

# NOSE TO TAIL EATING GUIDE

## HEAD & UPPER

- Cheek *Braise / Confit*
- Tongue *Boil / Pickle*
- Neck *Slow Roast*
- Brain *Pan Fry*

## OFFAL / ORGANS

- Liver *Sear / PÂête*
- Heart *Grill / Dice*
- Kidneys *Saute*
- Sweetbreads *Fry / Poach*

## MID SECTION

- Oxtail *Stew / Soup*
- Tripe *Slow Simmer*
- Suet *Rendering / Pastry*
- Skirt / Hanger *Flash Sear*

## EXTREMITIES

- Trotters *Boil / Stock*
- Marrow Bones *Roast*
- Skin / Rind *Dehydrate / Fry*
- Ears *Crispy Fry*