse and cutting room. In the process, the Chapolards inducted her into their way of life, which prizes pleasure, compassion, community, and authenticity above all else, forcing Camas to question everything she'd believed about life, death, and dinner. So begins Camas Davis's funny, heartfelt, searching memoir of her unexpected journey from knowing magazine editor to humble butcher. It's a story that takes her from an eye-opening stint in rural France where deep artisanal craft and whole-animal gastronomy thrive despite the rise of mass-scale agribusiness, back to a Portland in the throes of a food revolution, where Camas attempts--sometimes successfully, sometimes not--to translate much of this old-world craft and way of life into a new world setting. Along the way, Camas learns what it really means to pursue the real thing and dedicate your life to it.

Thug Kitchen: The Official Cookbook

Get answers to all your cooking science questions, and cook tastier, more nutritious food using fundamental principles, practical advice, and step-by-step techniques. Where does the heat come from in a chili pepper? Why is wild salmon darker than farmed? Does searing meat really "seal in" the juices? A good recipe goes a long way, but if you can master the science behind it, you'll be one step ahead. Using full-color images, stats and facts through infographics, and an engaging Q&A format to show you how to perfect your cooking, *The Science of Cooking* brings food science out of the lab and into your kitchen. Topics include meat and poultry, seafood, dairy, pulses and grains, fruits, vegetables, spices, herbs, baked goods, and more, making it perfect for perfecting everyday cooking as well as for special meals.

Vegetables, Revised

A comprehensive venison cookbook that focuses on techniques and recipes for the whole animal, taken from a global perspective.

The Cook's Illustrated Meat Book

In an era of outfitted home kitchens and food fascination, it's no wonder home cooks who never learned the fundamentals of the kitchen are intimidated. Twenty years ago, James Peterson could relate, and so he taught himself by cooking his

way through professional kitchens and stacks of books, logging the lessons of his kitchen education one by one. Now one of the country's most revered cooking teachers, Peterson provides the confidence-building instructions home cooks need to teach themselves to cook consistently with ease and success. COOKING is the only all-in-one instructional that details the techniques that cooks really need to master, teaches all the basic recipes, and includes hundreds of photos that illuminate and inspire.

- Cooking authority James Peterson's definitive, all-inclusive learn-to-cook cookbook.
- 600 hard-working recipes everyone should know how to make-from the perfect roasted chicken to bouillabaisse and apple pie.
- 1,500 instructional photos, showing exactly how recipes are made, teach food-literate novices to cook with confidence and more advanced cooks to expand their repertoire.
- James Peterson has more than 1 million cookbooks in print. From the Hardcover edition.

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