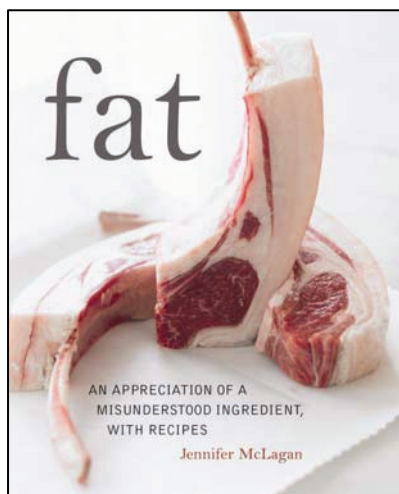


Publicity Contact: Kristin Casemore, kristin.casemore@tenspeed.com, 510-559-1600 x3088

fat

An Appreciation of a Misunderstood Ingredient, with Recipes

Jennifer McLagan

author of the James Beard Award-winning book
Bones: Recipes, History, and Lore

Fat has been demonized by the food industry, medical celebrities, science, the government, and the media for the past thirty years. However, with the recent awareness that man-made and manipulated fats represent the real danger, there is a renewal of interest in natural fats. Chefs like Mario Batali, David Chang, and Fergus Henderson have introduced rich, satisfying dishes made with lard, bacon, marrow, and butter via their menus and cookbooks. In recent months, the *New York Times* has celebrated the renaissance of fat on restaurant menus, *Food & Wine* magazine has argued that lard is the new health food, and Corby Kummer of *The Atlantic* has championed lard. Forgotten delights like dripping and lardo have re-entered the lexicon of gourmets.

Although there are stacks of cookbooks that explain how to cut fat, lose the fat, and cook without fat, none describe how to *enjoy* fat. Until now. *Fat: An Appreciation of a Misunderstood Ingredient, with Recipes* is an appealing exploration of the delights and benefits of eating fat. James Beard Award-winning author Jennifer McLagan sets out with equal parts passion, scholarship, and appetite to restore us to a healthy relationship with animal fats. She defuses fat's bad reputation by reminding us that fat is fundamental to the flavor of food while enlightening us with the many ways fat is indispensable to our health.

Although *Fat* is definitely *not* a diet book, it *is* a book about our diet. McLagan knows and loves cooking fat, and she'll remind food lovers why they do too once they get a taste of her lusty, food-positive writing and her 100 classic and contemporary recipes, including:

Roasted Marrow Bones • Beurre Rouge • Miso- and Orange-Roasted Pork Belly •
Duck Rillettes • Double Butter Salad • Cassoulet • Lentil Soup with Foie Gras •
A Perfect Bacon, Lettuce, and Tomato Sandwich • Risotto Milanese • Crackling Brittle •
Fat Fat-Cooked Fries • Quincemeat Soufflés • Brown Butter Ice Cream

Scores of sidebars on the cultural, historical, and scientific facets of culinary fats as well as sumptuous food and archival photos throughout make *Fat* a plump, juicy, satisfying read. Fat is indispensable and delicious. It should be celebrated, cooked, eaten, and enjoyed without guilt.

About the Author

JENNIFER MCLAGAN is a chef, food stylist, and writer who has worked in London and Paris as well as her native Australia. Her first book, *Bones* (2005), was widely acclaimed, winning the James Beard Award for single-subject food writing. She is a regular contributor to *Fine Cooking* and *Food & Drink*. She has lived in Toronto for more than twenty-seven years with her sculptor husband, Haralds Gaikis, with whom she escapes to Paris as often as possible. On both sides of the Atlantic, Jennifer maintains friendly relations with her butchers, who put aside their best fat and bones for her. Visit www.jennifermclagan.com

Fat: An Appreciation of a Misunderstood Ingredient, with Recipes by Jennifer McLagan

\$32.50 hardcover • 240 pages • Full-color photographs, 100 recipes • 8 x 10 inches

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