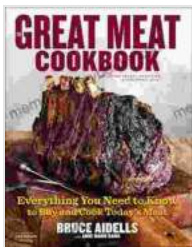


# Everything You Need to Know to Buy and Cook Meat Today

Meat is a delicious and nutritious part of a healthy diet. But buying and cooking meat can be a daunting task, especially if you're not sure what you're doing. This comprehensive guide will teach you everything you need to know about buying and cooking meat, from choosing the right cuts to cooking them perfectly. Whether you're a novice cook or a seasoned pro, you'll find all the information you need to master the art of meat cookery.



## The Great Meat Cookbook: Everything You Need to Know to Buy and Cook Today's Meat by Bruce Aidells

★★★★☆ 4.6 out of 5

Language : English  
File size : 29310 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 645 pages  
Lending : Enabled



## Buying Meat

The first step to cooking meat is buying it. Here are a few things to keep in mind when you're shopping for meat:

- **Choose a reputable butcher.** A good butcher will be able to help you choose the right cuts of meat and will provide you with tips on how to

cook them.

- **Look for meat that is fresh and well-marbled.** Fresh meat should be bright in color and have no off-odors. Well-marbled meat will be more tender and flavorful than leaner meat.
- **Choose the right cuts of meat for your cooking method.** Some cuts of meat are better suited for certain cooking methods than others. For example, tenderloin is best grilled or roasted, while chuck roast is better suited for braising or stewing.

## Cooking Meat

Once you've chosen the right cuts of meat, it's time to cook them. Here are a few basic tips for cooking meat:

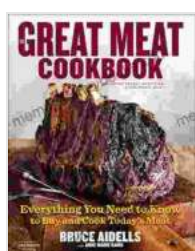
- **Season the meat before cooking.** Seasoning the meat helps to enhance its flavor. You can use simple seasonings like salt and pepper, or you can get more creative with rubs and marinades.
- **Cook the meat to the proper temperature.** The proper cooking temperature for meat depends on the type of meat and the cooking method. You can use a meat thermometer to ensure that the meat is cooked to your desired doneness.
- **Let the meat rest before slicing.** Letting the meat rest before slicing helps the juices redistribute throughout the meat, resulting in a more tender and juicy cut of meat.

## Recipes

Now that you know the basics of buying and cooking meat, here are a few recipes to get you started:

- **Grilled Steak:** Grilled steak is a classic dish that is easy to make and always delicious. To grill a steak, simply season the steak with salt and pepper and grill it over medium-high heat for 5-7 minutes per side, or until cooked to your desired doneness.
- **Roasted Chicken:** Roasted chicken is another simple and delicious dish that is perfect for a family meal. To roast a chicken, simply season the chicken with salt and pepper and roast it in a preheated oven at 375 degrees Fahrenheit for 1 hour and 15 minutes, or until cooked through.
- **Braised Beef Short Ribs:** Braised beef short ribs are a rich and flavorful dish that is perfect for a cold winter night. To braise beef short ribs, simply season the short ribs with salt and pepper and brown them in a Dutch oven. Then, add some beef broth, vegetables, and herbs to the pot and braise the short ribs in the oven at 325 degrees Fahrenheit for 2-3 hours, or until the meat is fall-off-the-bone tender.

Buying and cooking meat can be a daunting task, but it doesn't have to be. With a little knowledge and practice, you can master the art of meat cookery and create delicious and nutritious meals for your family and friends.

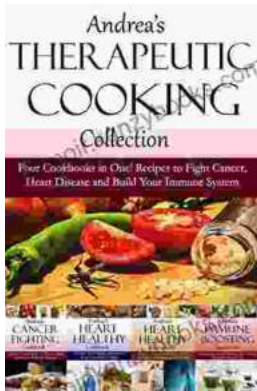


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