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# Home Cooked: Essential Recipes For A New Way To Cook



## Synopsis

A recipe collection and how-to guide for preparing base ingredients that can be used to make simple, weeknight meals, while also teaching skills like building and cooking over a fire, and preserving meat and produce, written by a sustainable food expert and founder of Belcampo Meat Co. Anya Fernald's approach to cooking is anything but timid: rich sauces, meaty ragus, perfectly charred vegetables. And her execution is unfussy, with the singular goal of making delicious, exuberantly flavored, unpretentious food with the best ingredients. Inspired by the humble traditions of cucina povera, the frugal cooking of Italian peasants, Anya brings a forgotten pragmatism to home cooking, making use of seasonal bounty by canning and preserving fruits and vegetables, salt curing fish, simmering flavorful broths with leftover bones, and transforming tough cuts of meat into supple stews and sauces with long cooking. These building blocks become the basis for a kitchen repertoire that is inspired, thrifty, environmentally sound, and most importantly, bursting with flavor. Recipes like Red Pepper and Walnut Crema, Green Tomato and Caper Salad, Chickpea Torte, Cracked Crab with Lemon-Chile Vinaigrette, Veal Meatballs, Anise-Seed Breakfast Cookies, and Ligurian Sangria will add dimension and excitement to both weeknight meals and parties. We all want to be better, more intuitive, more relaxed cooks—not just for the occasional dinner party, but every day. Punctuated by essays on the author's approach to entertaining, cooking with cast-iron, and a primer on buying and cooking steak, *Home Cooked* is an antidote to the chef and restaurant books that leave you no roadmap for tonight's dinner. With *Home Cooked*, Anya gives you the confidence, and the recipes, to love cooking again. *Saveur*, *Best of 2016*

## Book Information

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## Customer Reviews

"If there is one book you buy this year, let it be *Home Cooked*. It will rejuvenate your passion for cooking. This book is a simple reminder of the excitement and poetic deliciousness of handmade food, both emotionally and physically. Anya Fernald inspires me to remember that the most memorable food comes from the home kitchen, not a restaurant."

**MARIO BATALI**, chef, restaurateur, and author  
"For years I've looked on with admiration as Anya Fernald has made big things happen in the food world, mostly from behind the scenes. Now in *Home Cooked* Anya takes center stage to share how she makes delicious and convivial things happen in her own kitchen. It's a wonderful debut, full of solid practical advice, straightforward but unusual and boldly flavored dishes, and vivid glimpses of a singular life."

**HAROLD MCGEE**, author of *On Food & Cooking* and *Keys to Good Cooking*  
"Anya Fernald is a gifted home cook, instinctual and confident. Her recipes are never overcomplicated; they show that great cooks knack for adding just the right ingredient or using just the right technique to transform what might seem simple into something very special."

**RUSS PARSONS**, Los Angeles Times food columnist and author of *How to Read a French Fry*  
"Somewhere between a night in a county jail in Greece, a stint at a farm in Tunisia, and a job as a cheese maker in Sicily, Anya Fernald's dream began to take shape. Now, with *Home Cooked*, we can read, see, and eat her dream. And as lovely as the photographs are, this is not just a book to thumb through. This is a book to cook from. My copy is already stained. One of the best cookbooks of the year."

**NANCY SILVERTON**, author of *The Mozza Cookbook* and co-owner of the Mozza Restaurant group  
"Fernald, inspired by Italian farm cooking, has stocked her cookbook with hearty, inexpensive, and utterly unfussy meals. Entertainment Weekly: "Anya Fernald, the founder of Belcampo Meat Co. in California, makes the most of her pantry and what's in season with *Home Cooked*, bringing pragmatism into the kitchen with unfussy recipes for both weeknight meals and dinner parties." TastingTable: ". . . easily achieves its delicate balancing act of providing approachable, but thoughtful recipes that aren't dumbed down for home cooks. And, thankfully, its recipes do not require a vigorous search for esoteric ingredients • it's all Slow Food-approved good meat and fish, and produce that one can easily find at the farmer's market." Eater "It's a

glorious, slow read — fitting for a pretty book divided into sections labeled, "Welcome," "Take a Seat" and "Stay a While" — and Fernald surprises not only with an emphasis on vegetables but also with lovely detours into pasta-making and cocktails. The new way of cooking in the book's title is thus also a profoundly old way: over time, with friends, allowing the ingredients at hand to dictate both dish and dinner." — Los Angeles Times "Home Cooked . . . is one of those cookbooks you could use all summer long and never get bored. The recipes are full of bright, refreshing flavors. They are not simplified restaurant recipes, but ones that are easily made in any kitchen." — Super Chef

Anya Fernald is the co-founder and CEO of the Belcampo Meat Co, the world's largest sustainable meat company, with more than 20,000 acres of farmland in California and seven butcher shops and restaurants in the San Francisco and Los Angeles areas. Anya lived in Italy for many years working with Slow Food, and upon returning to the United States, launched Slow Food Nation and the Eat Real festival. Anya has been a regular judge on the Food Network's Iron Chef since 2009, and also serves as the founding board chair of the Food Craft Institute. She lives in Oakland, California. Jessica Battilana is a food writer whose work has appeared in Martha Stewart Living, the New York Times, the Wall Street Journal, Gastronomica, Saveur, Sunset, and the Best Food Writing Anthology 2008. She is the coauthor of three cookbooks: Vietnamese Home Cooking with Charles Phan, Tartine Book 3 with Chad Robertson, and Sausage Making with Ryan Farr. She is also the author of Short Stack Editions Volume 10: Corn. She lives in San Francisco, California.

My new favorite cookbook! The week it arrived I planned a dinner party cooking the whole meal from Home Cooked. I started with the Olive Oil Crackers (delicious -- a fan favorite), Yogurt Cucumber sauce, and the Frittatina D'Erbe (eaten by my guests in minutes, and so simple to make). For our main course I made the Fennel Seed crusted Pork (friends who don't tend to enjoy pork loved this dish), Roasted Carrots, and Asado Potatoes (yum!). Dessert was the Almond Torta and Lemon Granita. I have to say -- the Almond Torta was so moist and flavorful, I've since made it two more times. I have found the recipes very straightforward and simple to complete. The techniques are not overly complex and I really appreciated the use of fresh ingredients that are easy to find. Purchasing all of the ingredients for my dinner was cost effective and I didn't feel like I was breaking the bank in preparing a meal for 8 from Home Cooked. Overall... highly recommend and have already gifted this book to friends.

Love every recipe in these book. It reads wonderfully.

So excited and beautiful book. Unusual recipies

A book from a person who loves the essence of cooking, a great respect for the traditions of the past and rustic ways of preparing food. While I may not make all of them as my "modern" sensibilities not to fond of hearts, etc. She made me what to think about it. Enjoyed her narrative of how she arrived at this place and even learned a lot of cooking techniques. If you love cooking, or like me collect cookbooks this is one to read!

Splendid recipes and a wonderful sourcebook for farm-to-table, whether we're talking about a home garden or a restaurant genre. 4 stars because this is best for an experienced cook and requires access to some difficult-to-source ingredients. I have many cookbooks. This is one of the few I will cook from, at least on a first run through a recipe.

Excellent, especially after visiting the butcher shop. Their products are excellent. Many of her techniques are ones I have always used.

I sat and read this like a novel. It was so engrossing. I learned a lot and am using more of the tips every day.

Excellent resource!

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