

REVISED & UPDATED!

**PRIMAL.
CUTS**

**COOKING WITH
AMERICA'S BEST
BUTCHERS**

**MARISSA
GUGGIANA**

**FOREWORD BY DARIO CECCHINI
INTRODUCTION BY ANDREW ZIMMERN**

FOUR THINGS AN ANIMAL MUST HAVE:

A GOOD LIFE

A healthy life with natural feed and ample clean space to move around
(just like for people).

A GOOD DEATH

No trauma when being transported, which often leads to shock.

A GOOD BUTCHER

Someone who knows how to select the right parts
and cut them in a way that brings out its best qualities.

A GOOD COOK

Someone who can dignify the animal
and all those whose labors led it to this table.

— DARIO CECCHINI

“Just because Marissa’s book is important doesn’t make it any less fun than taking a break at the family BBQ, tying up your cousin to the nearest ant hill, and basting him with honey. This tome is a collection of superb stories about the men and women who make the meat world go round, with recipes and buckets of undiluted butcher worship thrown in for good measure.”

— *Andrew Zimmern, host of Bizarre Foods*

“Anyone who laments the disappearance of the craft of butchery as a casualty of the industrial meat system will take heart . . . that a new generation of butchers are restoring time-honored traditions in all corners of the country.”

— *Paul Bertolli, chef, author of Cooking by Hand*

“A great book for people who want to know where their meat comes from.”

— *Temple Grandin, author of Animals Make Us Human*

“*Primal Cuts* is a celebration of the art of the butcher . . . informative and fun.”

— *Los Angeles Times*

“*Primal Cuts* is packed with information for the carnivorously curious.”

— *Epicurious.com*

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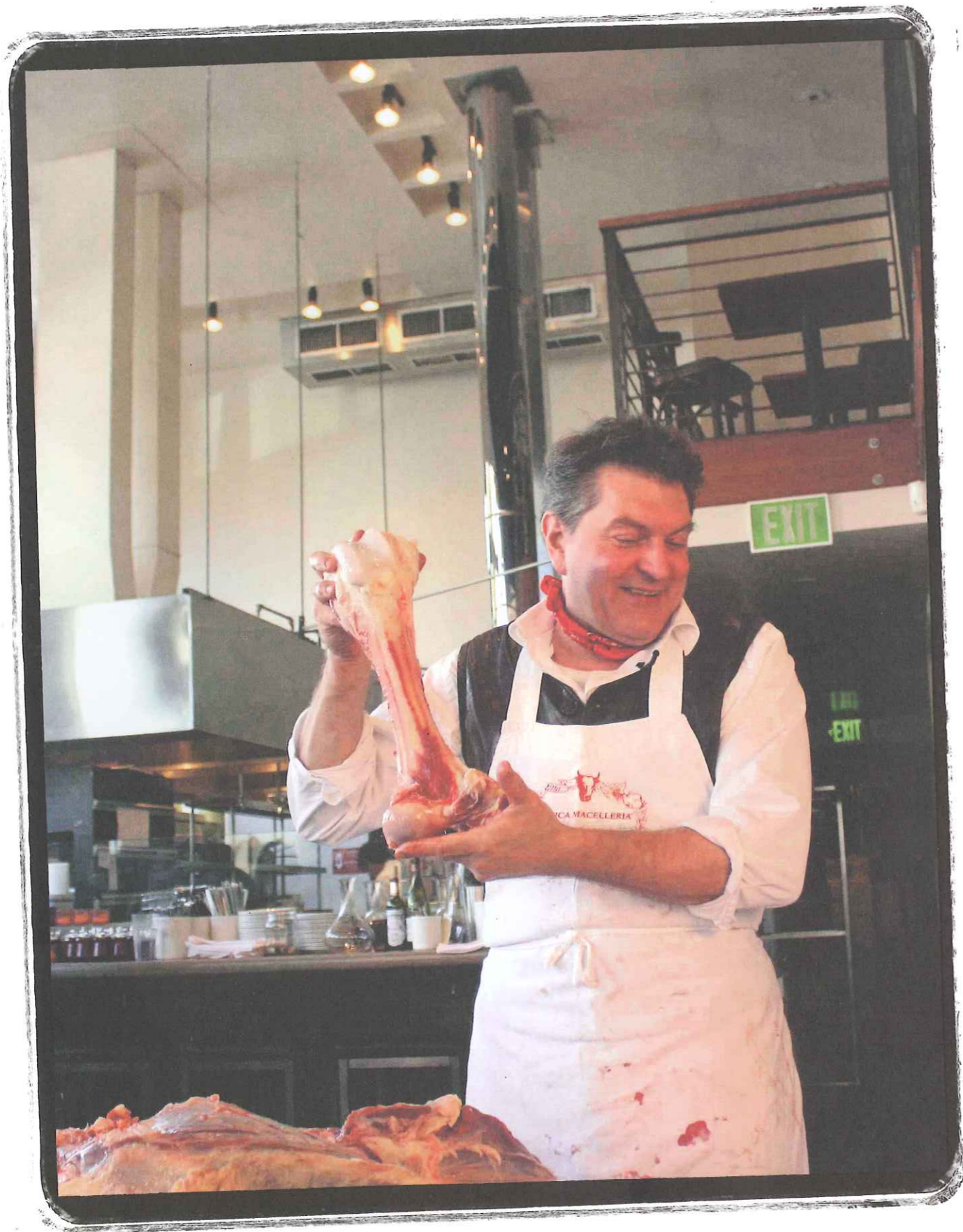
ISBN 978-1-59962-115-9

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US \$40.00
CAN \$40.00



FOREWORD

Some time ago, maybe ten years, a butcher of about eighty and on the verge of retirement came to find me in my shop. He shook my hand and thanked me, telling me that my pride and passion in butchery had restored the dignity of the craft in the eyes of the people, and, therefore, in himself. Though I never saw him again and wish him the best for years to come, I will never forget what he told me: "I once was filled with the doubt that I had wasted my life, but now, thanks to you, I now know my doubts were wrong."

Here is the essence of our craft as butchers: a task crude and compassionate, strong yet delicate, always respectful toward the killed animal, with the ethical imperative of always using the meat in the best manner possible, knowing that, since the beginning of time, these animals were given to mankind as a gift from God.

The true butcher, like the artists of the Tuscan Renaissance, walks the never-ending path in search of bettering his own art and reaching his fullest potential.

A true butcher looks to use the whole animal and hopes, as one would hope for themselves, that the animal had a comfortable life full of good food, necessary space to live and a respectful death.

The true butcher knows that his work is a piece of art, the most delicate craft of all that we eat and all that nurtures us.

A true butcher knows that his objective is not the pursuit of expansion or profit, but rather to become the master of his own art.

These were the inspirations of the artists of the Renaissance and these, surely, are the same inspirations of the American butchers who, with confidence and pride, have paved the way for a rebirth in this noble and ancient craft. In the end, the question will always be simple: *To beef or not to beef . . .*

—DARIO CECCHINI