



HUNT, GATHER, COOK



Finding the Forgotten Feast



HANK SHAW

"In *Hunt, Gather, Cook*, [Shaw] makes a powerful argument for joining him in a few of those pursuits, if only to become aware of the great bounty that surrounds us in the natural world, even when we live in urban environments—and perhaps particularly then." — *The New York Times*

Hunt Gather Cook Finding The Forgotten Feast

Mia Wasilevich



Hunt Gather Cook Finding The Forgotten Feast:

Hunt, Gather, Cook Hank Shaw, 2011-05-24 A popular blogger explains how to hunt fish and forage for all kinds of wild foods and then provides recipes for preparing these natural delicacies from Homemade Root Beer to Sardinian Hare Stew to Acorn Flour Pasta

Hunt, Gather, Cook Hank Shaw, 2012-10-02 From field forest and stream to table this is an indispensable introduction to the pleasures of foraging fishing and hunting with more than 50 recipes for making the most of the fruits of a day spent gathering food in the wild Hunt Gather Cook is a fabulous resource for anyone who wants to take more control over the food they eat and have more fun doing so Michael Ruhlman author of *Ratio The Simple Codes Behind the Craft of Everyday Cooking* If there is a frontier beyond organic local and seasonal beyond farmers markets and grass fed meat it's hunting fishing and foraging your own food A lifelong angler and forager who became a hunter late in life Hank Shaw is dedicated to finding a place on the table for the myriad overlooked and underutilized wild foods that are there for the taking if you know how to find them In Hunt Gather Cook he shares his experiences both in the field and in the kitchen as well as his extensive knowledge of North America's edible flora and fauna Hank provides a user friendly food oriented introduction to tracking down and cooking everything from prickly pears and grouper to snowshoe hares and wild boar With beautiful photography information on curing meats and a helpful resource section Hunt Gather Cook is a thoughtful actionable guide to incorporating wild food into your diet

Food and Masculinity in Contemporary Autobiographies Nieves Pascual Soler, 2017-12-12 This book is concerned with food autobiographies written by men from the 1980s to the present It concentrates on how food has transformed autobiographical narratives and how these define the ways men eat and cook nowadays After presenting a historical overview of the place of food within men's autobiography this volume analyzes the reasons for our present interest in food and the proliferation of life narratives focused on cooking Then it centers around the identities that male chefs are taking on in the writing of their lives and the generic models they use the heroic the criminal and the hunting autobiographical scripts This study gives evidence that autobiographies are crucial in the redefinition of the new masculinities emerging in the kitchen It will appeal to readers interested in Food Studies Autobiographical Studies Men's Studies and American Literature and Culture

Cooking Wild John Ash, James O. Fraioli, 2025-05-01 To eat wild foods you needn't crawl through the forest or hunt your own game Many wild foods are as close by as your local supermarket But this doesn't mean that wild foods aren't worth the hunt This book takes a big view of wild including recipes and information on both foraged uncultivated foods as well as looking at the progeny of wild foods more conveniently found for sale alongside their conventional cousins Increasingly Americans are concerned about where their food comes from how it's produced packaged and marketed Heritage breeds paleo diets farmers markets and environmental and climate concerns all point to increased interest in foods that are as natural and unmanipulated read healthy as they can be Plants seafood meat and birds are all covered in more than 150 recipes and will serve as a historical agricultural education for your kitchen

[Food Lit](#)

Melissa Brackney Stoeger, 2013-01-08 An essential tool for assisting leisure readers interested in topics surrounding food this unique book contains annotations and read alikes for hundreds of nonfiction titles about the joys of comestibles and cooking Food Lit A Reader's Guide to Epicurean Nonfiction provides a much needed resource for librarians assisting adult readers interested in the topic of food a group that is continuing to grow rapidly Containing annotations of hundreds of nonfiction titles about food that are arranged into genre and subject interest categories for easy reference the book addresses a diversity of reading experiences by covering everything from foodie memoirs and histories of food to extreme cuisine and food expos s Author Melissa Stoeger has organized and described hundreds of nonfiction titles centered on the themes of food and eating including life stories history science and investigative nonfiction The work emphasizes titles published in the past decade without overlooking significant benchmark and classic titles It also provides lists of suggested read alikes for those titles and includes several helpful appendices of fiction titles featuring food food magazines and food blogs **The Healing Kitchen** Holly Bellebuono, 2016-08-09 Discover radiant health and promote longevity through the use of healing herbs over 140 tasty recipes to boost the nutritional benefits of everyday foods Nourishing plants can have a profound effect on our health when incorporated into the foods we eat By bringing herbs such as dandelion purslane sumac and calendula into the kitchen rather than limiting them to medicines or remedies we can enjoy their flavors and reap their benefits From Nettle Chai to Lavender Yogurt Wild Greens Miso Paste Lamb's Quarter Cavatelli and Rose Petal Rice Pudding the recipes here were created to please the palate and with long term health in mind Explore these everyday recipes to calm stress and anxiety ease digestion correct imbalances build immunity and promote overall wellness and longevity *Pawpaw* Andrew Moore, 2015-08-05 The largest edible fruit native to the United States tastes like a cross between a banana and a mango It grows wild in twenty six states gracing Eastern forests each fall with sweet smelling tropical flavored abundance Historically it fed and sustained Native Americans and European explorers presidents and enslaved African Americans inspiring folk songs poetry and scores of place names from Georgia to Illinois Its trees are an organic grower's dream requiring no pesticides or herbicides to thrive and containing compounds that are among the most potent anticancer agents yet discovered So why have so few people heard of the pawpaw much less tasted one In Pawpaw a 2016 James Beard Foundation Award nominee in the Writing canoeing the lower Mississippi in search of wild fruit drinking pawpaw beer in Durham North Carolina tracking down lost cultivars in Appalachian hollers and helping out during harvest season in a Maryland orchard Along the way he gathers pawpaw lore and knowledge not only from the plant breeders and horticulturists working to bring pawpaws into the mainstream including Neal Peterson known in pawpaw circles as the fruit's own Johnny Pawpawseed but also regular folks who remember eating them in the woods as kids but haven't had one in over fifty years As much as Pawpaw is a compendium of pawpaw knowledge it also plumbs deeper questions about American foodways how economic biologic and cultural forces combine leading us to eat what we eat and sometimes to ignore the incredible delicious food growing all

around us If you haven't yet eaten a pawpaw this book won't let you rest until you do James Beard Foundation Book Award Nominee This book took me on an enchanting and engaging ride through the history folklore and science of a neglected but magical food plant Andrew Moore shows us in delightful prose and a wealth of fascinating stories the role that the underappreciated pawpaw has played in North American culture Toby Hemenway author of *Gaia's Garden* and *The Permaculture City* Andrew Moore takes us on a very personal journey investigating how and why North America's largest indigenous fruit largely disappeared and documenting efforts to revive it Pawpaw is a pleasure to read and if you do you'll probably find yourself searching for and loving these delectable fruits Sandor Ellix Katz author of *The Art of Fermentation*

The Prediabetes Detox Sarah Cimperman, 2013-11-01 In *The Prediabetes Detox* primary care physician and naturopathic doctor Sarah Cimperman shows readers how to reverse prediabetes by eliminating unwanted toxins from their diet and home Readers will learn to balance their blood sugar levels increase their energy and end their unhealthy cravings once and for all using a safe effective at home cleansing program that is both practical and manageable

Eating Aliens Jackson Landers, 2025-05-01 North America is under attack by a wide range of invasive animals pushing native breeds to the brink of extinction Combining thrilling hunting adventures a keen culinary imagination and a passionate defense of the natural environment *Eating Aliens* chronicles Landers' quest to hunt 12 invasive animal species and turn them into delicious meals Get ready to dig into tacos filled with tasty black spiny tailed iguana

The Oxford Handbook of Food Ethics Anne Barnhill, Mark Budolfson, Tyler Doggett, 2018 Academic food ethics incorporates work from philosophy but also anthropology economics the environmental sciences and other natural sciences geography law and sociology Scholars from these fields have been producing work for decades on the food system and on ethical social and policy issues connected to the food system Yet in the last several years there has been a notable increase in philosophical work on these issues work that draws on multiple literatures within practical ethics normative ethics and political philosophy This handbook provides a sample of that philosophical work across multiple areas of food ethics conventional agriculture and alternatives to it animals consumption food justice food politics food workers and food and identity

Ugly Little Greens Mia Wasilevich, 2017-05-16 Unique Recipes for the Adventurous Cook *Ugly Little Greens* is the must have foraging guide and cookbook for anyone looking to up their game in the kitchen Mia Wasilevich shares the notes and dishes she's cultivated over the years while working as a professional chef and educational forager Her detailed profiles and up close pictures plus possible look-alikes allow you to safely find special ingredients to bring new and exciting flavors and textures to everyday dishes And more importantly the ingredients are unexpectedly some of the most common and forgotten weeds growing right under your nose and waiting to be harvested from your own backyard and surrounding environment Her recipes include Spicy Cattail and Chorizo Salsa Elderberry Braised Pot Roast Acorn Sliders Pine Beignets with Pine Cream Lambsquarters Marbled Bread Succulents and Scallops Mallow Pappardelle Nettles Benedict With information on how to forage for and cook with nettles

cattail watercress and more including helpful color photos location maps key identifying tips and no dangerous mushrooms this book is perfect for foodies [The Kaufmann Mercantile Guide](#) Sebastian Kaufmann,Alexandra Redgrave,2015-10-06 Modern living isn't easy It often seems to require some know how our parents didn't pass on or a special tool Happily Kaufmann Mercantile has both and in this comprehensive field guide they share their expertise on a huge range of topics from frying an egg tying a tie or brewing coffee to things the inner utilitarian in all of us aspires to do like splitting wood building a fire growing our own food or making our own soap Fifty how tos are organized into five sections Kitchen Outdoors Home Garden and Grooming Written in clear detail and extensively illustrated The Kaufmann Mercantile Guide teaches us what we ought to know how to do as well as what we'd like to Supplemental sidebars feature the best tool for the job whether a dibber for planting the best rawhide and ash snowshoes or flammable smoking bags for making authentic BBQ This book is a must have reference tool for living well in the twenty first century **Deerland** Al Cambronne,2013-03-21 In 1942 America fell in love with Bambi But now that love affair has turned sour Behind the unassuming grace and majesty of America's whitetail deer is the laundry list of human health social and ecological problems that they cause They destroy crops threaten motorists and spread Lyme disease all across the United States In Deerland Al Cambronne travels across the country speaking to everybody from frustrated farmers to camo clad hunters to humble deer enthusiasts in order to get a better grasp of the whitetail situation He discovers that the politics surrounding deer run surprisingly deep with a burgeoning hunting infrastructure supported by state government and community businesses Cambronne examines our history with the whitetail pinpoints where our ecological problems began and outlines the environmental disasters we can expect if our deer population continues to go unchecked With over 30 million whitetail in the US Deerland is a timely and insightful look at the ecological destruction being wrecked by this innocent and adored species Cambronne asks tough questions about our environment's future and makes the impact this invasion has on our own backyards **The Mindful Carnivore** Tovar Cerulli,2013-03-13 A vegan turned hunter reignites the connection between humans and our food sources and continues the dialog begun by Michael Pollan and Barbara Kingsolver While still in high school Tovar Cerulli experimented with vegetarianism and by the age of twenty he was a vegan Ten years later in the face of declining health he would find himself picking up a rifle and heading into the woods Through his personal quest Tovar Cerulli bridges disparate worldviews and questions moral certainties challenging both the behavior of many hunters and the illusion of blamelessness maintained by many vegetarians In this time of intensifying concern over ecological degradation how do we make peace with the fact that even in growing organic vegetables life is sustained by death Drawing on personal anecdotes philosophy history and religion Cerulli shows how America's overly sanitized habits of consumption and disconnection with our food have resulted in so many of the health and environmental crises we now face [Midwest Foraging](#) Lisa M. Rose,2016-03-16 This full color guide makes foraging accessible for beginners and is a reliable source for advanced foragers Edible Chicago The

Midwest offers a veritable feast for foragers and with Lisa Rose as your trusted guide you will learn how to safely find and identify an abundance of delicious wild plants The plant profiles in Midwest Foraging include clear color photographs identification tips guidance on how to ethically harvest and suggestions for eating and preserving A handy seasonal planner details which plants are available during every season Thorough comprehensive and safe this is a must have for foragers in Illinois Indiana Iowa Minnesota Michigan Missouri Nebraska Ohio South Dakota and North Dakota **Salted and Cured** Jeffrey Roberts,2017 From country ham to coppa bacon to bresaola Prosciutto Andouille Country ham The extraordinary rise in popularity of cured meats in recent years often overlooks the fact that the ancient practice of meat preservation through the use of salt time and smoke began as a survival technique All over the world various cultures developed ways to extend the viability of the hunt and later the harvest according to their unique climates and environments resulting in the astonishing diversity of preserved meats that we celebrate and enjoy today everywhere from corner delis to white tablecloth restaurants In Salted and Cured author Jeffrey P Roberts traces the origins of today s American charcuterie salumi and other delights and connects them to a current renaissance that begins to rival those of artisan cheese and craft beer In doing so Roberts highlights the incredible stories of immigrant butchers breeders chefs entrepreneurs and other craftspeople who withstood the modern era s push for bland industrial food to produce not only delicious but culturally significant cured meats By rejecting the industry led push for the other white meat and reinvigorating the breeding and production of heritage hog breeds while finding novel ways to utilize the entire animal snout to tail today s charcutiers and salumieri not only produce everything from country ham to violino di capra but create more sustainable businesses for farmers and chefs Weaving together agriculture animal welfare and health food safety and science economics history a deep sense of place and amazing preserved foods Salted and Cured is a literary feast a celebration of both innovation and time honored knowledge and an expertly guided tour of America s culinary treasures both old and new **The Skillful Forager** Leda Meredith,2019-03-12 The ultimate forager s guide to working with any wild plant in the field kitchen or pantry featuring plant profiles harvesting and preservation tips and easy recipes From harvesting skills that will allow you to gather from the same plant again and again to highlighting how to get the most out of each and every type of wild edible trusted expert Leda Meredith explores the most effective ways to harvest preserve and prepare all of your foraged foods Featuring detailed identification information for over forty wild edibles commonly found across North America the plant profiles in this book focus on sustainable harvesting techniques that can be applied to hundreds of other plants This indispensable reference also provides simple recipes that can help you make the most of your harvest each season **Crisis Preparedness Handbook, 3rd Edition** Patricia Spigarelli Aston,Jack A. Spigarelli,2020-09-08 The crises of 2020 impacted every single one of us Were you prepared Are you prepared for the next crisis This new updated third edition gives you the tools you need to ensure safety and survival so you can be prepared for any disaster that comes your way You ll learn how to Identify your crisis risk Create a customized

preparedness plan Design a basic food storage system that s ideal for you Safely store water and fuel Tackle sanitation issues and communications breakdowns Protect your home and family This book also gives you unique benefits you won t see in other preparedness books such as 5 Things You Can Do Now Quick start ideas in each chapter to get you going Quick Checks Checklists that help you evaluate options Worksheets Planning tools to optimize your preparedness plan Resource Section Reviews of unique products that help you prepare Personally Speaking Patricia s tips insights and survival life lessons You ll love Crisis Preparedness Handbook because it gives you everything you need to confidently handle any crisis and feel the peace that comes with being prepared Get it now **Mediterranean Oak Woodland Working Landscapes** Pablo

Campos,Lynn Huntsinger,Jose Luis Oviedo,Paul F Starrs,Mario Diaz,Richard B Standiford,Gregorio Montero,2013-06-18 The oak tree was a boon companion as humans expanded their presence across much of the globe While oak woodlands Quercus spp come today in stunningly diverse forms the stately dehesas of Spain and the dramatic oak dominated ranchlands of California are working landscapes where cultivation and manipulation for a couple of millennia have shaped Mediterranean type ecosystems into a profoundly modified yet productive environment that is sought after by every manner of species The grazing of wildlife and livestock in oak woodlands yields a remarkable plant and animal biodiversity creating a mosaic of habitats and visually pleasing savannas Added products unique to Spain such as Iberian pigs and cork and in California multiple landowner benefits include valued ecosystem services that allow owners visitors and conservation supporters to experience the benefits of woodland life With its 15 chapters a decade in the making this handsomely illustrated book covers key topics in oak woodland policy ecology and management in Spain and California presenting new research results and reviewing an existing expert literature **The Urban Homesteading Cookbook** Michelle Nelson,2015-04-18 With food

culture in the midst of a do it yourself renaissance urbanites everywhere are relishing craft beers foraged ingredients sustainable seafoods ethically raised meats and homemade condiments and charcuterie Inspired by the delicious creativity of local artisans chefs brewmasters and mixologists Michelle Nelson began urban homesteading in her downtown apartment Armed with a passion for food and farming and a PhD in conservation biology and sustainable agriculture she shares her hard won knowledge and recipes with readers interested in collecting growing and preserving sustainable food even when living in an apartment or condo In The Urban Homesteading Cookbook Nelson explores the worlds of foraging wild urban edibles eating invasive species keeping micro livestock bees and crickets growing perennial vegetables in pots small space aquaponics preserving meats and produce making cheese and slow fermenting sourdough beer vinegar kombucha kefir and pickles Nelson fervently believes that by taking more control of our own food we will become better empowered to understand our relationships with the environment and embrace sustainable lifestyles and communities With 70 fabulous recipes including sesame panko crusted invasive bullfrog legs seaweed kimchi rabbit pate with wild chanterelles roasted Japanese knotweed panna cotta and dark and stormy chocolate cupcakes with cricket flour this exciting new book is sure to

inspire readers to embark on their own urban homesteading adventures Generously illustrated with gorgeous colour photography and complete with useful how to chapters The Urban Homesteading Cookbook is an invaluable guide for all those seeking ethical and sustainable urban food sources and strategies

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