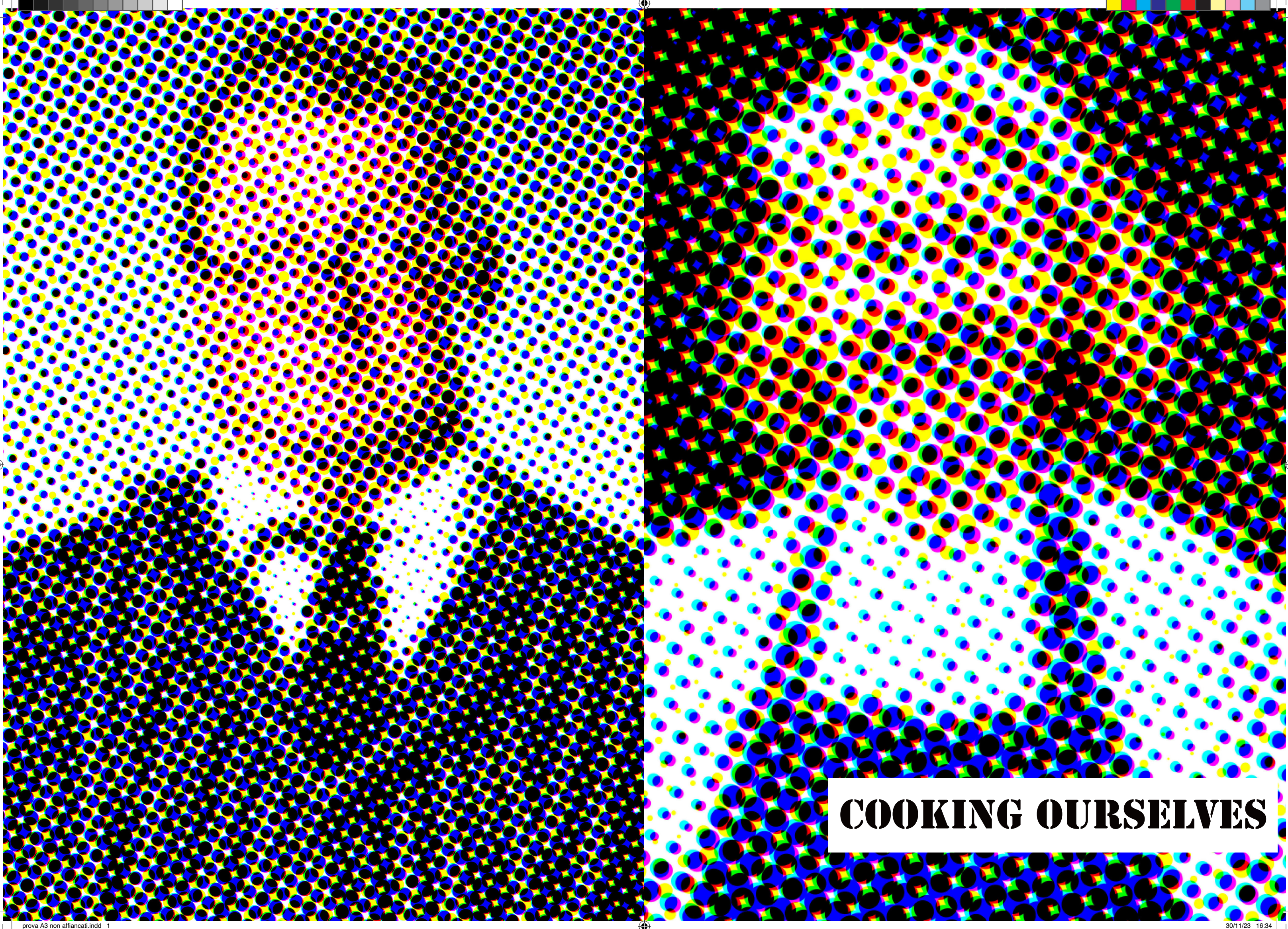
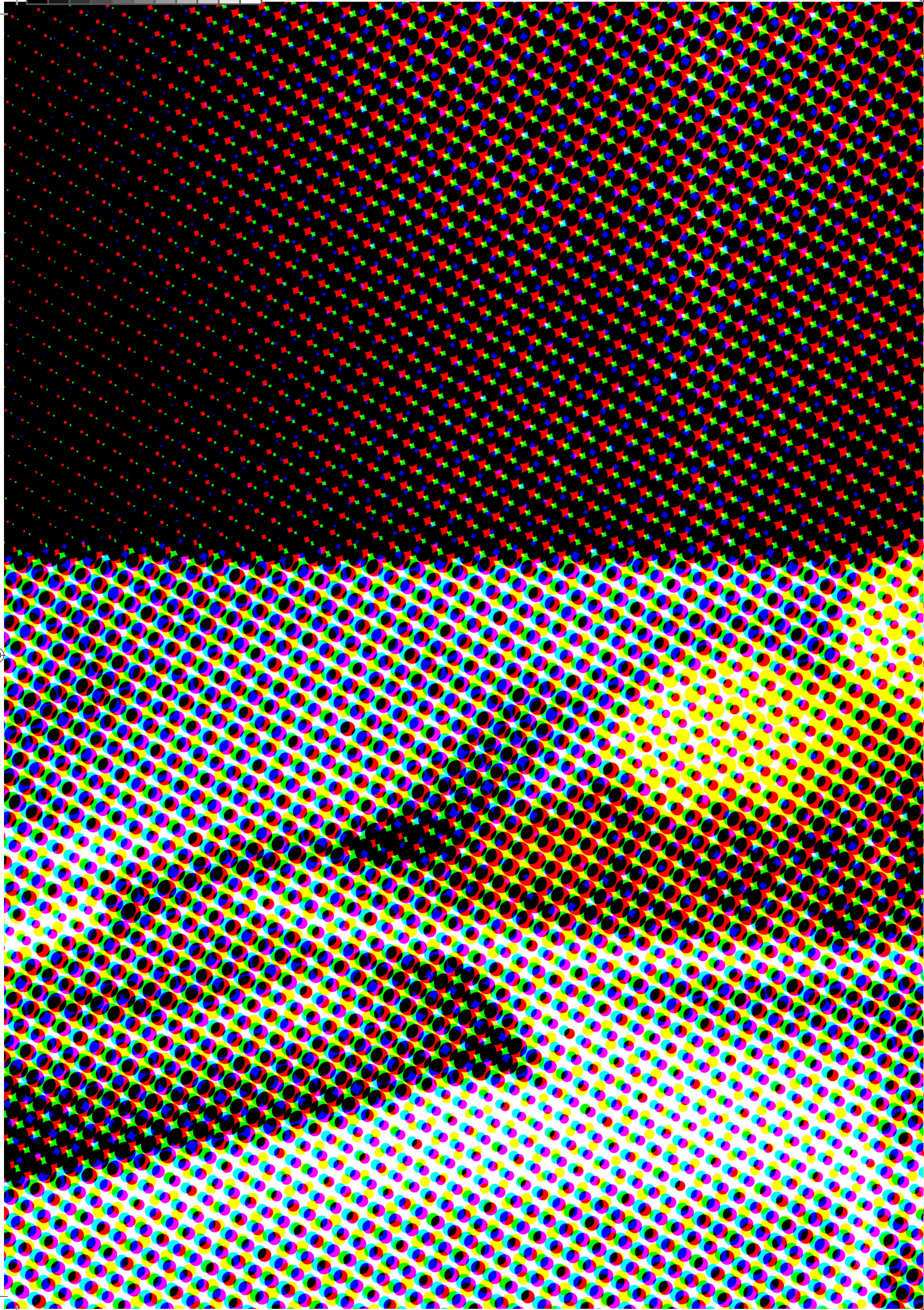
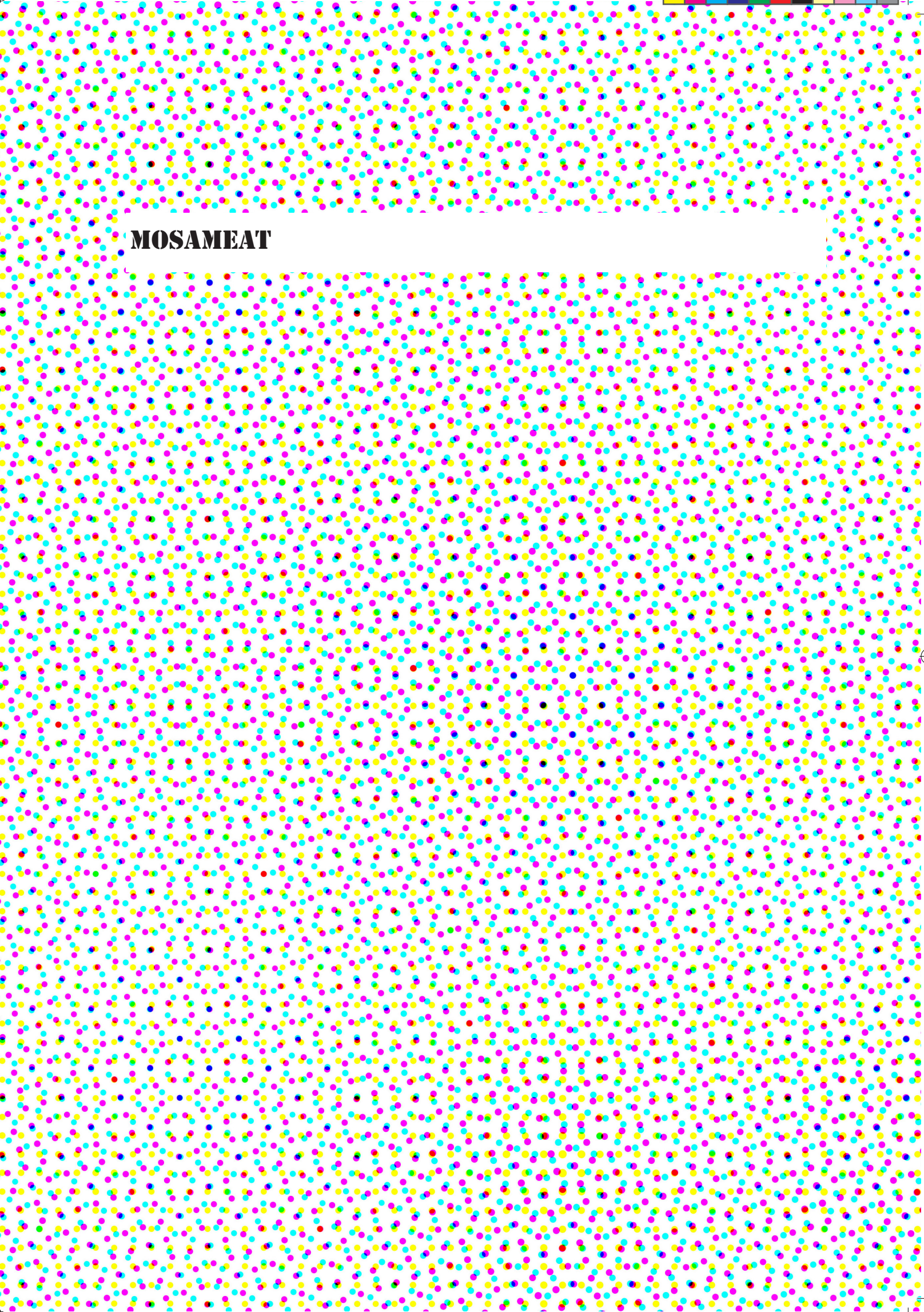




COOKING OURSELVES



MOSAMEAT





MOSAMEAT

GROWING HUMAN OR ANIMAL FLESH

<https://mosameat.com/growing-beef>

By allowing nature to take its course, the cells we started with grow to become fully fledged muscle and fat—just like they would inside a cow. And with enough care and attention, our meat soon reaches maturity.

Lab notes:

- Muscle cells merge naturally

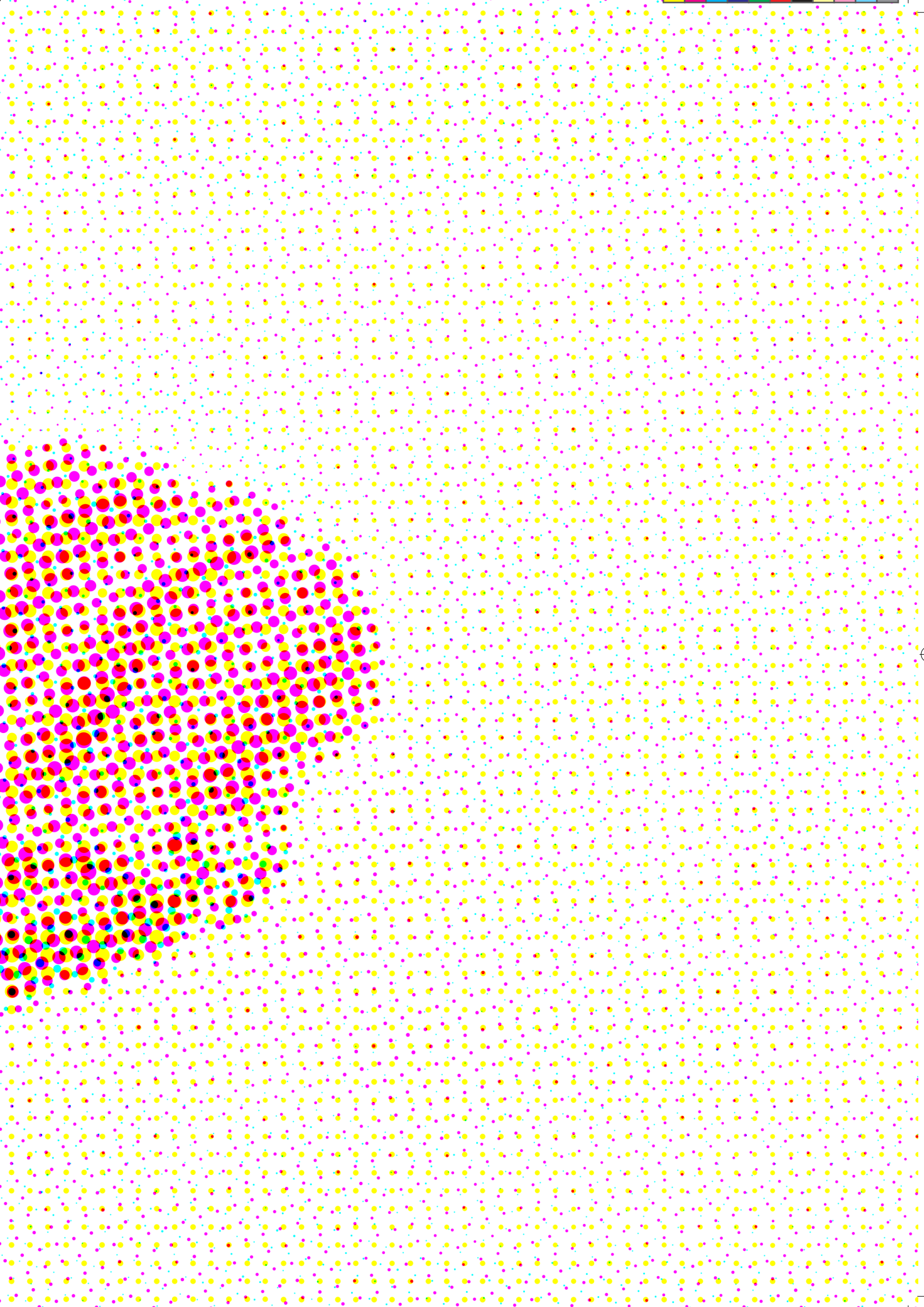
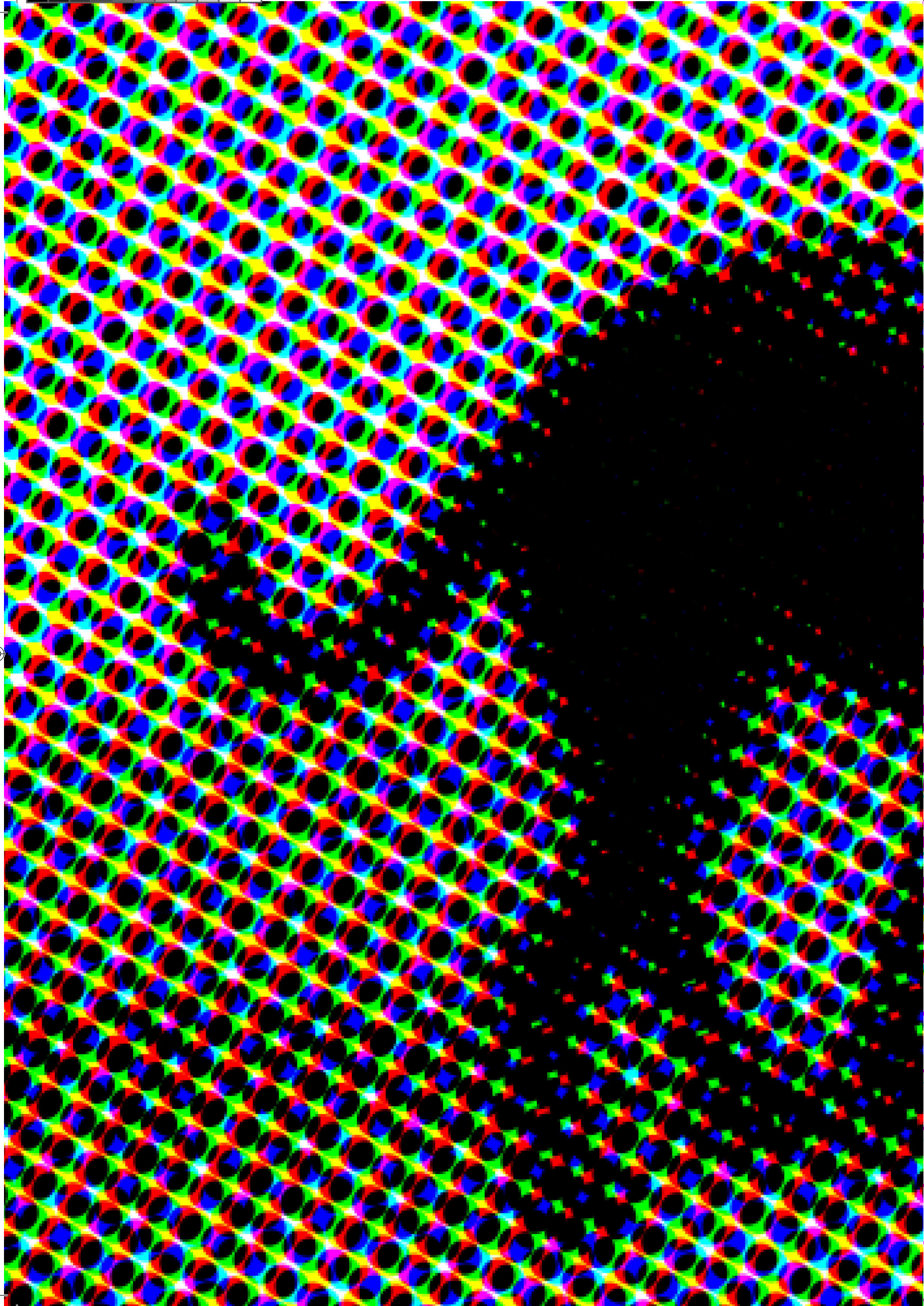
- 0.3mm long primitive fibres form (myotubes)

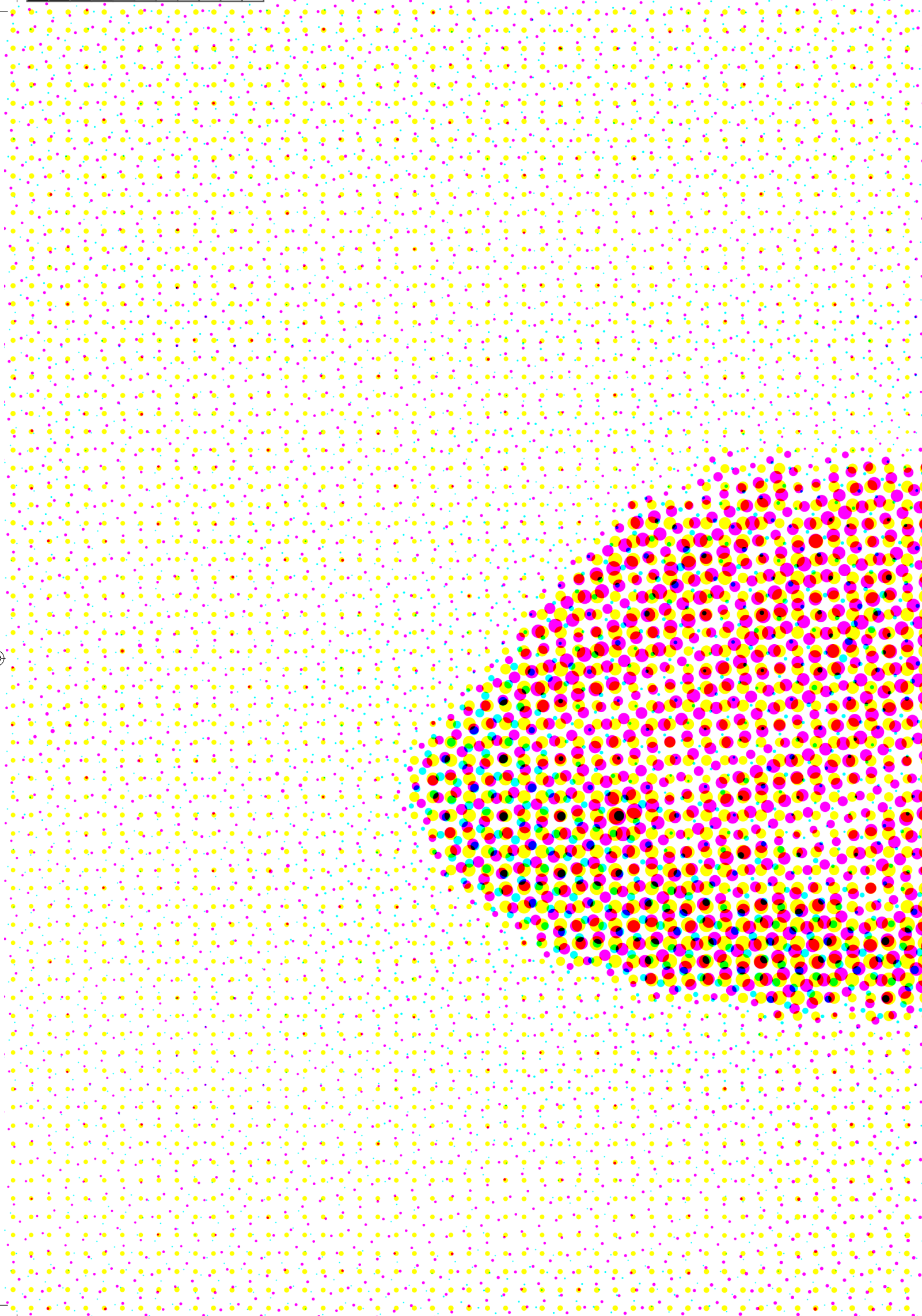
- Placed in a gel that is 99% water

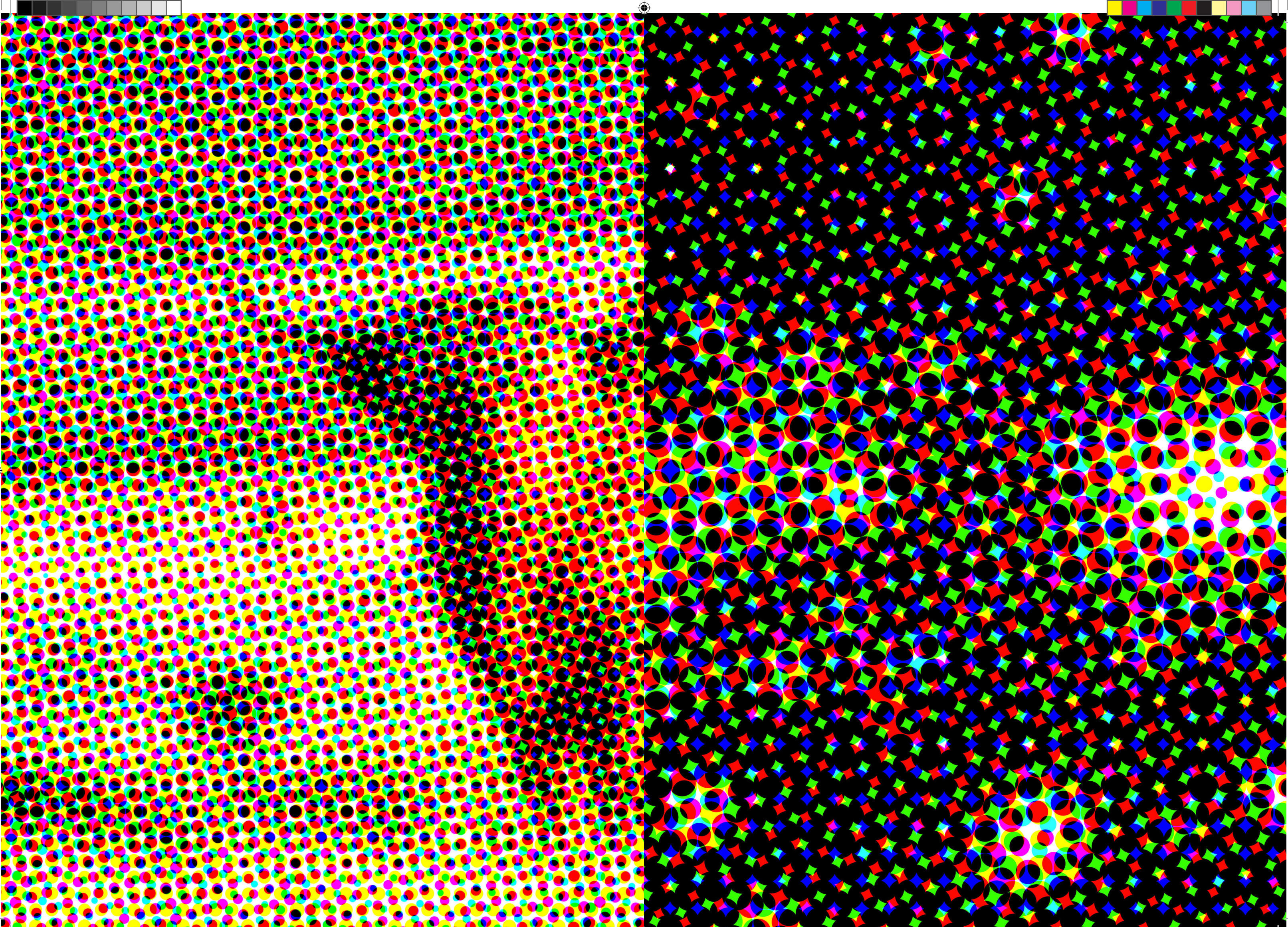
- Fibres from one sample grow to 800 million strands of tissue

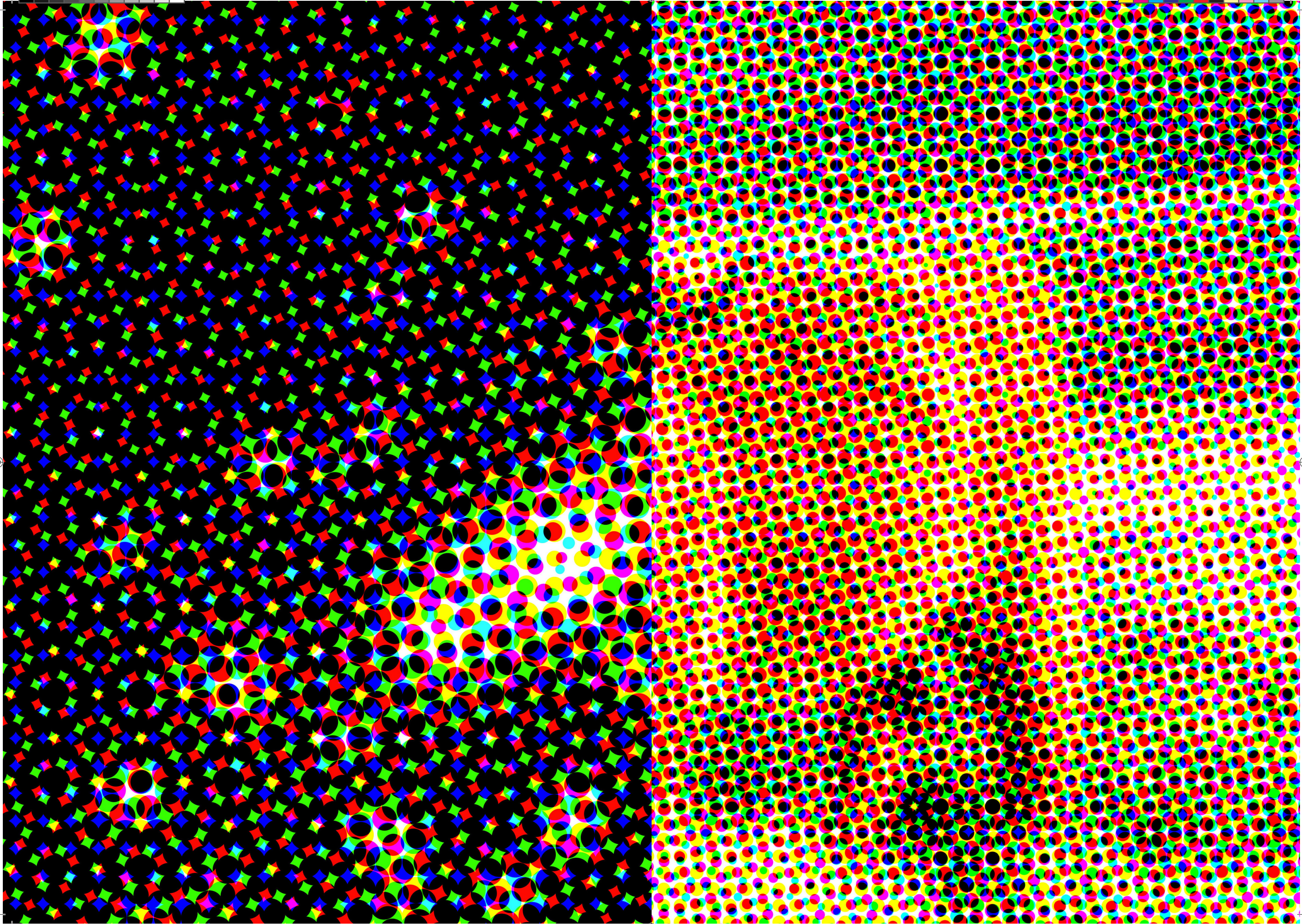
After a long journey, there is no dish more welcoming.

Also, a dram doesn't go amiss.











MINCE AND TATTIES

TO SERVE 6

onion 1, peeled and thinly sliced
leek 1, cleaned, sliced lengthways in half, then thinly sliced across
carrot 1, peeled, sliced lengthways in half, then thinly sliced across
garlic 4 cloves, peeled and chopped
extra virgin olive oil a splash
minced Margot/Fergus 1kg or minced Margot and Fergus’s Highland cow
tomatoes 2 tins
oatmeal a handful
Worcestershire sauce 1 shot glass
red wine 1/3 bottle, my gesture to the Auld Alliance
minced Margot/Fergus stock if needed or Margot and Fergus’s Highland cow stock if needed
sea salt and black pepper
proper boiling potatoes a dozen

DIRECTIONS

In a large pan, sweat the onion, leek, carrot and garlic in the splash of olive oil until softened.
Add the mince, giving it a healthy stir to break it up.
Add the tinned tomatoes, crushed in your hand – a subliminal gesture.
Keep stirring and add the oatmeal, not so much that you end up with a porridge.
Stir, add the Worcestershire sauce and red wine, then stir again.
Take a view on the liquid content; if it seems a wee bit dry, add some stock.
You are looking for a loose lava consistency. Check for seasoning.
Now allow the mince to simmer gently for 1½ hours, if not 2 (if it is drying out, add more stock).
Time allows the mince to become itself, as is the case for most of us. While the mince cooks,
peel the potatoes and simply boil thewwwm in salty water.
After a long journey, there is no dish more welcoming. Also, a dram doesn’t go amiss.

MINCE FOR OUR CAT COLONY

minced Alice

OR

minced Alice’s Californian cow



ITALIAN MEATBALLS

4-6 SERVINGS

4 pound ground Alice or minced Alice’s Californian cow
1 cup torn up pieces of day old bread, crusts removed
1/2 cup milk
1 small yellow onion, grated on a box grater
1 tablespoon olive oil
2 garlic cloves, pressed
1 tablespoon chopped fresh oregano (or 1 teaspoon dried)
1 tablespoon chopped parsley
a pinch of cayenne
1 egg lightly beaten
1/4 cup grated Parmesan
salt
freshly ground black pepper

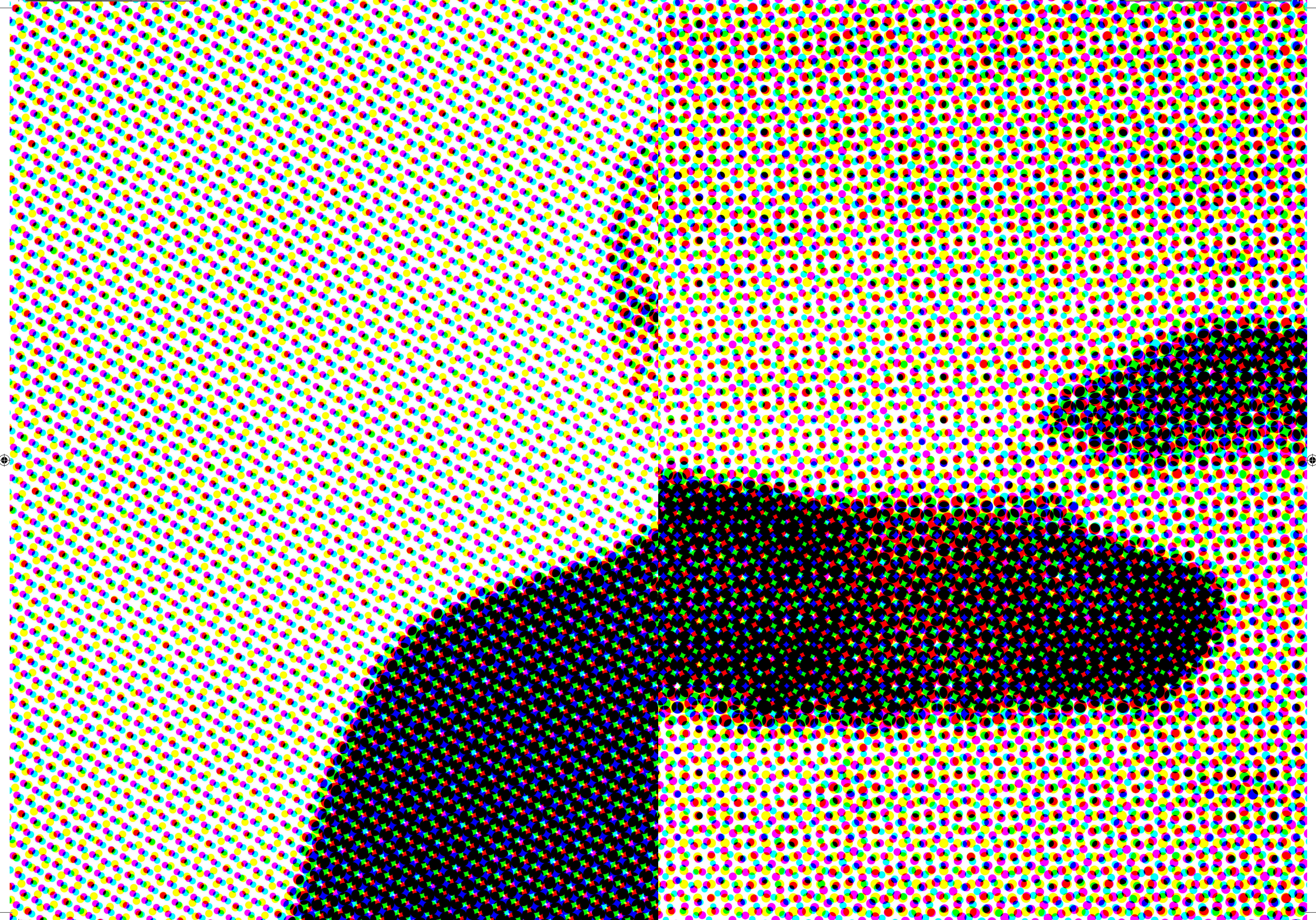
Preheat the oven to 450 degrees
Season the meat with salt and pepper. Soak the bread in the milk and set aside.
Add the grated onion, olive oil, garlic, herbs, egg and Parmesan to the meat.
When the bread is soft and saturated, drain the milk and add the bread to the meat.
Mush the mixture with your hands, gently, gently.
Fry a little meatball in a small skillet and taste. Adjust seasonings if needed.
Shape the meatballs into small balls and place on a rimmed baking sheet.
Bake for 12-15 minutes, or until cooked through.
Eat on pasta, in a little sandwich, or right off the tray.

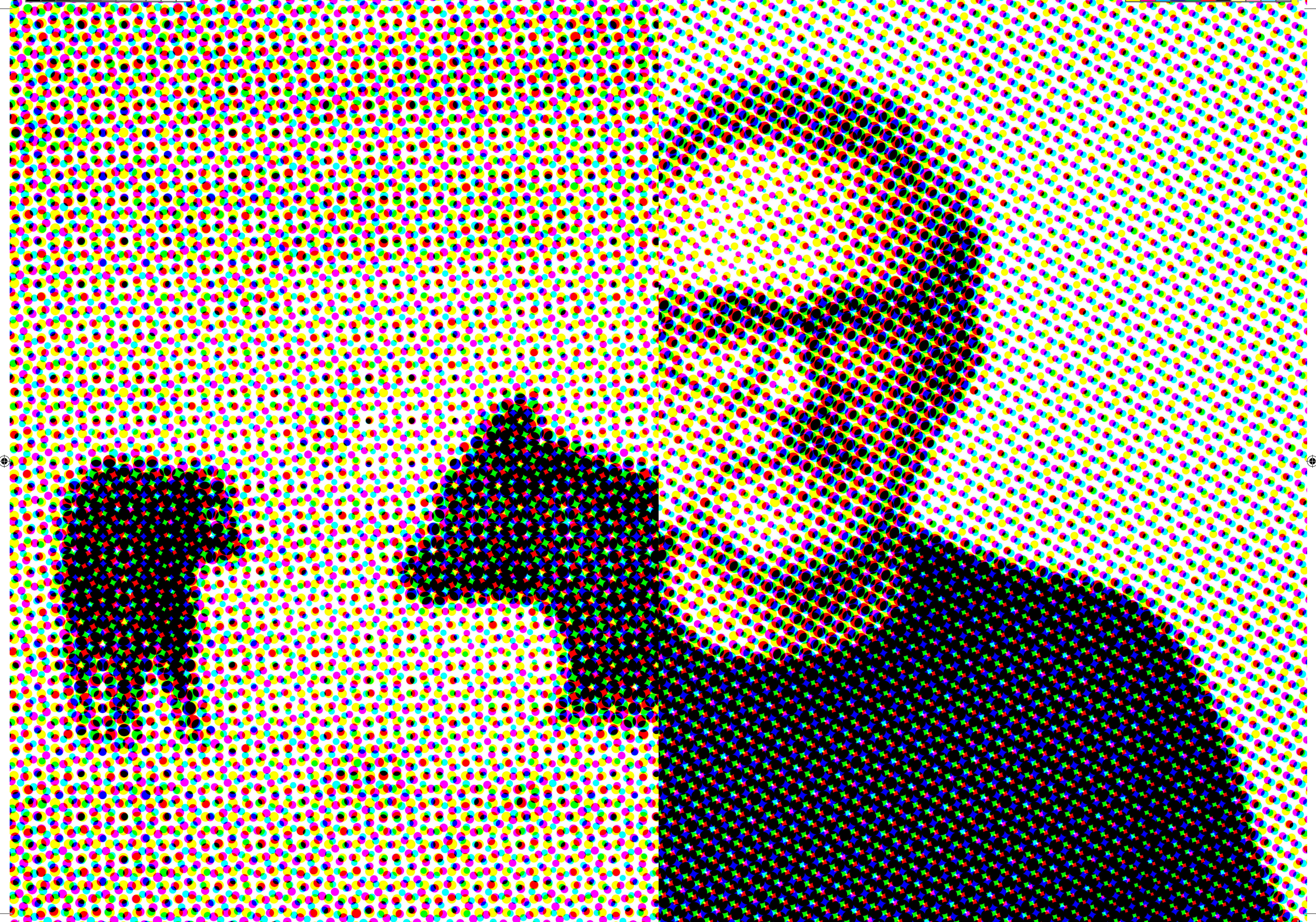
MINCE FOR OUR DOG

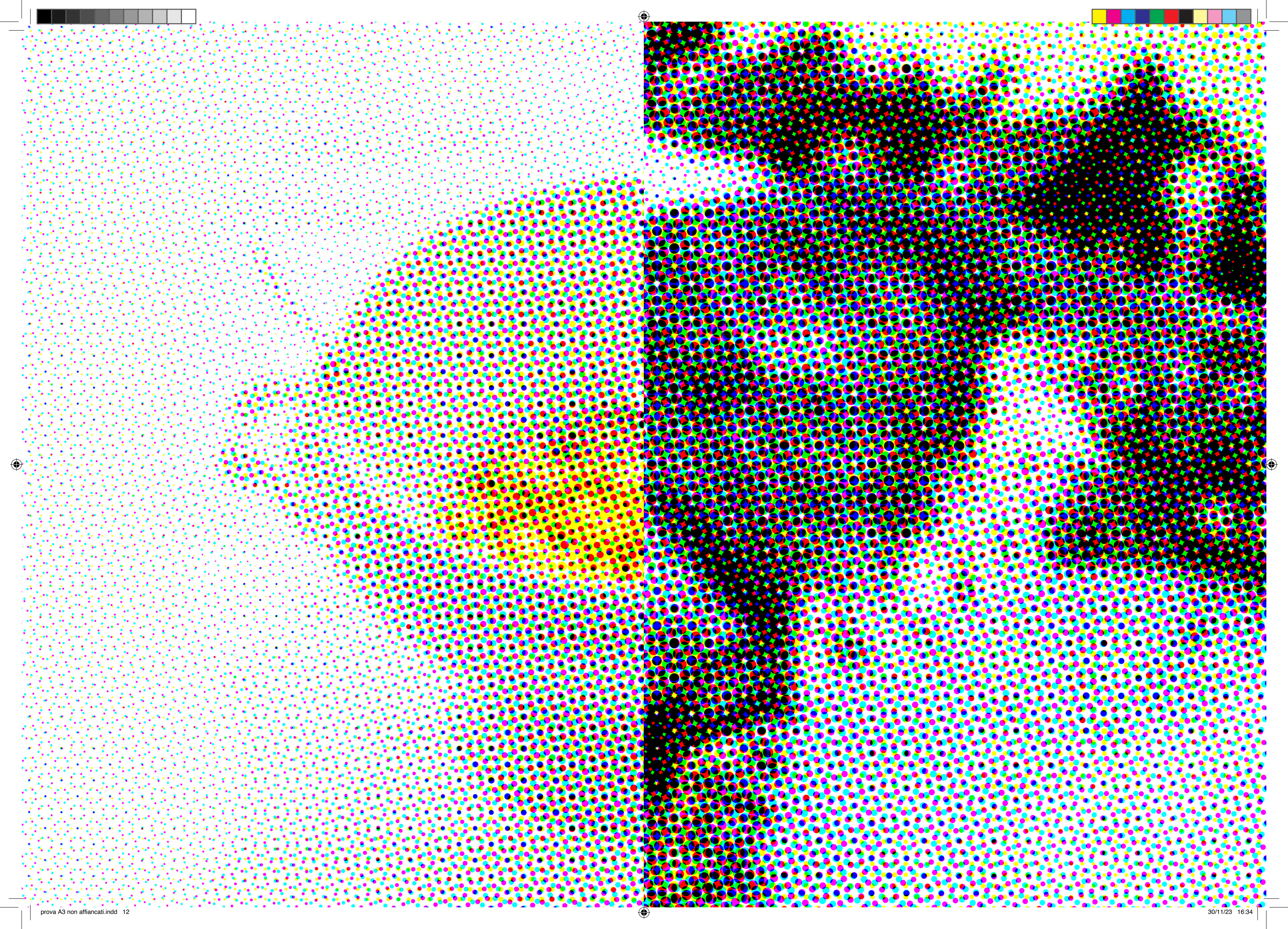
minced Margot/Fergus

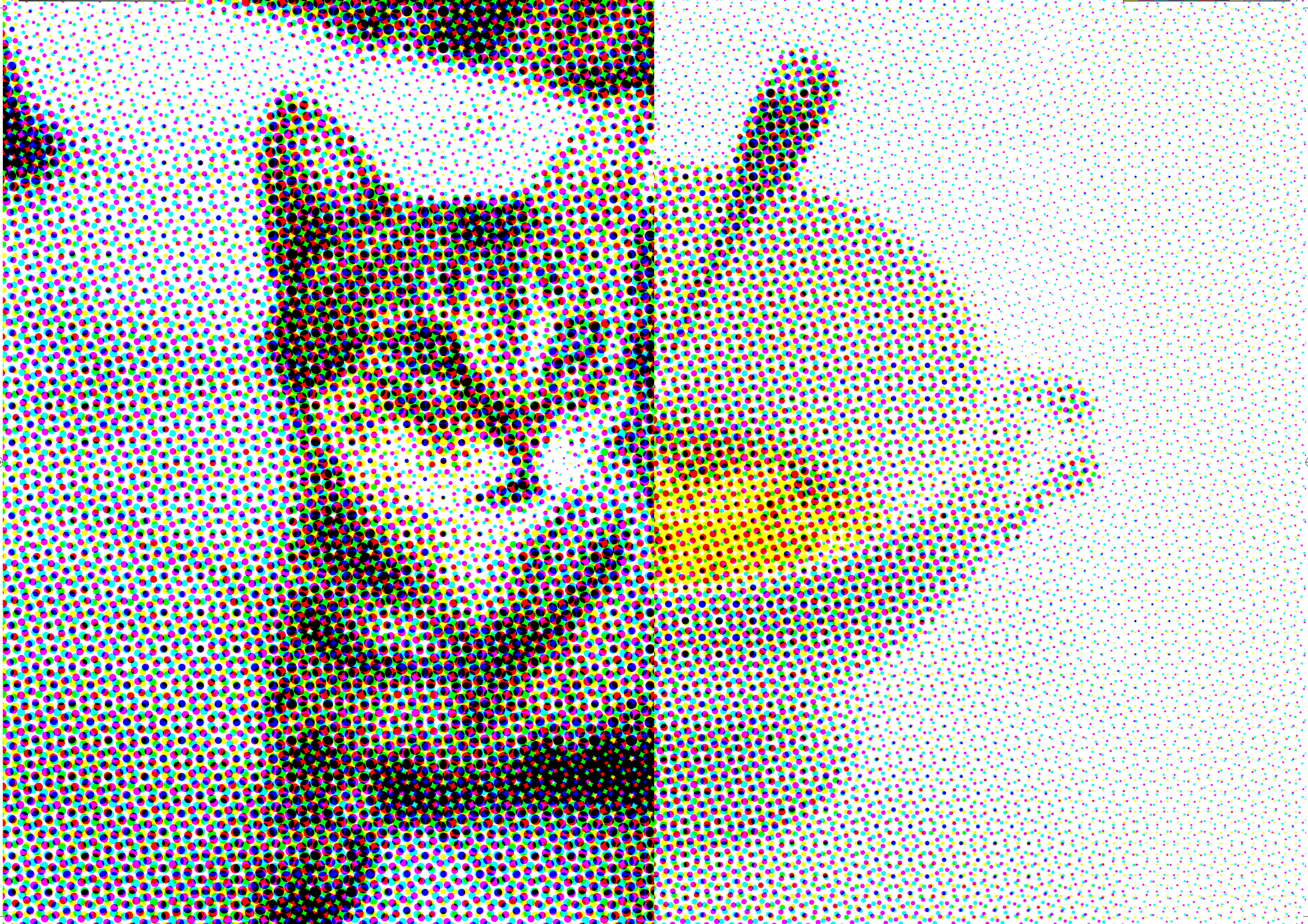
OR

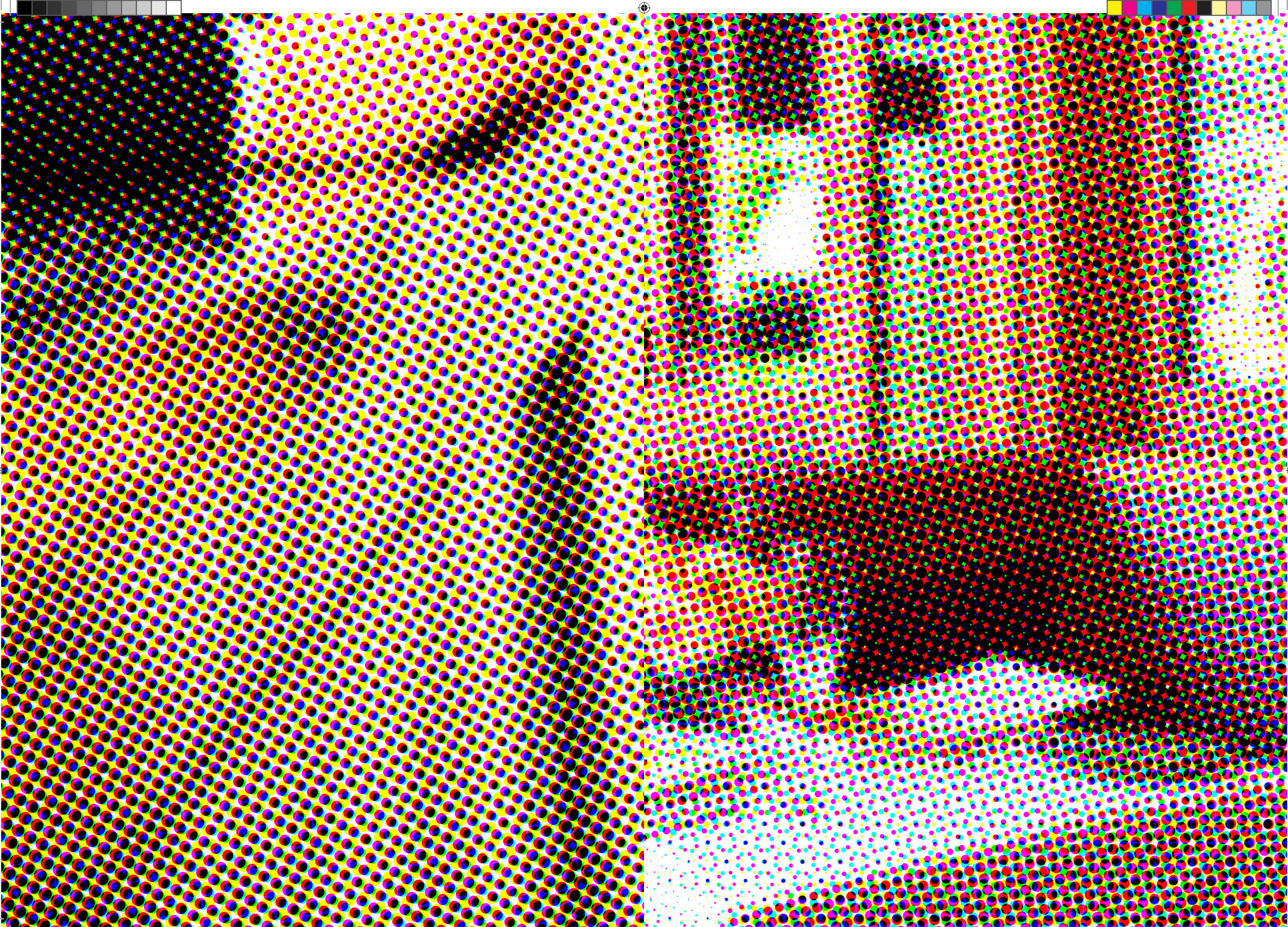
minced Margot and Fergus’s Highland cow

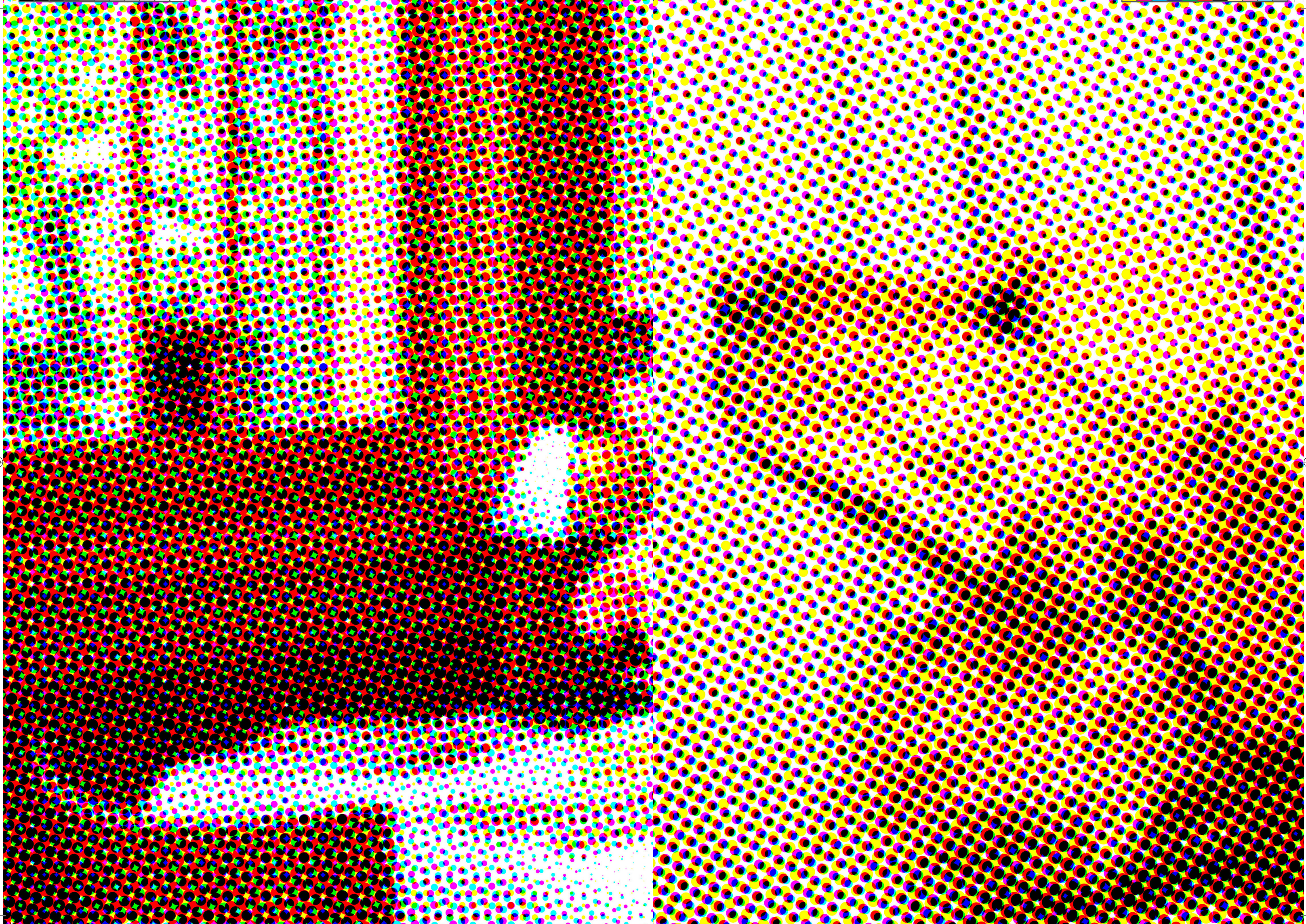


















TORTELLINO

PERSONE ?

- 100g Macinato di Massimo oppure Macinato di Bianca di Modena di proprietà di Massimo
- 50g Prezzemolo sfogliato
- Sale
- Pepe nero
- 20g Parmigiano Reggiano

PREPARAZIONE

Macinato di massimo,
grattugiare il Parmigiano Reggiano, tritare finemente
il prezzemolo a coltello.
Impastare tutti gli ingredienti a crudo.

MACINATO PER IL MIO CANE

Macinato di Massimo

OPPURE

Macinato di Bianca di Modena di proprietà di Massimo