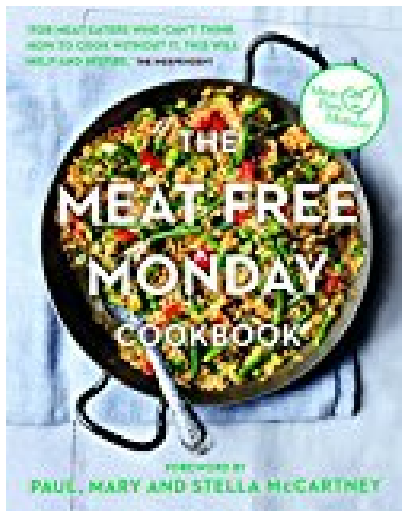


The Meat Free Monday Cookbook



BOOK DETAILS

- Author : Stella Paul
- Pages : 240 Pages
- Publisher : Kyle Books
- Language : English
- ISBN : 0857833693

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BOOK SYNOPSIS

In 2009, Paul, Stella and Mary McCartney launched the Meat Free Monday campaign as a simple and straightforward idea to show everyone the value of eating less meat and to make it easier for us to do so. Cutting down the amount of meat in our diet has a huge range of environmental and personal benefits, including significantly reducing the greenhouse gas emissions associated with livestock production, boosting our health by increasing the amount of fruit and vegetables in our diet, and helping us save money by offering substitutes for expensive meat and fish. Often, though, our vegetarian repertoire is limited, with the result that our enthusiasm to continue with a meat-free day wanes when we are confronted with yet again eating the same dish. With menus for each of the 52 weeks of the year two main recipes, plus four other ideas for each meal of the day The Meat Free Monday Cookbook addresses this problem and is aimed at everyone who cares about the environment, is happy to eat vegetarian one day a week, but needs inspiration and guidance to do so. Packed with vibrant spring soups, inventive summer salads, appetizing fall casseroles and comforting winter stews, the recipes include such enticing dishes as Grilled Figs with Ricotta, Spiced Pumpkin Pancakes, Sicilian Cauliflower Pasta, Mexican Cornbread, Pilau Rice with Cashews, French Bean, Roquefort and Walnut Salad, Watermelon Granita, Hot Mozzarella Sandwich, Roasted Halloumi Wrap and Onion and Walnut Muffins, and cover everything from alternatives to the ubiquitous ham sandwich in your packed lunch and the traditional cooked breakfast to satisfying snacks for when hunger strikes. With contributions from Paul, Stella and Mary McCartney, as well as celebrity and chef supporters of the campaign such as Skye Gyngell, Giorgio Locatelli, Yotam Ottolenghi, Tom Aikens, Kevin Spacey, Pink, Twiggy, Woody Harrelson, Vivienne Westwood and Pamela Anderson, The Meat Free Monday Cookbook is guaranteed to tempt even the most confirmed carnivore."

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