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Cooking on the Bone: Recipes, History and Lore

Jennifer McLagan

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Good cooks know that anything cooked on the bone has more flavour. We've sacrificed flavour for speed and convenience, forgetting how bones can enhance the taste, texture and presentation of meat, poultry and fish-think of a rack of lamb, T-bone steak, ham hock, leg of pork or skate wings. Jennifer McLagan teaches home cooks the secrets of cooking chicken, beef, lamb, pork, and fish on the bone. Each chapter includes recipes for stocks, soups, ribs, legs, shins and tails, as well as detailed diagrams of the various cuts for front, middle and back ends. There are a wealth of recipes to discover such as Roasted Marrow Bones with Parsley Salad, Rabbit in Saffron Sauce with Spring Vegetables, Grilled Quail with Sage Butter and Duck Legs with Cumin, Turnips and Green Olives. Now is the time to follow the trend and find yourself a good butcher who will supply you with cuts of meat on the bone.

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