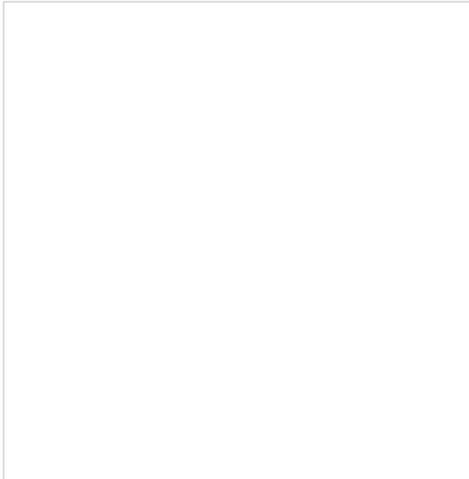


[PDF] The River Cottage Meat Book

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 James Beard Foundation 2008 Cookbook Awards: Cookbook of the Year Award!

James Beard Foundation 2008 Cookbook Awards: Single Subject Category Winner!

“Droll, learned Hugh Fearnley-Whittingstall has done the meat-eating world a big favor with *The River Cottage Meat Book* . . . The perfect book for mindful carnivores.”—*Boston Globe*

“Fearnley-Whittingstall confronts both the moral and gustatory issues surrounding carnivorousness and provides 150 excellent recipes.”—*New York Newsday*

“Fearnley-Whittingstall asks us to take grown-up moral responsibility for the act of eating meat—certainly enough responsibility to inquire about how the animal lived and died. All this is spelled out at fervent (and deserved) length before we get near a bit of cooking instruction. Luckily, Mr. Fearnley-Whittingstall turns out to be as zealous a cook as he is a reformer, equally able to appreciate the simplicity of Irish stew or a good beefburger, or to lead people through the intricacies of pork pie or cider-cured ham.”—*New York Times*

“Those who find that calves' livers and pig's trotters are best contemplated at a distance should keep well away from Hugh Fearnley-Whittingstall. Those of us with the opposite problem worship him as a god. This is not a case of macho posturing over a barbecue pit: There is more cooking know-how in Fearnley-Whittingstall's little finger than you will find in the graduating class of any cooking school in the country. His book is stuffed with wit, erudition, and one slow-cooked, lovingly constructed recipe after another.”—NPR.org Holiday 2007

One of the Year's Best Cookbooks: “Hugh Fearnley-Whittingstall is a brilliant, argumentative British cook and food writer . . . his recipes happen to be terrific.”—*Gourmet*

#1 Cookbook of the Year—Amazon Editor's Picks in Cooking—Food & Wine

100 to Taste List—*Food & Wine*

“This is one to read and cook from during barbecue season—and to get inspired by the rest of the year.”—*Bon Appetit*

“A book to help us truly understand the philosophical and pragmatic aspects of the meat on our table.”—*Boston Globe*

“The ultimate reference for the serious carnivore.”—*New York Daily News*

“This guy gets physical with meat . . . A trencherman's manual of meat that includes recipes—from down-home steak-and-kidney pie to more exalted fare like a salad of seared pigeon breast with pan-juice vinaigrette—and graphic how-tos on buying and

butchering, plus answers to questions you maybe never asked . . . More than you can digest? No doubt. More than you want? No way. Fearnley-Whittingstall's down-in-the-trenches humor and tone of earthy authority keep you coming back for another slice.”
—*Forbes*

“His big, impressive meat book . . . has now been Americanized . . . Fearnley-Whittingstall is passionate and opinionated but not heavy-handed, and his sense of humor is evident throughout . . . A good companion to Fergus Henderson's *The Whole Beast*, this unique title will be important as both a reference and a cookbook.”—*Library Journal* Starred Review

“Hugh Fearnley-Whittingstall believes that the animals we eat deserve respect, both for their sake and ours.”—*Conde Nast Traveler*

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Fearnley-Whittingstall hosted the River Cottage series on the UK television channel Channel 4, in which audiences observe his efforts to become a self-reliant, downshifted farmer in rural England — Fearnley-Whittingstall feeds himself, his family and friends with locally produced and sourced fruits, vegetables, fish, eggs and meat. He has also become a campaigner on issues related to food production and the environment, such as fisheries management and animal welfare. Fearnley-Whittingstall established River Cottage HQ in Dorset in 2004, and the operation is now based at Park Farm near Axminster — «This book aims to help you find good meat, understand it better, cook it with greater confidence, and eat it with much pleasure. — It first of all covers the basics — everything you™I need to know about choosing the very best raw materials, understanding the different cuts and the cooking techniques associated with each of them. — I™ve then given what I hope are foolproof recipes for 150 meat classics from both British and foreign food cultures — shepherds pie, steak and kidney pie, roast pork with perfect crackling, glazed baked ham, Irish stew, roast grouse with all the trimmings, toad in the The River Cottage Cookbook. Notify me when the book™s added. Impression. Add to shelf. Already read. Report an error in the book. Share. Facebook. Twitter. V Kontakte. To read this book, upload an EPUB or FB2 file to Bookmate. How do I upload a book? Search on Google. About. Readers10. — Instead, I'll show you easy and confidence-inspiring ways with cuts of meat, types of fish and other ingredients you may not have tried before. And I'll offer you new approaches that I hope will breath new life to familiar staples, like rice, spuds, beans, and your daily bread. Above all, I intend to tempt you irresistibly towards a better life with food, with a whole raft of recipes that I think you will love. From Hugh Fearnley-Whittingstall, a four-week serialisation of the most exciting and authoritative cookery book of the year. Roasting fast and slow oven cooking. Serving a roast has long been the most inclusive, magnanimous and welcoming gesture a host can make to friends and family gathered round a table. (Even vegetarians felt the need to invent the nut roast.). Like the breaking of a loaf of bread or the opening of a bottle of wine, the carving of a roast at the table, to share among family and friends, is as honourable a ritual today as it has been for centuries. — It™s hardly surprising that 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