

"IF YOU CROSSED JASON BOURNE WITH JULIA CHILD, YOU'D END UP WITH TIM FERRISS."

—Marco Canora, Chef-Partner of Hearth and Terroir

# The 4-Hour CHEF



THE SIMPLE PATH TO COOKING LIKE A PRO,  
**LEARNING ANYTHING,**  
AND LIVING THE GOOD LIFE

FROM #1 NEW YORK TIMES BEST-SELLING AUTHOR

**TIMOTHY FERRISS**

The 4-Hour  
**CHEF**

# **MUAY THAI—THE ART OF 8 LIMBS**



**MIRIAM NAKAMOTO**  
**FORMER WBC WORLD CHAMPION**

# **MUAY TIM—THE ART OF 8 TOOLS**



**TIM FERRISS**  
**FORMER NON-COOK**







## **PUBLISHER'S DISCLAIMER**

The material in this book is for informational purposes only. Since each individual situation is unique, you should use proper discretion, in consultation with a health-care practitioner, before undertaking the diet and exercise techniques described in this book. The author and publisher expressly disclaim responsibility for any adverse effects that may result from the use or application of the information contained in this book.

## **NOTICE ON FOOD HANDLING**

This book is about cooking; it's not a food processing and handling manual. I strongly encourage you to read and follow the established safe food processing and handling guidelines available through the USDA, FDA, and Department of Health and Human Services, including:

[foodsafety.gov](https://www.foodsafety.gov)

[fsis.usda.gov](https://www.fsis.usda.gov)

[fda.gov/food/foodsafety](https://www.fda.gov/food/foodsafety)

## **NOTICE ON INTERNET RESOURCES**

My full curriculum is within the covers of this book. For those of you who want to “go beyond” in your research, I have provided links to Internet resources. My team and I have worked to check that these links are accurate and point to resources available when this book was released for publication. But Internet resources change frequently, and other confounding variables beyond my control intervene. So, for various reasons, the links may not direct you to the resource I had intended. In many cases, you will likely be able to use your favorite search engine to locate the correct link. Where links to a good resource are not working, and avid readers among you let me know, we will work to provide updated and corrected links in posts or pages at [fourhourblog.com](http://fourhourblog.com).

## **NOTICE ON HAND WASHING**

When in doubt, wash your hands. Touched meat? Wash your hands.  
Rinsed spinach? Wash your hands. Saw a shooting star? Yep, wash your  
hands. Do it more than you think necessary.

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# The 4-Hour **CHEF**

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**TIMOTHY FERRISS**

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