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Home Cooked: Essential Recipes For A New Way To Cook



Synopsis

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 and excitement to both weeknight meals and parties. We all want to be better, more intuitive, more relaxed cooks not just for the occasional dinner party, but every day. Punctuated by essays on the author's approach to entertaining, cooking with cast-iron, and a primer on buying and cooking steak, Home Cooked is an antidote to the chef and restaurant books that leave you no roadmap for tonight's dinner. With Home Cooked, Anya gives you the confidence, and the recipes, to love cooking again.

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Customer Reviews

I'm a blue belt in cooking. That is say -- not a novice but not wielding advanced techniques. So I seek a unpretentious, bold point of view and clear execution when I encounter a new cookbook. Also, I look for recipes that can impress my guests at small dinner gatherings. I spent the last 5 days making an assortment of recipes from *Home Cooked*. And I can say it delivered. The book begins with Anya's story of her culinary education. Time in Italy formed her cooking philosophy. Perhaps best described as relaxed and pragmatic but not timid. Anya reminds the reader of the often repeated mantra to focus on great ingredients. But I appreciated the why - to be a lazier cook, and to let the meal shine. Both aspirations of mine. The "Building Blocks" section includes 10 recipes. The sofritto recipe is outstanding. Put your poached egg on a bed of this mixture.. wow! The book is explicit in which recipes use the building blocks. That's makes the time commitment for some of them seem less burdensome. The "Snack, Starters" section has 25 recipes. The pickled beets with pink pickled egg was as easy as watching liquids boil. I used red beets, and the results were eye-popping colored eggs with a nice pickled finish. The book has a short cocktail section with 7 drink recipes. For me, the most important recipe was Anya's version of a Peach Shrub. Drinkers and non-drinker's alike will enjoy this recipe because it blends with white spirits or just soda water. The "Pasta, Ragu, Risotto, Eggs" section has 9 recipes. This includes some classics like Beef and Pork Ragu. The "Vegetables" section has 21 recipes. As a fan of cast iron, and potatoes the "Asado Potatoes" could not be simpler.

Making the most of what's in season, locally grown, and supports the farming economy just makes good sense. Sustainable use of food resources when they are used fresh or are preserved by time-tested traditions tweaked by modern methods is a win-win situation for the consumer, the economy, and the environment. With *Home Cooked*, author and food visionary Anya Fernald, along with food writer Jessica Battilana, provides the inspiration to take a second look at how we eat and manage our food. Due to the strictures and pressures of today's lifestyle, many of us have long since gravitated away from growing our own food, seeking out the freshest ingredients, cooking ahead, putting up food, and turning scraps and leftovers into little bits of recipe revivers. *Home Cooked* is down-to-earth, informative, and provides much food for thought. Both the text and the photography are unfussy - warm in content and tone, with the rich, deep colors of sunrise and sunset inviting to turn the pages and try the many delicious dishes. The influences of

the author's time abroad blended with her life in California give her own special spin to the food she produces and the meals she creates. You are cordially invited to try: • Bright & Fresh Tomato Soup •; • Blistered Green Beans •; • Cornmeal Spoonbread •; • Trotter Beans •; • Tallow Fries •; • Asado Potatoes •; • Blood Orange Salad •; • Chicken Braised in Vinegar & Aromatics •; • The Greatest Pork Spareribs •; • Wine-Braised Brisket •; • Roast Beef with Horseradish-Walnut Sauce •; • Honey Nougat •; • Buttermilk Panna Cotta •; • Jam Tartlets •; • Buttermilk Pie •; • Walnut Tart •; and • Savory-Sweet Ricotta Cheesecake •. Many of the recipes are Italian-themed with Italian titles, so looking at the photo and reading the recipe ingredients will make them easier to understand.

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