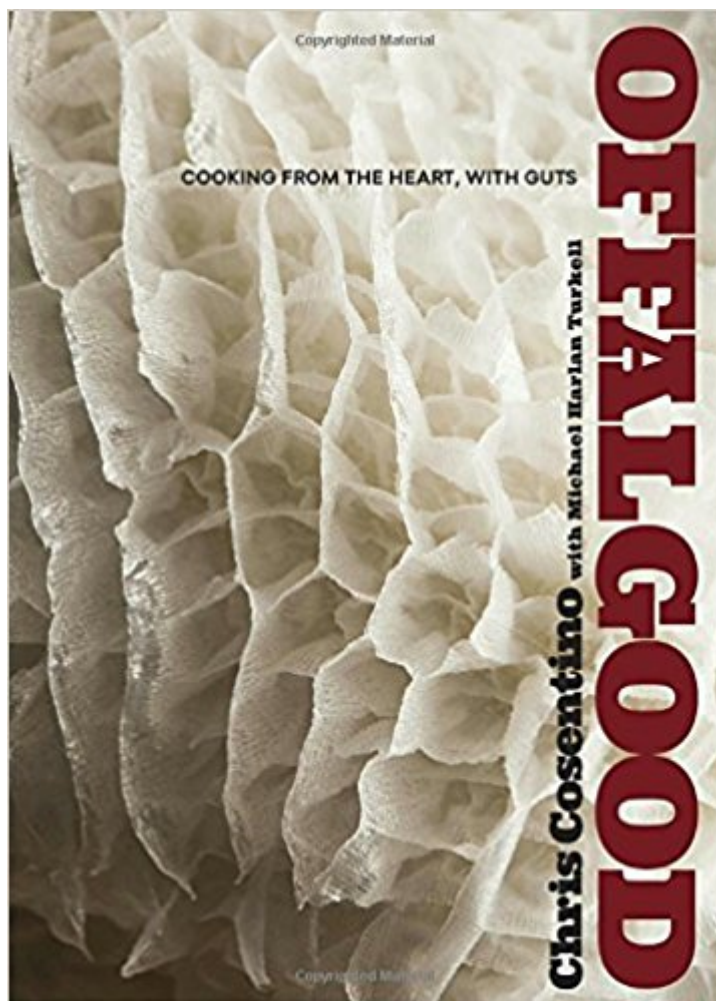


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Offal Good: Cooking From The Heart, With Guts



Synopsis

The off cuts, the odd bits, the variety meats, the fifth quarterâ”it seems that offal is always hidden, given a soft-pedaled name, and left for someone else to eat. But it wasn't always this way, and it certainly shouldn't be. Offalâ”the organs and the under-heralded parts from tongue to trotterâ”are some of the most delicious, flavorful, nutritious cuts of meat, and this is your guide to mastering how to cook them. Through both traditional and wildly creative recipes, Chris Cosentino takes you from nose-to-tail, describing the basic prep and best cooking methods for every offal cut from beef, pork, lamb, and poultry. Anatomy class was never so delicious.

Book Information

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Customer Reviews

"Chris Cosentino is a righteous heir to the lineage of Fergus Henderson, Mario Batali and the great, unknown cooks of France and Italy who created iconic dishes from every part of the animal. His food is also surprisingly simple--and unsurprisingly, delicious." - Anthony Bourdain
"With this book, Chris reminds us that the most delicious parts of an animal lay hidden." - Rene Redzepi, Noma
"This will forever be the cook's bible of all things offal." - Sean Brock, Husk
"Chris is one of the most talented and curious and playful cooks I know, and Offal Good reflects his long and passionate exploration of the odd meat cuts, their quirks and possibilities. Whenever he updates me on his ever-changing menus, he sums up with a smile and six words: 'We're just trying to have fun.' That very down-to-earth fun, and the deliciousness it instigates, come through on every page." - Harold McGee
"In a world obsessed with

progress, Chris manages to take ten steps back before taking one forward and truly understand his ingredients. He elevates his food by respecting tradition and honesty. What he has achieved with this book is truly spectacular. - Derek Dammann, Maison Publique

Chris's intense love of food is akin to a five-year-old opening gifts under a trimmed tree on Xmas morning, no posturing, all love. ... We have admired his cooking, drive, and offal crusade for years. Chris Cosentino is an educator, a sage and this makes him a very important American chef. - David McMillian and Frederic Morin, Joe Beef

Good cooking is an emotion, a feeling. It comes from within. Just ask Chris. - Paul Cunningham, Henne Kirkeby Kro

CHRIS COSENTINO is the winner of Top Chef Masters and executive chef of the lauded Cockscomb in San Francisco. He graduated from Johnson & Wales (Providence, R.I.) then went on to work at a number of notable restaurants, including Rubicon and Chez Panisse. His first executive chef position was at Incanto in 2002. Cosentino's innovative interpretations of rustic Italian fare promptly earned the restaurant its first three-star review from the San Francisco Chronicle. Since then Cosentino has gained national acclaim as a leading proponent of offal cookery. His approach stems from a belief that no parts of an animal slaughtered for food should go to waste. Cosentino has a strong commitment to sustainable principles and humanely-raised meats and is an avid researcher of ancient cooking techniques and culinary lore. He is also co-creator of Boccalone, an artisanal salumeria in San Francisco. In addition to winning Top Chef Masters in 2012, Cosentino has appeared on television as a competitor on The Next Iron Chef (2007), Iron Chef America (2007 and 2008).

So glad this is finally published and I cannot wait to start cooking through it.

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