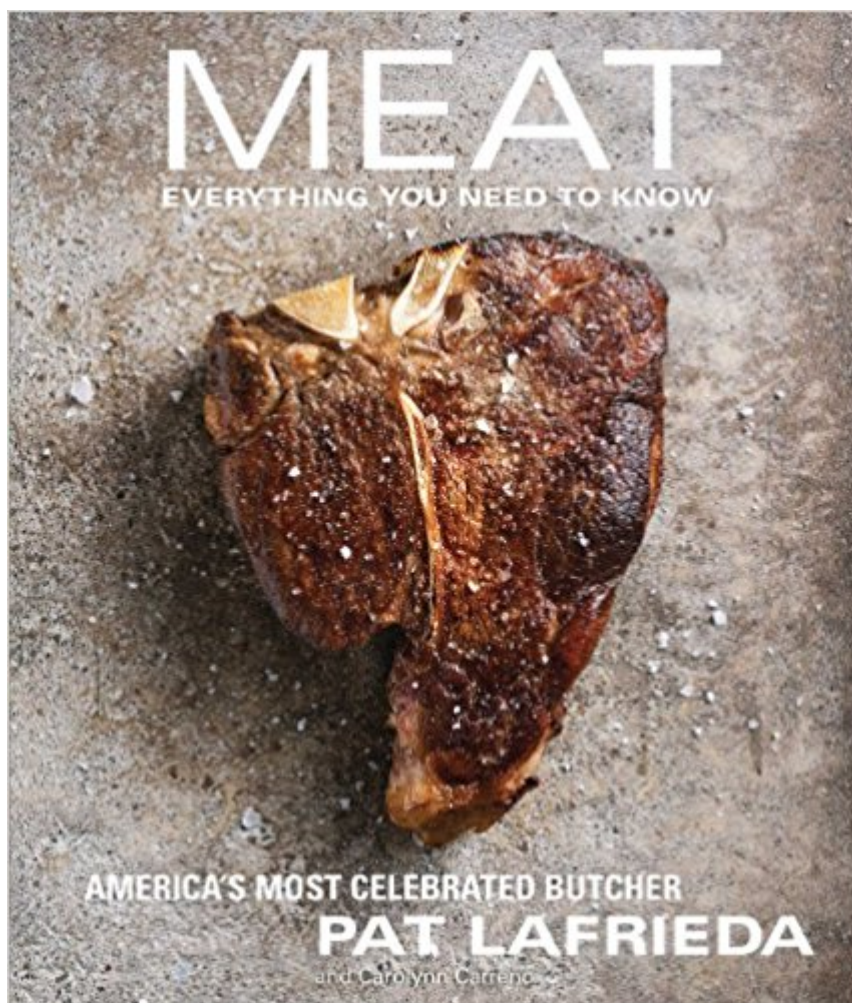


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# Meat: Everything You Need To Know



## Synopsis

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 of them decades-old LaFrieda family favorites, some from New York City's best restaurateurs, including Lidia Bastianich, Josh Capon, Mike Toscano, and Jimmy Bradley—the special characteristics of each type of meat comes into exquisite focus. Pat's signature meat selections have inspired famous chefs, and now *Meat* brings home cooks the opportunity to make similar mouthwatering recipes including multiple LaFrieda Custom Burger Blends, Whole Shank Osso Bucco, Tuscan Fried Chicken with Lemon, Crown Pork Roast with Pineapple Bread Stuffing, Frenched Chop with Red Onion Soubise, Beef Wellington with Mushroom Cream Sauce, and Chipotle-Braised Tomahawk Short Ribs, along with many more. Step-by-step photographs make tricky operations like butterflying a veal chop or tying a crown roast easy even for beginners; beautiful double-page photographic diagrams show more clearly than any previous book where different cuts come from on the animal; and advice on necessary equipment, butcher's notes, and glorious full-color photographs of the dishes complete this magnificent and comprehensive feast for the senses. Throughout the pages of *Meat*, Pat LaFrieda's interwoven tales of life in the meatpacking business and heartwarming personal reminiscences celebrate his family's century of devotion to their calling and are a tribute to a veritable New York City institution. Pat's reverence and passion for his subject both teach and inspire.

## Book Information

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## Customer Reviews

"A valuable reference that will give readers a greater appreciation for not only their favorite cuts of meat, but their butcher as well." • (Publishers Weekly) • "The Magician of Meat." • (New York magazine) • "Pat LaFrieda does everything right as a butcher. MEAT stands out to me as the best handbook there is on this subject." • (Mario Batali chef and entrepreneur) • "Pat LaFrieda has led the 'butcher revolution'™ in the United States. Every serious cook needs this instructional, well-illustrated, and very well written book." • (Martha Stewart founder of Martha Stewart Living Omnimedia) • "It made me laugh, it made me smile, it made me miss my grandpa. I absolutely adore this book." • (Rachael Ray New York Times bestselling author) • "If you want to know about meat, this is the book. The recipes are great and each one has a story to tell." • (Andrew Carmellini chef and owner of The Dutch, Locanda Verde, and Lafayette) • "MEAT by master butcher Pat LaFrieda is officially the carnivores' holy grail and my new reference point for all things meat." • (Chef Michael White) • "The recipes and techniques in this book are things that can be used in any kitchen whether it's at home or in the restaurant." • (Marc Forgione chef and owner of Restaurant Marc Forgione, American Cut, and Khe-Yo) • "A celebration of Pat's™ enormous skill set, his encyclopedic understanding of meats and their various cuts and how to best use them. Butcher extraordinaire!" (Chef Alex Guarnaschelli Butter restaurant) • "Certain to make meat-lovers'™ mouths water." • (Danny Meyer CEO of Union Square Hospitality Group) • "A must-have for any home cook, it will surely be a valuable resource for years to come." • (Chef Daniel Humm Eleven Madison Park and The NoMad) • "MEAT is a superb, detailed sourcebook that I am thrilled to have on my shelf." • (Chef Geoffrey Zakarian) • "A fantastic resource for both the professional chef and the home cook." • (Chef Missy Robbins) • "A genuinely good read." • (Cooking Light) • "If you want to know about meat, go straight to the meat man: New York City-area butcher Pat LaFrieda has released his meaty magnum opus." (EATER National) "New York City's ultimate butcher, the man behind the famous LaFrieda burger blends, penned the definitive cookbook on all things meat." (Fathom) • "I loved absolutely everything about this

book. • (SanFranciscoBookReview.com) • Meat is unsurpassed and truly sets the standard for a book that offers both recipes and education. • (Cooking by the Book)

Pat LaFrieda's first introduction to the meat world was in the summer of 1981, when he was just ten years old and learning the tricks of the trade at his father's butchering business. Thirty years later, Pat, his father, and cousin own and operate New York City's most prestigious and valued meatpacking facility. Pat LaFrieda Meat Purveyors supplies the finest restaurants in New York City, Philadelphia, DC, Las Vegas, Miami, Chicago, and more. They also operate four retail locations at Citi Field—home to the New York Mets—including two Pat LaFrieda Original Steak Sandwich stands, a LaFrieda Meatball Slider stand, and the sit-down restaurant, Pat LaFrieda Chop House. In 2014 they became the "Official Burger of the Mets." Pat has appeared on countless national TV shows including Today, The Chew, Rachael Ray Show, CNN, Anthony Bourdain: No Reservations, and Martha Stewart. More information can be found at [www.lafrieda.com](http://www.lafrieda.com). Carolyn Carré is a James Beard award-winning writer for magazines including Bon Appétit, Saveur, The Los Angeles Times, Gourmet, and Food & Wine and coauthor of books with chefs Nancy Silverton, Kenny Shopsin, and Sara Foster. Her cookbooks are known for their distinct voice and storytelling style.

This book is phenomenal! The layout makes for easy reading, and the illustrations are beautiful and right on point. Mr. Ladies knows his stuff and I was more knowledgeable after page one. It's a reference, a novel, and a cookbook. Can't wait to try all the recipes. Get it!

For me, this IS the book for better understanding the basics of meat. It is a terrific reference book and I use it weekly. A lot of great information. OK, I'm repeating myself.

This book helps me since I have not been cooking that long (kind of on and off...mostly off) and doesn't know what I am doing most of the time (as of this review). Many of the topics in the book are new to me. I applied what I read and it improved the outcome significantly.

Great book, great pictures and some great recipes. I haven't tried every recipe in this book, but the ones I have, are pretty good. The author obviously knows his business and explains everything in a very straight forward way. Though I grew up butchering both farm animals and wild game, I learned a lot of new information. The author provides some surprising insight on "Grass Fed" beef, and Veal

production. I liked everything about this book. You know how you know this is a good book on the subject? When you look through it, you get hungry.

If you prepare meat, eat meat or buy meat, this book will provide everything you could want to know. I have already had occasion to use the information to challenge my local butcher. I believe I will save the cost of the book in just knowing what cuts of meat to purchase.

Very well illustrated, love all the great information.

I have purchased many food related books, this is by far the best. The description of the various meats provided me with a new understanding of the meat that I prepare. The recipes included many from NYC restaurants and some from Pat LaFrieda's family. The recipes were interesting and made me want to cook immediately. I have tried a number of them and the results have been outstanding. I would recommend this book to everybody whether you like to cook or not. The photographs of the various meat cuts were beautiful and presented perfectly.

One of the coolest books I have seen  
The photos are gorgeous  
Great content  
Everyone freak out over it

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