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Looking for exciting vegan food when you are out and about? Put flavour back into your lunch box with delicious, healthy meals that you can take anywhere. With a focus on easy and affordable vegan lunch ideas, Vegan on the Go packs 100 vegan recipes into its pages, including plant based snacks and sandwiches, soup recipes, salad recipes, dessert recipes, and more. Whip up portable, quick meals including vegan pizza, polenta parcels, sweet potato burgers, courgetti salad, and tofu sushi. Vegan on the Go tells you exactly how long you need to prepare and cook each lunchbox recipe, with mouth-watering photographs of every dish to whet your appetite. Discover top tips on which ingredients to stock up on, and how to store and transport your vegan lunches to ensure they taste fresh and flavoursome every time. 'Fuchsia Dunlop, our great writer and expert on Chinese gastronomy, has fallen in love with this region and its cuisine – and her book makes us fall in love too' Claudia Roden 'Fuchsia Dunlop's erudite writing infuses each page and her delicious recipes will inspire any serious cook to take up their wok' Ken Hom The Lower Yangtze region or Jiangnan, with its modern capital Shanghai, has been known since ancient times as a 'Land of Fish and Rice'. For centuries, local cooks have been using the plentiful produce of its lakes, rivers, fields and mountains, combined with delicious seasonings and flavours such as rice vinegar, rich soy sauce, spring onion and ginger, to create a cuisine that is renowned in China for its delicacy and beauty. Drawing on years of study and exploration, Fuchsia Dunlop explains basic cooking techniques, typical cooking methods and the principal ingredients of the Jiangnan larder. Her recipes are a mixture of simple rustic cooking and rich delicacies – some are famous, some unsung. You'll be inspired to try classic dishes such as Beggar's chicken and sumptuous Dongpo pork. Most of the recipes contain readily available ingredients and with Fuchsia's clear guidance, you will soon see how simple it is to create some of the most beautiful and delicious dishes you'll ever taste. With evocative writing and mouth-watering photography, this is an important new work about one of China's most fascinating culinary regions. The National Academy of Sciences estimate that 1.7 to 8.8 million tons of oil are released into world's water every year, of which more than 70% is directly related to human activities. The effects of these spills are all too apparent: dead wildlife, oil covered marshlands and contaminated water chief among them. This reference will provide scientists, engineers and practitioners with the latest methods use for identify and eliminating spills before they occur and develop the best available techniques, equipment and materials for dealing with oil spills in every environment. Topics covered include: spill dynamics and behaviour, spill treating agents, and cleanup techniques such as: in situ burning, mechanical containment or recovery, chemical and biological methods and physical methods are used to clean up shorelines. Also included are the fate and effects of oil spills and means to assess damage. Covers spill dynamics and behaviour Definitive guide to spill treating agents Complete coverage of cleanup techniques Includes fate and effects of oil spills and means to assess damage "What shall we have for dinner?" In this collection of simple, accessible and mouth-watering recipes from the winner of the Guild of Food Writers' British Food Writer of the Year Award, Lindsey Bareham helps solve this never-ending question. Packed full of ideas from Lindsey's award-winning weekly column in The Times, this book will become your go-to source for a quick fix after a long day. Recipes range from Roast tomato tarte tatin and Chorizo beef sliders to Homemade fish fingers with cheat's tartare sauce; from Miso cod with crunchy vegetable salad and Pulled chicken, ham & leek pie to Strawberry almond crumble and Chocolate puddle pudding. Your master guide to cooking meat - now available in PDF Know the cuts and master the skills, The Meat Book will help you conquer cooking meat, with over 300 meat recipes combined with expert advice about getting the best from quality meats and experimenting with more unusual cuts. With butchery courses on the rise and people wanting quality cuts of meat at a good price, The Meat Book is here to help you learn everything about cooking meat, from top to tail. You can try meat recipes such as oxtail stew, beef carpaccio and pork stir-fry, plus over 50 step-by-step techniques on how to cook a turkey, how to make sausages and more. All the mouth-watering recipes for pork, lamb, beef, poultry, game and offal include timing and temperature charts to make sure you get the perfect flavour, plus help with choosing which herbs go with different meats. To help you create tasty meat dishes there is a unique 'How to Butcher' section which provides illustrated step-by-steps and focuses on cuts of meat that can be easily butchered at home. You also get tips on how to use a meat thermometer, how to test for 'doneness' and how to experiment with flavour pairings. With expert advice from butchers on the best cooking techniques, The Meat Book is the perfect guide to help you prepare and cook delicious cuts of meat. The 5:2 lifestyle diet is sweeping the nation. It allows you to change your life for the better by dieting just 2 days a week. You will live longer, lose weight and feel great by reducing your calorie intake to 500/600 calories for just 2 days a week. The rest of the week you can eat normally, eat out and even have treats. But what to eat on a fasting day? Bored with omelette and ham salad? Want something quick and easy but don't know what? Look no further: with over 100 calorie-counted recipes specially designed for fasting, it couldn't be easier to put the 5:2 diet into practice. All the recipes are quick and easy to make and taste delicious, so fasting need not be a chore. Includes: 100 calorie-counted recipes, 1 month meal planner, calorie counter, 50 ideas for 100-calorie snacks, 50 ideas for 50-calorie snacks, 50 ideas for guilt-free snacks, plus tips and techniques on mastering portion control, good nutrition, and keeping it up for life. How to buy, prepare and cook the best sustainable fish and seafood from around the world in eBook format Fried, steamed, poached or baked, we are a nation of fish lovers and the Fish Cookbook is the ultimate guide to making the most delicious seafood dishes. With over 300 inspiring recipes, the detailed step-by-step sequences explain every preparation and cooking technique to help you cook all types of fish and crustacean from sea bass to snapper and monkfish to mussels. Take a journey around the globe by creating classic fish dishes such as New England Clam Chowder and Thai Fish Cakes or choose one of the 200 further recipes written with today's time-pressed cook in mind using quick, simple methods and readily available ingredients. Advice on sustainability will also help you make environmentally conscious choices at the fish counter. An amazing photo gallery of over 200 varieties of fish and seafood completes the Fish Cookbook making it the essential encyclopedic guide on the edible fishes of the world and perfect for every keen cook. From the author of the global bestseller How Not To Die comes The How Not To Die Cookbook – a lavish, beautifully illustrated collection of delicious recipes based on the groundbreaking nutritional science of the original book. Dr Michael Greger, founder of the wildly popular website NutritionFacts, takes his comprehensive, lifesaving science into the kitchen. Why suffer from disease and ill health when the right food is proven to keep you healthy, and without the side effects of drugs? We can avoid heart disease, cancer and our other biggest killers if we use food as medicine, and The How Not To Die Cookbook offers a sustainable and delicious guide to preparing and eating the foods that will prevent and reverse fatal diseases. Featuring over 100 easy-to-follow, beautifully photographed plant-based recipes, with plenty of recipes suitable for vegetarians and vegans, The How Not To Die Cookbook merges cutting-edge science with everyday ingredients from the supermarket to help you and your family eat your way to better health and a longer life. All recipes in this cookbook have been fully anglicized. Welding Technology Fundamentals covers the equipment and techniques associated with the welding and cutting processes most widely used in industry today. These processes include: oxyfuel gas welding and cutting, shielded metal arc welding, gas metal arc welding, flux cored arc welding, gas tungsten arc welding, and resistance welding. Technical information regarding weld inspection and testing, welder qualification, drawing interpretation, and welding symbols is also included. The text is organized into eight sections, which can be studied independently or in sequence. Written in easy-to-understand format, this text is extensively illustrated and includes many tables and charts for selecting the variables required to make a good weld. With 1997: Includes drug enforcement administration offices, state narcotic control agencies, drug reimbursement information, Medicaid reimbursement for drugs by state, look-alike, sound-alike drugs, and new OTC's in 1996. 110 vegetarian spring and summer recipes that provide nourishing and simple plant-based suppers while paying homage to the warm seasons—from the beloved author of Tender. Greenfeast: Spring, Summer is an eclectic and comprehensive collection of recipes, perfect for people who want to eat less meat, but don't want to compromise on flavor and ease of cooking. With Nigel Slater's famous one-line recipe introductions, the recipes are quick and easy and inspire you to dip into your pantry for ingredients. Inventive recipes showcase the creative ingredients used such as Asparagus, Broad Beans & Eggs; Ricotta, Orange Blossom & Cherries; and Halloumi, Melon & Chile and provide a plant-based guide for those who wish to eat with the seasons. An environmental foodie on a holistic path, Heather Thomas is committed to creating change, encouraging a healthier relationship with nature, and transforming the way we eat. Part practical, part meditative, The Mindful Kitchen introduces you to a delicious feast of simple, nature-related rituals and recipes, bound to make your time in the kitchen more positive, focused, and mindful of the natural world around you. Offering over 100 seasonal recipes, this healthy vegetarian cookbook encourages you to think about the effects your eating habits have on nature, and teaches you how to put more love and thought into how and what you eat every day. A tasty beginner's guide to making more conscious food choices, bite-size philosophical notes, meaningful questions, joyful rituals and an abundant offering of vegetarian recipes are mindfully stirred together in this stunning new-wave recipe book. With flavoursome dishes to tempt the curious and empowering rituals to add inspiration and awareness to your cooking routine, this is a must have staple for every kitchen library. Ranging from a classic bubble and squeak, to a refreshing elderflower champagne, nourishing seasonal recipes include: Leek and Hazelnut Risotto Pumpkin Coconut Soup Preserved Pizza Zero Waste Veggie Stock Rhubarb and Lentil Curry Oatmeal Honey Bread Apple Cake Lasagne ... and many more! Introducing fresh takes on old favourites, and new dishes to tickle the taste buds, there's a recipe to help you connect with nature all year round. Enjoyed this book? You might also be interested in Silo: The Zero Waste Blueprint and Mindful Thoughts for Cooks... The Complete & Up-to-Date Carb Book is the next generation in carb management, providing a quick, comprehensive way for savvy dieters to take control of their food intake and smartly manage their health. By learning how to calculate their net carb intake, dieters will not fall prey to the popular fads in dieting today. Bellerson includes information on calories, fiber and sugar grams, and total carb numbers for brand-name and generic foods, fast foods, processed and prepared foods, as well as natural foods and snacks. In all, there are more than 20,000 entries ranging from A to Z. The introductory material explains the glycemic index and how to use it, and the importance of fiber and sugars in calculating carbohydrate values. The strategies outlined here are easily compatible with The Zone, South Beach, and other balanced diet plans.

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