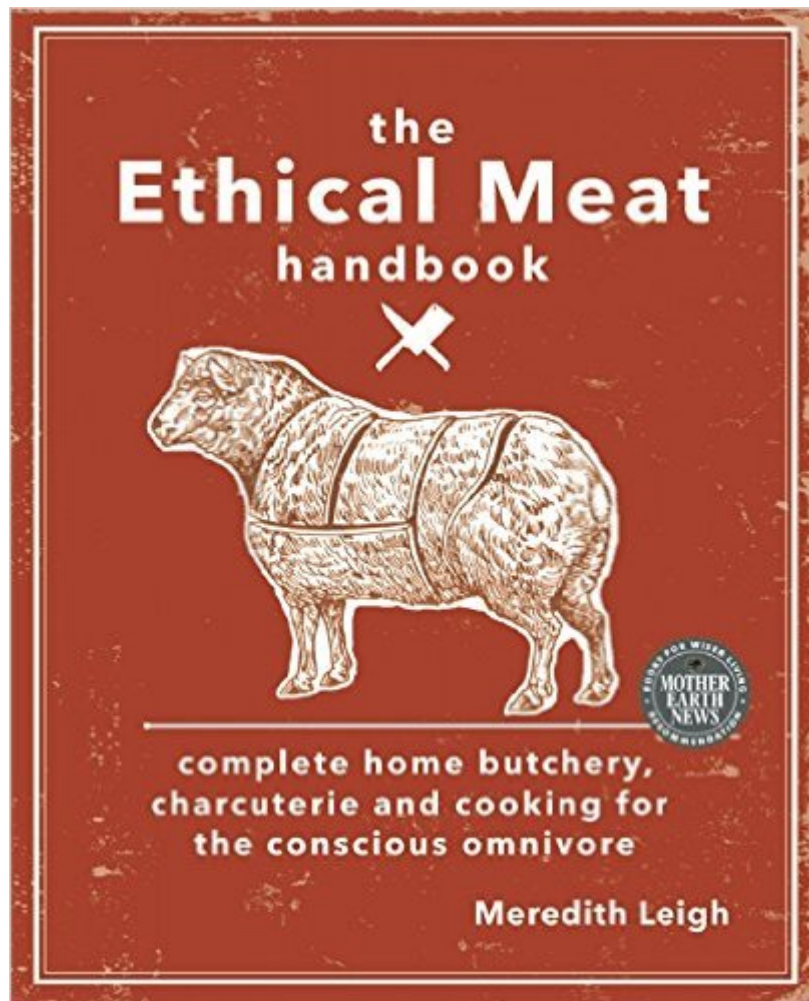


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# The Ethical Meat Handbook: Complete Home Butchery, Charcuterie And Cooking For The Conscious Omnivore



## Synopsis

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.

## Book Information

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Sustainable Living

## Customer Reviews

the Ethical Meat Handbook by Meredith Leigh ISBN: 978-0-86571-792-3 Once I learned that this book was recommended by Mother Earth News, I had to get a copy of it. Most books related to raising livestock cover selecting breeds, what to feed the animal, how to house and protect the animals from predators, illness, and disease. This book has a different focus. The book starts off by defining ethical meat. Ethical meat comes from an animal that enjoyed a good life and that was afforded a good death without long suffering. The meat is butchered properly, and then it is cooked or preserved properly so that waste is minimized. After defining ethical meat, the author carefully describes different types of knives and other related instruments used in the butchering process. A strong point of the book was an explanation of various "label claims." First, the claim "no added hormones" can be very misleading because there is no organization or entity that verifies the "no added hormones" label claims, or that keeps a record of claims and practices. The USDA has banned the use of hormones for pork and poultry products; so if you see a claim "no added hormones" on a pork or poultry product, know that the producer has not made any extra efforts outside of the standard regulatory requirements for the raising of those animals. Also the USDA has banned the claim, "antibiotic free" so if you see this claim, it is neither legal nor verified. The USDA does oversee the claim of "No antibiotics administered."

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