



## Year of the Cow: How 420 Pounds of Beef Built a Better Life for One American Family

By Jared Stone

Audible Studios on Brilliance, United States, 2015. CD-Audio. Book Condition: New. Unabridged. 170 x 135 mm. Language: English . Brand New. This is the story of a man, a cow, and a question: What am I eating? After realizing he knows more about the television on his wall than the food on his plate, award-winning TV producer and amateur chef Jared Stone buys 420 pounds of beef directly from a rancher and embarks on a hilarious and inspiring culinary adventure. With the help of an incredibly supportive wife and a cadre of highly amused friends, Jared offers a glimpse at one man s family as they try to learn about their food and ask themselves what s really for dinner. Year of the Cow follows the trials and tribulations of a home cook as he begins to form a deeper relationship with food and the environment. From meeting the rancher who raised his cow to learning how to successfully pack a freezer with cow parts, Stone gets to know his bovine and delves into our diets and eating habits, examining the ethnography of cattle, how previous generations ate, why environmentalists and real-food aficionados are mad for grass-fed beef, why certain...



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