



# **Beef: The Untold Story of How Milk, Meat, and Muscle Shaped the World**

*Andrew Rimas, Evan Fraser*

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**Beef: The Untold Story of How Milk, Meat, and Muscle Shaped the World** Andrew Rimas, Evan Fraser  
Andrew Rimas and Evan D.G. Fraser have joined together to tell the remarkable story of the noble cow in *Beef: The Untold Story of How Milk, Meat, and Muscle Shaped the World*. In the bestselling tradition of *Cod and Salt* comes a lively history of our ongoing relationship with an animal that we have worked alongside, consumed, and even worshipped for thousands of years. The history of the cow is both surprising and fascinating, and *Beef* offers a unique overview of cattle yesterday, today, and tomorrow—from adoration to breeding to braising; from ancient Mediterranean bullfight rings to African villages to American stockyards—complete with amazing facts and trivia, wonderful recipes, and an important warning for the future of beef production. <?xml:namespace prefix = o ns = "urn:schemas-microsoft-com:office:office" />

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