



The Farmer and the Grill: A Guide to Grilling, Barbecuing and Spit-Roasting Grassfed Meat...and for Saving the Planet one Bite at a Time

Shannon Hayes

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***The Farmer and the Grill* is filled with recipes specially devised to bring out the best in nutritious, Earth-friendly, pasture-raised meats.**

In her first book, *The Grassfed Gourmet Cookbook*, author and livestock farmer Shannon Hayes introduced a radically simple concept: sustainable practices like pastured-based farming translate into food that is tastier, healthier, and better for both people and the planet.

The key to getting the most out of pasture-raised meats, though, is understanding how to cook them properly. In *The Farmer and the Grill*, Hayes offers useful tips on grilling, barbecuing, and spit-roasting all cuts of pasture-raised meats: beef, lamb, pork, and poultry. Dozens of simple, straightforward recipes provide all the basic cooking instructions, plus directions on how to make a variety of herb rubs, marinades, and barbecue sauces to accompany the meats. Traditional techniques such as Southern barbecue and Argentine-style asado cooking will help readers grill like the pros. And specific notes from pasture-based farmers on dealing with natural variations in grassfed meats will ensure success every time.

Creative and mouth-watering recipes include Tamari-Orange Whiskey Kebabs, Grilled Steaks in a Cilantro-Olive Paste, and Rack of Lamb with a Spiced Fig Crust. Plus, special sidebars on choosing meats, basic cooking techniques, and other topics mean that socially conscious cooks will gain a real understanding of grassfed meat and why it is starting to occupy a central place on the American dinner plate.

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