



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

By Meredith Leigh

New Society Publishers. Paperback. Book Condition: new. BRAND NEW, The Ethical Meat Handbook: Complete Home Butchery, Charcuterie and Cooking for the Conscious Omnivore, Meredith Leigh, 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...

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