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The Organic Meat

*Cookbook Ebury Paperback
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- One of delicious
magazine's top cookbooks

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of 2021 'Not only does
Kathy Slack write
beautifully, but she
also takes stunning
photographs with a
strong sense of place,
light dappling across

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the pages.' - delicious
'What a lovely first
cookbook this is: a
fresh and tempting
celebration of the joys
of growing your own, and
cooking what you grow.

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And Kathy writes
beautifully.' - Hugh
Fearnley-Whittingstall
'This book is a seasonal
treat. I feel
transported into nature
when I read Kathy's

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delightful recipes...' -
Thomasina Miers 'A
gentle, useful book full
of inspiring, delicious
recipes and guidance for
kitchen gardeners. Kathy
writes with a poetic,

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infectious wonderment at
the life-enhancing magic
of growing and cooking
vegetables.' - Rosie
Birkett 'A book full of
promise.' - Gill Meller
- Everyday recipes that

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make vegetables the star of the show Kathy Slack takes us through a year in her veg patch in this celebration of her ten favourite things to grow and eat. Peas, lettuce,

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courgettes, beans,
tomatoes, beetroot,
squash, apples, kale and
leeks; all simple to
grow, affordable and
readily available to
anyone without a growing

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space of their own. Most recipes are vegetarian, some use meat or fish, but every dish makes veg the star of the plate. This is food for everyone and every day.

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Here are recipes to herald the start of spring (Pea, Feta and Mint Frittata) to enjoy on a sweltering summer day (A Tomato-lovers Salad with Anchovy

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Breadcrumbs) to warm you
up as the nights start
to draw in (Pumpkin
Tikka Masala) and to
hunker down with in the
depths of winter (Leek,
Chestnut and Cider

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Crumble). Whether you grow your own vegetables at home or buy them at the supermarket, these beautiful recipes celebrate ingredients at their very best and are

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a joy to cook and eat.

Having to follow a
gluten-free diet can be
a daunting prospect for
children and young
adults - they feel
isolated at a time when

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their friends are
enjoying everything from
bread, pizza and pasta,
to crisps, cakes and
biscuits. Yet with
supermarkets now
stocking many gluten-

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free ingredients, you
can make versatile,
healthy and enticing
gluten-free meals that
will appeal to all the
family. Based on recipes
created for the author's

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own daughter, The Gluten-free Cookbook for Kids includes: Over 100 recipes from crispy chicken nuggets and quick pizza to birthday cupcakes and peanut

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butter cookies; Top Ten
kids' favourite dishes;
A list of store cupboard
essentials; Creative
ideas for special
treats, healthy snacks
and lunchboxes; Top tips

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for eating out,
travelling and school
trips. The Gluten-free
Cookbook for Kids will
solve many of your
mealtime dilemmas and
help your child to learn

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what they can and can't eat. An essential guide for any gluten-free family.

You can reverse pre-diabetes and type 2 diabetes when you change

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how you eat

International diabetes
expert David Cavan has
teamed up with food
writer and type 1
diabetic Emma Porter to
create 100 low-carb,

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healthy-fat recipes to help reverse type 2 diabetes and prediabetes, and control type 1 diabetes as part of a healthy lifestyle. From simple breakfasts

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and tasty snacks to
indulgent dinners and
healthy desserts the
authors will help you
take control of your
health and cook meals
the whole family will

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enjoy. The recipes also help manage type 1 diabetes more effectively. Recipes include: Baked eggs in avocado with roasted fennel and tomatoes One-

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pan blueberry pancake

Roasted aubergine and

garlic salad with olive

oil, basil and tomato

Mexican-style fajitas

Nutty mushroom risotto

with bacon Slow-roasted

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salt and pepper pulled
pork Orange and almond
cake Cherry, chocolate
and coconut cream ice
lollies

"The ultimate guide for
parents of youngish

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children. If you are
lucky you can start with
pre-conception and go
through the
breastsfeeding stage but
you can always pick up
later. The organic

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products guide is
comprehensive, including
as it does, baby foods,
baby gear, family gear,
household products and
recommendations for a
'green home'. Highly

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recommended for organic
families."

Waitrose Food

Illustrated

The Protein Cookbook

150 effortless ways to

eat 5+ fruit and veg a

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day

Naturally Sassy

The History of

Antibiotics in Anglo-

American Food Production

The Organic Baby Book

Following the success of his

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most recent Friends and Family Cookbook, Ainsley is turning his culinary attention to feel-good cookery food that makes you feel great. Capturing Ainsley's enthusiasm for making cooking fun, The Feel-

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Good Cookbook brings us food that is good for the body and the soul: healthy, tasty and easy to prepare. 150 brand-new recipes make up a bible of deliciously simple recipes, essential for time-pressed cooks wanting fresh,

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flavoursome and nutritious food. Chapters range from Light Bites and Quick and Easy Suppers to Mid-week Meals and Substantial Salads, and features include handy menu spreads, store-cupboard essentials and a

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guide to sourcing ingredients.

In this superb book Frances Bissell has compiled a classic compendium of over 200 delicious recipes, for beef, veal, pork, lamb, poultry and game. Here are

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tempting slow-cooked braises
and stews to enjoy for a
winter Sunday lunch, light
and quick one-course meals
to rustle up at the end of
the working day, and sauces,
preserves and accompaniments
to lend a new twist to

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traditional dishes. In addition, she gives invaluable advice about finding and buying the best ingredients, all the various cuts and joints and how to get the best from them, equipment, roasting charts

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and how to joint and carve.
Ahead of its time, the
hardback of this book
(titled Fast, Fresh and
Fabulous) was much more than
a collection of recipes from
Britain's most respected
vegetarian author. It

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offered inspiring, mouth-watering dishes that also had a low GI rating. Now available in an updated paperback format, Rose shares the secrets of healthy vegetarian and low-GI living. She gives

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essential information on living as a healthy vegetarian or vegan, whether you want to lose weight, feed your baby or start eating well to look younger and live longer. Inspired in particular by Mediterranean

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and Far Eastern cuisine, she combines an abundance of organic vegetables with fresh herbs, exotic spices, beans and grains to produce simple, delicious, energizing dishes. Rose also gives ideas for menu-

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planning, whether it's for fast, afterwork meals, or celebratory dinner parties. Beautifully illustrated with over 50 stunning recipe shots, this cookbook will inspire and delight vegetarians, non-

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vegetarians, and those wanting to follow a low-GI diet.

In the culinary world, Scotland is renowned for the quality of its ingredients. Whether its wild salmon, organically reared beef,

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raspberries, shellfish or even whisky, Scottish produce is full of depth and flavour. Combine these ingredients with Scotlands top chef Nick Nairn and the results are outstanding. A self-taught cook, Nick has

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been a long-time champion of fresh Scottish produce, but his cooking also takes its influences from all over the world. In *New Scottish Cookery*, Nick combines the very best fresh Scottish ingredients with a myriad of

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international flavours, to create a mouth-watering collection of recipes destined to become the Scottish classics of the future. Containing the signature dishes that have made Nicks reputation from

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his bestselling Wild Harvest books, as well as over 80 new recipes, the book is a celebration of good quality, great-tasting food.

Beautifully illustrated with 100 colour photos and including a useful guide to

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where to buy the best
Scottish ingredients, Nick
Nairns New Scottish Cookery
will delight food lovers
everywhere.

The Thrift Book
Gail's Artisan Bakery
Cookbook

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Recipes, foods and
spirituous liquors, from our
bounteous walled garden in
the several seasons of the
year

Home Economics

Simple Recipes For Everyone
Who Loves Food But Doesn't

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Know How To Make It

Waterstone's Guide to Books

The Thrift Book is a guide to how to live well while spending less by bestselling writer India Knight. Feeling poor because of the credit crunch? Feeling guilty because of global warming?

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Feeling like you'd like to tighten your belt, but aren't ready to embrace DIY macramé handbags? No need to panic. Put down the economy mince and buy this book instead - it's a blueprint for living beautifully, while saving money and easing your

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**conscience. India Knight will
show you: - How to make
wonderful dinners with every
little money - How to dress on a
budget and still look fabulous -
How to make friends and start
sharing with your neighbours -
How to holiday imaginatively -**

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**with barely a carbon footprint Try
it - you have nothing to lose but
your overdraft. 'A blueprint for
living well, however broke you
are, with thrifty tips on looking
fab, cooking, pampering and
partying' Cosmopolitan 'The
Thrift Book might be the only**

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**sure-fire investment out there'
Harper's Bazaar 'A triumphant
treat and a useful and sensible
manual' Independent India
Knight is the author of four
novels: My Life on a Plate, Don't
You Want Me, Comfort and Joy
and Mutton. Her non-fiction**

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books include The Shops, the bestselling diet book Neris and India's Idiot-Proof Diet, the accompanying bestselling cookbook Neris and India's Idiot-Proof Diet Cookbook and The Thrift Book. India is a columnist for the Sunday Times and lives in

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London with her three children. Follow India on Twitter @indiaknight or on her blog at <http://indiaknight.tumblr.com>. Why go organic? Sullivan reviews the history of organic practices, starting in the 1930s, and then shows how readers can move

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beyond mere good intentions to make workable lifestyle choices. 'My aim is to make changing the way you eat easy, attainable and non-threatening. I want to take food back to basics: simple, healthy, plant-based recipes, full of unprocessed natural

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ingredients that taste great. Just remember what you need to help you THRIVE (tasty, healthy recipes that increase vitality effortlessly).' Saskia Be fit and strong not skinny, happy not guilty with 100 healthy recipes for every day, deliciously free

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**from meat, dairy and wheat.
Saskia's delicious, easy-to-make
recipes will prove to sugar
addicts, hardened carnivores and
dairy lovers that plant-based
eating is delicious, fun and
satisfying - as well as really good
for you. Recipes are either quick**

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and simple or can be made ahead, ingredients are affordable and easy to find, and you don't need lots of expensive equipment to make this food. As a ballet dancer, this diet gives Saskia all the energy and nutrition she needs to train,

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recover and perform but you don't have to be an athlete to benefit from this book. These recipes will overhaul your health, leave your skin healthy and glowing, give you energy to tackle every situation and occasion from gym work-outs to

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that special occasion for which you need to look for best, and give your body all the nutrients it needs to be healthy.

“Good bread begins with just four honest ingredients: flour, water, salt and yeast. Nothing could be simpler and yet nothing

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is more gratifying.” GAIL’s Since opening the first GAIL’s in 2005, the team behind London’s most inviting artisan bakery has been on a mission to bring high-quality, handmade bread and delicious vibrant food to local communities. In this, their first,

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stunning cookbook, GAIL's take us through the day with inventive, fresh recipes. This abundant recipe book brings the spirit of GAIL's alive. It starts with the essential how-to's of mixing, kneading and shaping loaves before going on to offer

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over 100 varied savoury and sweet recipes inspired by the simplicity of cooking good bread and all the delicious mealtime possibilities around it. GAIL's will encourage you to try your hand at a basic foolproof bloomer, bake a satisfying sourdough,

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**create morning muffins and
pastries, bold salads,
flavoursome pies, appetizing
tarts and sandwiches, easy
afternoon biscuits and cakes, and
finally cook delicious savoury
meals and desserts for supper.
Simply divided into Baker's**

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**Essentials, Bread, Breakfast,
Lunch, Tea and Supper, the
GAIL's Cookbook includes: White
poppy seed bloomer French dark
sourdough Wholemeal loaf
Focaccia Brioche plum and ginger
pudding Buckwheat pancakes
with caramelised apples and**

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**salted butter honey Pizza Bianca
with violet artichokes and
burrata Truffle, raclette and
roast shallot toastie Teatime
sandwiches Savoury scones &
fruit scones Red quinoa and
smokey aubergine yoghurt salad
Baked sardines with sourdough**

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**crumbs and heritage tomato
salad Fregola and chicken salad
Baked bread and chicken soup
Tuna Nicoise on toast Sourdough
lasagna Root vegetable and
Fontina bake Leek and goat's
cheese picnic loaf Brown
sourdough ice cream with**

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raspberry

Tapas Revolution

The Noodle Cookbook

**How to Plan and Raise a Healthy
Child**

The Feel-Good Cookbook

**10 favourite vegetables, 100
simple recipes everyone will love**

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Low-GI Vegetarian Cookbook

The Flavour-led Weaning Cookbook offers over 100 first-tastes recipes your baby will love. It will be your best-friend in the kitchen from day 1, guiding you every step of the way with expert and realistic advice, meal plans and recipes. Flavour-led weaning uses

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baby-friendly herbs and spice as safe, healthy and natural flavour-boosters. It will encourage your baby to love their food from their very first taste. It will show you how to bring a rainbow of colour to your baby's diet. And will ensure your baby gets all the nourishment they needs at every stage

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in their weaning journey. Flavour-led weaning works in harmony with spoon-led and baby-led weaning. This book includes meal plans for all the weaning stages, plus delicious recipes the whole family can enjoy together.

Cara Hobday follows her bestselling The Ultimate Slow Cooker Cookbook

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with this new collection of original and enticing recipes. There are over 100 delicious recipes for every occasion - from a simple mid-week supper to a more elaborate dinner party. Cara's recipes are easy to follow and can be prepared with little fuss and hassle in the morning so that you have a

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wholesome hot meal to come home to in the evening. Choose from a light and tasty Provençale Pasta Sauce or Seafood Risotto; rustle up a hearty winter warmer such as Chicken with Bacon, Leeks and Mustard or a creamy Lamb and Cauliflower Kashmir Curry; and impress your friends with

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Slow-roasted Duck and Apples followed by an indulgent Toffee and Pecan Pudding. There is also a chapter of ideas for how to spice up a Sunday roast as well as buying advice and troubleshooting tips.

'Beautifully put-together with wonderfully crafted, full-on flavour

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recipes for everyone. A proper family feast of a cookbook!' Tom Kerridge
"This is a gorgeous book." Nigella Lawson
"Lennie and Jessie are as madly entertaining to read as they are to be around. They are also brilliant storytellers so every recipe is as personal as it could be: a classic

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Jewish chopped liver served on Friday night dinners, aromatic Beef Stifado eaten on Greek holidays or an orange and pistachio cake created by son and brother. I adore this family. Yotam Ottolenghi This book encapsulates humour, kindness, bucket loads of love and, most importantly, good food.

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I'm so happy to have the Ware family in my life and in my kitchen. Sam Smith 'damned good food' The Telegraph Mum. Guess what? What Jessie? We've written a cookbook. I know darling! Do you think anyone will want to buy it? Well, it's the recipes we've made our guests the

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really good ones. Like the Sausage and Bean Casserole we made Ed Sheeran, the Drunken Crouton and Kale Salad we made Yotam Ottolenghi and the two Blackberry and Custard Tarts we served Nigella.' 'You ate a whole one before she arrived, darling.' 'It's a bloody good recipe mum.'

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Cooking through Table Manners is like having Jessie and Lennie at the table with you: brash, funny and full of opinions. In true Ware style, their cookbook is divided into Effortless, A Bit More Effort, Summertime, Desserts and Baking (thanks to Jessie's brother Alex), Chrismukkah (Christmas,

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Hanukkah and celebrations) and, of course, Jewish-ish Food. These delicious, easy dishes are designed for real people with busy and sometimes chaotic lives with the ultimate goal of everyone eating together so unfiltered chat can flourish.

Omar Allibhoy is the new face of

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Spanish cooking: he's charismatic, effusive, passionate and wants to bring Spanish food to the people of the UK. Tapas Revolution is the breakthrough book on simple Spanish cookery. Using everyday storecupboard ingredients, Omar offers a new take on the classic tortilla

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de patatas, making this iconic dish easier than ever, and brings a twist to pinchos morunos and pollo con salsa. With sections covering vegetables, salads, rice dishes, meat, fish, cakes and desserts, the emphasis is on simplicity of ingredients and methods – reinforcing the fact that absolutely

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anyone can cook this versatile and
accessible food. TAPAS NOT PASTA!
Delicious flexitarian recipes for planet-
friendly eating

Over 100 easy and delicious recipes
101 healthy and delicious noodle
recipes for happy eating

From the Veg Patch

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History of the Natural and Organic
Foods Movement (1942-2020)

Food of the Southern Forests

**The world's most comprehensive,
well documented and well illustrated
book on this subject. With extensive
subject and geographical index. 66**

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**photographs and illustrations -
mostly color. Free of charge in
digital PDF format on Google Books.
Pyrrhic Progress analyses over half a
century of antibiotic use, regulation,
and resistance in US and British
food production. Mass-introduced**

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after 1945, antibiotics helped revolutionize post-war agriculture. Food producers used antibiotics to prevent and treat disease, protect plants, preserve food, and promote animals' growth. Many soon became dependent on routine antibiotic use

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**to sustain and increase production.
The resulting growth of antibiotic
infrastructures came at a price.
Critics blamed antibiotics for
leaving dangerous residues in food,
enabling bad animal welfare, and
selecting for antimicrobial resistance**

(AMR) in bacteria, which could no longer be treated with antibiotics. Pyrrhic Progress reconstructs the complicated negotiations that accompanied this process of risk prioritization between consumers, farmers, and regulators on both

sides of the Atlantic. Unsurprisingly, solutions differed: while Europeans implemented precautionary antibiotic restrictions to curb AMR, consumer concerns and cost-benefit assessments made US regulators focus on curbing drug residues in

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**food. The result was a growing
divergence of antibiotic stewardship
and a rise of AMR. Kirchhelle's
comprehensive analysis of evolving
non-human antibiotic use and the
historical complexities of antibiotic
stewardship provides important**

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**insights for current debates on the
global burden of AMR.**

**Are you tired of getting cooking tips
from people who can't even
remember what it's like to need
them? The shelves are full of people
who can tell you how to bake a better**

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pie - but will they remember to tell you that if you have cheap or old tins, you have to line them with baking paper so that you can get the food to come out of them?In this heartwarming guide to food in all its forms, you will find superb recipes,

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**amazing facts and invaluable tips to
creating fabulous meals at home.**

**Tasty noodle bowls, real quick. From
Shanghai 'Yum Cha' Noodles, Mr
Lee's Cracking Katsu and Bamboo
Buckwheat Noodles to Tonkotsu
Pork Noodles and Cantonese**

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**Wanton Soup, The Noodle Cookbook
has a recipe for every craving,
including vegetarian, vegan and
gluten free friendly options. Get to
know your noodles with an essential
store-cupboard section, notes on
health-boosting 'hero ingredients'**

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and healthy swap ins for your favourite Asian condiments. With tasty dishes from Vietnam to China, The Noodle Cookbook will spice up your meals and satisfy those instant noodle cravings. No worries, eat happy!

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Pyrrhic Progress

Ultimate Slow Cooker Favourites

Nick Nairn's New Scottish Cookery

Eat Green

Over 200 Delicious Easy Recipes

The Low-Carb Diabetes Cookbook

Annotation. The Southern

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***Forests region of Western
Australia is one of the chief
food-producing areas in the
whole of Australia, and home
to an extraordinary range of
primary producers: from beef
to bamboo shoots. Well-
known chef Sophie Zalokar***

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***(from the popular Foragers
Field Kitchen & Cooking
School in Pemberton, Western
Australia) brings together
forty producers and gatherers
from the land, freshwater and
sea, and creates recipes that
show her love of authentic***

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***and exciting regional food,
alongside the stories of the
down-to-earth people who
grow it. Zalokar sources
seasonal produce from this
diverse and abundant region
to offer surprising creations.
Kale and ricotta wraps are***

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***served beside a wattleseed
za'atar. Mulled blueberries
join elderflower fritters and
sweet labna. Wild mushrooms
are foraged. Fingerlimes
garnish marron and avocado.
Salted caramel butter is
spread on a macadamia and***

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dried pear loaf. This book is a must for anyone interested in eating fresh, local and sustainable produce, as well as an inspiration for the creative, forward-thinking cook.

“My dogs gave it four paws

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***up!”—Debra M. Eldredge,
DVM, award-winning author
of Dog Owner’s Home
Veterinary Handbook The only
question in life that really
matters to dogs is “What’s
my next meal?” With Dinner
for Dogs, you’ll know exactly***

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what's in your dog's food—all the right stuff for a happy and healthy pooch (which means fewer expensive trips to the vet)! A pet-food expert and passionate believer that our dogs deserve quality food, Henrietta Morrison developed

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***these simple-yet-tasty recipes
with the help of a vet and
nutritionist. With tips
throughout on cooking
recipes in batches to save
time, maximizing pantry
ingredients, and more, Dinner
for Dogs will help you to whip***

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up weeknight dinners, special feasts, and flavorful treats for dogs of all ages, from puppy to old hound. Inside you'll find: Balanced Breakfasts: Apple and Blueberry Muffins, Morning Oatmeal Daily Dinners: Homemade Kibble,

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***Chicken and Rice Balls Special
Meals for Special Days:
Celebration Cupcakes, Meat
Pies Tasty Treats: Peanut
Butter and Buckwheat Kisses,
Cheesy Puffs Recovery
Recipes: Calming Oats, Quick
Doggy Ice Cream And Advice***

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***on how to read a dog food
label, calorie requirements,
and more.***

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ingredient to delicious, hearty***

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frankly delicious dishes for
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follow steps on prepping tofu,
delicious marinades and tips
for nailing the basics, this***

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create some tofu-riffic meals.
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is one of the most influential
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Year and BCA Illustrated Book***

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ingredients, cutting down on food waste and putting flavour first. Eat Green is a helping hand towards eating a lot more vegetables in a way everyone can enjoy together. These veg-packed and veg-centric recipes

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are simple to make and perfect for the whole family. Chapters include: One Pot and One Tray; Cook Now, Eat Later; Family Favourites; and 30 Minutes or Less. Simple swaps mean that meat and fish can be added in

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*or taken away, so everyone can
enjoy a delicious meal, whether
they are vegan, vegetarian,
enjoying a meat-free Monday or
something in between.*

*Melissa's down-to-earth
approach to joyful eating*

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encourages us to cook healthy food from scratch while being mindful of life's pressures and time constraints. Eat Green includes plenty of: - easy swaps to use up food you have to hand and reinvent your leftovers -

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*batch cooking advice and meals
to stock up your freezer - quick
30-minute midweek dinners and
one-pot meals - make-ahead
packed lunches for work or
weekend trips - family-friendly
dishes and healthy spins on*

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*comfort food favourites - ideas
for using up odds and ends that
you might usually throw away
Eat Green celebrates the
pleasure of really good food
anyone can cook and everyone
can savour.*

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Whether you are looking for a quick after-work supper idea or suggestions for a leisurely Sunday lunch, Nick Nairns Top 100 Chicken Recipes is sure to contain something to whet your appetite. Endlessly versatile

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and good for you too, chicken is the perfect standby food. In Top 100 Chicken Recipes, Nick Nairn, renowned for his enthusiasm for fresh ingredients and wonderfully inventive cooking, gives us his

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favourite chicken recipes. His dishes range from classics such as Casserole of Chicken, Onion and Bacon, and Lemon and Garlic Roast Chicken, to the more unusual, including Chicken with Spicy Lentils and

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*dip into whenever you need
inspiration, Nick Nairns Top
100 Chicken Recipes contains
every chicken dish youll ever
need.*

*The Ethicurean philosophy is
simple: eat local, celebrate*

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native foods, live well. The Ethicurean is quietly changing the face of modern British cooking: all from a walled garden in the heart of the Mendip Hills. The Ethicurean Cookbook follows a year in their

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magnificent kitchen and garden, and celebrates the greatest food, drink and traditions of this fair land. The combinations are electric: confit rabbit is paired with lovage breadcrumbs, cured roe

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*deer flirts with wood sorrel, and
foraged nettle soup is fortified
by a young Caerphilly. The
salads are as fresh as a daisy:
honeyed walnuts nestle
amongst beetroot carpaccio,
rich curd cheese is balanced by*

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*delicate cucumber. And the
comfort of pies and puds - pork
and juniper pie, Eccles cakes
with Dorset Blue Vinny - is only
enhanced by the apple juice,
cider and beer poured in equal
measure. With 120 recipes and*

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*a year of seasonal inspiration in
photographs and words,
Ethicureanism is a new British
cooking manifesto.
100 delicious recipes to help
control type 1 and reverse type
2 diabetes*

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Madhur Jaffrey's Curry Nation

Live Well and Spend Less

Extensively Annotated

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Five

The Flavour-led Weaning

Cookbook

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*Ruth Rogers and Rose Gray
have an unswervingly clear
vision of how food should
be cooked: they take
immense care over the
ingredients and cook them
as simply as possible. But*

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*one vitally important
element in the art of
preparing good food is one
which we have increasingly
lost sight of:
seasonality. If you cook
food in its right season*

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it will inevitably taste better. And that's what River Cafe Cookbook Green is all about. Divided into months, the twelve chapters look at which vegetables, herbs, leaves,

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fungi and fruits are at their best at any given time, with information on how they are grown, which varieties to select and how to prepare them. The focus is also on organic

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*produce, something in
which Ruth and Rose have
come to believe
passionately. Meat and
fish recipes are certainly
included in the book, but
the emphasis here is much*

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*more on vegetables, pasta
recipes etc, in line with
the way we are
increasingly eating today.
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throughout, and even
larger than before, this*

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*cookbook is an education
as well as a culinary
treasure-trove.*

*This must-have guide is an
invaluable companion to
your slow cooker. From a
mid-week supper to a more*

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*elaborate dinner party,
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Cookbook is on-hand with
dishes that can be
prepared with little fuss.
Containing over 200 tried-
and-tested recipes, Cara*

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*shows you how to make best
use of your slow cooker
and create a delicious
range of nutritious and
healthy dishes - and with
minimal preparation time
in the morning, you are*

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hearty, hot dinner every
evening. Choose from a
light and tasty Provençale
Pasta Sauce or Seafood
Risotto; rustle up a
winter warmer such as*

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*Chicken with Bacon, Leeks
and Mustard or a creamy
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Kashmir Curry; and impress
your friends with Slow-
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followed by an indulgent*

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your slow cooker will do
the hard work for you.
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*your needs; how to care
for your cooker and how to
adapt cooking times and
recipes for different
scenarios. There is also a
chapter of ideas for how
to spice up a Sunday roast*

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*as well as buying advice
and troubleshooting tips.
We all want tasty food
that's good for us. Key to
that is ensuring we eat
our daily intake of fruit
and vegetables. Most of us*

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*aren't even getting half
the fruit and veg we need
in a day. In Five Rachel
de Thamples makes delicious
food effortless, offering
over 150 easy, flavoursome
recipes that will boost*

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your daily intake.

*Rachel's inspirational
treasure trove includes
such dishes as Fig, Almond
and Orange Blossom Water
Muffins, Moroccan Beetroot
Soup, Wild Spring*

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*Spaghetti and Carrot Cake
Scones, as well as themed
and seasonal menu
suggestions. Whatever you
choose to eat, each dish
is clearly flagged with
the number of portions of*

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*fruit and veg each serving
contains - some even offer
a full 5 portions. So you
always know you're eating
both well and happily.
With his fabulous
restaurants and*

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*bestselling Ottolenghi
Cookbook, Yotam Ottolenghi
has established himself as
one of the most exciting
talents in the world of
cookery and food writing.
This exclusive collection*

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of vegetarian recipes is drawn from his column 'The New Vegetarian' for the Guardian's Weekend magazine, and features both brand-new recipes and dishes first devised for

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*that column. Yotam's food
inspiration comes from his
strong Mediterranean
background and his
unapologetic love of
ingredients. Not a
vegetarian himself, his*

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*approach to vegetable
dishes is wholly original
and innovative, based on
strong flavours and
stunning, fresh
combinations. With
sections devoted to*

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*cooking greens,
aubergines, brassicas,
rice and cereals, pasta
and couscous, pulses,
roots, squashes, onions,
fruit, mushrooms and
tomatoes, the breadth of*

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colours, tastes and textures is extraordinary. Featuring vibrant, evocative food photography from acclaimed photographer Jonathan Lovekin, and with Yotam's

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*voice and personality
shining through, Plenty is
a must-have for meat-
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Go beyond the shake! Are you looking to build muscle? To promote healthy ageing? To maintain your weight? Or simply to compensate for a meat-free diet? With over 50 tasty recipes for meat-eaters, vegetarians, and

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vegans, whatever the reason for monitoring your protein intake, this book is here to help.

Gathering delicious recipes from all over the world, from Cheesy refried bean quesadillas and Superfood protein salad bowls to Chicken laksa and Jerked jumbo

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prawns, with the grams of protein for every recipe clearly stated, you can boost your protein intake with ease. Packed with easy suggestions for snacks, dinners, and desserts - and an entire section dedicated to creative uses for protein powder:

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protein bars, pancakes, cookies, brownies, and more - this book will take you way beyond the humble shake.

Travelling across Britain, visiting local Indian and South Asian communities, Madhur reveals how it's possible to sample

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virtually the whole of Indian cuisine without ever leaving the British Isles.

What does Ready Steady Cook mean to you? For some it means red tomatoes and green peppers, for others frenzied cooking and lively banter. Above all it stands

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for delicious, mouthwatering food that can be created in twenty minutes. Introduced by chef and presenter, Ainsley Harriott, this book contains 100 of the shows best recipes, tried and tested by its regular contenders - Ross Burden, James Martin, Nick

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Nairn, Paul Rankin, Tony Tobin,
Brian Turner, Phil Vickery, Lesley
Waters, Kevin Woodford, Antony
Worrall Thompson - and, of
course, Ainsley himself. Packed
with healthy, delicious recipes,
this easy-to-follow book reflects
the energy and freshness of the

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show. It is divided into nine sections: Starters, Soups, Snack and Light Bites, Accompaniments, Vegetarian, Fish and Shellfish, Poultry and Game, Meat and Desserts. The chefs are also highly successful in their own right and many have

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