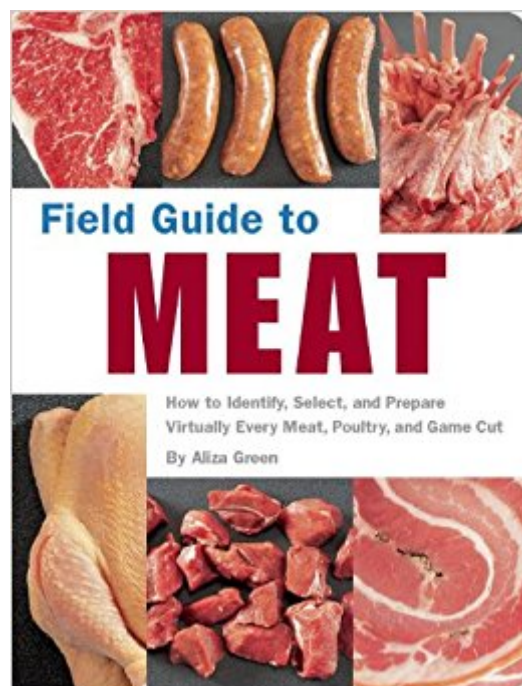




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# Field Guide To Meat: How To Identify, Select, And Prepare Virtually Every Meat, Poultry, And Game Cut



## Synopsis

At last, a field guide to identifying and selecting more than 200 different cuts and kinds of meat, from beef and poultry to game and cured meat! An essential resource for every home cook or chef, Field Guide to Meat offers details on virtually every kind of meat available. This practical guide includes more than 200 full-color photographs of cuts of beef, veal, pork, lamb, game, and poultry as well as more than 100 different kinds of cured meats and sausages. Cross-referenced with the photographs are in-depth descriptions of the cuts, including basic history, location in the animal, characteristics, information on how to choose the cut, and flavor affinities. Step-by-step preparation directions tell you whether the item is best marinated, braised, grilled, roasted, or pan-seared. Trips to the butcher's aisle will no longer be intimidating, and you'll never end up with a cut that's too tough for dinner.

## Book Information

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## Customer Reviews

What are variety meats? What differentiates a T-bone from a porterhouse steak? How do you store foie gras? How do you prepare ground veal? And what does head cheese taste like? This most useful of kitchen references answers all those burning questions and more, in clean, matter-of-fact text accompanied by catalogue-type color photographs of everything from beef rolls to rack of lamb and smoked turkey wings. Green (Field Guide to Produce) covers beef, veal, pork, lamb, poultry and game birds, game and other domesticated meats (which includes rattlesnake and squirrel), and

sausage and cured meats. Each compact chapter explains the various cuts available and gives instructions on choosing, storing and preparing. Home cooks will find Green's guidelines on how much to buy of a given product helpful, while professionals will appreciate her inclusion of North American Meat Producers, or NAMP, cut numbers and names. And all chefs will benefit from the listing of international names for each meat (e.g., beef cheeks are called guancia in Italian, joue in French and mejilla or cachete in Spanish). (May)

Aliza Green is a chef, food writer, and teacher based in Philadelphia. She is the author of *Field Guide to Produce* and the co-author of the James Beard Award-winning cookbook *Ceviche!: Seafood, Salads, and Cocktails with a Latino Twist*.

I just purchased my third copy of this field guide. One for myself two years ago and recently as gifts. I find the field guide an excellent resource for the casual cook like myself. I use it frequently. I like the easy and quick reference to basic meat cuts and cooking instructions. I have no interest in becoming an expert of meat cuts or recipes. I take the field guide with me when going to the butcher and discuss the proper cut to purchase with him or her based on the guide. For this purpose it is an excellent resource. Those finding the book not meeting their expectations do not understand the basic definition of a "field guide" such as a naturalist understands its purpose. Not everyone wants to be foodie.

Anyone can benefit from this book; home cooks, newly-weds, single people: anyone who shops for, cooks and eats meat. The cuts are not only described but names are listed in several languages making it the perfect gift for those with family or friends stationed abroad with the military. Of course not all cuts are available in all countries using the US standards but it is far better than looking the information up in a dictionary. There are even recommendations for several cooking methods specific to each cut of meat and perhaps a short recipe. This is also available for seafood and produce. The one drawback might be that all the photos are in one section in the middle of the book so you have to do some cross-checking.

'Field Guide to Meat' by Aliza Green is part of the series of very handy pocket sized, sturdily bound, heavy covered paperbacks by Quirk Books. Ms. Green also wrote the 'Field Guide to Produce' for the same series, to which I gave a very favorable review. This book, I feel, is even more useful as a volume you own and consult often. The difference may be less in the relative quality of the books

but in the relative availability of good cookbooks and reference books devoted exclusively to meat and those devoted to fruits and vegetables. Vegetables as a group are supported by superb books from leading culinary writers such as Jack Bishop, Alice Waters, James Peterson, and most of all, Elizabeth Schneider and her volume, 'Vegetables from Amaranth to Zucchini'. Compared to these four, I know of only two leading writers, Bruce Aidell and the team of Schlesinger and Willoughby who have done good cookbooks covering a wide range of meats, and even these books don't give as broad a coverage as the veggie crowd. These two books solve the amateur cook's knotty problem of wandering through the market, being able to tell what looks good, and then thinking up something to do with the good stuff. When I see some especially good looking pork chops, there is only one thing I can think of doing with them. If I wanted to stuff them, I would not be sure I knew what I would need, as all my pork chop stuffing recipes are sitting on my bookshelf at home. With these books in hand, you will can get a much better idea of the variety of things you can do with a cut of meat from this book than from virtually any other source I can think of. This is not to say it isn't there, it's just that it is so spread out across so many different books and sources that if you don't already have it all in your head, tracking it down on short notice is almost impossible. The only single source I can think of which comes close to this book is the Larousse Gastronomique, but you don't want to be lugging this 10-pound boat anchor around with you at the Farmer's Market. And, my experience with the average meat market attendant is that I know more about meat than they do. All the real butchers are back in the cold room. The books on produce and meats will generally be used for different things. Produce is generally much more perishable than meat in a refrigerated case. That is, the variability in the quality of produce at one store will be much higher than the variability in the quality of meat, especially since produce probably comes from 20 or 30 different suppliers, while beef, pork, veal, and lamb may come from two or three suppliers while poultry may come from two or three other suppliers. And, with the exception of lamb, practically all meat availability is independent of season. Therefore, while your first question upon opening the book on produce may be the seasonality, the first question upon opening the book on meat may be 'What is a good cut for grilling?' or 'How do I pick the best pork chop for stuffing?'. While most cookbooks separate flesh on four legged animals from flesh from two legged / two winged animals, this book is just that much better because in addition to covering beef, veal, pork, and lamb, it covers all different types of poultry (domesticated birds) and game, including wild birds and wild mammals. In fact, the range of wild game mentioned is truly amazing. I was surprised to see the 'Joy of Cooking' cover boar and muskrat. This book includes sections on alligator, armadillo, raccoon, rattlesnake, and squirrel. Just what they need at the road kill caf  ! Much more practical is the fact that the

book also covers all sizes, shapes, and nationalities of Charcuterie and meat preservation. It even mentioned some types of hams of which I have not yet heard. Upon opening the book, the very first thing I did was to look up guanciale (cured pork jowl) in the index and lo and behold, there it was. This alone sold me on the book. Unfortunately some other index games came up empty, as when I looked up London broil. No references appeared anywhere in the index, even though it is mentioned in the introduction and as a method of preparation for several different cuts of meat. This means that you can't effectively pick a cooking method and search for the best cut(s) to use with this method. Otherwise, for a list price of \$15, literally every American foodie needs a copy of this book, especially as the 'Larousse Gastronomique' primarily deals with European butchering primals. Very, very highly recommended.

What a great volume. It's small enough to carry with you if you're going on a foray to the butcher, or even to take with to a regular grocer (whose employees may not have a butcher's background). It's also a nice guide for foreign transplants who may be unfamiliar with our cuts and usages of meats. It's copiously illustrated with good photos, diagrams, and official meat standards. A real must for serious cooks. Great addition to a kitchen library!

Our instructor had this in class and uses it as a reference. I was very delighted to find this as it is a great tool for the beginner as well as an experienced chef. It would be a great book for a cook or a shower gift for the Bride and Groom! She has other books as well which I purchased, herbs, seafood and vegetables. Ham

nice reference, handy, easy to carry when shopping. good buy. why do you need so many words when a few are ok?

Whether you are a "new" or an "experienced" cook, this handy guide will help you be better at selecting meats. [ and as a byproduct, your butcher will be better able to help you - a really good thing ! ] This handy guide is very helpful when meat shopping. As you shop, based on your recipe that has a cut of meat that is not familiar to you, take this book along to help you identify and select the best cut of meat for your recipe. It just doesn't get any easier.

The entire series of "Field Guide to..." is well written, designed and is always useful.

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