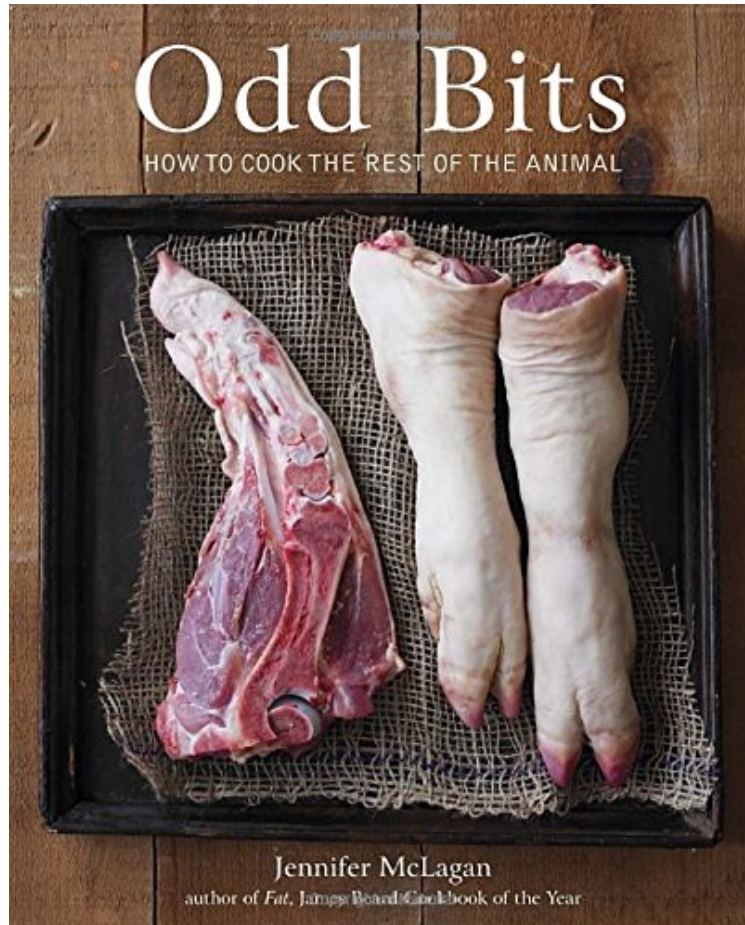


[FREE] Odd Bits: How to Cook the Rest of the Animal

Odd Bits: How to Cook the Rest of the Animal

Jennifer McLagan

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Jennifer McLagan : Odd Bits: How to Cook the Rest of the Animal before purchasing it in order to gauge whether or not it would be worth my time, and all praised Odd Bits: How to Cook the Rest of the Animal:

68 of 71 people found the following review helpful. Now to wait for the quadrilogy By William D. Colburn I own all three of her books. The first two, *Bones* and *Fat*, are amazing. So far I've only skimmed this one. It covers a lot more territory than the first two do. She says in this newest book that if she writes a fourth, it will be called *Skin*. I'd buy that book too. One problem with this book is that it is so broad in comparison to her first two. *Bones* was just about eating bones. *Fat* was just about eating fat. But everything else is a lot of stuff. Ears, feet, hearts, lungs, gizzards, kidneys, brains, testicles, intestines, and I'm sure there are things I'm missing. The first two were quite focused, but this one is all over the place. It does group recipes by the region of the animal, which is somewhat helpful. Ears show up early, and udders show up later. See, udders! I forgot to list them in my earlier list. Even just skimming this book taught me a lot. There is a kind of sausage that is made with pork intestines. Obviously you'd use a real pork intestine casing on your pork intestine sausage, or it just wouldn't be right. Having made my own chitterlings from a freshly killed pig (I

still have its feet in my freezer) I can honestly say that I'm just terrified of making intestine stuffed intestines. The recipes and suggestions all look pretty sound. There are no eyeball recipes. But you'll have them cooked as a side effect of a few dishes since the eyeballs will just be part of the whole presentation. And she gives advice on how to eat them, to make it easier on the timid diner. Overall, my biggest hope for this review is that it scares off the timid. It would be a shame to waste such a beautiful book on someone who thinks that meat is only what gets shrink wrapped in the meat market at the grocery store. 1 of 1 people found the following review helpful. A Must-Read For Anyone Who Wants to Use the Whole Animal By Rebecca Larson Augustine Jennifer McLagan has written a series of books about foods that are misunderstood, unappreciated, and underused. "Odd Bits: How to Cook the Rest of the Animal" focuses on those parts less glorious than prime rib and crown roast but likely more delicious, nutritious, and versatile, foods such as pig's feet, turkey liver, and beef tongue. This book is a valuable asset given the movement in the US toward real food. The classic French philosophy of using the entire animal resonates in McLagan's book, bringing the art of "les abbats" to non-gallic tables. McLagan sprinkles her treatise with insights from a lifetime of preparing these neglected foods, and gives us a multitude of ways to add interest, flavor, and tradition back into our kitchens and into our lives. 2 of 2 people found the following review helpful. Beautiful, delightful, informative By JH This is one of the most beautiful cookbooks I own. Visually stunning, well laid out and organized, informative, and entertaining. I brined and poached a beef tongue for the first time--to good outcome!--using the book's very clear recipes and instructions. I enjoyed the author's narrative and a delicious hash. Even my husband, who typically is not a fan of odd bits, enjoyed the meal(s) very much. Even if you cook nothing from this book, it is a wonderful read. You can pick it up and open it to any page and find some anecdote, photo, or bit of culinary history to delight you.

Much more than a cookbook, *Odd Bits* delves into the rich geographical, historical, and religious roles of nose-to-tail cooking. In a world of costly prime cuts--stately crown roasts, plump pork chops, and regal racks of lamb--it's easy to forget about (and steer clear of) the more economical, but less lovable parts of the beast: bellies, brains, cheeks, combs, gizzards, hearts, hocks, kidneys, lungs, marrow, necks, shanks, spleens, tongues, trotters, and, oh yes, testicles. Historically, these so-called odd bits have had a regular place on our plates and in our culinary repertoires. In fact, many are considered delicacies and routinely appear in regional specialties. So why do we eschew and waste valuable protein? When have our sensibilities become so squeamish? In short: when did we decide offal had become awful? Jennifer McLagan, award-winning author of *Bones and Fat*, is on a crusade to bring the nose-to-tail style of cooking and eating out of the closet and back onto to our dining tables. Her mission: restoring our respect for the whole animal, developing a taste for its lesser known parts, and learning how to approach them in the kitchen as confidently as we would a steak or a burger. Serious food lovers will delight in the sheer variety of the dishes that await, ranging from simple to challenging: Headcheese for the Unconvinced, Veal Cheeks with Swiss Chard and Olives, Cheese and Just a Little Brain Fritters, Lamb Neck with Quince and Turnip, Brisket Braised with Caramelized Onions and Chile Sweetbreads with Morels and Fresh Fava Beans, Moroccan-Style Braised Heart, Minted Tripe and Pea Salad, Wild Boar Shanks with Cranberries and Chocolate Bone Marrow, and Mushroom Custard. Much more than a cookbook, *Odd Bits* delves into the rich geographical, historical, and religious roles of these unusual meats. McLagan's enthusiasm for her subject is contagious, and with her insight and humor will convert even non-believers to the pleasure of odd bits.

.com Featured Recipe: Wine-Braised Beef Cheeks Serves 6
Ingredients 3 cups / 750 ml red wine 1 onion, halved and sliced 2 carrots, peeled and diced 2 stalks celery with leaves, sliced 4 cloves garlic, germ removed 2 fresh bay leaves 1 large sprig rosemary 1/4 teaspoon black peppercorns 2 to 3 beef cheeks, about 3 pounds / 1.4 kg total, trimmed (see page 29) Coarse sea salt and freshly ground black pepper 2 tablespoons beef dripping or lard 1/2 calfs foot, about 1 pound / 450 g, prepared (see page 100) (optional) 2 teaspoons red wine vinegar 1/4 cup chopped flat-leaf parsley
Instructions Pour the wine into a large saucepan and bring it to a boil. Reduce the heat so the wine bubbles gently. Tip the saucepan slightly away from you and, using a long match, light the wine. Once the flames die out, light it again, and keep lighting it until it no longer flames. Pour the wine into a large bowl (there should be about 2 1/2 cups / 625 ml). Add the onion, carrots, celery, garlic, bay leaves, rosemary, and peppercorns. Set aside to cool. Cut the beef cheeks into 2 or 3 pieces so that all the pieces are the same size. Place in the marinade, cover, and refrigerate overnight, turning a couple of times if possible. Remove the cheeks from the marinade, pat them dry, and season with salt and pepper. Strain the marinade, keeping the liquid and the solids separate. Preheat the oven to 300F / 150C. In a heavy flameproof casserole or Dutch oven, melt half the fat over medium-high heat. When the fat is hot, add the cheeks in batches and brown. Transfer the cheeks to a plate. Lower the heat, add the vegetables, herbs, and peppercorns from the marinade, and cook, stirring, for 5 minutes, or until they soften. Pour in the reserved marinade liquid and bring to a boil. Return the cheeks with any juices to the pan, add the calfs foot, and return to a boil. Cover the meat with a piece of wet parchment paper and the lid, transfer to the oven, and cook for 3 to 4 hours, or until the cheeks are very tender. Transfer the cheeks and the foot to a plate. Strain the cooking liquid through a sieve into a bowl, pressing on the vegetables to extract all the juice; discard the solids. Let the cooking liquid stand for 5 minutes, then skim off the fat and set the fat aside for another use. Return the cooking liquid to the pan and bring to a boil.

Continue to boil until the liquid coats the back of a spoon. Meanwhile, cut the meat and skin from the calfs foot into small dice; discard the bones. Return the cheeks and diced foot to the reduced sauce and reheat gently. Add the vinegar and taste, adding more salt, pepper, and/or vinegar if necessary. Sprinkle with the parsley and serve. Alternatives: Oxtail, beef shoulder, or shank

Finalist, IACP Awards 2012, Single Subject Category

New York Times Notable Cookbook of 2011

Odd Bits is the most informative and enthusiastic book about weird organs you'll ever encounter.

Philadelphia City Paper, 11/17/11

Readers will be hard-pressed to find a more well researched, interesting and useful cookbook in 2011. McLagan has triumphantly capped her trilogy, and regardless of why you buy the book, you will no longer fear the odd bits, but rather you will be striking up the grill to savor them with enthusiasm, confidence and joy.

The Gastronomers Bookshelf, 9/26/11

It's all here, from beef cheeks to cow's back and calves' brains. It is a tribute to Ms. McLagan's talent as a writer that, even when she is describing the least appealing of her "bits, her informative text, good humor and contagious enthusiasm will keep readers engaged and amused.

The Wall Street Journal, 9/24/11

When the James Beard-winning author of *Bones* (2005) and *Fat* (2007) releases another cookbook, it's wise to stop for a moment and take a closer look at those *Odd Bits*.

LA Weekly, Squid Ink blog, Cookbook of the Week, 9/16/11

This one's a little out there, but stick with me. In the fresh-off-the-press *Odd Bits: How to Cook the Rest of the Animal*, Jennifer McLagan educates us how to use the "more economical, but less lovable parts of the beast." Plus, the photography looks stunning.

YumSugar, 10 Foodie Books to Crave For Fall, 9/16/11

It takes a daring author to list a recipe for headcheese as the first recipe in her cookbook. . . Consider that daring author a bit of a renegade in the world of cookbooks. Prior to *Odd Bits*, she tackled topics unsavory at the time in her cookbooks *Fat* and *Bones* and elevated them into something worth savoring. Her introductory recipe for headcheese may be intended to snap you out of thinking that the best parts of the animal are the ones that everyone eats. . . . [*Odd Bits*] will challenge your cooking skills as much as it will your palate.

Men's Health, Guy Gourmet, 9/13/11

Judging from the titles of her past two cookbooks, *Bones* and *FAT*, you might guess that James Beard Award-winning author Jennifer McLagan has a slightly unconventional approach to cooking. You'd be right. Her latest cookbook, *Odd Bits: How to Cook the Rest of the Animal*, shows you how to tackle tongue, bone marrow, and all those other strange cuts that you may have tasted in restaurants but haven't had the guts (no pun intended) to make at home yet. . . . Use this informed, entertaining book to get in the fall spirit and make some comforting brisket-vegetable pie or surprisingly not-odd Peruvian Heart Kebabs.

Bon Apptit, BA Daily blog, 9/13/11

Food writer Jennifer McLagan's single-subject cookbooks, like *Fat* and *Bones*, are always a treat. This time, she turns her attention to offal with *Odd Bits*.

Eater National, 9/12/11

As a follow-up to her books *Bones* and *Fat*, chef and writer Jennifer McLagan is now getting into meatier territory, albeit from the perspective of preparing the "odd bits" (think snouts, feet, and organs). Her new book, *Odd Bits* is aimed at the offal-curious home cook who may want to get into nose-to-tail cooking, but who may have some trepidation about getting their hands messy (or bloody) with organ meats. . . . A recipe for barbecued corned beef is an intriguing and non-threatening entry point (who ever thought of grilling corned beef?), but before long you might find yourself whipping up some chocolate blood ice cream.

The Food Section, 9/9/11

Anyone can slap a bone-in filet on the grill and have it come out delicious. But it takes a really talented chef to make a gourmet meal out of goat spleen. A talented chef, or this cookbook. You've always wanted to be a veal cheek expert.

Urban Daddy National, 9/8/11

You can buy organic, grass-fed, conscientiously grown meat all you want, but if you're only eating one part of that chicken, cow, or hog, you're wasting a lot of usable protein and that's totally un-green of you.

Uncrate, 8/31/11

Jennifer McLagan, award-winning author of *Bones* and *Fat*, is on a crusade to bring the nose-to-tail style of cooking and eating out of the closet and back onto to our dining tables. Her mission: restoring our respect for the whole animal, developing a taste for its lesser known parts, and learning how to approach them in the kitchen as confidently as we would a steak or a burger.

The Huffington Post, 8/25/11

unique, informative, and readable

Library Journal, 8/15/11

It is tempting to say that this book is plain offal. But McLagan, who has authored two kindred collections, *Bones* and *Fat*, explores more than just innards. As the cover hints with its photo of two severed pig's feet, all sorts of extremities find their way to the table in this 100-recipe autopsy. It is perhaps the perfect gift for the host who has dreamt of announcing that the evening's meal will be ravioli of brains and morels, or heart burgers, or crispy testicles. McLagan puts the face back in preface with an intriguing 11-page introduction that places the odd bits in historical perspective and explores our loss of food literacy in the age of the supermarket. As the chapters progress from head to tail, there are also fascinating explorations of topics such as the wonders of tripe and how to choose a great neck. Even the meager duck heart and the fleshy cockscomb get their due. It's on to dessert: a tub of chocolate blood ice cream, which employs ginger, Grand Marnier and a half-cup of pork blood. McLagan earns linguistic points for exploring the derivation of such terms as sweetbread and head cheese. (Sept.)

Publishers Weekly, 5/16/11

As an admirer of McLagan's previous books as well as a cook and writer increasingly aware of the importance of using more than just the tender refined parts of animals and avoiding waste, I know of no other book this season more welcome than this one devoted to exploring the whole animal. McLagan comes through again. Thank you.

Michael Ruhlman, author of *Ratio: The Simple Codes Behind the Craft of Everyday Cooking* and *Charcuterie: The Craft of Salting, Smoking, and Curing*

Let Jennifer McLagan take you by the trotter and lead you through the odd bits. Hang on, surely some mistake: the good bits!

Fergus Henderson, author of *The Whole Beast: Nose to Tail Eating*

"Enormously interesting and appealing... This is as wonderful an

introduction to "odd bits" as you'll find. McLagan is unabashed in her exploration of these meats."Clifford Wright, thezesterdaily.comPraise for FatMcLagans book is a smart, sensual celebration of the flavorful animal fats prized by chefs and shunned by a generation of lipo-phobes. Her French Fries in Lard may change your life forever. People MagazineJennifer McLagans cookbooks are joyously contrarian affairs. [Fat] is a rollicking journey through the kingdom of unrepentant, glorious, and filthy rich fat.T. Susan Chang, The Boston GlobePersuasively arguing that the never-ending quest for health has gone too far, McLagans elegant and informed look at this most maligned ingredient is appropriately unctuous.Publishers Weekly (Starred)About the AuthorJennifer McLaganis a chef and food stylist and writer who has worked in Toronto, London, and Paris as well as her native Australia. Her previous books, Bones (2005) and Fat (2007) were both widely acclaimed and each won Beard and IACP awards. Jennifer is a regular contributor to Fine Cooking and Food Drink. She has lived in Toronto for more than thirty years with her sculptor husband, Haralds Gaikis, with whom she escapes to Paris as often as possible. On both sides of the Atlantic, Jennifer maintains friendly relations with her butchers, who put aside their best fat, bones, and odd bits for her. Visit www.jennifermclagan.com.