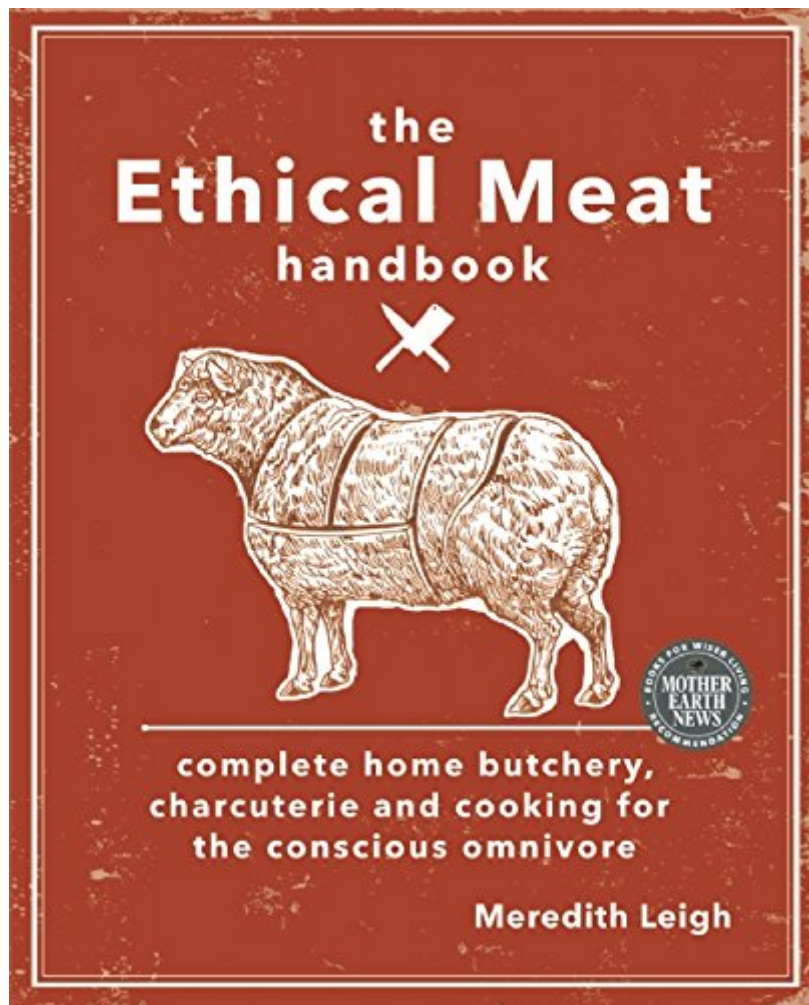


The Ethical Meat Handbook: Complete Home Butchery, Charcuterie and Cooking for the Conscious Omnivore PDF



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The Ethical Meat Handbook: Complete Home Butchery, Charcuterie and Cooking for the Conscious Omnivore by Meredith Leigh ISBN 0865717923

Nutrition, environmental impact, ethics, sustainability—it seems like there's no end to the factors we must consider when we think about our food. At the center of the dietary storm is animal-based agriculture. Was your beef factory-farmed or pasture-raised? Did your chicken free range, or was it raised in a battery cage? Have you, in short, met your meat?

Most efforts to unravel the complexities of the production and consumption of animal protein tend

to pit meat eaters and vegetarians against each other. *The Ethical Meat Handbook* seeks a middle ground, arguing that by assuming full responsibility for the food on our fork, and more importantly, the route by which it gets there, animals can be an optimal source of food, fiber, and environmental management. This hands-on, practical guide covers:

Integrating animals into your garden or homestead
Basic butchery: whole animal, primals, subprimals, and end-cuts, including safety and knife skills
Charcuterie: history, general science and math principles, tooling up
Culinary highlights: getting creative, preparing sauces, ferments, difficult cuts, and extras

Eating diversely may be the most revolutionary and proactive action we can take to ensure the sustainability of our food system. *The Ethical Meat Handbook* challenges us to take a hard look at our individual dietary choices, increase our self-reliance and at the same time enjoy delicious food that benefits our health and our planet.

Meredith Leigh is a food and farming specialist who has worked as a butcher, chef, teacher, and homesteader, all in search of realistic solutions for sustainable food.

The Ethical Meat Handbook: Complete Home Butchery, Charcuterie and Cooking for the Conscious Omnivore Review

This The Ethical Meat Handbook: Complete Home Butchery, Charcuterie and Cooking for the Conscious Omnivore book is not really ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is actually information inside this reserve incredible fresh, you will get information which is getting deeper an individual read a lot of information you will get. This kind of The Ethical Meat Handbook: Complete Home Butchery, Charcuterie and Cooking for the Conscious Omnivore without we recognize teach the one who looking at it become critical in imagining and analyzing. Don't be worry The Ethical Meat Handbook: Complete Home Butchery, Charcuterie and Cooking for the Conscious Omnivore can bring any time you are and not make your tote space or bookshelves' grow to be full because you can have it inside your lovely laptop even cell phone. This The Ethical Meat Handbook: Complete Home Butchery, Charcuterie and Cooking for the Conscious Omnivore having great arrangement in word and layout, so you will not really feel uninterested in reading.