

# Hunter Gather Cook: Adventures in Wild Food

From the forests to the fields, the mountains to the sea, Hunter Gather Cook is a culinary adventure into the world of wild food. Join chef and author Hank Shaw as he explores the hidden bounty of the natural world, foraging for ingredients and creating delicious, nutritious meals.



## Hunter Gather Cook: Adventures in Wild Food

by Louisa J Morgan

★★★★☆ 4.7 out of 5

Language : English

File size : 434317 KB

Screen Reader: Supported

Print length : 194 pages



With over 100 recipes, Hunter Gather Cook will teach you how to identify, gather, and prepare wild plants and animals. You'll learn how to make everything from venison jerky and cattail pollen pancakes to dandelion greens salad and sea urchin ceviche.

Whether you're a seasoned forager or a complete newbie, Hunter Gather Cook is the perfect guide to help you experience the joys of wild food. Hank Shaw's expert guidance and mouthwatering recipes will inspire you to explore the natural world and discover the delicious treasures that await.

## What You'll Learn from Hunter Gather Cook

- How to identify and gather wild plants and animals

- The nutritional benefits of wild food
- How to prepare and cook wild food safely
- Over 100 recipes for delicious wild food dishes
- Tips and techniques for foraging and cooking in the wild

## **Who Should Read Hunter Gather Cook**

- Anyone interested in foraging and cooking wild food
- Hunters and anglers who want to learn how to use their game and fish
- Outdoor enthusiasts who want to learn more about the natural world
- Foodies who are looking for new and exciting culinary experiences

## **Reviews for Hunter Gather Cook**

"Hank Shaw is a master forager and cook, and his book Hunter Gather Cook is a must-have for anyone interested in wild food. His recipes are creative and delicious, and his writing is both informative and engaging." - **Steven Rinella**, author of Meat Eater

"Hunter Gather Cook is a beautiful and inspiring book that will make you want to get outside and explore the natural world. Hank Shaw's passion for wild food is evident on every page, and his recipes are sure to please even the most discerning palate." - **Sean Brock**, chef and author of Heritage

"Hunter Gather Cook is a comprehensive guide to foraging and cooking wild food. Hank Shaw's expertise is evident throughout the book, and his recipes are both delicious and accessible. This is a must-have book for

anyone interested in learning more about wild food." - **Leda Meredith**, author of Wild Food from Alaska

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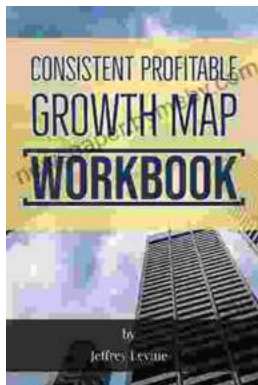
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