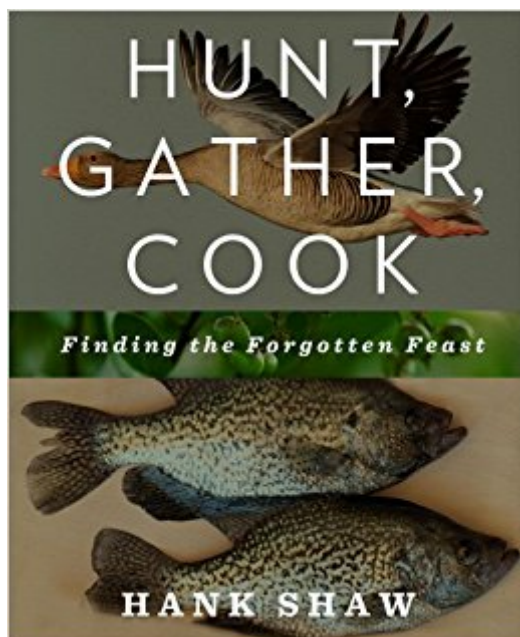


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# Hunt, Gather, Cook: Finding The Forgotten Feast



## Synopsis

From field, forest, and stream to table, award-winning journalist Hank Shaw explores the forgotten art of foraging. If there is a frontier beyond organic, local and seasonal, beyond farmers' markets and grass-def meat, it's hunting, fishing and foraging your own food. A lifelong angler and forager who became a hunter late in life, Hank Shaw is dedicated to finding a place on the table for the myriad overlooked and underutilized wild foods that are there for the taking -- if you know how to find them. In *Hunt, Gather, Cook*, he shares his experiences both in the field and in the kitchen, as well as his extensive knowledge of North America's edible flora and fauna. Hank provides a user-friendly, food-oriented introduction to tracking down and cooking everything from prickly pears, to grouper to snowshoe hares.

## Book Information

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## Customer Reviews

• *Hunt, Gather, Cook* is a fabulous resource for anyone who wants to take more control over the food they eat and have more fun doing so. It's a complete reference on foraging, fishing, and hunting, with great recipes by a writer, outdoorsman, and cook with enormous passion. • **Michael Ruhlman**, author of *Charcuterie* and *Ratio: The Simple Codes Behind the Craft of Everyday Cooking* • Going to be stranded on an island and can bring only one item? Bring Hank with you! And if you can't, then absolutely bring *Hunt, Gather, Cook*. That will ensure not only your survival but your survival with style and good gastronomy! • **Ariane Daguin**, founder of specialty meat purveyor *D'Artagnan* • In *Hunt, Gather, Cook*, [Shaw] makes a powerful argument for joining him in a few of those pursuits, if only to become aware of the great bounty that surrounds us

in the natural world, even when we live in urban environments--and perhaps particularly then.â •  
â •The New York Timesâ œMost of us walk through our world and see water and land. Shaw sees a buffet ripe for the taking.â • â •Tampa Tribuneâ œMore than a cookbook, though there are plenty of recipes, and more than a memoir, though the book is filled with personal stories, Hunt, Gather, Cook is an introduction to a different way of â ^doing' food.â • â •SimplyRecipes.comâ œFrom recipes for homemade root beer and wild duck ragu to finding and picking nettles, the book is a paean to eating wild.â • â •Garden & Gunâ œA deftly narrated story that has us considering doing a little more foraging, fishing, and sure, maybe even hunting, so that we can have an excuse to buy a salami fridge, too.â • â •LAWeekly.com

Hank Shaw is a former chef, food writer, and the founder of the James Beard Award nominated food blog Hunter Angler Gardener Cook. He lives in Orangevale, California.

Think of this as the Omnivores Dilemma cookbook. It's part reference material and part practical tips AFTER you've decided to venture to the field for your own food. I can't speak to the greens section, as I'll probably never harvest my own wild field greens or mushrooms. I know. My loss. I just don't eat a whole lot of greens and the small amount I do eat will probably come from my backyard or farmers market. The fish/seafood section is good, but has a bit of a West Coast saltwater fishing bias from what I can tell. That's okay for me, but others might find some of that info less useful. I don't think fishing is terribly complicated as long as you have the appropriate gear for the area, and the author seems to take that approach in guiding readers to take the plunge. I bought the book for the hunting section and was not disappointed. He shares his fairly recent memories as a new hunter along with some great tips now that he's hunted a few years. One such piece of wisdom is in advancing his waterfowl hunting by hiring guides after having unproductive seasons. For the new hunter, a duck is not a duck. Waterfowl, sometimes even within the same species, can have vastly different tastes. Shaw breaks it down simply, which will make it easier for new or experienced hunters to make smarter decisions in their hunts and meal preparation. Similarly, he discusses a variety of small and big game from squirrels (he likes them) to elk and moose. There is a bit of an assumption that readers will be comfortable with the hunt, so treatment of the actual dispatching of the animals is fairly light. In each section the author shares wild game handling tips along with some of his favorite recipes. I will provide an update once I try the recipes, but I found the post-hunt preparation (field dressing, aging) to be very helpful. I wouldn't have even considered attempting to age a pheasant until reading Shaw's book. According to him, even a few days at 50 degrees makes

a huge difference in taste. The biggest downside to the book is the lack of color photographs. I imagine the publisher wanted to save money. I would have gladly paid extra for the photos, however, as I was already determined to buy the book. We miss out on the opportunity to see what the recipes should look like when completed. Frankly, the black and white photos are quite useless and draw attention to this error in judgement. That lapse is easily rectified with the author's website, [honest-food.net](http://honest-food.net), where you will find plenty of color photos. Overall, I'm very happy to have purchased this book and will use it often.

The text and teaching set forth in Hank's book is great, really great, but I wish, wish, wish these wonderful photographs were in color. I mean I REALLY wish it. The book is so full of great information, but so very much is lost in translation in these dark, grainy black and white photographs. I would absolutely purchase this book again if they swapped in the full color photographs. So sad. But the writing remains terrific, nonetheless.

Hunt gather cook describes in detail a small amount of foods you may find for your family in nature. It tells you how to hunt, gather, and cook, where to look for what you want, what equipment if any you need, and how to cook your catch. It is very detailed in depth for the foods he covers. I could believe with this book and practice a family could supplement their diet enough to make buying the equipment needed to do so worthwhile financially. That said, the author has limited experience in two things I desperately need guidance on...freshwater fishing and hunting. I am not going to knock the author because what he does cover in hunting, he does very well. He even says to call upon a guide and your own state resources to flesh out his book, which is a very responsible thing to do. However, he gives very little for the freshwater fisherman to look forward to because he covers fish he considers unwanted by other fishermen. I have only freshwater fished and wished to find out more than I knew. IN particular he didn't really touch crayfish. He talked a little about freshwater mussels, but very little and there was little to discern which ones tasted the best. I did! (Which is why he got 5 stars) but not a whole heck of a lot. I would not in anyway consider myself an expert on freshwater fishing, so I was kinda surprised at how little more I learned. Also for gathering, there are very few photos of what you should gather. He gives a great description of each and sticks to the easiest things to find, but pictures would have been nice. With google image search you will do fine though. I would recommend this for any sea fishing, as he does go into great detail about this. He obviously spent much of his time on the coasts. I also went crabbing and clamming when I was a child, so these parts of the books were more like a trip down memory lane. His recipes are divine,

yes I tried some. If all you wanted was a recipe book for wild foods, this would be worth the price.

It's not a bad book, but it's too general (at least in the foraging section) to be of real use. There are limited pictures of the few items listed and the ones that are there are in black in white. Most of the book is dedicated to hunting, fishing, etc. The foraging section is pretty limited.

I bought this as a gift for a friend, but of course had a chance to look it over myself before I wrapped it. :) Lots of good information, well presented. Of interest to anyone who hunts, and/or is interested in looking outside the supermarket for sustenance. Hank is based in Northern CA, so depending on where you are some of the information might not be applicable, but a lot of it is fairly general, involving widespread species of plants and animals. The recipes I've tried work fine, and it's a nice package overall. Not as slick a production as "Duck, Duck, Goose" but this is the first book published and understandably a bit simpler (black and white photos instead of color, etc.). None of that hurts the quality of the content.

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