

# [PDF] The 4-Hour Chef: The Simple Path To Cooking Like A Pro, Learning Anything, And Living The Good Life

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## Books Details:

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Author:

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## Description:

### Book Description

The 4-Hour Chef: The Simple Path to Cooking Like a Pro, Learning Anything, and Living the Good Life builds upon Timothy Ferriss's internationally successful "4-hour" series by transforming the way we cook, eat, and--most important--learn. Ferriss, nominated as one of Fast Company's "Most Innovative Business People of 2007" and Forbes magazine's "Names You Need to Know in 2011," is

author of the #1 New York Times best sellers *The 4-Hour Body* and *The 4-Hour Workweek*, the latter of which has been translated into 35 languages and has been on the New York Times Best Sellers list for more than four years unbroken.

Featuring recipes and cooking tricks from world-renowned chefs, interspersed with the radically counterintuitive advice Ferriss's fans have come to expect, *The 4-Hour Chef* is a practical but unusual guide to mastering food and cooking, whether you are a seasoned pro or a blank-slate novice.

Beyond that, it is designed to be "the cookbook for people who don't buy cookbooks." *The 4-Hour Chef* will teach Ferriss's approach to learning any skill in minimum time, which is what his 1,000,000+ monthly blog readers have most requested he write about for nearly five years. Readers of this new book, using food as a vehicle, will learn the art and science of meta-learning--the skill of learning skills.

Last but not least, this book also refines and showcases the very best recipes and hacks based on Ferriss's *The Slow-Carb Diet*, which hundreds of thousands of his readers around the world have tested for performance enhancement and fat loss (many have lost 100+ pounds since December 2010).

### **Enjoy a Sampler Platter of *The 4-Hour Chef***

#### **Click on thumbnails for larger images**

Tim learns about selecting the best cuts at Dickson's Farmstand Meats. At Dickson's Farmstand Meats, Tim gets tips on the art of butchering from an in-house expert. Tim prepares to make Bistecca Alla Panzanese. He coats the meat with grapeseed oil and seasons both sides with salt and pepper.

Harissa Crab Cakes, a quick appetizer that showcases the flavors of chili and lime. The ingredients for Mashed Coconut Cauliflower with Cashews--mashed potato mouthfeel without the guilt. Tim prepares succulent Herbed Sous-Vide Turkey Legs with thyme, sage, garlic, and butter. These White Chocolate Chip and Pistachio Cookies have a delectable flavor and texture.

**About the Author** Tim Ferriss is author of the #1 *New York Times* best sellers *The 4-Hour Workweek* and *The 4-Hour Body*. He's been called "The Superman of Silicon Valley" by *Wired*, one of *Fast Company's* "Most Innovative Business People" and "the world's best guinea pig" by *Newsweek*, which ranked him in its top 10 "most powerful" personalities on the 2012 Digital 100 Power Index. He is an adviser and faculty member at Singularity University, based at NASA Ames Research Center, which focuses on leveraging accelerating technologies to address global problems. Tim's work has been featured in *The New York Times*, *Forbes*, *The Economist*, and *The New Yorker*, among many others.

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