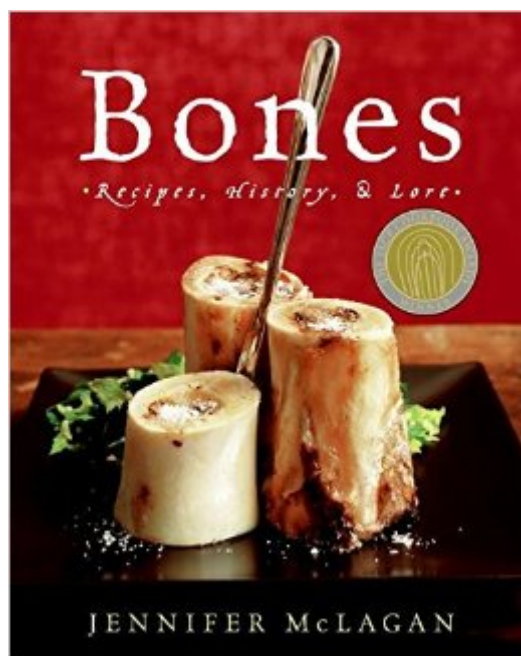


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# Bones: Recipes, History, And Lore



## Synopsis

Top food stylist and food writer Jennifer McLagan has a bone to pick: too often, people opt for boneless chicken breasts, fish fillets, and cutlets, when good cooks know that anything cooked on the bone has more flavor -- from chicken or spareribs to a rib roast or a whole fish. In *Bones*, Jennifer offers a collection of recipes for cooking beef, veal, pork, lamb, poultry, fish, and game on their bones. Chicken, steak, and fish all taste better when cooked on the bone, but we've sacrificed flavor for speed and convenience, forgetting how bones can enhance the taste, texture, and presentation of good food -- think of rack of lamb, T-bone steak, chicken noodle soup, and baked ham. In her simple, bare-bones style, Jennifer teaches home cooks the secrets to cooking with bones. Each chapter of *Bones* includes stocks, soups, ribs, legs, and extremities (except for whole fish -- they don't have any). Many of the recipes are simple, with the inherent flavors of the bones doing most of the work. There are traditional, elegant dishes, such as Roasted Marrow Bones with Parsley Salad, Olive-Crusted Lamb Racks, and Crown Roast of Pork, as well as new takes on homestyle favorites, such as Maple Tomato Glazed Ribs, Coconut Chicken Curry, and Halibut Steaks with Orange Cream Sauce. Stunning, full-color photographs of dishes like Rabbit in Saffron Sauce with Spring Vegetables; Grilled Quail with Sage Butter; and Duck Legs with Cumin, Turnips, and Green Olives are sure to inspire. In addition to the recipes, *Bones* includes a wealth of information on a wide range of bone-related topics, including the differences among cuts of meat, as well as the history and lore of bones.

## Book Information

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## Customer Reviews

'Bones' by Australian chef and culinary writer, Jennifer McLagen, currently of Toronto, Canada is a major contribution to our understanding of so many things which are good about food, and which we have forgotten, or tend to ignore. There is a conventional wisdom, aphoristic expressions of which are sprinkled liberally about the margins of this work, which endorses the value of bones and the meat which lies closest to same. And yet, my mother, in the name of modern culinary frugality, and in spite of growing up in a Pennsylvania Dutch household that should have known better, constantly harangues me on not buying meat with embedded bones. This leads to all sorts of cases where I'm entreated to give up the joys of a leg of lamb on the bone, not to mention lamb shanks or 'osso buco'. The pretext is that pound for pound, the boneless meat is a better value for the money. This monotone doctrine is probably wrong much of the time even if one did a careful pound of protein per dollar analysis of the two products, but that misses the point. This book is one long argument for the value added obtained from bones with our meat. One thing I wish to stress is that one should not assume this book is a long essay or memoir in the style of Peter Kaminsky's 'Pig Perfect'. The subtitle, 'Recipes, History, & Lore' is a quite accurate statement of the distribution of content between recipes and 'other stuff'. In fact, one can easily acquire this book as a general cookbook on how to cook animal protein, as it covers protein on the hoof, on the wing, and on (and in) the water. Virtually the only kind of protein it does not cover are those beasties such as the crustaceans and mollusks who wear their stiffening body parts on the outside.

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