

MEAT

EVERYTHING YOU NEED TO KNOW

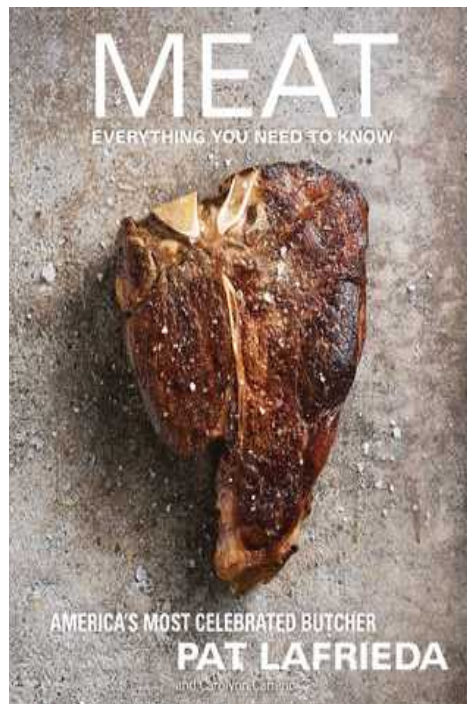


AMERICA'S MOST CELEBRATED BUTCHER

PAT LAFRIEDA

with Steven Wynn

* Meat: Everything You Need To Know *



Books Details

Author : Pat LaFrieda Pages : 256 pages Publisher : Atria Books Language : eng ISBN-10 : 1476725993 ISBN-13 : 9781476725994

Books Descriptions

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



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