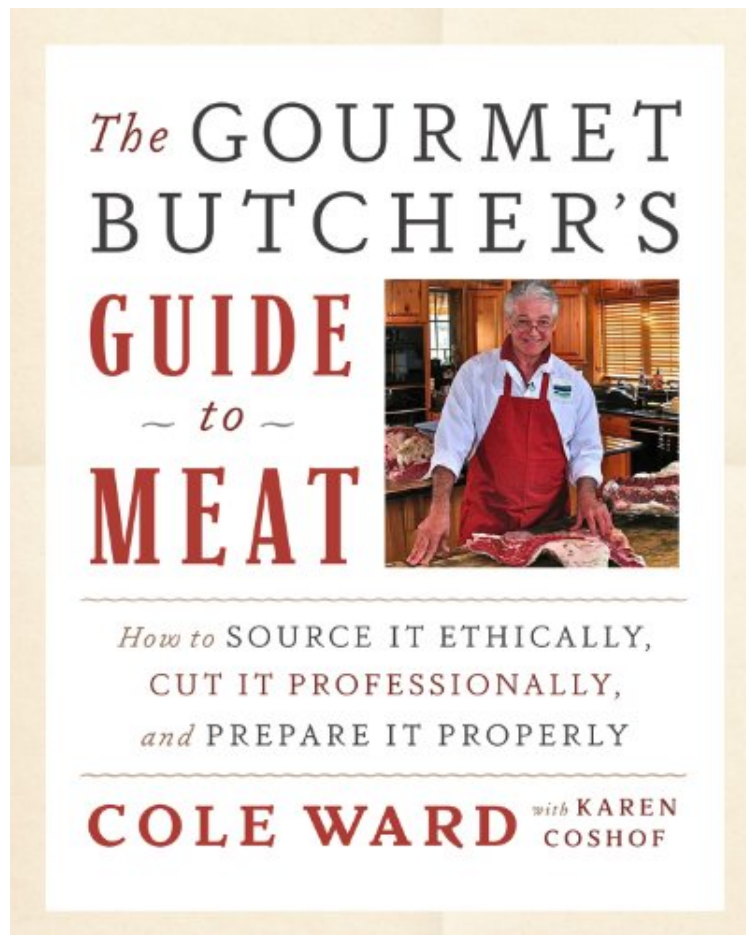


(Pdf free) The Gourmet Butcher's Guide to Meat: How to Source it Ethically, Cut it Professionally, and Prepare it Properly (with CD)

## The Gourmet Butcher's Guide to Meat: How to Source it Ethically, Cut it Professionally, and Prepare it Properly (with CD)

*Cole Ward, Karen Coshof*

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**Cole Ward, Karen Coshof : The Gourmet Butcher's Guide to Meat: How to Source it Ethically, Cut it Professionally, and Prepare it Properly (with CD)** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Gourmet Butcher's Guide to Meat: How to Source it Ethically, Cut it Professionally, and Prepare it Properly (with CD):

4 of 4 people found the following review helpful. A Simply A+++ Guide to everything you ever wanted to know about meat!By bl love how wonderfully easy it is to read from cover to cover. This tome is filled with historical, geographical and instructive information. Cole has woven this into a passionate tale of his legacy of love for the fast being lost art, of the local butcher, and the pride and integrity he takes in his skills. It is refreshing to share in his attempt to educate, instruct and transform everyday meat cutters into so much more! I loved reading his entertaining

and endearing anecdotes. This is not your everyday how to guide! This is the quintessential guide, for all who carve or buy meat and fully want to realize their optimum expectations!0 of 0 people found the following review helpful. The best butchering book of our time for the home butcher!By KurtI love this book! In preparation for ordering my custom cut hog, I pulled this book off the shelf. It answered all of my questions about evaluating farms, hog breeds, and slaughterhouses. I learned about the parts of the hog so that I could have an intelligent conversation with my butcher while deciding on cuts. I make my own sausage and I'm always trying to perfect my craft. The book gives step by step instruction - revealing many of the secrets of the trade I never knew! One day soon, I plan to cut up my own side of pork. With the book and DVD, now I have the confidence to do just that! Thanks Cole!1 of 1 people found the following review helpful. Great information. Not what I expectedBy TGGreat information. Not what I expected. I thought it was a straight guide on butchery but it's really a book about the philosophy of butchering and breeds of animals. The information in the book is important and necessary. Too many time cooks just want to know the cuts of meat and not know why this particular cut or why this breed of animal is popular. The more solid information the better you are to handle what comes next. I do recommend this book for those people who are seriously interested in butchering. Not for those just interested in the fade of being a butcher.

Vermont-based master butcher Cole Ward delivers a comprehensive guide to whole-animal butchery that goes beyond conventional do-it-yourself books and takes readers inside the world of truly sustainable meat production. The *Gourmet Butcher's Guide to Meat* demystifies the process of getting meat to the table, and its wide scope will be welcome to those who not only wish to learn the rudiments of butchery, but also want to understand how meat animals are raised, slaughtered, and marketed in a holistic system that honors both animals and consumers. Written in Coles unique voice of humor and simplicity, the book celebrates the traditional art of culinary butchery, introducing readers to stand-out butchers in America and Europe as well as a diverse group of farmers committed to raising the very best animals with respect. The many methods of raising and finishing meat animals are clearly and thoroughly explained and compared, and sensitive issues like hormone and antibiotic use in meat production are assessed. Readers will learn all the terminology associated with meat and butchery, as well as the complexities of meat grading, carcass yield, marbling scores, and issues with inspection. Also included are recipes, a detailed glossary, and more information on: The real definition, work, and role of a culinary butcher; The history and tradition of butchery; Meat: selecting your breed, grading and aging, tenderness, storing; and reheating; How meat gets to the table: farmers, slaughtering methods, stress, and animal welfare, the role of meat inspectors, cut sheets, whats legally allowed/not allowed when purchasing meat for further processing, keeping integrity in the local meat movement; Understanding the commercial meat food chain and recognizing deceptive practices; Processing your own meat: what youll need, tools, safety, prep; Beef: domestication, terminology, how cows work, raising methods (grass, grain, etc.), meat-safety issues, hormone growth implants, antibiotics and feed additives, carcass yield and marbling scores, and a partial list of beef breeds; Cutting up a beef forequarter and hindquarter; Pork: domestication, terminology, raising methods, grading and inspection, and a partial list of pork breeds; Cutting up a side of pork; Sheep: domestication, terminology, raising methods, and a partial list of meat breeds; Cutting up a whole lamb; Chicken: domestication, terminology, how to cut up a whole chicken; How to make sausages; Value-added products: what they are and how they can help increase your bottom line; Your own butcher shop: size, equipment, display, marketing; A better way of thinking about meat: a holistic overview and some conclusions. History buffs will delight in the chapter that traces the roots of butchery from pre-history to modern times, and meat shoppers will welcome Coles description of what goes on behind the scenes at meat markets large and small. And, of course, new or aspiring butchers will find a well-illustrated slideshow on CD (included in the back of the book) with over 800 images on cutting up a side of beef, a side of pork, and whole lamb and chicken in more detail than is offered in any other book on the subject. Sure to be the ultimate resource on the subject of gourmet butchery, this book will change the conversation and help bring back a traditional art that is in jeopardy, but increasingly important in the local-food and ecological-agriculture movement.

From BooklistAt age 15, Ward worked as an apprentice meat cutter in a tiny Vermont shop. He eventually migrated to Los Angeles, where he took over a butcher shop at the famous Farmers Market, supplying meat to celebrities and for television productions. Resolutely carnivorous, Ward amasses evidence confirming that humans have been meat eaters from early in their history. He passionately defends humane animal husbandry, maintaining that properly slaughtered and processed animals produce superior meat. Ward has little use for high-volume, big-business meat packers. Addressing beef, pork, lamb, and chicken, he inventories some of currently popular animal breeds whose flesh offers exceptional flavors. Ward explains how to break down an animals primal cuts to produce roasts, steaks, and chops, and he offers some unique recipes for sausages. A bibliography gives sources for further exploration, and a CD supplements the book. --Mark Knoblauch Library Journal- "For old-world experience of the art of butchery, look no further than master butcher and lecturer Ward. His deep knowledge shines as he delves into nearly every aspect of butcheryfrom its role in ancient Egypt to profiles of individual farmers and shops to the controversy around ritual slaughterbefore ever addressing how to carve up a carcass. While parts of this background are compelling, especially

Ward's personal story, those looking for practical instructions will have a 100-page wait. Once there, however, readers are greeted with detailed, well-organized information on choosing and processing the best beef, pork, lamb, and chicken. A CD is included for most of the carving instruction. Sensitive readers be warned: like a well-seasoned piece of meat, Ward's language is mildly salty. VERDICT With artisan meat and home butchery growing in popularity among DIYers and urban homesteaders, this book is on trend. However, its detailed emphasis on theory and history make it better suited to the serious gourmet than to the casual foodie. Booklist- "Resolutely carnivorous, Ward amasses evidence confirming that humans have been meat eaters from early in their history. He passionately defends humane animal husbandry, maintaining that properly slaughtered and processed animals produce superior meat. Ward has little use for high-volume, big-business meat packers. Addressing beef, pork, lamb, and chicken, he inventories some of currently popular animal breeds whose flesh offers exceptional flavors. Ward explains how to break down an animal's primal cuts to produce roasts, steaks, and chops, and he offers some unique recipes for sausages. A bibliography gives sources for further exploration, and a CD supplements the book with step-by-step instructional photos. Cole Ward has done an extraordinary job of balancing the widely diverse components of meat production, marketing, and quality in this comprehensive and uniquely informative book. The author has taken every effort to present even the most contentious issues surrounding meat production from a balanced and accurate perspective. His thorough treatment of these issues provides the reader the opportunity to make a well-informed decision as a matter of personal choice, unencumbered by emotion or innuendo. However, the real value of the book is in the articulate way Ward connects the reader to both the science and the artisanship of gourmet butchery. His comfortable style and incomparable knowledge of gourmet butchery make this a valuable resource for quality meat aficionados and a must read for chefs, butchers, and meat-lovers everywhere.--Mark Boggess, PhD, animal scientist and meat industry expert" This comprehensive book is far more than a guide to cutting meat for anyone who wants a better understanding of meat (and we all should). Engaging, informative, and, yes, fun!--Nicolette Hahn Niman, rancher and author, *Righteous Porkchop: Finding a Life and Good Food Beyond Factory Farms* "Is there a bible of meat? There is one now. Cole Ward's book demystifies the whole process of how animals are raised, slaughtered, and eventually make it to your plate. From learning about breeds to cutting up your own side of beef, you will be a more empowered meat eater once you read this book."--Rebecca Thistlethwaite, author, *Farms with a Future* After nearly forty years of concentrating, industrializing, and deskilling the livestock and meat industries, a few global meat companies have separated the eater from the farmer, land, communities, and animals that we depend on for food. Cole Ward helps restore the lost craftsmanship of meat production by sharing critical knowledge about where meat comes from and how it's produced, processed, and marketed. His book takes the reader on an important journey from animal husbandry through the fading art of butchery to recipes for preparing a healthy meal, all interwoven with explanatory pictures, notes, and interesting trivia.--Mike Callicrate, owner, Callicrate Cattle Company and Ranch Foods Direct About the Author Cole Ward grew up in the tiny Vermont town of Sheldon Springs. At the age of fourteen he began working part-time for a local butcher, washing meat trays and stuffing sausages for 20 cents an hour. At fifteen, he became an apprentice meat cutter at the local IGA, and in very few years was a master butcher specializing in whole-animal culinary butchery. In his early twenties, wanderlust took him out west to a job at LaFrieda Prime Meats at Los Angeles's celebrated farmers' market. The famous butcher shop was next to CBS studios, and Ward's celebrity clients soon included Billy Crystal, Bernadette Peters, Perry Como, Edith Head, and Raymond Burr. He also did meat props and special set-ups for television sitcoms like *Three's Company*. In 1982, Cole returned to Vermont, where most of his large family lives. He worked in markets and supermarkets around the state, managed meat departments, and eventually began giving workshops and doing on-farm cutting. Now Cole mixes hands-on butchery with teaching; his encyclopedic knowledge of the meat sector makes him a sought-after lecturer and seminar leader at culinary academies, colleges, and agricultural and sustainable-living conferences. His full butchery course was recently released on the two DVD set *The Gourmet Butcher*. With the publication of this book, he is sharing the knowledge acquired over forty-five years of butchery. He is convinced that the more people know about where their meat comes from, the more control they will have over their own and their family's health.