

Hunt, Gather, Cook: Finding the Forgotten Feast

Hank Shaw



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Hunt, Gather, Cook: Finding the Forgotten Feast Hank Shaw 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.

Hunt, Gather, Cook is an indispensable introduction to the pleasures of foraging, fishing, and hunting, with more than 50 recipes for making the most of the fruits of a day spent gathering food in the wild. Featuring: **From the Field, Forest, and Shore**

- Wild greens
- Nettles and acorns
- Grapes, prickly pears, and berries
- Beach peas, kelp, and other seaside plants

From the Pond, River, and Ocean

- Clams, mussels, snails, and oysters
- Crabs of all varieties
- Bluegills and other panfish
- Herring and shad
- Eels, sharks, and other unusual fish

From the Hunt

- Rabbits, hares, and squirrels
- Venison: deer, elk, antelope, and moose
- Pheasants and other game birds
- Wild boar
- Waterfowl: ducks, geese, and snipe

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