

DOMINIQUE RIOUX

# CARNIVORE

A BUTCHER'S SECRETS FOR PERFECTLY COOKED MEATS



**60**  
RECIPES





# TABLE OF CONTENTS

About the author 9  
Introduction: Once upon a time . . . 11  
Meat: Basic principles 14

## BEEF 21

### Forequarter beef cuts 22

Beef tataki + lemon + green beans + garlic 32  
Beef shank + tomatoes + white wine + vegetables 35  
Brisket + smoke + cholesterol 37  
Beef short ribs + raspberries + maple + rice noodles 38  
Beef stew + lardons + cooking in a pumpkin! 40  
Beef cheeks + wine + mashed potatoes + pickled shallots 43  
7-bone chuck roast + garlic + no dishes! 44  
Flat iron steak + miso shallots + garlic and lemon yogurt 46  
Tomahawk steak + coals + potatoes + lardons 49

### Hindquarter beef cuts 50

Filet mignon + bone marrow + escargots + arugula pesto 60  
Picanha + chimichurri + tomato + onion 63  
Bavette + sweet potatoes + sour cream + lime + coriander 65  
Flank steak + stroganoff 66  
Tartare + Caesar + caper pearls + Parmesan crisps 69  
Roast + beef = sandwiches 70  
Melted Brie + beef + barbecue 72  
Thor's hammer + sweet mop sauce + candle 75

## PORK 79

### Pork cuts 80

- Pork rillettes + dates* 88
- Capicola medallions + pineapple* 90
- Paupiettes + mushrooms + cream* 93
- Frenched pork rib chops + Butternut squash + lardons* 95
- Pork tenderloin + drying + simple* 98
- Spareribs + baby-cue sauce + apricots* 100
- Pork cheeks confit + tarragon Dijonnaise* 104

## LAMB 107

### Lamb cuts 108

- Lamb shoulder confit + prunes + garlic + rosemary* 116
- Leg of lamb + Haitian marinade + pikliz coleslaw* 118
- Grilled lamb leg steak + mint chimichurri + radishes + yellow beets* 121
- Lamb T-bones + tabouli + garlic yogurt* 123
- Rack of lamb + Biscoff cookies + figs + goat cheese* 124
- Lamb belly + smoke* 126

## INTERMISSION: OFFAL 128

- Veal brain popcorn + mayo + pesto + Parmesan* 130
- Pan-fried chicken hearts + bacon + grapes* 132
- Poultry liver pâté + port* 135

## VEAL 137

### Forequarter veal cuts 138

- Veal stew + mustard + mushrooms* 142
- Veal cross rib roast + garlic + herbs + sweet-and-sour sauce* 144
- Veal blade roast + citrus + gremolata* 146
- Veal shank + olives + preserved lemon* 149
- Sausages + caul fat + variations* 151

### Center and hindquarter veal cuts 152

- Veal loin chops + cowboy butter + herbed baby potatoes* 160
- Veal rib chops + roasted fennel + lemon vinaigrette* 164
- Osso buco + remix + puttanesca* 167
- Veal tartare + hash browns + herbs* 168
- Veal sirloin tip roast + miso + beer + orange* 170
- Veal tenderloin + roasted peppers + olives + prosciutto* 173
- Veal sirloin roast + chorizo + prunes + beer* 174

## POULTRY 177

### Poultry cuts 178

- Cordon Bleu + potato chips + onion dip* 184
- Chicken wings + Buffalo sauce + blue cheese sauce* 187
- Drumsticks + lollipop + mozzarella* 188
- Chicken thighs + flattened potato salad* 191
- Chicken legs + roasted carrots + pistachios + feta* 192
- Roast chicken + aji verde* 194
- Cornish hens + potatoes + thyme + lemon* 197
- Duck breast + orange soda + ginger + carrot pearls* 198
- Turkey DOM-plings + sweet and sour + cranberries* 201
- Quails + spatchcocked + peanut sauce + roasted bok choy* 202

## FARMED GAME 205

- Rabbit + spatchcocked + Vietnamese style* 206
- Hare + poutine + leeks* 209
- Venison rib chops + sea buckthorn + bacon marmalade* 210
- Wild boar ribs + haskap berries + garlic chips* 212
- Roasted partridge + grilled radishes + garlic yogurt* 215

## APPENDIXES 216

- Terminology* 216
- Osteology – Quadrupeds* 227
- Cartilage + quality zones– Quadrupeds* 228
- Osteology – Poultry* 229

## Acknowledgements 230





# ABOUT

## THE AUTHOR

Dominique Rioux eats a lot of meat! Cooking, barbecuing and butchering are not just passions, they are her way of life. A real carnivore at heart, she has loved to cook since a young age. In 2013, she got her diploma from Montreal's culinary arts school in retail butchering. The only woman in her class, she received an award of excellence. Since then, Dominique has made several TV appearances. In 2021, she charmed us with her porchetta on *Curieux Bégin* (Curious Bégin, Télé-Québec). Then, in 2024, she showed us how to make paupiettes in *La cuisine d'Isabelle et Ricardo* (Isabelle and Ricardo's kitchen, on Radio-Canada). She was a finalist at the televised contest *La Coupe BBQ* (Zeste télé/TVA), where she went head to head with renowned chefs. The 2019 winner of Montreal's *Burger Week* with her humongous "sugar shack" burger, she has also hosted "Butcher's secrets" workshops as part of the YUL EAT festival, which was so popular that participants even traveled from the US to attend!

Dominique enjoys popularizing and sharing the knowledge she has gained over the years. Because of the way she stands out from the crowd and shatters stereotypes, she has won a large community of followers on social media. And because she's resourceful, she learned how to photograph, do video editing and build a website with her cellphone. Now she has learned how to write a book!

For Dom, it's important to be true to yourself. For a long time, going off the beaten path was a source of suffering for her; now, it's one of her strengths, and she's very proud of it. Where there's meat, there's hope!

Follow her on social media!

Website: [www.dominique-rioux.com](http://www.dominique-rioux.com) Instagram: @dominique.rioux

TikTok: @dominique.rioux

Facebook: [www.facebook.com/dominique.rioux.927](https://www.facebook.com/dominique.rioux.927)





# INTRODUCTION

ONCE UPON A TIME ...

... there was a butcher who was very pleased to present her book to you!

Over the years, the art of butchering has really evolved in North America. The dawn of social media and access to world cuisine have greatly contributed to the emergence of new methods and trends when it comes to meat. Some cuts that used to be turned into ground meat are now very popular. I'm thinking of beef sirloin bavette (or flap) as one example: not long ago, it would automatically be ground. Today, it is a top favorite for grilling. That's also why we've seen its price go up in recent years.

As well, quite frankly, the terminology, the many names used for butcher's cuts, can be intimidating for a lot of people. French cuts are different from cuts in Canada, the US and elsewhere. Sometimes, even within a country, certain cuts have different names depending on the region!

This book is designed as a simple guide, a "mini bible" for everyone who eats meat: everyday cooks, chefs, barbecue enthusiasts, students and new butcher shop staff. It's for people who love to cook and even those who don't love to cook! In addition to information and tips, I offer you a wide range of recipes that are as varied as they are tasty.

After more than 10 years as a butcher, I have learned to listen to the customer and to guide them in their different meat-shopping needs. The same questions come up often – almost all the time. Below, I give clear answers to your questions ... with a bit of personality, of course! Exactly as if I were standing behind a butcher's counter.

## **Question 1. How do I cook this piece of meat? And this one?**

You can look in the table of contents for a particular cut of meat, then go to the page indicated. There you will find the best way to cook it (there's even more info in the box on page 13). Which brings me to the next question...



# Beef

21

Beef is one of the most consumed meats in the world. Tasty, full of nutrients and very versatile for cooking, it can be eaten raw, cooked, dried or smoked. Beef cuts are classified into three categories: premium, secondary and third. Premium is mainly made up of beef for grilling, from the rib, the loin, as well as the round and hip. Shoulder cuts are classified as secondary, while third category cuts, include the brisket, the shanks and the neck and are often used in stews because they need more time cooking to become tender.

A whole beef tenderloin weighs about 6 lbs (2.8 kg), while a whole lamb tenderloin is less than 7 oz (200 g). A cow's massive size is also one of the reasons why beef is dealt with in quarters by butchers, unlike lamb and pork, which are handled as an entire carcass.

In the cattle family, there are two types of breeds: dairy cattle for milk production and beef cattle for eating, such as Galloway, Limousin, Charolais, Black Angus, Red Angus, Blonde d'Aquitaine, Hereford, Highland, Texas Longhorn and Wagyu. Tajima is used for Kobe beef, the well-known designation raised in Japan.

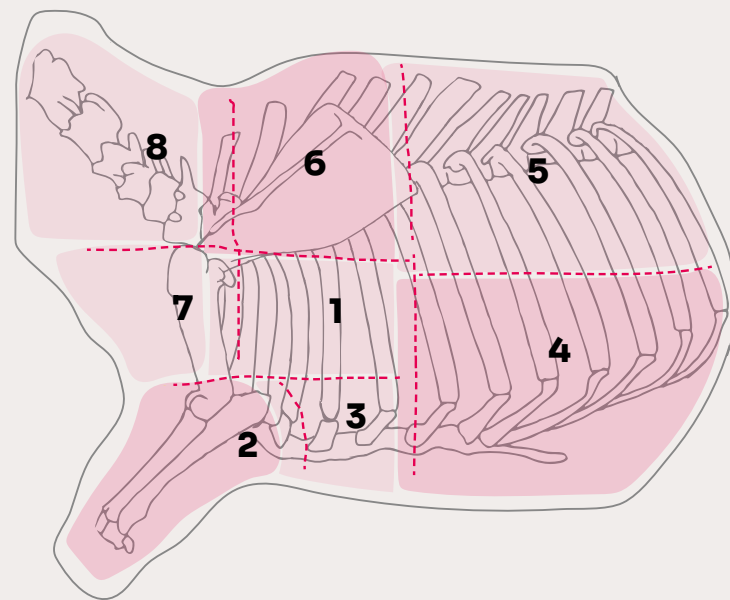
Given that the weight of a whole carcass is around 1000 lbs (450 k), beef has more cuts than any other animal used in the food industry.<sup>1</sup> Holy cow – that's a lot of beef!

<sup>1</sup> These are trades related to the preparation of products and foods for human consumption, such as chef, butcher, chocolatier, fishmonger and baker.



# THE CUTS

## BEEF FOREQUARTER CUTS



- 1 – SHOULDER CLOD
- 2 – SHANK (FRONT)
- 3 – BRISKET
- 4 – PLATE
- 5 – RIB
- 6 – BLADE
- 7 – SHOULDER
- 8 – NECK

### 1 – SHOULDER CLOD

The shoulder clod, which the animal relies on to move around, is the source of retail meat cuts that are not very tender but are very tasty. It contains the central part of the first five ribs, a piece of the humerus and the scapulo-humeral joint. In general, these muscles are perfect for simmering or braising.

**For connoisseurs:** here we find the shoulder petite tender (shoulder clod petite tender), a delicious and tender muscle because it is one that the animal uses less. It can be enjoyed as a steak, in tataki or even tartare.

WHOLESALE CUT: SHOULDER CLOD	
Retail cut	Cooking method
Chuck steak	Grill-simmer-sauté
Chuck short ribs	Braise-simmer-roast
Marinating short ribs (sliced)	Grill-sauté
Stew cubes	Simmer
Lean stew cubes	Simmer
Rôti de côtes croisées – Individual muscle: <i>deep pectoral</i>	Braise-simmer-roast Raw-grill-sauté
Rôti de pointe d'épaule (tenderized or not) – Individual muscle: <i>filet d'épaule</i>	Braise-simmer-roast Raw-grill-sauté

### 2– SHANK (FRONT)

Directly connected to the shoulder joint, the shank (specifically the foreshank) is an ideal cut for pot-au-feu, stew and slow, low-heat cooking in the oven, on the barbecue or even in the smoker. A specific feature of this cut is its bone with marrow in the center, as well as a variety of small muscles filled with collagen that surround it. Collagen is an ally for stews, giving texture to sauces and tenderizing meat as it melts during cooking. Marrow brings flavor. The marrow can also be used in different recipes, especially roasted and eaten on bread, as you would use butter.

WHOLESALE CUT: SHANK (FRONT)	
Retail cut	Cooking method
Stew cubes	Simmer
Shank center-cut (sliced or whole)	Braise-simmer
Boneless shank (tied or not)	Braise-simmer
Rolled boneless shank	Braise-simmer
Thor's hammer (Hammer shank; Frenched shank)	Braise-simmer
Marrow bones; canoe cut or cross cut	Braise-grill-simmer-roast

3/4 – BRISKET AND PLATE

These two cuts are similar. Very flavorful and not very tender, they both work well in recipes that are cooked slowly over low heat or simmered. They are often used to make Montreal’s famous smoked meat and corned beef.

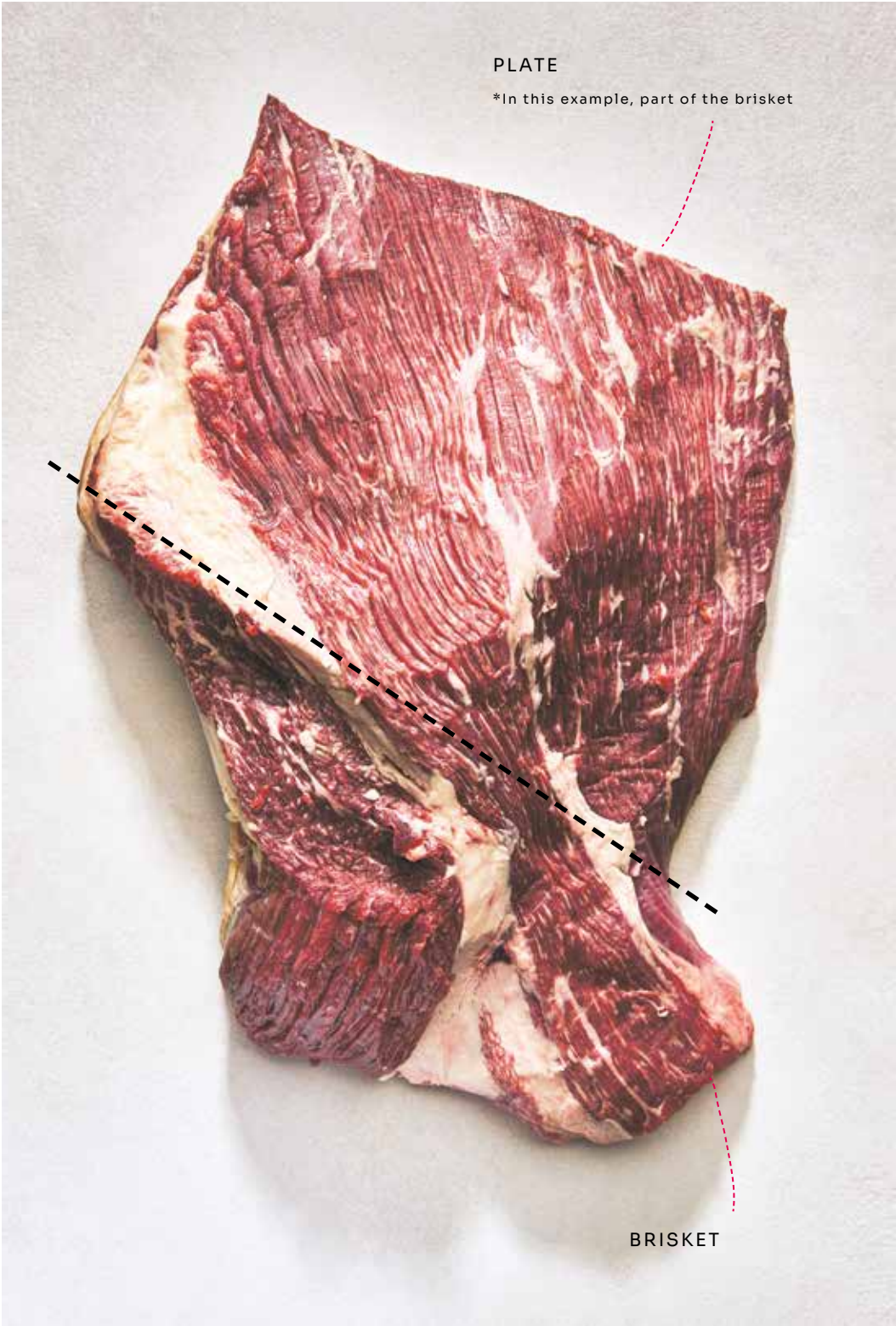
Today, these two cuts are kept together to make a whole brisket. Here is a perfect example of a cut that is very popular in the United States that has won over many barbecue and smoker aficionados around the world. The brisket point half is the thickest and fattiest part, containing several muscles; it’s also called the nose, point cut, double or deckle. The front portion of the brisket is commonly called the flat half, as it’s the thinnest part of the brisket.

WHOLESALE CUT: BRISKET

Retail cut	Cooking method
Whole brisket	Braise-simmer
Stew cubes	Simmer
Brisket flat half or brisket point half, whole or in pieces	Braise-simmer-barbecue
Strips	Grill-simmer-sauté

WHOLESALE CUT: PLATE

Retail cut	Cooking method
Flanken style short ribs	Braise-grill-simmer-sauté
Plate short ribs	Braise-simmer
Couronne or carré de bouts de côtes	Braise-simmer
Stew cubes	Mijoter
Strips	Simmer
Poitrine désossée (roulée ou non)	Grill-sauté





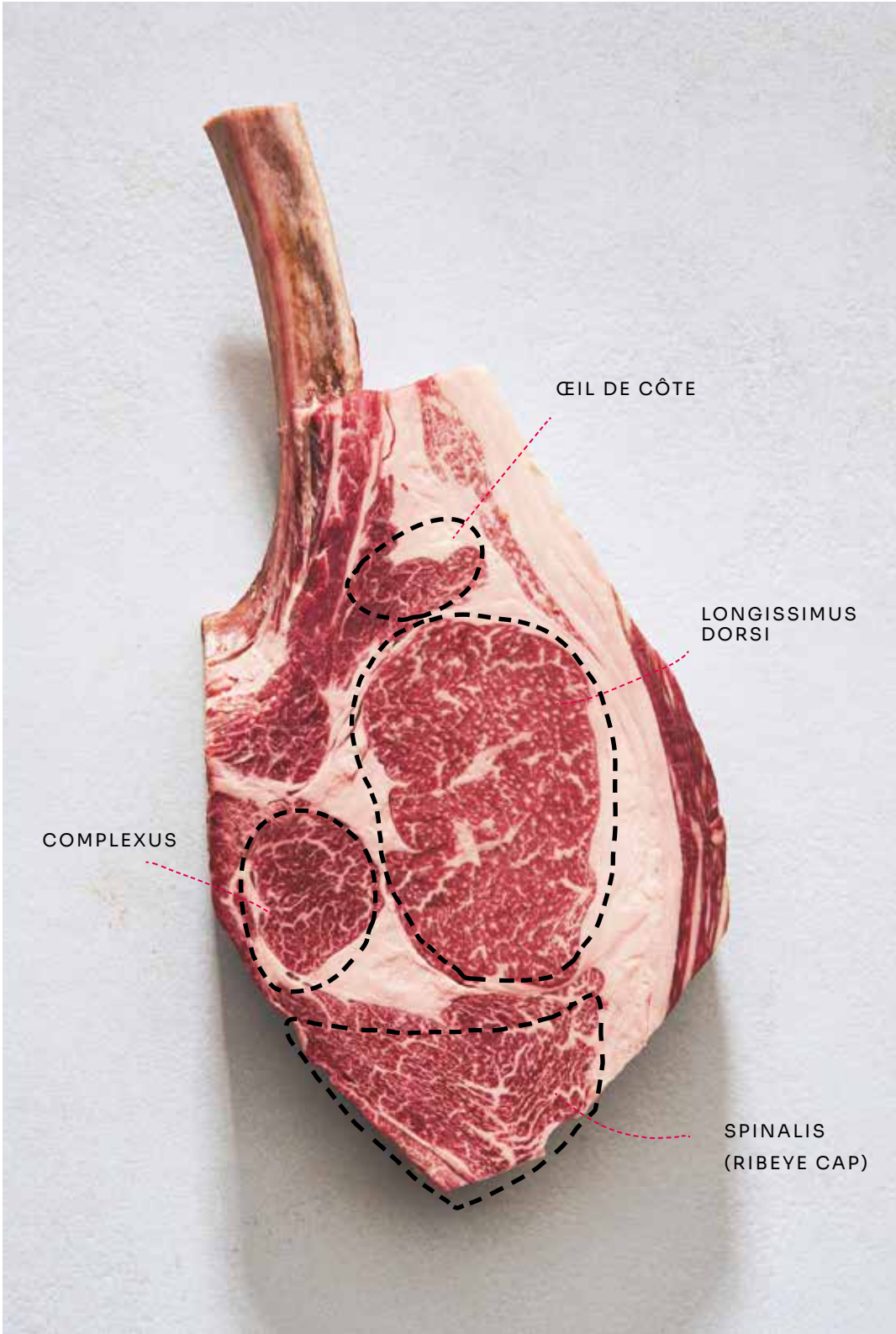
5 – RIB

The rib primal cut gets its name from the fact that the cut contains ribs from one end to the other (7 ribs). Found behind the chuck and near the spine, these muscles do very little work. Whether as a steak or a roast, these cuts are not only delicious but very tender: it's the most prestigious wholesale cut in the beef forequarter. It contains highly valued cuts such as the prime rib roast or rib steak (bone in) and the ribeye roast or steak (boneless) – called *entrecôte* in France – which are actually the same piece cut with and without the bone. To make a tomahawk steak, all you need to do is keep the full length of the bone on a rib steak. For a cowboy steak (Frenched rib steak), you leave less of the bone: about 2 inches (5 cm). Broadly speaking, these four retail cuts (tomahawk, ribeye, prime rib and cowboy steak) include exactly the same muscles: the difference is in how the bone is dealt with.

- For connoisseurs:** the rib has three parts:
- 1. The chuck part, near the haut côté, is fattier, with four separate muscles (see photo, page 27), including the spinalis (the ribeye cap), which is at its largest in this section. Meat lovers adore it!
  - 2. The loin end is leaner, as it is an extension of the sirloin.
  - 3. The center part is nicely balanced between the haut côté and the loin: not too fatty and not too lean.

**More info:** Along the spine, inside the chest wall, is a fat called beef suet, which covers part of the kidneys. Attached to them is the hanger steak, one of the tastiest muscles of the carcass.

WHOLESALE CUT: RIB	
Retail cut	Cooking method
Rib steak (bone in) – Individual muscle: <i>complexus</i> – Individual muscle: <i>longissimus dorsi</i> – Individual muscle: <i>hanger</i> (inside the chest wall) – Individual muscle: <i>spinalis</i> (ribeye cap) – Beef suet (inside the chest wall)	Grill-sauté Raw-grill-sauté Raw-grill-sauté Raw-grill-sauté Grill-sauté See box (page 29)
Ribeye steak (boneless)	Grill-sauté
Rib short ribs	Braise-simmer
Rib short ribs (sliced or grilling)	Braise-grill-simmer-sauté
Back ribs	Braise-grill-simmer-roast
Hanger steak	Raw-grill-sauté
Prime rib roast	Braise-roast
Ribeye roast	Braise-roast
Cowboy steak (Frenched rib steak)	Grill-sauté
Tomahawk steak	Grill-sauté





# FLAT IRON STEAK + MISO SHALLOTS + GARLIC AND LEMON YOGURT

Where the flat iron comes from: the haut côté

## Serves

4 calm eaters or 2 excited eaters

**Prep time** – 45 min

**Tempering** – 30 min

**Cooking time** – 25 min

**Resting time** – 10 min

## Steak

1 ¾ lb (800 g) flat iron steak (top blade flat iron grilling steak)

Salt to taste

2 tbsp (30 mL) vegetable oil

## Garlic and lemon yogurt

2 cups (500 mL) plain yogurt

2 tbsp (30 mL) lemon juice

2 garlic cloves, chopped

1 tsp (5 mL) lemon zest

Salt and pepper to taste

## Miso shallots

¼ cup (60 mL) butter

6 to 8 shallots, peeled and cut in half lengthwise

3 tbsp (45 mL) honey

3 tbsp (45 mL) white miso

For serving (optional)

Fresh herbs or microgreens (your choice)

A drizzle of honey

A pinch of fleur de sel

**1. Steak.** Unwrap the steak and let sit at room temperature on a wire rack for at least 30 minutes.

**2. Garlic and lemon yogurt.** Combine all ingredients in a bowl and refrigerate.

**3. Miso shallots.** In a skillet, over medium-high heat, melt the butter. Place the shallots flat side down in the skillet. Cook without stirring until the butter foams and the shallots are nicely browned. Add the honey and miso. Turn over the shallots and baste them with the honey miso butter using a spoon.

**4.** Evenly salt the meat. In a skillet, over high heat, heat the oil and sear the steak until nicely browned, turning it over halfway through cooking (recommended internal temperature of between 52 and 55°C/125 and 131°F). Set aside on a plate and let rest for about 10 minutes.

**5.** On each plate, place a few spoonfuls of yogurt. Add the shallots and some of their juice. Slice the steak against the grain and arrange the slices on the plates. If desired, garnish with fresh herbs or microgreens. Finish with a drizzle of honey and a pinch of fleur de sel.

**Note:** To make this recipe on the grill, preheat the barbecue to high or use a charcoal chimney starter to get glowing coals. Sear the steak over direct heat on the grill or on the coals.







## PICANHA + CHIMICHURRI + TOMATO + ONION

Where the picanha comes from: the sirloin

A remix of Argentinian chimichurri and Mexican pico de gallo:  
perfect for pairing with Brazilian picanha!

### Serves

4 to 6 reasonable eaters or  
3 aggressive eaters

**Prep time** – 25 min

**Tempering** – 30 min

**Cooking time** – 50 min

**Resting time** – 10 to 15 min

### Picanha

1 whole picanha, about 3 lbs (1.5 kg)  
Salt to taste

### Tomato and onion chimichurri

1½ cups (375 mL) vegetable oil

Zest of 1 lime

Juice of 2 limes

¼ cup (60 mL) chopped fresh  
oregano

¼ cup (60 mL) chopped fresh  
cilantro

1 cup (250 mL) diced seeded  
tomatoes

¼ cup (60 mL) diced white onion  
Chopped jalapeño to taste

**1. Picanha.** If desired, trim the fat from the roast to your taste and remove the membrane on the meat side. Let sit at room temperature on a wire rack for 30 minutes.

**2. Tomato and onion chimichurri.** In a large bowl, combine oil, lime zest, lime juice, oregano, cilantro, tomatoes, onion; stir in jalapeño to taste. Refrigerate.

**3.** Preheat the barbecue to high on just one side of a gas grill; for a charcoal grill, use a charcoal chimney starter to get glowing coals and place it at one end of the grill.

**4.** Evenly salt the meat to your taste. Place it on the grill over direct heat or directly on the coals. Sear the picanha on all sides until nicely browned, turning it over halfway through cooking. If pieces of charcoal stick to the meat, remove them with tongs.

**5.** On a gas grill, move roast to unlit side of grill. If cooking on the coals, return the grill to the barbecue and place roast on grill. Adjust heat to 275°F (135°C) ideally, or up to 350°F (180 °C) and cook over indirect heat.

**6.** Insert a barbecue-safe thermometer into the center of the meat and cook for about 45 minutes or until the internal temperature reaches 127 °F (53 °C) for very rare, or to desired doneness.

**7.** Set on a wire rack and let rest for 10 to 15 minutes. Slice the roast across the grain. Serve with the tomato and onion chimichurri.

**Note:** The picanha roast may also be called a coulotte roast or top sirloin cap oven roast.



# RACK OF LAMB + BISCOFF COOKIES

## + FIGS + GOAT CHEESE

Where the rack comes from: le carré

124

CARNIVORE

If you love a good crunch, you're in the right place! This recipe is so simple and so tasty!

### Serves

3 little birds or 2 vultures

**Prep time** – 20 min

**Tempering** – 30 min

**Cooking time** – 20 to 25 min

**Resting time** – 10 min

### Rack of lamb

1 lamb Frenched rib roast (Frenched rack of lamb), about 1½ lbs (700 g)

1 pkg (8.8 oz/250 g) Biscoff cookies

Salt to taste

2 tbsp (30 mL) Dijon mustard

### Greens, figs and goat cheese

2 cups (500 mL) arugula

2 tbsp (30 mL) extra virgin olive oil

Zest of ½ lemon

1 tsp (5 mL) lemon juice

Salt and pepper to taste

½ cup (50 g) crumbled goat cheese

2 figs, quartered

Pecan halves to taste

**1. Rack of lamb.** Unwrap the lamb and let sit at room temperature on a wire rack for 30 minutes.

**2.** Preheat oven to 425°F (220 °C).

**3.** Coarsely crush the cookies (there should still be a few chunks). Set aside on a plate.

**4.** Evenly salt the lamb to your taste. With a brush, baste with Dijon mustard. Roll the lamb in the crumbs, pressing on the crumbs to make a crust over the entire surface.

**5.** Bake for 20 to 25 minutes or until the crust is crispy and the internal temperature reaches 131°F (55 °C) for medium-rare. Let rest 10 minutes.

**6. Greens, figs and goat cheese.** In a large bowl, combine the arugula, olive oil, zest and lemon juice. Season with salt and pepper. Set aside.

**7.** Mash the goat cheese until fairly smooth. Spread on the serving platter. Add the greens and garnish with the quartered figs and pecans.

**8.** Place the lamb on top of the goat cheese.







# VEAL SHANK + OLIVES

## + PRESERVED LEMON

Where the shank comes from: the shank (front or hind)

If desired, pair the veal with grilled vegetables and couscous or roasted potatoes.

**Serves**

4 easy-going eaters or  
2 high-octane eaters

**Prep time** – 30 min

**Cooking time** – 3 hours

Salt and pepper to taste

4 slices of veal shank, about 12 oz (350 g)  
each

¼ cup (60 mL) all-purpose flour

2 tbsp (30 mL) vegetable oil

3 tbsp (45 mL) butter

2 onions, diced

1 cup (250 mL) diced carrots

1 cup (250 mL) diced celery

2 cups (500 mL) veal stock

1 red bell pepper, diced

1 preserved lemon, sliced

½ cup (125 mL) pitted green olives

2 bay leaves

1 sprig of rosemary

**For serving**

Lemon zest to taste

1. Preheat oven to 250°F (125 °C).
2. Salt and pepper the slices of veal to your taste, then coat evenly all over with flour.
3. In a large Dutch oven or other oven-proof heavy, shallow saucepan, over high heat, heat the oil and butter. Sear the meat on all sides until nicely browned. Set aside on a plate.
4. Add onions, carrots and celery to pot and sauté until soft. Deglaze with the veal stock, scraping the bottom a wooden spoon to get all the brown bits.
5. Return the veal slices to the pot. Add the red pepper, preserved lemon slices, olives, bay leaves and rosemary.
6. Cover and bake for 3 hours or until the meat is tender and easily comes off the bone. During cooking, stir occasionally so the veal doesn't stick to the bottom. If you need more liquid, add ¼ to 1 cup (60 to 250 mL) water.
7. Discard bay leaves and rosemary stem. Garnish with lemon zest when ready to serve.





## CHICKEN WINGS + BUFFALO SAUCE + BLUE CHEESE SAUCE

Where the cut comes from: the wings

This is a recipe I love eating in my living room while watching TV . . .  
and it is delicious in the kitchen as well!

**Serves**  
4 Sunday eaters or  
2 Olympic eaters  
**Prep time** – 25 min  
**Cooking time** – 45 min

### Chicken wings

¼ cup (60 mL) brown sugar  
2 tbsp (30 mL) paprika  
1 tbsp (15 mL) garlic powder  
1 tbsp (15 mL) onion powder  
2 tsp (10 mL) salt  
12 cut chicken wings (see Notes)  
Radish slices (for serving)  
Cucumber slices (for serving)

### Blue cheese sauce

1 cup (250 mL) mayonnaise  
¼ cup (30 g) blue cheese  
1 tsp (5 mL) honey  
Salt and pepper to taste

### Buffalo sauce

¼ cup (60 mL) butter  
½ cup (125 mL) Red Hot sauce  
2 tbsp (30 mL) brown sugar or white sugar  
1 tbsp (15 mL) apple cider vinegar

**1. Chicken wings.** In a small sealable container, place the brown sugar, paprika, garlic powder, onion powder and salt. Tightly close the container and shake vigorously to blend the seasonings well.

**2.** In a large bowl, combine the wings with the desired amount of seasoning. Cover the wings well. Refrigerate.

**3. Blue cheese sauce.** In a food processor or blender, blend all the sauce ingredients until smooth. Taste and adjust seasoning as needed. Refrigerate. Use a charcoal chimney to prepare a grill to cook over indirect heat at 180°C (350°F).

**4. Buffalo sauce.** In a saucepan, over medium-high heat, bring all ingredients to a boil. Remove from heat and set aside.

**5.** Place the chicken wings on the grill over indirect heat and smoke them until the internal temperature reaches 69°C (154°F). Add charcoal to increase the temperature to grill the wings and brown them until the internal temperature reaches 74°C (165°F).

**6.** Place the wings in a large bowl. Add Buffalo sauce to taste. Stir well to coat.

**7.** Serve the wings with blue cheese sauce and garnish with radish and cucumber slices.



# CHICKEN LEGS + ROASTED CARROTS + PISTACHIOS + FETA

Where the cut comes from: the leg

## Serves

4 typical eaters or  
2 atypical eaters

**Prep time** – 25 min

**Cooking time** – 1 hour 15 min

## Parsley and feta salad

⅓ cup (80 mL) finely chopped parsley

¼ cup (40 g) crumbled feta cheese

1 tsp (5 mL) hot pepper flakes

Zest and juice of 1 lemon

¼ cup (60 mL) coarsely crushed  
pistachios

## Roasted carrots

4 large carrots

¼ cup (60 mL) melted butter

3 tbsp (45 mL) balsamic vinegar

1 tsp (5 mL) honey + a drizzle (for  
serving)

## Chicken legs

Salt to taste

4 chicken leg quarters with skin and  
bones

## Garlic yogurt

1 cup (250 mL) plain yogurt

1 to 2 garlic cloves, shoots removed,  
finely chopped

Salt and pepper to taste

1. Preheat oven to 375°F (190 °C).

2. **Parsley and feta salad.** In a bowl, combine the parsley, feta, hot pepper flakes, and lemon zest and juice. Refrigerate.

3. **Roasted carrots.** Peel the carrots and cut in half lengthwise, then in half crosswise. In a baking dish, combine the butter, balsamic vinegar and 1 tsp (5 mL) honey. Add the carrots and mix well.

4. Cover with foil and bake for 15 minutes. Uncover and continue cooking for 25 to 30 minutes or until the carrots are tender and nicely browned. Set aside; keep warm. (Leave oven on.)

5. **Chicken legs.** Evenly salt the chicken legs to your taste. Arrange on a wire rack placed on a baking sheet or roasting pan. Bake for 30 minutes or until the internal temperature reaches 165°F 74 °C).

6. **Garlic yogurt.** In a bowl, combine yogurt and garlic; season with salt and pepper.

7. Stir pistachios into the parsley and feta salad. On the serving plates, spread a large spoonful of garlic yogurt and place the roasted carrots on top. Add the parsley and feta salad. Top with a drizzle of honey. Add one chicken leg and serve.

**Note:** This recipe can also be made on a barbecue grill. Cook the carrots over indirect heat in a covered oven-proof skillet. On high heat, over direct heat, sear the chicken legs until browned, then continue cooking over indirect heat until the internal temperature reaches 74 °C (165 °F).





# DUCK BREAST + ORANGE SODA + GINGER + CARROT PEARLS

I love serving this duck breast with mashed carrots. Orange is the new quack!

## Serves

2 restrained people or  
1 frantic person

**Prep time** – 25 min

**Freezing time** – 45 min

**Tempering** – 20 min

**Cooking time** – 30 min

**Resting time** – 5 to 10 min

## Carrot pearls

2 cups (500 mL) vegetable oil  
⅓ cup (80 mL) carrot juice  
½ tsp (2 mL) agar-agar

## Citrus salad

Segments of 1 peeled orange  
Segments of 1 peeled pink  
grapefruit  
5 basil leaves, finely chopped  
Zest and juice of 1 lemon  
Salt and pepper to taste

## Duck breast

1 full boneless duck breast with skin  
2 cans (each 12 oz/355 mL) cans  
orange soda  
1 tbsp (15 mL) grated fresh  
gingerroot  
Salt to taste

## Material

1 eye-dropper (available at  
pharmacies)

**1. Carrot pearls.** Pour the oil into a tall container, like a juice glass, and put in the freezer for 45 minutes before making the pearls.

**2. Citrus salad.** Cut the orange and grapefruit segments in thirds and place in a bowl. Add the basil and lemon zest and juice. Season with salt and pepper. Refrigerate.

**3.** In a small saucepan, over high heat, combine carrot juice and agar-agar; bring to a boil. Remove from heat and fill the eye-dropper with hot liquid.

**4.** Remove the oil from the freezer. One drop at a time, add the carrot juice mixture into the oil; the pearls will solidify when they come into contact with the oil (see Note, page 68). Turn all the liquid into carrot pearls in this way.

**5.** Strain the oil in a sieve to keep only the pearls. Immerse the pearls in a bowl of cold water to remove the excess oil. Strain again, place in a bowl and cover, then store the pearls in the fridge.

**6. Duck breast.** Score the skin side of the breast with a sharp knife in a very fine cross-hatch pattern. Cut the breast into two halves. Let sit at room temperature on a wire rack for at least 20 minutes.

**7.** Pour the Orange Crush into a saucepan and bring to a boil over high heat. Boil for 10 to 15 minutes or until it has the consistency of syrup. Add the fresh ginger and remove from heat. Set aside.

**8.** Evenly salt the duck to your taste. In a skillet, over high heat, place the duck breasts, skin side down and cook until brown on all sides. Pour in the orange syrup and ginger to coat the meat well. Remove from heat and let rest for 5 to 10 minutes.

**9.** To serve, cut each piece of breast in half. Arrange on the plate, add the citrus salad between the slices and garnish with a few carrot pearls and drops of the syrup from the pan.





## A CARNIVORE'S JOURNEY

Dominique Rioux is more than a chef—she's a force in the world of meat. After earning a diploma in retail butchering from Montreal's culinary arts school in 2013—where she was the only woman in her class and won an award of excellence—Dominique's expertise and dynamic personality quickly made her a beloved figure in the culinary world.

Carnivore is her tribute to the art of meat, packed with essential knowledge on cuts, terminology, and techniques. With 60 recipes for every level of carnivore, you'll find creative twists on classics like Chicken Legs with Roasted Carrots, Pistachios, and Feta, or Veal Roast with Miso, Beer, and Orange. Take your skills further with showstoppers like Filet Mignon with Bone Marrow, Escargots, and Arugula Pesto or Lamb Shoulder Confit with Prunes, Garlic, and Rosemary. Ready to push the limits? Try daring dishes like Calf Brain Popcorn with Mayo, Pesto, and Parmesan or Deer Frenched Center Cut Chop with Sea Buckthorn and Bacon Marmalade.

Carnivore isn't just a cookbook; it's a celebration of life through meat.

### Follow her on social media!

*Website:* [www.dominique-rioux.com](http://www.dominique-rioux.com)

*Instagram:* @dominique.rioux

*TikTok:* @dominique.rioux

*Facebook:* [www.facebook.com/dominique.rioux.927](http://www.facebook.com/dominique.rioux.927)

Dominique's journey is a testament to following your true self, no matter how unconventional the path may seem. She's proud of the road less traveled, and her story continues to inspire others to embrace what makes them unique. For Dominique, where there's meat, there's hope. Join her on this exciting, delicious journey. She lives in Montreal.

**Title:** CARNIVORE

**Subtitle:** A Butcher's Secrets for Perfectly Cooked Meats

**Author:** Dominique Rioux

**Publication Date:** September 2025  
(shipping July 2025)

**ISBN(s):** 978-0-7788-0737-7 /  
0778807371

**Price:** \$34.95 US / \$44.95 CAD

**Format/Trim:** HC / 7.625" x 10"

**Page Count:** 232

**Recipes / Illustrations:** Full color  
photography throughout

**Subject / Category:** CKB054000  
COOKING / Specific Ingredients /  
Meat

### Marketing & Publicity

- Robert Rose will launch a targeted marketing and publicity campaign across North American platforms.
- Extensive national and regional specialty and food print and online publicity campaign.
- Blogger and reviewer campaign targeting all specialty and food sites with a focus on domesticated and game meats.
- Influencer outreach to leading culinary and hunting professionals.
- Strategic social media campaign including all author and publisher platforms and channels (Website, Facebook, TikTok, Pinterest, Instagram, Newsletters).
- Focus on special online and virtual opportunities for advertising and direct to consumer marketing.

#### Ordering Information

Firefly Books  
50 Staples Avenue, Unit 1  
Richmond Hill, ON  
Canada L4B 0A7

Phone: (416) 499-8412  
Toll Free: (800) 387-6192  
Fax: (416) 499-8313  
Toll Free Fax: (800) 450-0391  
Email: [service@fireflybooks.com](mailto:service@fireflybooks.com)

ADVANCE  
UNCORRECTED  
PROOFS

Robert  
ROSE

[www.robertrose.ca](http://www.robertrose.ca)