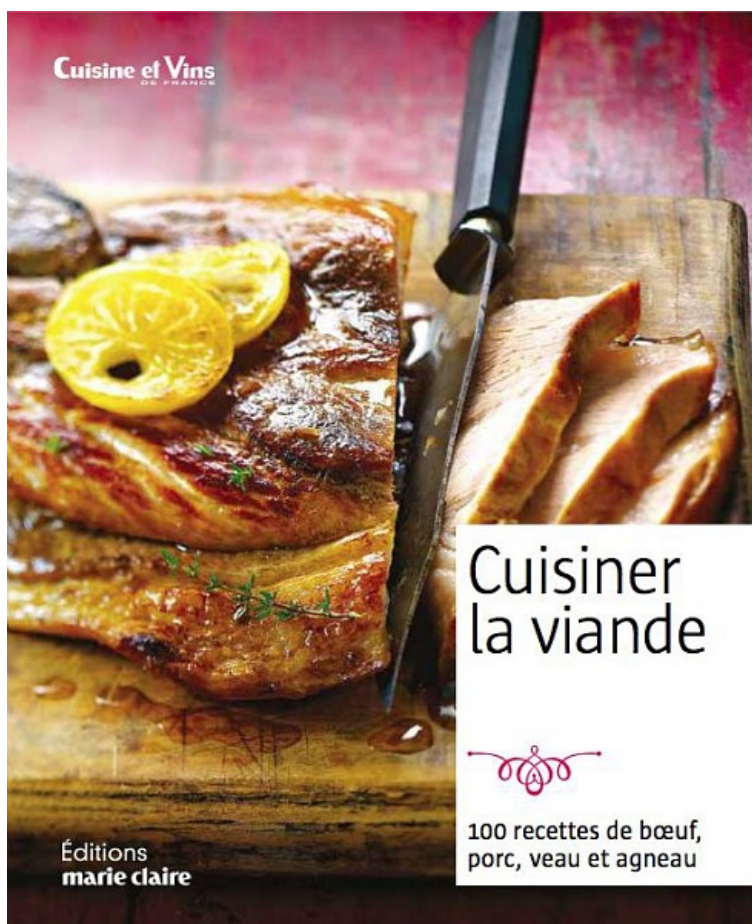


+ Cooking meat

Préparer la viande

Cookery

October 2014



■ Synopsis

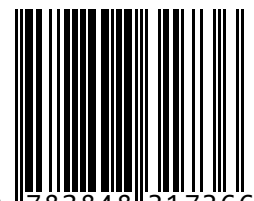
Recipes are only as good as their ingredients, especially when it comes to meat. That's why having a good understanding of how to select, cut, and cook meat makes all of the difference in the final taste. *Cooking Meat* debunks myths and misinformation around selecting and cooking meat and offers up valuable information to meat lovers and serious home cooks who want to learn new and different preparation techniques.

This go-to guide to meat takes you through the technical aspects of meat, while providing recipes along the way that will help you try out your newfound techniques. Learn how to identify and use different cuts, why and when free-range and grass-fed is better, the basics of home butchery, and much more. *Cooking Meat* is filled with photos and diagrams showing where different cuts of meat come from, their corresponding preparation techniques, and recipes from the leading chefs and restaurants in France.

■ Characteristics :

- Release : 2014-10-10
- Retail price : 22 EUR
- 192 pages
- 195x240mm
- Hardbound
- ISBN : 978-2-84831-736-6

Éditions **marie claire** 



9 782848 317366 >