



# The Art of Living According to Joe Beef: A Cookbook of Sorts

*David McMillan, Frederic Morin, Meredith Erickson*

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Located in a working-class neighborhood of Montreal, Joe Beef is at the center of Montreal's growing reputation as a culinary destination. Often referred to as the Paris of North America, Montreal is the second-largest French-speaking city in the world, and like France, food is at the heart of its identity.

In *The Art of Living According to Joe Beef*, co-owners/chefs Frédéric Morin and David McMillan, along with writer and former Joe Beef staff member Meredith Erickson, present 135 unforgettable recipes showcasing Joe Beef's unconventional approach to French market cuisine. Advocating the use of ingredients from local or family-owned producers whenever possible, this collection of hearty dishes delivers. The **Strip Loin Steak** comes complete with ten variations, **Kale for a Hangover** wisely advises the cook to eat and then go to bed, and the **Marjolaine** includes tips for welding your own cake mold. Joe Beef's most popular dishes are also represented, such as **Spaghetti Homard-Lobster**, **Foie Gras Breakfast Sandwich**, **Pork Fish Sticks**, and **Pojarsky de Veau** (a big, moist meatball served on a bone). The *coup de grâce* is the Smorgasbord—Joe Beef's version of a Scandinavian open-faced sandwich—with thirty different toppings.

This cookbook (of sorts) is packed with personal stories, Fred's favorite train trips, Dave's ode to French Burgundy, instructions for building a backyard smoker and making absinthe, a Montreal travel guide, and *beaucoup plus*. With nearly every recipe photographed in exquisite detail, this nostalgic yet utterly modern cookbook is a groundbreaking guide to living an outstanding culinary life.

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