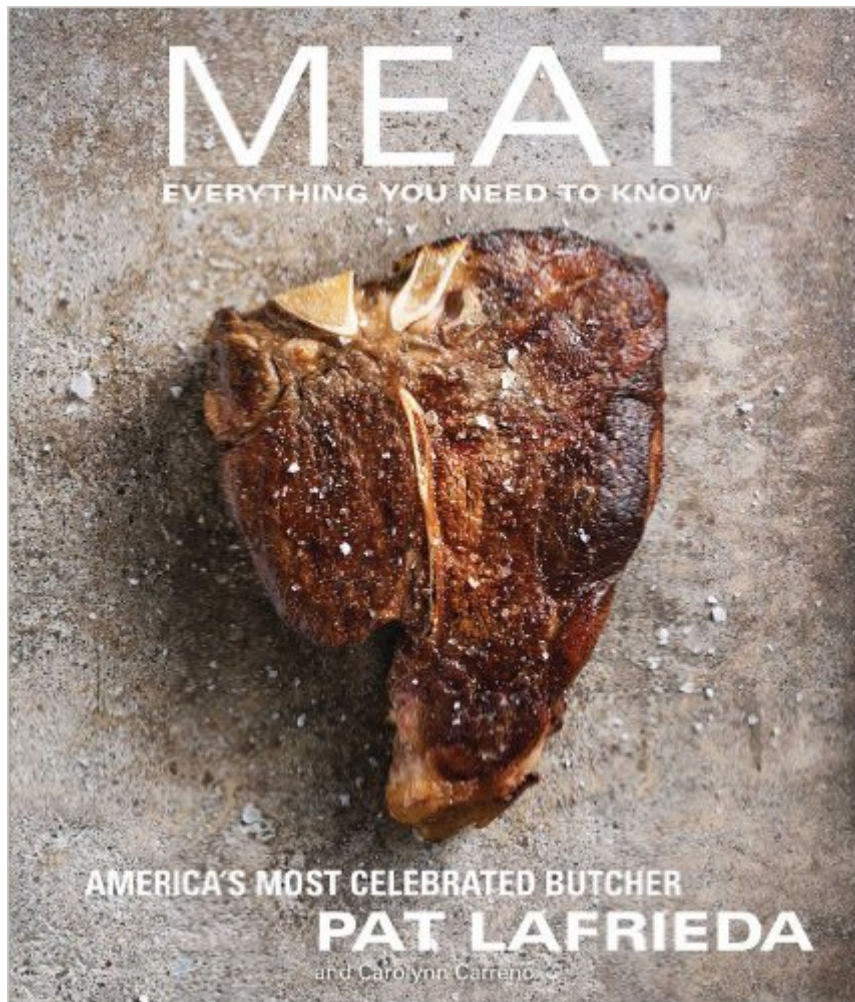


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# Meat: Everything You Need To Know



## Synopsis

Pat LaFrieda, the third generation butcher and owner of America's premier meatpacking business, presents the ultimate book of everything meat, with more than seventy-five mouthwatering recipes for beef, pork, lamb, veal, and poultry. For true meat lovers, a beautifully prepared cut of beef, pork, lamb, veal, or poultry is not just the center of the meal, it is the reason for eating. No one understands meat's seductive hold on our palates better than America's premier butcher, Pat LaFrieda. In *Meat: Everything You Need to Know*, he passionately explains the best and most flavorful cuts to purchase (some of them surprisingly inexpensive or unknown) and shares delicious recipes and meticulous techniques, all with the knowledge that comes from a fourth generation butcher. If you have ever wondered what makes the meat in America's finest restaurants so delectable, LaFrieda—the butcher to the country's greatest chefs—has the answers, and the philosophy behind it. In seventy-five recipes—some of them decades-old LaFrieda family favorites, some from New York City's best restaurateurs, including Lidia Bastianich, Josh Capon, Mike Toscano, and Jimmy Bradley—the special characteristics of each type of meat comes into exquisite focus. Pat's signature meat selections have inspired famous chefs, and now *Meat* brings home cooks the opportunity to make similar mouthwatering recipes including multiple LaFrieda Custom Burger Blends, Whole Shank Osso Bucco, Tuscan Fried Chicken with Lemon, Crown Pork Roast with Pineapple Bread Stuffing, Frenched Chop with Red Onion Soubise, Beef Wellington with Mushroom Cream Sauce, and Chipotle-Braised Tomahawk Short Ribs, along with many more. Step-by-step photographs make tricky operations like butterflying a veal chop or tying a crown roast easy even for beginners; beautiful double-page photographic diagrams show more clearly than any previous book where different cuts come from on the animal; and advice on necessary equipment, butcher's notes, and glorious full-color photographs of the dishes complete this magnificent and comprehensive feast for the senses. Throughout the pages of *Meat*, Pat LaFrieda's interwoven tales of life in the meatpacking business and heartwarming personal reminiscences celebrate his family's century of devotion to their calling and are a tribute to a veritable New York City institution. Pat's reverence and passion for his subject both teach and inspire.

## Book Information

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## Customer Reviews

This book really increased my confidence in knowing my meats & how to order from a butcher shop. The photos are modern and make the book fun and easy to read. The book tells the story of the family business, teaches you all you need to know about meat, and also shows photos and good family recipes you're not likely to find anywhere else. The chapters are divided into sections on veal, beef, lamb, pork and chicken - plus a whole chapter about chopped meat and sausage making. There are decades of meat experience (buying, storing, maintaining, cutting, etc.) packed into this book along with his mother's (and his) personal recipes - as well as how to cook the perfect steak & ham. I'm totally pleased with this book. And also can't wait to try one unusual recipe called Macaroni Pie. This book will keep you up-to-date about the current culture of meat, plus raise your standards on how to get the best flavor for your food budget. I can't imagine any restaurant chef or family cook not being completely pleased with this book. It will make a unique Christmas present to give to any guy you know. My dad (an army cook and lifelong barbecue expert) would have loved receiving this book.

Don't Read on an empty stomach. This beautifully written book is like a meat textbook . So much information, detailed diagrams, recipes from famous restaurants and more.

Good information on meat, I like seeing the individual cuts shown one by one. My disappointment started was when I got to the dry ageing of the beef, and says the beef is "put on racks in a temperature and humidity controlled room". I feel like this is quite obvious and it would have been more informational to actually put temperatures and humidity levels to ensure its properly aged rather sticking a steak in your fridge for 21 days and expecting the to see the steak from the book. The whole reason I bought the book was seeing the grand photo of the dry age room thinking they might actually share some knowledge on how to do it properly. My only other concern was seeing a few cuts of braised meat that were bright red. Braised meat isnt red unless you add curing salts. I

can understand the author not including them in recipes to prevent people from using improper amount and getting sick. Just be warned if you braise a calf tongue according to the recipe in the book, I'm sure it will taste great, just not the stunning red color you see in the book. Really just splitting hairs about the meat color, like I said, very knowledgeable, just wanted more from the book.

Great book, great pictures and some great recipes. I haven't tried every recipe in this book, but the ones I have, are pretty good. The author obviously knows his business and explains everything in a very straight forward way. Though I grew up butchering both farm animals and wild game, I learned a lot of new information. The author provides some surprising insight on "Grass Fed" beef, and Veal production. I liked everything about this book. You know how you know this is a good book on the subject? When you look through it, you get hungry.

I have purchased many food related books, this is by far the best. The description of the various meats provided me with a new understanding of the meat that I prepare. The recipes included many from NYC restaurants and some from Pat LaFrieda's family. The recipes were interesting and made me want to cook immediately. I have tried a number of them and the results have been outstanding. I would recommend this book to everybody whether you like to cook or not. The photographs of the various meat cuts were beautiful and presented perfectly.

I am loving this cookbook. It's educational and informative on all cuts of meat. Each recipe seems well explained, which leaves out the intimidation of cooking something you may be unfamiliar with. He explains exactly how you should order cut meats from the butcher, which is so helpful! The Four-Meat Meatloaf recipe is hands down the best meatloaf I have ever had--and I cooked it! It was a huge success that my guests still rave about. I'm cooking the osso buco recipe now and my house smells unbelievable. This would be a fantastic book for a male cook, as well. My husband has been reading the educational sections, just to up his carnivore knowledge.

If you are a meat lover, this is a great book. I saw some commentator remark that it was a personal story, which was dull, and little to do on food. I do not know if he was reading the same book I read. The personal stories were interesting, but only a sidebar. If you are going to be a chef, and include eating meat (veal, lamb, pork, poultry, beef) you have to get this book. If you remember the old time butcher with a chart of the different cuts of beef described on a wall chart, this is an expanded version of that. If the book was cut by 80% to just include the list of the different cuts of beef, and a

description of each cut, the book would still be worth the price.

Absolutely love this cook book. I have a collection of many..... cookbooks but this is the best book that's all about "Meat". It tells you anything you would want to know about all cuts of meat.

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