



# **Long Way on a Little: An Earth Lover's Companion for Enjoying Meat, Pinching Pennies and Living Deliciously**

*Shannon Hayes*

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"Every earth-conscious home cook who wishes to nourish his or her family with sustainable, local, grassfed and pastured meats should be able to do so, regardless of income," argues Shannon Hayes, "we just have to change how we're eating." In her largest, most comprehensive volume to-date, North America's leading authority on grassfed meat examines the conundrum of maintaining a healthy, affordable and ecologically sound meat-based diet, while simultaneously paying America's small sustainable farmers a fair price for their food. "But to do it," she adds, "we need to expand our menus to include more than just the prime cuts, and we need to learn how to work with leftovers."

More than just a cookbook, *Long Way on a Little* presents Hayes' practical knowledge about integrating livestock into a sustainable society with her accessible writing and engaging wit. Designed to be the only meat book a home cook could ever need, *Long Way on a Little* is packed with Hayes' signature delicious no-fail recipes for perfect roasts and steaks cooked indoors and out on the grill, easy-to-follow techniques to make use of the less-conventional, inexpensive cuts that often go to waste, tips on stretching a sustainable food budget, and an extensive section on using leftovers and creating soups; all with the aim of helping home cooks make the most effective and economical use of their local farm products or their own backyard livestock.

While addressing the topic of making local food more affordable, Hayes also frankly grapples with tough health issues confronting so many Americans today, from diabetes to grain and gluten intolerance. The result is a family-pleasing, nutrient-dense, affordable cuisine that is a joy to prepare, rich in authentic flavor, and steeped in the wisdom of the world's greatest culinary traditions, all bundled together in a thought-provoking and informative book that is as stimulating to the mind as it is to the palate. Features include:

- Recipes for cooking all major cuts of grassfed and pastured meats indoors and out on the grill
- Carbohydrate counts on all recipes for low carb and diabetic diets
- Guide to grain-free, legume-free, dairy-free and paleo-friendly recipes
- Recipes for using animal fats in traditional cuisine, as well as for soaps, salves and candle-making 16 page full-color insert illustrating fundamental techniques for working with whole animals: from making broth and demi-glace, grilling steaks and cutting up chickens, to rendering fat and soap, salve and candle making
- Extensive section on soups and leftovers
- Lively, up-to-date discussions of current issues pertaining to sustainable livestock farming in North America
- Money-saving tips for making delicious meals go as far as possible

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