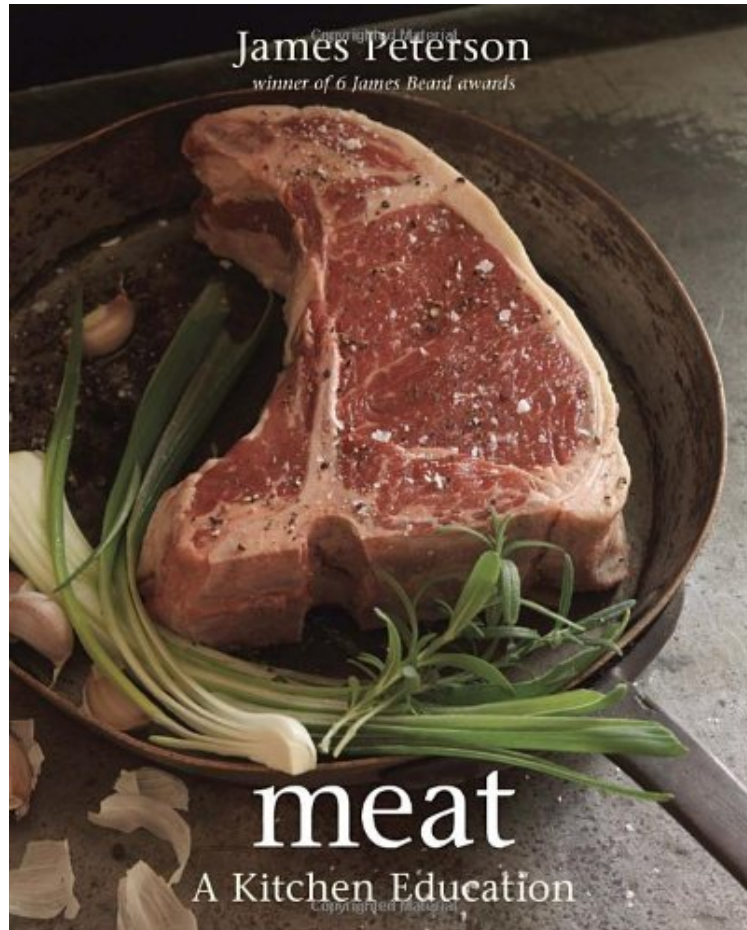


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Meat: A Kitchen Education

James Peterson

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James Peterson : Meat: A Kitchen Education before purchasing it in order to gage whether or not it would be worth my time, and all praised Meat: A Kitchen Education:

0 of 0 people found the following review helpful. A must have for meat lovers By Anna-Marie Perfect for both the experienced and beginning cook. 3 of 3 people found the following review helpful. Thumbs up from a retired chef. By Bear_Music Jame's Peterson's "Meat: A Kitchen Education" is a remarkably useful book, chock-a-block full of useful information from a Master Butcher. You'll learn stuff about meat cuts you never knew, and if you pay attention the book will save you a ton of money in your shopping. Excellent reference work any serious chef's bookshelf, and IMO indispensable for more casual kitchens. A knowledge base that begs to be tapped. 1 of 1 people found the following review helpful. Useful Book for Meat Lovers By guppy if you are a meat lover and cook a lot, this is a great book. good basic tips and has good background and understanding of meats. very useful and can be shared amongst family members for cooking tips. also a nice looking book on top of that.

Meat: A Kitchen Education is award-winning author James 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

.com Fall into Cooking Featured Recipe from James Peterson's Meat: Roast Rack of Lamb Meat is based on the seemingly paradoxical philosophy that we should eat less meat than the 8 ounces per person per day Americans put away now. Instead of so much meat, we should eat better meat. Insisting on better quality and approaching meat with a degree of understanding will lead butchers and ultimately the meat industry to raise animals in a humane and sustainable way. I give a recipe for rack of lamb because it's one of those cuts that intimidates but that is really very simple. The whole trick is cooking it to the right degree of doneness. This is very easy to determine by pressing against the two ends of the rack and taking it out of the oven as soon as the two ends feel firm and bounce back to the touch. --James Peterson Makes 4 main-course servings
Ingredients 1 American rack of lamb (8 chops) or 2 New Zealand racks of lamb (16 chops total), about 1 1/2 pounds, ribs frenched Salt Pepper 1 pound lamb stew meat or trimmings, cut into 1/2-inch strips 1/2 onion, coarsely chopped 2 cups chicken broth Let the rack(s) come to room temperature and season all over with salt and pepper. Preheat the oven to 450F. Spread the stew meat and onion on the bottom of a roasting pan just large enough to hold the rack(s). Place the rack(s) on top. Slide the pan into the oven and roast for about 25 minutes, or until an instant-read thermometer inserted into the center of the roast without touching bone reads 125F to 130F or until the meat feels firm when you press both ends of the rack(s). Transfer the rack(s) to a platter or cutting board, tent loosely with aluminum foil, and let rest for 15 minutes before carving. While the rack(s) are resting, make the jus. Put the roasting pan on the stove top over high heat and stir around the pieces of meat until the meat is browned and any juices have caramelized on the bottom of the pan. Discard the fat and return the pan to high heat. Deglaze the pan with 1/2 cup of the broth, scraping up any brown bits on the bottom of the pan with a wooden spoon. Boil down the broth until it caramelizes into a crusty brown layer with a layer of clear fat on top. Pour off the fat, return the pan to high heat, and deglaze the pan with a second 1/2 cup broth, again boiling it down. Deglaze the pan with the remaining 1 cup broth, stirring until the crust has dissolved into the liquid, and then strain the liquid through a fine-mesh strainer into a warmed sauceboat. Carve the rack(s), cutting between the ribs. Pass the jus at the table. From Booklist Cookbook author Peterson is now his own best brand, with 13 cookbooks and six James Beard awards to his credit. The brand's attributes? An advocacy of natural, fresh, locavore-type ingredients; thorough explanation of basic cooking terminology; photographs that teach; and easy-to-follow recipes. His latest on all things meat doesn't disappoint. Though his introduction addresses vegans, admonishing all to follow your conscience about the consumption of animals, the rest of his text advocates only the use of the best lamb, rabbit, beef, and chicken available. Thoroughly review the first two chapters; in them Peterson sets forth the proper ways to sauté, grill, braise, and poach (among other methods), illustrates such fundamental preparation methods as julienning a leek and sectioning a turnip, and identifies the flavors associated with different international cuisines. Next, the fun: 175 recipes and, more important, instructions and sidebars to ensure that expensive roasts and whole birds emerge with great taste. Learn the three secrets to perfect holiday turkey, how to cook game like venison and caribou, and the right brining time. Familiar dishes will comfort, including braised picnic ham, beef Wellington, chicken liver mousse, and coq au vin. A new bible for any cook. --Barbara Jacobs From roast turkey to veal piccata and everything in between (quail, rabbit, goat...), cooking authority James Peterson makes sure you get the most expensive part of the meal right. Cooking Light, Favorite Cookbooks, 2010 I also admire Meat: A Kitchen Education by James Peterson, a knowledgeable work about cooking and eating animal flesh (this is what we're doing when we serve steak, or a pork chop, or a rack of lamb, and it's important to acknowledge this). Lots of color process shots which I love. Michael

Ruhlman, Books for the Holidays, 12/13/10A treasure trove. Its chock-full of not only recipes, but also techniques, illustrative photographs, and detailed explanations of every facet of meat preparation. If you've ever wondered how to properly butterfly a leg of lamb or truss a chicken, this is the book you want on your kitchen shelf. . . . Meat is sure to become a constant companion in our kitchens. *TheKitchn.com*, 12/9/10With a recipe for almost every cut of beef, pork and lamb, plus poultry and game, Meat also offers step-by-step photos for the curious carnivore. *The New York Times Book*, Web Extra: 25 More Cookbooks, 12/3/10This James Beard Award winning cookbook author has staked his reputation on single-topic explorations. This one has made a successful play in becoming our go-to primer for home butchery. Although the recipes are delicious, they function more as a teaching tool (with step-by-step color photos) than a dinner plan. *Tasting Table National*, 12/3/10Few food experts in the world have more knowledge or a brighter ability to impart that knowledge than James Peterson, whose previous one-subject books are essentials. His latest, "Meat," follows the trend, with crystal-clear instructions and advice on meats of all varieties, from chicken to rabbit to beef. Meat geeks will revel in the details, and step-by-step pictures make it idiot-proof. *Denver Post*, 2010s Best Cookbooks, 12/1/10a new bible for any cook. *Booklist*, 11/15/10Peterson not only knows how to cook, but knows how to explain it clearly to just about anyone. *Cooking with Amy*, 11/11/10A great kitchen reference book. *Milwaukee Journal-Sentinel*, 11/3/10"James Peterson, the writer of several excellent single-topic cookbooks, has lately turned his meticulous eye to meat cookery. He opens *Meat: A Kitchen Education* (Ten Speed Press, \$35), which will hit bookstores this fall, by telling us that we should cook and eat less meat, for our health and that of the planet, but that he wants us to enjoy it more. For Peterson, that means achieving exquisite meat dishes by means of classical techniques. Aided by an abundance of photographs, all of which he took himself, the acclaimed cooking instructor does a thorough job of passing along those techniques to home cooks." *Saveur*, May 2010When I read the introduction to *Meat: A Kitchen Education*, I wanted to stand up and cheer. James Peterson and I share a deep passion for great meat, and a respect for all animals whose lives are taken for our food. If you subscribe, as I do, to the philosophy of eat less meat, eat better meat, and enjoy it more, then this book will guide you on that journey. Whichever recipe you choose, Meat will help you make something sensible and delicious. *Bill Niman*, rancher and founder, *Niman Ranch*James Peterson's body of work is already substantial. To it, he adds this thorough, informative, compelling, and impressively illustrated book about meat. What I admire about Peterson's work is the way he makes the chef's knowledge so clear and accessible to the home cook. *Michael Ruhlman*, author of *The Elements of Cooking and Ratio*Well explained, factual, usefulthe home cook as well as the professional will learn from *Meat: A Kitchen Education*. *Jacques Ppin*, cooking instructor, author, and host of *Fast Food My Way* *Meat: A Kitchen Education* delivers what the title promises. It is packed full of expert advice on cooking all types of meats, poultry, and game. But better than using only words to describe important methods and techniques, Peterson uses detailed photographs to give the reader visual instruction. His simple recipes rely on classic ingredients and techniques, and will make any beginner adept at cooking meat. More advanced cooks will appreciate his chapters on sausage and pt making, as well as his step-by-step photos for preparing foie gras. *Bruce Aidells*, author of *Bruce Aidell's Complete Book of Pork* and coauthor of *The Complete Meat Cookbook*