

# The Ethical Gourmet

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**The Ethical Gourmet** | How to Enjoy  
Great Food That Is Humanely Raised, Sustainable,  
Nonendangered, and That Replenishes the Earth  
Jay Weinstein



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More and more of us want to ensure that what we eat doesn't deplete resources, cause animal or human suffering, or lead to pollution. And, at the same time, we also want delicious food! If you are concerned about the environment, but unsure how to make a difference, here is a handbook for finding and cooking environmentally friendly

and ethically produced foods. Chef and environmentalist Jay Weinstein has written the bible for those who care about both the well-being of the world and flavorful food. He informs us:

- When organics really matter
- Where to source humanely-raised meats and other ethically produced foods
- How to make choices with a clean conscience when dining out

He also explores subjects ranging from genetically modified foods to being savvy about farmed fish, and why to avoid disposable wooden chopsticks and bottled water. By providing 100 healthy, sophisticated, and mouthwatering recipes, Jay Weinstein ensures that our ethical impulses are well rewarded. Dishes like Manchego-Potato Tacos with Pickled Jalapeños, Zucchini Spaghetti with Garlicky Clams and Grilled Bluefish, Pumpkin Basmati Rice Pilaf, and Coco-Vegetable Rice with Tamarind Chicken Skewers feature creative ways to use eco-friendly vegetables and legumes, sustainable seafood, and humanely raised animals.

作者介绍:

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