

The Meat Hook Meat Book: Buy, Butcher, and Cook Your Way to Better Meat

Tom Mylan

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Buying large, unbutchered pieces of meat from a local farm or butcher shop means knowing where and how your food was raised, and getting meat that is more reasonably priced. It means getting what you want, not just what a grocery store puts out for sale?and tailoring your cuts to what you want to cook, not the other way around. For the average cook ready to take on the challenge, *The Meat Hook Meat Book* is the perfect guide: equal parts cookbook and butchering handbook, it will open readers up to a whole new world?start by cutting up a chicken, and soon you'll be breaking down an entire pig, creating your own custom burger blends, and throwing a legendary barbecue (hint: it will include The Man Steak?the be-all and end-all of grilling one-upmanship?and a cooler full of ice-cold cheap beer).

This first cookbook from meat maven Tom Mylan, co-owner of The Meat Hook, in Williamsburg, Brooklyn, is filled with more than 60 recipes and hundreds of photographs and clever illustrations to make the average cook a butchering enthusiast. With stories that capture the Meat Hook experience, even those who haven't shopped there will become fans.



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