

meat and poultry



While we may use expensive cuts of meat and poultry in the restaurants, at home I'm more interested in cooking with less popular cuts. It is more exciting and challenging to convert cheap cuts of meat or ordinary chicken legs into something appealing and scrumptious than it is to grill a filet mignon. The cheaper cuts usually require slow-cooking methods, such as poaching, braising, and stewing, to tenderize them. A long and gentle cooking process is also an opportunity to infuse the meat with extra flavor.

As you can see from this chapter, I sometimes like to add a sweet element to meat and poultry dishes. Fresh or dried fruit can help to cut the richness of the meat.

- Poached rabbit legs with gremolata
- Pork tenderloin stroganoff
- Homemade bangers
- Classic mixed grill
- Angus beef olives
- Chicken legs with braised peas and onions
- Goat curry
- Roast loin of pork with apple sauce
- Sweet potato and duck rösti with fried duck eggs
- Honey-roast ham
- Cider and honey roast leg of lamb
- Lamb shank cassoulet
- Roast rib-eye with caramelized shallot and red wine gravy
- Lamb stew with bacon, sweet onions, and prunes
- Braised chicken legs with honey and five-spice
- Duck breasts with port and cherry sauce