



# The *Meat Club* Cookbook [GIRLS ONLY!]

For Gals Who Love Their Meat!

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By Vanessa Dina, Kristina Fuller, and Gemma DePalma

Hardcover | ISBN 0-8118-4525-7 | \$18.95 | 135 pp | color illustrations throughout

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*"The Meat Club Cookbook* gives you the basic tools you'll need for preparing, serving, and enjoying successful meaty meals, and encourages all gals out there to start cooking, share knowledge, and have a few laughs in the process!"

—Frankie Whitman  
Niman Ranch

Girls love meat! Just ask the girls of the Meat Club. They lust for big steaks, succulent ribs and juicy hamburgers. Meat satisfies their deepest desires and cravings, and besides-it just tastes so damn good! Tired of eating Caesar salads and poached chicken breasts at lunches, brunches, and dinners with the girls, Vanessa, Kristina, and Gemma knew there had to be something better. Over dinner one night the three confessed that they each had a secret love of meat. The Meat Club started at that moment.

They quickly established a simple set of rules to guide them:

\* 1 \*

**You have to be a girl.**

\* 2 \*

**You have to love to cook and eat meat.**

\* 3 \*

**You have to love to talk about meat (any kind).**

\* 4 \*

**What's said in the Meat Club stays in the Meat Club!**

cont'd



# The *Meat Club* Cookbook [GIRLS ONLY]

**For Gals Who Love Their Meat!**

The Meat Club is about to the driving forces of a girl's life: romance, friendship, family and, of course, meat. Over the past 4 years they've cooked more great meals together than they ever thought possible. In addition to voraciously studying the different cuts of meat and the best techniques for cooking each one, they experimented with sauces, rubs, and marinades; they've shared recipes, researched other people's recipes, and made up some of their own. The Meat Club became a haven for both culinary experimentation and a venue to learn about all the delicious possibilities of cooking with meat.

The Meat Club Cookbook is a collection of 60 tried-and-true recipes culled from their best meals together. Most of these recipes come from their mothers and grandmothers, women chefs, and other girls like them who relish good home cooking. Divided into sections by type of meat, with detailed information on how to choose and cook the most popular cuts, The Meat Club Cookbook is the perfect meat eater's companion for girls who want to have their meat and eat it too.

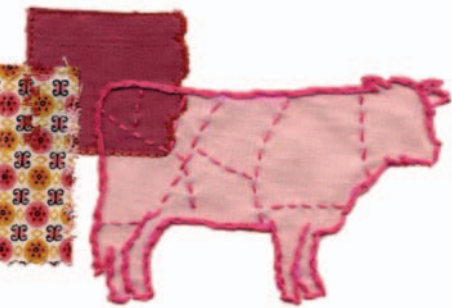
This is a wonderful gift for Mother's Day, bridal showers, or for girlfriends, moms, sisters, and daughters who wants to start their own Meat Club.

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Visit the Meat Club at  
[www.meatclubgirlsonly.com](http://www.meatclubgirlsonly.com)

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To order books call  
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*Meet the Meat Club:*

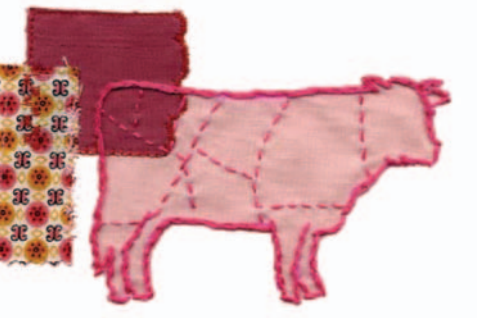
(from left to right)

Kristina Fuller, Gemma DePalma, and Vanessa Dina

As a graphic designer, **Vanessa Dina** is the one who insists that everything not only taste good but look fabulous, too. When she's not designing books, she can be found in the kitchen with a spatula in one hand and a smart cocktail in the other. Based in San Francisco, she's always finding good reasons to toss a steak on the grill and throw a dazzling dinner party.

Although **Kristina Fuller** is the cooking novice of the group, she has harbored a secret love of pepperoni, tender filet mignon, and juicy burgers from as far back as she can remember. Since becoming a mother, Kristina has found that the support and camaraderie of the Meat Club has sustained her through 2 A.M. feedings and endless rounds of "Row, Row, Row Your Boat." She lives with her family in Oakland, California.

**Gemma DePalma** started cooking with her Italian granny at the age of 8. So, she had little choice but to develop a taste for spicy sausage and homemade meatballs. Gemma has worked in the specialty-food industry since she was a teenager, and she still gets a thrill every time she discovers a new flavor of marinade. She lives in New York City.



## Press Releases

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New York Times Magazine, March 2005

Publisher's Weekly, December 2005

Bust Magazine, April/May 2006

Low Carb Energy, Summer 2006, feature article

Better Homes and Garden, June 2006, 1/2 page feature

Total 180 Magazine, Spring issue

Entertainment Weekly, pub week TK, "Must Have List"

Daily Candy San Francisco, May 18, 2006

Contra Costa Times Food Section, May 17, 2006

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Although cutesy vintage fabric trimmings illustrate the pages of this cookbook written by three young women, don't call it a "girls" guide to meat - because it's much more than a guidebook for women who need to cook for their meat-eating guys. Dina, Fuller and DePalma are carnivorous and proud of it, and give chicken Caesar salads and other chick-fare a run for their money with enthusiastic, in-depth information on beef, pork and lamb. The authors share advice on finding and building a relationship with a butcher, explain how to buy meat and unveil 60 classic recipes. Busty Burgers, Beef 'n' Beer Stew, Easy-Bake Spareribs, and Lamb Chops and Turnip Mash are just a sampling of the offerings; many recipes begin with anecdotes like "Every summer, Kristina attends a family picnic" or "Vanessa's Korean aunt, Janette, is the inspiration for this dish." Indeed, there's a friendly feel to this work, which brims with kitsch. It looks like a 1950s sewing catalogue of sorts (cuts of beef, for example, are shown via a lovely image of a pink embroidered cow wearing green, ankle-tie pumps, divided into chuck, rib, short loin, etc.). A spiral binding adds to the book's utility.

—**Publisher's Weekly**  
December 16, 2005

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## Home front

### I'll Have T-Bone

Tired of eating chick food, (how many Caesar salads can one person have in a lifetime?), three friends—Vanessa Dina, Kristina Fuller, and Gemma DePalma (right)—confessed over dinner one night that they love to eat meat. Having fessed up, they have formed their own weekly club, tested various recipes over the years, and put their advice into a basic primer—*Meat Club Cookbook: Girls Only* (\$19, Chronicle Books, [meatclubgirlsonly.com](http://meatclubgirlsonly.com)). Recipes include Busty Burgers, Marinated Tri-Tipsy, and Lamb Sloppy Janes.

Why is their model cooking club geared toward gals? "It's a place where you can be yourself and pick up your spareribs with your hands," says DePalma. "Right or wrong, it can be perceived as not feminine to take a huge bite of a big burger. But it tastes really good and everyone should feel they can do that." Plus, club night makes for a lot of juicy conversations.



TRY THIS

Fire and steak may be the traditional domain of men, but this Father's Day give your guy a rest. Get to the grill with steaks covered in the Meat Club Rub: In a self-sealing plastic bag mix together 2 Tbsp. ground coriander, 2 Tbsp. ground coffee, 1 Tbsp. salt, 1 Tbsp. freshly ground black pepper, 1 tsp. ground chipotle pepper. Toss with meat to coat.

# BUST



**MEAT CLUB  
COOKBOOK:  
For Gals Who  
Love Their  
Meat**  
By Vanessa  
Dina, Kristina

Fuller, and Gemma DePalma

(Chronicle, 2006)

It's such a gigantic relief to pick up a cookbook meant just for girls that doesn't give a fuck about calories and fat content. Sometimes, girls just wanna have flesh—greasy, fatty, juicy, and bloody—and grilled chicken breast and salmon don't always fill that craving. The ladies behind *Meat Club* totally get that and have released a book celebrating the consumption of beef, pork, and lamb—meats that are typically considered manly, mostly because they aren't deemed conducive to a "girlish figure." *Meat Club* aims to debunk that misconception, giving meat a girlie makeover by featuring recipes for "BBCutie Spareribs," "Busty Burgers," and "Lamb Sloppy Janes," alongside commentary like, "We love pork. It's cute, cheap, and pink!" Adorable silk-screen and embroidered illustrations give the layout a very "womanly arts" kind of feel.

Not just a compilation of recipes, the book also tells you everything you ever wanted to know about meat but were

afraid to ask. As a person who loves to cook but was raised in a household that employed some liberal uses of the term (i.e., pressing the power button on the microwave), I loved the explanations of the different meat grades and cuts; the different cooking methods; and the differences between natural, organic, and grass-fed meat. So yeah, meat is murder, and with the help of *Meat Club*, it's killing me softly with its song. [TRACIE EGAN]

Otto, *inoteca* and *al di lá*, all leading Italian restaurants in New York, offer the same dessert — affogato — on their menus. One step up from a scoop of ice cream, affogato, which means “drowned,” is a ball of vanilla ice cream that is served by a waiter who then pours a shot of hot espresso or coffee over it. For this, New Yorkers, myself included, are willing to pay as much as \$8. It’s not the ingredients you pay for, but the taste of bitter against sweet, the way the espresso makes the ice cream foam on the edges and the tiny bit of fanfare as the waiter douses the pristine frozen orb with the muddy liquid.

Affogato is just one instance in which coffee is used as an aromatic. Marcus Samuelsson, executive chef at *Aquavit* and *Riingo*, began using coffee beans in savory dishes a few years back when he was visiting his native Ethiopia. Samuelsson wanted to smoke salmon but had no wood chips. So he used coffee beans. Now he roasts duck breasts the same way. On top of barley-and-mushroom risotto, he swirls a spoonful of coffee sauce, made with cardamom and sour cream. The sauce may be paired with roasted quail, duck and venison as well.

Coffee is also used to great effect in a meat rub by Erica Holland-Toll, a San Francisco chef, who mixes ground coffee with coriander, ground chipotle, salt and pepper and applies it to steak. The recipe comes from “*Meat Club Cookbook*,” by Gemma DePalma, Vanessa Dina and Kristina Fuller, which is due this fall.



## Coffee Sauce

- ¾ cup lightly roasted coffee beans
- 2 pods cardamom
- 1 stick cinnamon
- 1½ tablespoons molasses
- ¼ cup white wine
- 1 cup chicken broth
- 1 shot espresso
- ½ cup sour cream
- 1 tablespoon butter.

Put the coffee beans, cardamom and cinnamon in a small saucepan and place over low heat. Shake the pan and lightly toast the coffee beans and spices, about 10 minutes. Add the molasses and cook until it bubbles intensely and thickly coats the beans. Pour in the white wine and chicken broth and bring to a simmer. Reduce by one-third. Strain the sauce into another saucepan, then whisk in the espresso, sour cream and butter. Cook for a minute or two. (Don’t let it boil.) Season to taste with salt and pepper. When ready to serve, reheat gently and, if you have one, buzz it with an immersion blender to make it frothy. *Serves 4. Adapted from Marcus Samuelsson of Aquavit.*

## Meat Club Rub

- 1 tablespoon ground coffee
- 1 tablespoon ground coriander
- 1 tablespoon kosher salt
- 1 tablespoon freshly ground black pepper
- 1 teaspoon ground chipotle
- 4 rib-eye steaks.

Mix together the coffee, coriander, salt, pepper and chipotle. Rub this mixture on all sides of the steaks about 30 minutes before you want to broil or grill. *Serves 4. Adapted from “Meat Club Cookbook” (Chronicle Books).* ■

# DAILY CANDY SAN FRANCISCO

May 18, 2006

## The Weekend Guide

**READ**

**[The Meat Club  
Cookbook](#)**

**What:** The hilarious new cookbook for women about how to prepare and enjoy beef, pork, and lamb.

**Why:** Don't go hiding the salami.

**When:** Now.

**Where:** Online at [chroniclebooks.com](http://chroniclebooks.com).

