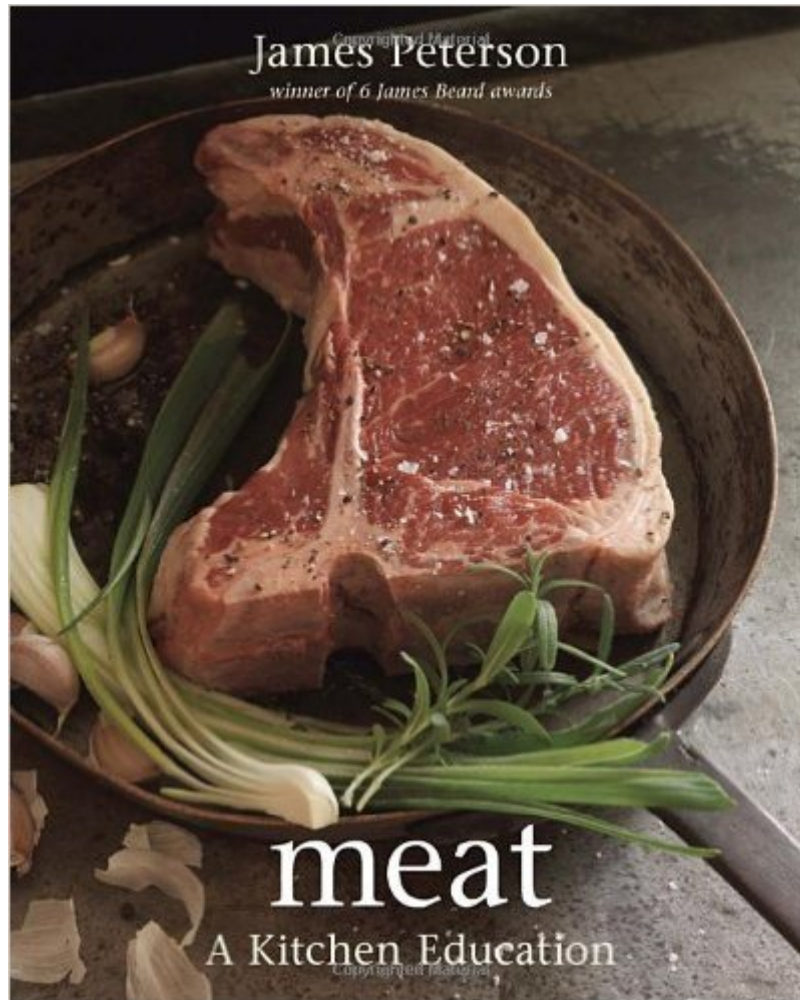


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# Meat: A Kitchen Education



## Synopsis

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 of the 2011 James Beard Cookbook Award—Single Subject Category

## Book Information

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## Customer Reviews

I own almost all of Peterson's books. He is truly a master of teaching how to cook. His recipes focus on the most basic techniques and using the natural flavors of the foods themselves to make them stand out. I have never found better recipes for stews, pot roast, steak, etc. No celebrity chef will teach you the way Peterson can. You cannot go wrong with any of his books. So on to Meat. This is a very good kitchen education on meat. You will learn all of the basics about how to grill, braise, sautÃ©, etc. The photos are marvelous and the recipes are very good. There's literally every type of meat you can cook here--squab, rabbit, brains, kidneys, I mean it goes on forever. There's not much contained in here that is not contained in his work Cooking, though. It seemed like he used this book more as a medium for showing off his photography than for delivering new recipes. There are a few, certainly, but goose with sauerkraut, that's not too innovative, and few of us really want to know how to cook brains. There's a great recipe for if you can find a really old rabbit, which Peterson acknowledges is close to impossible. So I enjoyed reading it and I will keep it. But this is not in-depth like Glorious French Food: A Fresh Approach to the Classics or

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