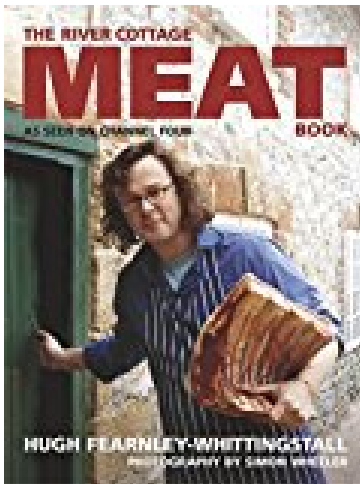


[PDF] The River Cottage Meat Book

Hugh Fearnley-Whittingstall - pdf download free book



Books Details:

Title: The River Cottage Meat Book
Author: Hugh Fearnley-Whittingstall
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Description:

From Publishers Weekly Fearnley-Whittingstall (*The River Cottage Cookbook*) runs a farm, on 60 acres of land in Dorset, England. His is a voice full of expertise and respect for nature. If it has walked on four legs, chances are the author has raised, slaughtered and/or eaten it. Thus, this densely constructed tome, first published in the U.K. in 2004, and now in a revised American edition, is worth most to those who know a good butcher. The sentiments are earnest, the mood a bit rainy and the recipes rustic. The first third of the book is dedicated to "Understanding Meat" and explores the different cuts of beef, lamb, pig and poultry. While the author abhors processed meats, he has nothing against offal and provides a comprehensive dissection of brains, lungs and stomach linings. The remaining pages are dedicated to the various ways of cooking meat, the copious rules to follow and hearty (at times primal) recipes that exemplify

each technique. The fine section on roasting features a Loin of Lamb Stuffed with Apricots and Pine Nuts. For the brave slow cookers, there is Jugged Hare served in a sauce that contains bitter chocolate and the rabbit's blood. And the chapter on preserving covers not only bacon, but also Pigeon Pate and Preserved Goose Legs.

(July)

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Review Unflinching respect for the animal and commitment to the truth sets Fearnley-Whittingstall apart from the rest of the food-writing mob. This is the most honest cookbook I have found, reeking with helpful, hands-on wisdom. It is everything it should be and more ... deliciously funny, well written and neither macho nor sanctimonious. If you eat meat, you will buy, prepare and cook it better having read this book. -- Jill Dupleix, *The Times* Thumpingly enormous, extremely good, and manages to be at once a recipe collection, a series of tutorials on the principles of cooking, a directory of organic suppliers, a philosophical essay, a timely report on the state of intensive farming and a forceful polemic -- Sam Leith, *Daily Telegraph* The sheer wealth of information is amazing and it is truly one of the most informative and passionate books you will ever read on the subject. It should be bought by every meat-eating household, as well as every butcher and supermarket manager throughout the land -- Martin Koerner, *Waterstones Books Quarterly* I have been unable to put it down ... I urge all meat lovers to go and buy it. It is excellent -- Mervyn Hancock, *Western Daily Press* Carefully researched, revelatory and powerful... The technical bits of the book are especially good and equip you with an understanding that is all too often absent from celebrity chef offerings ... delivered with lively writing and endearingly corny puns -- Felicity Lawrence, *Guardian* A tome as heavy as a newborn piglet ... brave and deeply challenging stuff... a refreshing and triumphant antidote to dumbed-down recipe writing... positively incendiary -- Joanna Blythman, *Sunday Herald* The solitary TV regular who can write a decent cookbook ... the enthusiastic carnivore will relish all 550 pages -- Christopher Hirst, *The Independent* The best new book of the year without a shadow of a doubt, a serious treatise, a meat cookery bible and a supremely appetising recipe collection. Fearnley-Whittingstall is our most important and eloquent food writer today. His finger is always on the pulse. He tells it as it is without pulling punches and without wagging a moralising finger. This is the work of a thoughtful and caring omnivore. Everyone who eats meat should have a copy, and some who have stopped eating meat may find reasons in it to reconsider meat-eating in a fresh light -- Philippa Davenport, *Financial Times*

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Includes bibliographical references and index. Pt. 1 : Understanding meat -- Meat and right -- What is good meat? -. - Buying meat -- Beef and veal -- Lamb and mutton -- Pork and bacon -- Poultry -- Game -- Offal -- pt. 2 : Cooking meat -- Roasting : fast and slow oven cooking -- Slow cooking : stews, braises, and pies -- Fast cooking : frying, stir-frying, and pan grilling -- Barbecuing : outdoor and wood-fired cookery -- Preserving and processing : cured meats, sausages, pates, and terrines -- Meat thrift : stock, soups, and leftovers. Now tailored for American cooks, this loving, authoritative The River Cottage Fish Book: The Definitive Guide to Sourcing and Cooking Sustainable Fish and€ by Hugh Fearnley-Whittingstall Hardcover \$45.00. Only 7 left in stock (more on the way). Ships from and sold by Amazon.com.Â From the Back Cover. Praise for The River Cottage Meat Book: "A brilliant and entertaining book that underscores the importance of knowing (and respecting) the source of one's food." - Barbara Lynch, chef/owner of No. 9 Park and The Butcher Shop. "More than just a cookbook, this is a cookbook with a conscience. . . . The apologia for meat is something new in a book intended for the kitchen shelf - a recognition that in today's world, where one half of the world starves while the other half suffers from the diseases of excess, eating is not only a political but a moral act. You can either duck the issues around feeding animals large quantities of grain that could be used more efficiently to feed humans, and then killing them, or you can confront them. Having done the latter, Fearnley-Whittingstall wants you to enjoy your food all the more. While admitting to great respect for vegetarians, particularly