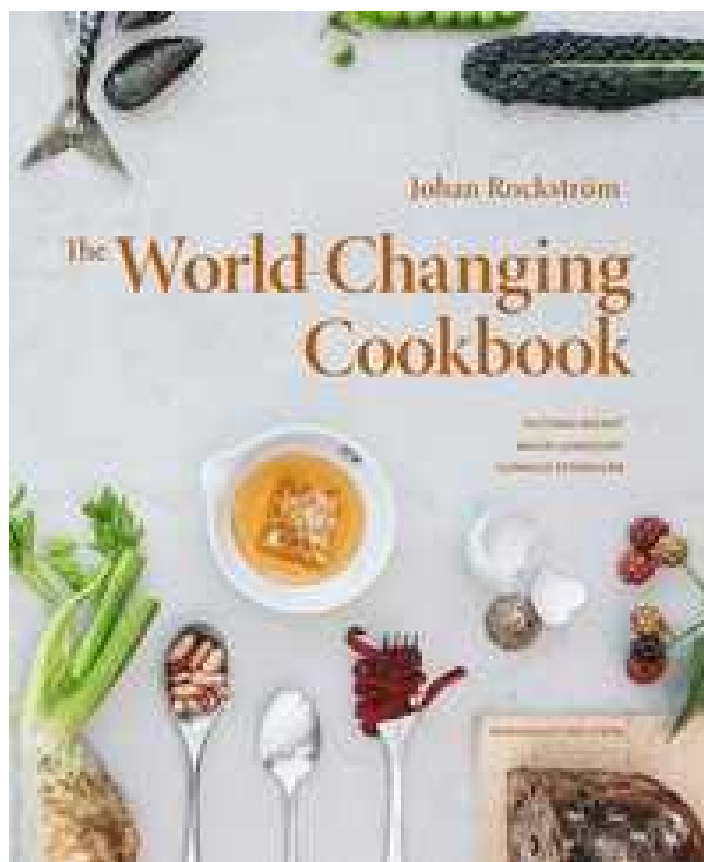


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The world-changing cookbook PDF E-BOK

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Författare: Malin Landqvist,Joel Wåreus

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BESKRIVNING

This cookbook helps you save the world from the comfort of your own kitchen. Nothing has a greater impact on the environment and the planet's climate than food preparation and consumption. This is humanity's single greatest challenge because while its environmental impact needs to be reduced, the population of the world needs to be fed healthy food produced from the planet's limited resources. The answers are not always easy or unambiguous. Researchers around the world are struggling with these issues. However, there is widespread agreement that people can achieve a great deal in their own kitchens - this is where individual change-journeys have to begin. This cookbook contains more than 70 recipes for meals that are both healthy and sustainable. Preparing and eating food can be hugely enjoyable - especially if you know what you can eat with a clear conscience. The recipes are primarily inspired by Nordic cuisine, but also have a strong Mediterranean influence - and some ingredients from Asia and South America. All ingredients in the book are climate-smart - and the meals are guaranteed to be delicious! The book is the brainchild of Professor Johan Rockström, who provides the scientific basis for the book, and chef Malin Landqvist, who created the recipes. PhD candidate Victoria Bignet writes the texts, and the introduction is written by the founder of the EAT foundation Gunhild Stordalen. The book also contains a comprehensive Q&A that provides answers to the most common questions related to food production and consumption. This is a lavish, inspirational, and important cookbook that offers you the chance to make a genuine difference - at home, in your own kitchen.

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