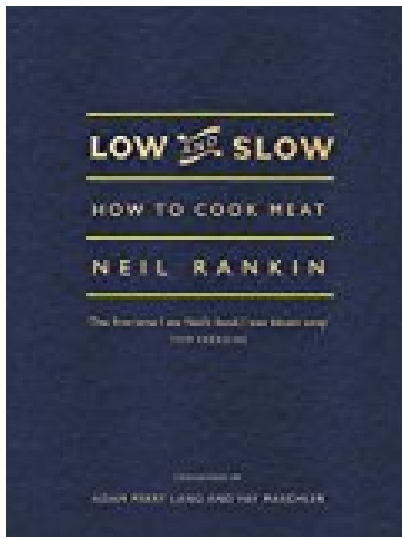


Low and Slow How to Cook Meat



BOOK DETAILS

- Author : Neil Rankin
- Pages : 272 Pages
- Publisher : Ebury Press
- Language : English
- ISBN : 1785030876

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BOOK SYNOPSIS

STEAKS. ROASTS. BRAISES. BARBECUE. If you have ever cooked a steak medium-well instead of medium-rare, a chicken that ends up dry, a stew that's tough or stringy or a rack of ribs that fall too much off the bone then this book will make your life that little bit better. This is a step-by-step guide to cooking meat at the temperatures and times that get the best results. There's no need for fancy equipment, a team of chefs or a cooking diploma. You just need this book and some patience. You've cost me a bloody fortune. Steak on four nights...Perfect every time. My boys - steak mad - are so happy. Diana Henry Without any doubts the best meat/bbq book I've read! Everything about it is just spot on. @artisanbaker The book is fantastic. Managed not to overcook a beef joint for the first time ever! @KungFuBBQ Simply put: Rankins book will make you 100% more brilliant behind the stove. Grace Dent The first time I ate Neil's food, I was blown away Tom Kerridge Fire-cooking is unavoidably tactile real cooking and Neil is one of the heroes leading the charge. He eschews sterility and embraces flame. Adam Perry Lang Meat hates to be overcooked, says Neil, so low and slow is the way to go which obviates brining, resting, letting joints come to room temperature and other shibboleths learned at our mothers knee. There is a great deal useful and inspiring to be absorbed here from a battle-scarred Scotsman in a truckers cap... and tongs as an extension of his fingers. Fay Maschler

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