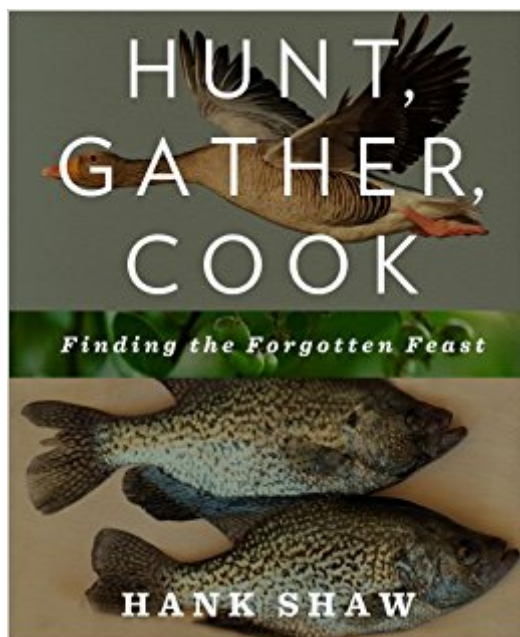


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# Hunt, Gather, Cook: Finding The Forgotten Feast



## 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-fed 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

At a certain point many foragers grow hungry for bounty beyond mushrooms and cattails. They seek meat - raw and wild - yet making the leap from acorn gatherer to elk killer is a daunting one that seems beyond grasp. Hank Shaw's *Hunt, Gather, Cook: Finding the Forgotten Feast* narrows that gap with an entertaining, informative and approachable perspective on all forms of wild dining. Hank Shaw is a true renaissance eater. Educated, well versed in ethics, smart in his approaches to gaining new skills and knowledge, yet rooted in his father's passion for the outdoors. I do not view him as the modern Grizzly Adams as others have, because I believe that diminishes the bridge that he provides to so many seeking the big step into a full table approach to wild foods. At 336 pages

with sparse photos and just a sprinkling of recipes, Shaw is more focused on a mid-range canvassing of everything one would need to know to forage plants as well as fish and hunt. Whereas Connie Green's *Wild Table* is all about the recipes, Shaw is about the how-to. How to find the stinging nettles. How to select the gun you need to kill a deer. How to process an animal in the field. Too much for some possibly, but enough for anyone on this journey to get far enough along that you have the confidence to take the next step. The book is comprised of three sections: Foraging from coast to coast; Fishing and feasting from streams to the sea; and Hunting for food and fulfillment. Green's book focused in on California and Pacific Northwest flora, but Shaw features a more universal selection - wild greens, berries, acorns, and then present relatively easy recipes that are a step above the 70s *Love Child* recipes that have driven many from wild bounty.

Those of us who check in regularly to Hank Shaw's award winning blog, *Hunter, Angler, Cook* ([...]) have been waiting with scant patience for the coming out of his new book *Hunt, Gather, Cook; Finding the Forgotten Feast*. It finally hit the stands late in May, on schedule, but none too soon enough for a lot of us. The book came a couple of days ago, all 324 pages, including some great photography, and divided basically in three parts: gathering (foraging) things that grow; fishing, (including gathering shell fish) and hunting, both birds and four footed game. He includes at least a couple of recipes with each chapter, sometimes more, and they by themselves are worth the price of admission. The book is a delightful mélange of personal experiences, descriptions, and instructions. Hank's writing style is captivating. He could write a book about a shovel full of mud and I'd not be able to put it down until the very end. If he didn't write so extremely well this book could have been a disaster, for it covers such a prodigiously wide field. For those experienced in any one of the three fields, foraging, fishing or hunting, there may not be much to learn. However, I have been fishing and hunting for more decades than I care to state, but even I found new things in each. My plant foraging has been pretty much limited to going after wild strawberries and field mushrooms (the book omits any mention of edible fungi, for the author felt it is too large and complicated a subject) so this part was very helpful. I don't see stinging nettles where I live, but we have plenty of miner's lettuce to beef up our springtime salads.

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