



Home Cooked: Essential Recipes for a New Way to Cook

By Anya Fernald; Jessica Battilana

Ten Speed Press, 2016. Hardcover. Condition: New. A recipe collection and how-to guide for preparing base ingredients that can be used to make simple, weeknight meals, while also teaching skills like building and cooking over a fire, and preserving meat and produce, written by a sustainable food expert and founder of Belcampo Meat Co. Anya Fernald's approach to cooking is anything but timid; rich sauces, meaty ragus, perfectly charred vegetables. And her execution is unfussy, with the singular goal of making delicious, exuberantly flavored, unpretentious food with the best ingredients. Inspired by the humble traditions of cucina povera, the frugal cooking of Italian peasants, Anya brings a forgotten pragmatism to home cooking; making use of seasonal bounty by canning and preserving fruits and vegetables, salt curing fish, simmering flavorful broths with leftover bones, and transforming tough cuts of meat into supple stews and sauces with long cooking. These building blocks become the basis for a kitchen repertoire that is inspired, thrifty, environmentally sound, and most importantly, bursting with flavor. Recipes like Red Pepper and Walnut Crema, Green Tomato and Caper Salad, Chickpea Torte, Cracked Crab with Lemon-Chile Vinaigrette, Veal Meatballs, Anise-Seed Breakfast Cookies, and Ligurian Sangria will add dimension...



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Reviews

Good eBook and helpful one. It really is written in straightforward words and phrases and never confusing. I am just effortlessly could possibly get a enjoyment of looking at a published book.

-- Romaine Rippin

The book is great and fantastic. it absolutely was written very properly and beneficial. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Lyda Davis II