

recipes from an ecological kitchen

healthy meals for you and the planet



LORNA J. SASS author of Cooking Under Pressure

Recipes From An Ecological Kitchen

William Shurtleff; Akiko Aoyagi



Recipes From An Ecological Kitchen:

Recipes from an Ecological Kitchen Lorna J. Sass, 1992 Green Kitchen at Home David Frenkiel, Luise Vindahl, 2017-04-20 In Green Kitchen at Home bestselling authors David Frenkiel and Luise Vindahl share over 100 vegetarian recipes for the family favourites which feature in their own kitchen every day of the week From quick delicious weekday breakfasts and dinners to more elaborate meals for weekend celebrations this is food that will make you look and feel great Recipes are smartly composed so they are easy to make featuring prep and cook times as well as helpful tips along the way Start with the staples such as Big batch Tomato Sauce Rice Crêpe Batter and Lazy Lentils and you'll have the building blocks for some standout meals throughout the week The weekend recipes take a little more time to prepare but are delightfully uncomplicated from Cauli Fish and Chips their fun vegetarian take on fish and chips to a comforting Lemon Ricotta Lasagne and light yet indulgent Va va vroom Doughnuts they are most definitely worth the effort With stunning photography and food styling as well as charming personal anecdotes Green Kitchen at Home sets a new standard in modern and inspiring vegetarian and gluten free recipes This is a cookbook you will refer to time and time again The Green Kitchen David Frenkiel, 2012-04-01 David Frenkiel and Luise Vindahl Andersen are the new faces of exciting vegetarian food Their Green Kitchen Stories blog has a cult following and inspires people around the world to cook super tasty healthy vegetarian recipes using only natural ingredients In The Green Kitchen they will delight meat eaters and non meat eaters alike by sharing over 80 of their favourite recipes which can be enjoyed by the whole family Using everyday staples from their pantry and combining them with in season produce David and Luise tell the stories from their kitchen and show how easy it is to create nourishing well balanced dishes on a daily basis Whip up some Spinach muffins for breakfast Warm faro salad for lunch and Vegetable lasagne with lemon ricotta for a supper to share with friends Have your cake and eat it too with Frozen pink cheesecake Cherry and blueberry crumble Licorice ice cream and more As well as large dishes they have an array of soups salads juices small bites and picnic food that are uncomplicated to make but are bold in flavour and will have you wanting more Start your love affair with vegetables today with The Green Kitchen Featuring stylish photographs throughout this stunning book will show you how easy it is to cook delicious sumptuous foods that taste great and are good for the body and the soul Little Green Kitchen David Frenkiel, Luise Vindahl, 2019-04-04 Like most families David and Luise know that the road to feeding your children isn't always a straight one They have raised three kids while writing their acclaimed vegetarian cookbooks and have experienced a fair share of food tossed on the floor and soup bowls left untouched But they have also learned ways around this In this book they share their passion for cooking fun modern wholesome meals with kids palates in mind but that also are interesting enough for adults to enjoy Take your own inspiration from their quest to bring joy back to the dinner table whip up a batch of Dino Burgers made with spinach quinoa oats and peas Spinach Waffles or Stuffed Rainbow Tomatoes with black rice feta raisins and cinnamon This latest collection from will include more

than 60 recipes with upgrade options for adults top with a poached egg add a spicy sauce stir through extra herbs swap in quinoa tips on how to include the children in the preparations and methods to get them more interested in food All of the dishes are veggie packed colourful kid friendly and simple with most taking under 30 minutes to prepare Featuring stunning photography and irresistible recipes this is the cookbook families will be turning to night after night for quick and satisfying dishes everyone hopefully will love

Green at Work Susan Cohn,2013-04-22 Green at Work published by Island Press in 1992 was the first source of information to help nontechnical but environmentally concerned job seekers learn about career opportunities with environmental companies or within the newly emerging green corporate culture Now entirely revised and expanded this indispensable volume again offers invaluable tools and strategies for launching a green career Susan Cohn has expanded her scope beyond the business world to examine environmentally focused nontechnical careers in a wide variety of fields including communications banking and finance consulting public policy the non profit sector and more This completely updated edition includes profiles of more than 70 individuals that illustrate how people have woven their skills values and passions into their work listings of more than 400 companies with contact names addresses phone numbers information on what the company does and its environmental programs and policies listings of more than 50 resources including

organizations publications and other sources of information a bibliography of recommended readings

Sustainable Kitchen Sadhbh Moore,Abi Aspen Glencross,2022-04-05 Sustainable Kitchen is a positive practical handbook on how to shop cook and eat in an ecologically sustainable way Founders of the Sustainable Food Story Abi and Sadhbh have put together tips and step by step projects on how to adapt your kitchen habits to a more eco friendly way of life Whether you are unsure about the best places to shop what to do with your leftover lemons or how best to clean your kitchen without impacting the environment Sustainable Kitchen is the complete guide to changing the way you think about food and the kitchen in a way that is healthier for you and healthier for the planet Having a sustainable approach to your kitchen will help you save money connect to your community and produce better food all whilst being kind to the planet With small changes to make those choices easier and a few recipes along the way to help battle food waste here are several achievable ways to start making a difference

The Cookbook Review ,1992

History of Soy Sauce (160 CE To 2012) William Shurtleff,Akiko Aoyagi,2012

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Non-Dairy Whip Topping, Coffee Creamer, Cottage Cheese, and Icing/Frosting (With and Without Soy)

(1900-2013) William Shurtleff, Akiko Aoyagi, 2013-11 The world's most comprehensive well documented and well illustrated book on this subject With extensive index 28 cm Free of charge in digital format on Google Books *Yoga Journal*, 1992-11 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty *In the Green Kitchen* Alice Waters, 2010-10-20 Alice Waters has been a champion of the sustainable local cooking movement for decades To Alice good food is a right not a privilege In the Green Kitchen presents her essential cooking techniques to be learned by heart plus more than 50 recipes for delicious fresh local and seasonal meals from Alice and her friends She demystifies the basics including steaming a vegetable dressing a salad simmering stock filleting a fish roasting a chicken and making bread An indispensable cookbook she gives you everything you need to bring out the truest flavor that the best ingredients of the season have to offer Contributors Darina Allen Dan Barber Lidia Bastianich Rick Bayless Paul Bertolli David Chang Traci Des Jardins Angelo Garro Joyce Goldstein Thomas Keller Niloufer Ichaporia King Peggy Knickerbocker Anna Lapp Bryant Terry Deborah Madison Clodagh McKenna Jean Pierre Moull Joan Nathan Scott Peacock Cal Peternell Gilbert Pilgram Clair Ptak Oliver Rowe Amaryll Schwertner Fanny Singer David Tanis Poppy Tooker Charlie Trotter Jer me Waag Beth Wells **Joey Green's Kitchen Magic** Joey Green, 2012-07-03 From the guru of brand new uses for brand name products come ideas and tips for culinary fun cleaning shortcuts and kitchen cabinet remedies Joey Green has fascinated readers for more than a decade with his quirky and innovative tips to make domestic engineering a lot more fun Now fans will be completely intrigued and entertained by Joey's kitchen and pantry focused ideas like using Canada Dry Club Soda to buff stainless steel appliances and flexible fabric Band Aids as labels for frozen foods Filled with time and money saving ideas Joey Green's Kitchen Magic offers clever ways to make household items do double duty like using ReaLemon for revitalizing wilted asparagus L eggs Panty Hose clean of course for removing corn silk and Oral B Dental Floss for slicing layer cake He shares unusual ideas for kitchen troubles like stirring in Jif Peanut Butter to save burnt gravy and using Effedent to clean the coffeepot Joey even tosses in home remedies from the kitchen soothe a blister with Carnation Nonfat Dry Milk and simple recipes try Slow Cooker Brisket with a Coca Cola marinade Whether it's a quick fix Eggo Waffles for hot dog buns anyone or an emergency substitution Bounty Paper Towel for a coffee filter there are loads of useful and entertaining tips for making the most of brand name purchases *Vegetarian Times*, 1993-12 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that's exclusively vegetarian but wrapped in a fresh stylish mainstream package that's inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly

large group of Americans VT's goal To embrace both History of Tofu and Tofu Products (965 CE to 2013) William Shurtleff, Akiko Aoyagi, 2013-05 Vegetarian Times ,1993-08 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that's exclusively vegetarian but wrapped in a fresh stylish mainstream package that's inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT's goal To embrace both

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