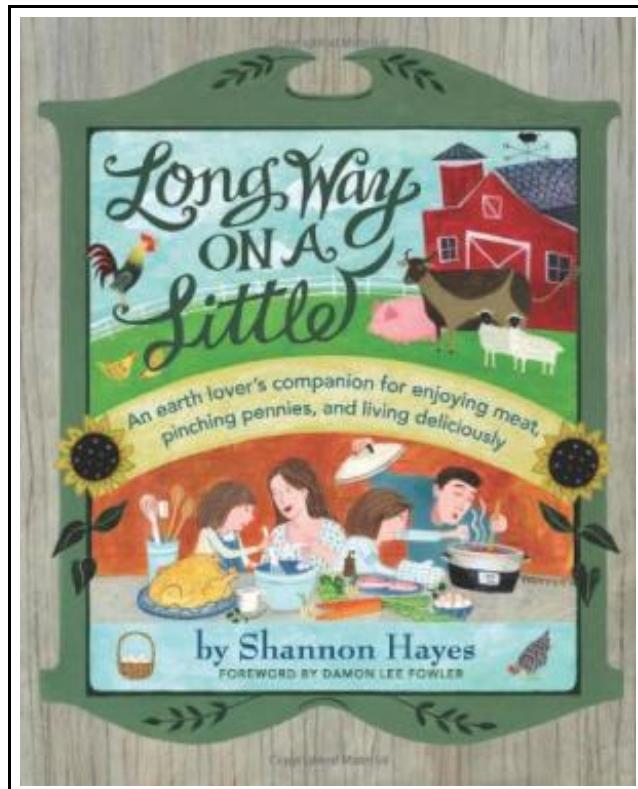


Long Way on a Little: An Earth Lovers Companion for Enjoying Meat, Pinching Pennies and Living Deliciously



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Reviews

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(Eileen Kling I)

LONG WAY ON A LITTLE: AN EARTH LOVERS COMPANION FOR ENJOYING MEAT, PINCHING PENNIES AND LIVING DELICIOUSLY

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Left to Write. Paperback. Book Condition: New. Paperback. 288 pages. Dimensions: 9.9in. x 7.9in. x 0.8in. Every earth-conscious home cook who wishes to nourish his or her family with sustainable, local, grassfed and pastured meats should be able to do so, regardless of income, argues Shannon Hayes, we just have to change how we're eating. In her largest, most comprehensive volume to-date, North America's leading authority on grassfed meat examines the conundrum of maintaining a healthy, affordable and ecologically sound meat-based diet, while simultaneously paying America's small sustainable farmers a fair price for their food. But to do it, she adds, we need to expand our menus to include more than just the prime cuts, and we need to learn how to work with leftovers. More than just a cookbook, Long Way on a Little presents Hayes practical knowledge about integrating livestock into a sustainable society with her accessible writing and engaging wit. Designed to be the only meat book a home cook could ever need, Long Way on a Little is packed with Hayes' signature delicious no-fail recipes for perfect roasts and steaks cooked indoors and out on the grill, easy-to-follow techniques to make use of the less-conventional, inexpensive cuts that often go to waste, tips on stretching a sustainable food budget, and an extensive section on using leftovers and creating soups; all with the aim of helping home cooks make the most effective and economical use of their local farm products or their own backyard livestock. While addressing the topic of making local food more affordable, Hayes also frankly grapples with tough health issues confronting so many Americans today, from diabetes to grain and gluten intolerance. The result is a family-pleasing, nutrient-dense, affordable cuisine that is a joy to prepare, rich in authentic flavor, and steeped in the wisdom...

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