



Cool Cuisine: Cool Recipes for a Hot Planet

By Laura Stec, Eugene Cordero

Gibbs M. Smith Inc, United States, 2009. Paperback. Book Condition: New. 246 x 185 mm. Language: English . Brand New Book. Cool Cuisine Taking the Bite Out of Global Warming is a smorgasbord of scientific fact and culinary art where the reader learns new ways to look at the climate crisis. It is a quick, enjoyable, informative read, and is an entry point for readers new to the issues. It inspires personal life changes with in-depth research, easy recipes, ideas for your next book group read and eat tasting party, and simple tips on how to cook a global-cooling cuisine. The book presents the full cycle on how our agrochemical food system affects global warming and how global warming affects the food system. The reader embarks on a scientific and culinary exploration that feeds mind and mouth with art, science, food lore, culinary tips, and recipes on how to cook low carbon, high-flavor, high-vibe meals. Laura Stec is a San Francisco Bay Area chef and environmental advocate who enjoys teaching students about the artistry, health, and energetics of cooking. Stec has more than twenty-four years in the food industry and trained at the Culinary Institute of America, the School of...



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Reviews

An exceptional publication and also the typeface applied was fascinating to learn. It normally will not expense excessive. Your life period will be transform once you comprehensive looking over this pdf.

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