



The Horsemeat Cookbook: Braising Saddles and Other Recipes

Chris Windle

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More than 50 authentic and tasty recipes guaranteed to have your family and guests jockeying for seconds

Across the world horse is considered a delicacy, a lean and delicious meat and a great addition to a stable diet. The time has come to take the reins and get cooking, with this fun, light-hearted recipe book aimed at the gift book market and those interested in cooking with this healthy, low-calorie meat. Recipes include classics such as the Italian "Pastissada de Caval;" "Pot-au-feu de cheval," a traditional French horse stew; "Yuk Hui," a Korean raw horse salad; and "Beshbarmak," the national dish of Khazakhstan. Complete with information on nutritional benefits, cooking times, and guides on which cuts to use for which dish, this cookbook will have your family and dinner guests chomping at the bit for more. And along with all that, there are even some horsemeat jokes thrown in for good measure. Includes metric measures.

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Arlene Wilson:

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