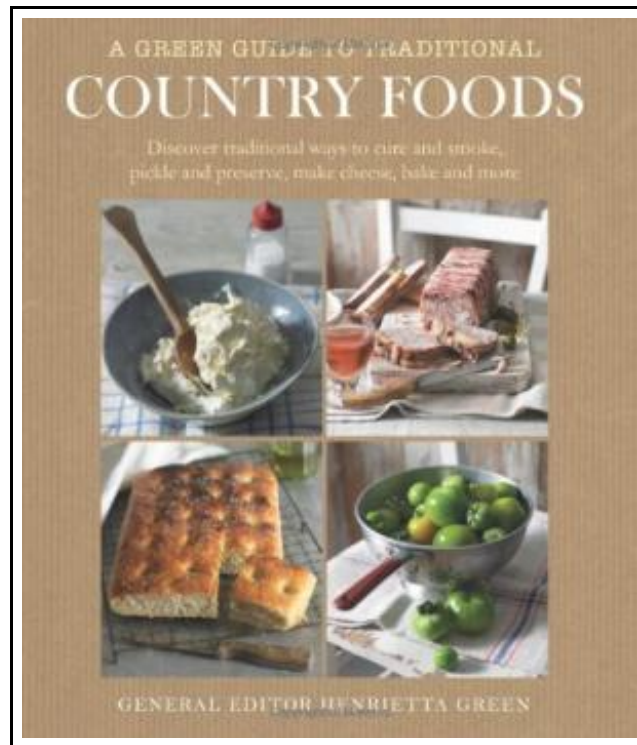


## A Green Guide to Traditional Country Foods



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## A GREEN GUIDE TO TRADITIONAL COUNTRY FOODS



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CICO Books, 2011. Hardcover with dust jacket. Book Condition: BRAND NEW. Food Expert, Henrietta Green shows you all the traditional food crafts and demonstrates how you can try them in your own kitchen. The book is divided into six chapters, starting with the Dairy, where cheese-making and churning butter are explained, followed by enticing recipes to make your own soft cheese, buttermilk, yogurt and more. Learn the history of bread-making in the Bakehouse, as well as how to bake your own delicious loaves, while the Pantry explains pickling and preserving techniques. For those with a sweet tooth, discover the art of cooking with chocolate and sugar in the Sweet Shop with recipes for childhood classics. In the Smokehouse, find out how to cure meat and fish and how to set up a basic smoker in your own home. Finally, the Butcher's Shop is heaven for meat lovers with detailed explanations of the different cuts of meat, plus how to butterfly joints and make your own sausage meat. Also included are interviews with award-winning producers, who explain the history and the passion that goes into making food. They share their knowledge and experience and offer tips and recipes to try at home. 192 pages. 23.8 x 19.4 x 2.8 cm.



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