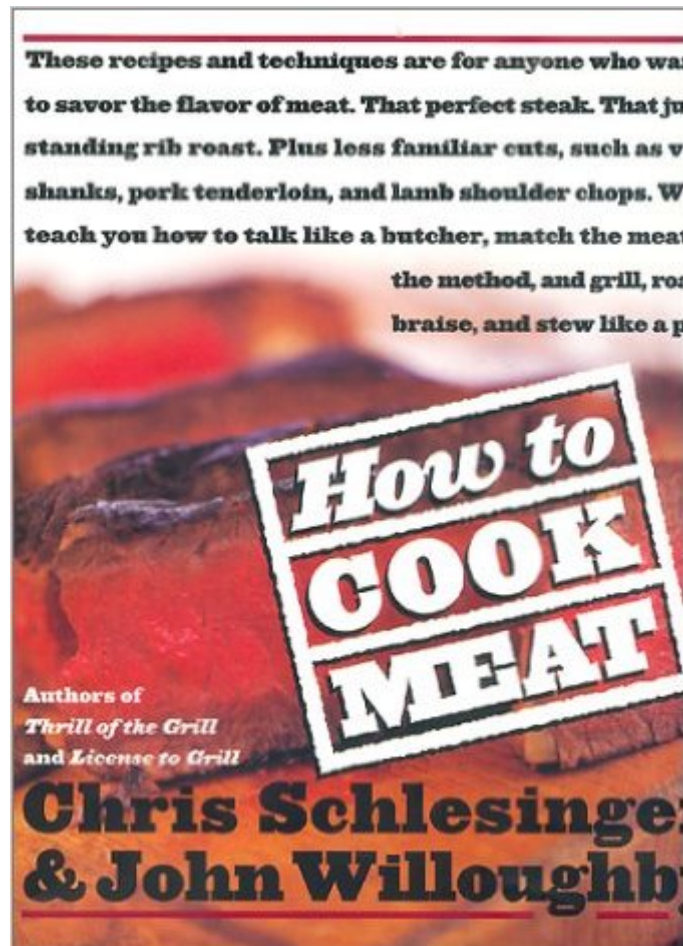


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# How To Cook Meat



## Synopsis

Meat is back, and this is the book for everyone who wants to celebrate and savor its uniquely enjoyable and satisfying flavor. *How to Cook Meat* takes the guesswork out of meat cookery. Specifically written with the home cook in mind, it will erase the confusion that many of us feel when we walk up to the meat counter or turn on the oven. Not sure whether you should buy rib chops or loin chops? Want to know about a steak that is more tender than a T-bone but costs about one-third as much? Looking for a pork roast with great flavor but no more fat than a boneless, skinless chicken breast? The answers to these and hundreds of other questions about beef, lamb, pork, and veal are right here. In this comprehensive cookbook, there are more than 250 imaginative recipes for everything from steak, prime rib, and lamb chops to more unusual cuts such as veal shanks, fresh ham, and beef short ribs. In fact, whether it's custom-ordered from the uptown butcher or off the shelf at the local supermarket, there's hardly a cut of beef, pork, lamb, or veal that you won't find here. With the companionable guidance of Chris Schlesinger and John (Doc) Willoughby, you'll learn how to disregard the phony hierarchy of meat values so you can coax tender, satisfying meals out of cheaper cuts of meat as well as baby along the expensive ones. You'll also find out how to talk to butchers so you really get what you want, and how to match each cut of meat to the proper cooking method. The authors shatter common misconceptions about meat cookery -- you'll learn, for example, that the shape of a roast, not its weight, determines how long it should be cooked. Plus you'll find basic techniques for getting more flavor out of today's leaner meats, as well as ten-step guides to stewing, braising, grilling, and roasting. Even those of us who are eating less meat these days want to be sure that it is truly delicious every time; with this book that wish will definitely come true. With fantastic recipes spanning the world's flavors, with the technical facts about each cut of meat right on the same page with the recipe, this is the handbook for cooking today's meat.

## Book Information

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## Customer Reviews

This is the easiest type of cookbook to review because it is simply the most useful type of cookbook to have, so if you find anything which detracts from the books utility, it is a sure sign that the book is not up to snuff. The fact that the two authors are recognized experts on their subject makes the job even easier, because it generally means you can sit back and take their advice with the assurance that they know what they are talking about. These are not two interior decorators who write cookbooks as a sideline. One thing to beware of regarding the authors' reputations is that unlike their earlier books, this book is not exclusively about grilling meats. In fact, grilling is a relatively minor part of this book. By 'meat' the authors mean the flesh of domesticated cattle, sheep, and pigs. This follows the conventions of almost all other cookbook authors I have read. It does not mean flesh of fowl, rabbits, or game such as venison. One advantage of this distinction means that many methods useable for one 'red meat' animal can often be used for a similar cut of meat from another red meat animal. The main object of the authors in writing this book is to deal with the fact that while eating a large amount of meat may lead to ingesting an excessive quantity of undesirable fats, eating a reasonable amount of meat provides a high amount of complete proteins essential to human nutrition. The object, then, is to make these reasonable portions as desirable as possible to eat. One result of this objective is to make as wide a range of meat cuts accessible to the home cook as possible. Limiting oneself to steaks, pork loin, and lamb chops will not only become dull after a while, it is also expensive.

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