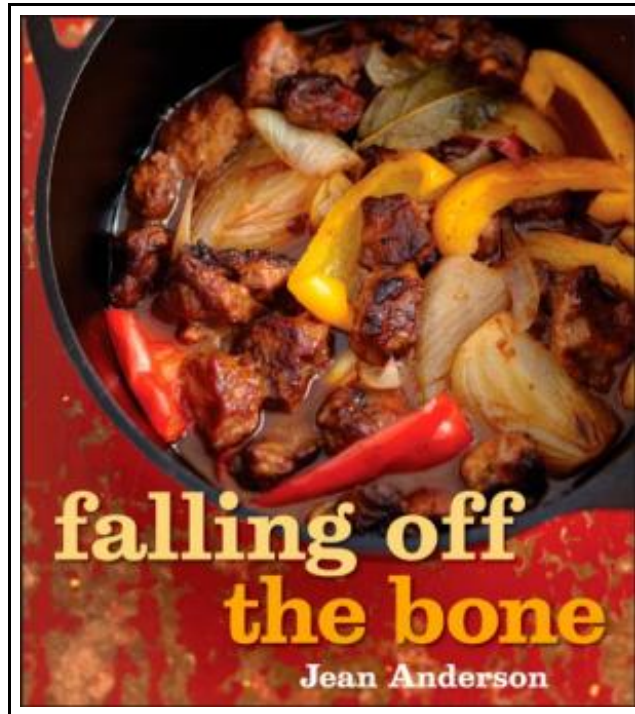


## Falling Off the Bone



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Wiley. 1 Paperback(s), 2010. soft. Book Condition: New. The author of more than 20 cookbooks, James Beard Cookbook Hall of Fame member Jean Anderson reminds us that even economical cuts of meat can become irresistible meals through slow cooking methods like braising, pot-roasting, and simmering. The toughest veal shank slowly simmered in broth is transformed into a fall-off-the-bone-tender Ossobuco, while a bony beef tail stewed with vegetables becomes a wonderfully flavorful and nourishing Oxtail Soup. Among the 150 recipes in this beautifully photographed book you'll find Beef Catalan, Hungarian Goulash with Sauerkraut, Curried Lamb Shanks with Almond Pilaf, and Glazed Sweet-Sour Spareribs."Every time Jean Anderson comes out with a book, I get excited! Her books are always full of practical, mouthwatering recipes, highly personal expressions, as well as hard won knowledge, and Falling Off the Bone is no exception. Jean knows the whys and wherefores of cooking. Almost every one of the recipes comes with excellent advice. This book is a keeper!"Paula Wolfert"Striking a recessionary tone, Anderson explores not just beef, veal, lamb, and pork, but focuses specifically upon their less expensive, 'bony and/or sinewy cuts.' The handy preface provides tips on tenderization, and there are charts illustrating from where upon each animal the tough cuts are carved. Judging from the 163 recipes, there appear to be three essential solutions for dealing with the likes of chuck, rump, riblets, and pig's feet. One can throw them in a soup, cook them low and slow, or surround them with intense flavors. Jade soup with Pork and Veal Dumpling Balls, for example, uses ground shoulder, bread crumbs, and cheese for the dumplings, with a buttermilk soup full of chopped spinach. Carbonnade Flamande, a Belgian stew, is one of many dishes designed for the slow cooker: boneless chuck, onions, garlic, and beer are...

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