

Learn to Play the Organs

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"But it's so gross! I feel squeamish..." "I ate enough as a kid!"

"Price considered these **fat-soluble vitamins** to be the key component of healthy diets...upon which the assimilation of all the other nutrients in our food – protein, minerals, and water-soluble vitamins depends."



"Biology enables, culture constrains" - Harari

"It's too much work. I don't have time!"

Schedule it!



Mondays Fridays

"I can't find them, anyway."

Purchase from:

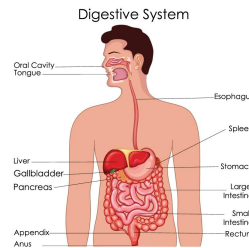
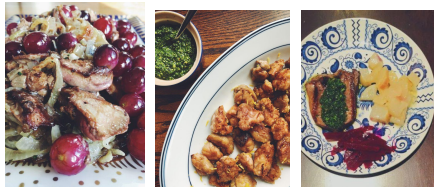
- Local farmers
- Miller's Organic / Polyface Farms
- www.grasslandbeef.com
- Whole Foods
- Ethnic grocery stores

"But I don't know where to start..."

Quick & Easy		Slow & Low
130-135F	140F	Simmer 1+ hr
<i>Flesh moist & crisp</i>	<i>Tough; meat curls, shrinks, dries out. Avoid!</i>	<i>Silky: collagen into gelatin</i>
Liver		Tripe
Brains		Tongue
Sweetbreads		Gizzards
Heart		Heart
Kidney		Kidney

"But they're so squishy..." "But they're too fatty..." "They get stuck in my retainer..."


Remove chewy bits before they are served...



"But it's so liver-y! The flavor is too intense..."

- *Do not overcook liver
- *Add ginger
- *Buy younger animals
- *Soak/poach first
- *Bring to room temp
- *Pieces evenly sized
- *Don't crowd pan
- *Brown 1st side only
- *Add lemon/acid
- *Add bacon
- *Make pate
- *Eat raw!

"Well, I just don't like organs..."

- *Find "will power" 
- *Add sauce or spice
- *Mix organs into favorites
- *Make sure you're hungry
- *Try it 12-15 times

