



The Grassfed Gourmet Cookbook: Healthy Cooking & Good Living with Pasture Raised Foods

Shannon Hayes

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In the emerald-green fields of America's finest pasture-based farms, cattle, pigs, bison, goats, sheep, and poultry roam free, eating what nature intended them to eat. In **THE GRASSFED GOURMET COOKBOOK**, Cornell professor of sustainable agriculture and community development Shannon Hayes presents 125 recipes spotlighting the unique flavors and distinct characteristics of foods that come from animals raised on pasture. Discover how meat and dairy products are meant to taste through mouthwatering recipes for a wide range of pasture-raised meats and dairy products, including beef, bison, venison, veal, lamb, goat, pork, poultry, rabbits, and cheese. Hayes also discusses the nutritional, environmental, social, and animal-welfare benefits of pasture-based farming as well as simple strategies for finding and preparing grassfed and pasture-raised foods. Exploration of the culinary, health, environmental, and animal-and human-welfare benefits of pasture-based farming. Simple techniques and fool-proof strategies for making the most of your purchases, including cooking with lower-cost cuts. Profiles of six innovative pasture-based farmers and the contributions they're making to the future of food and farming. Includes information on how to find a grass-based farmer and how to be their favorite customer.

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