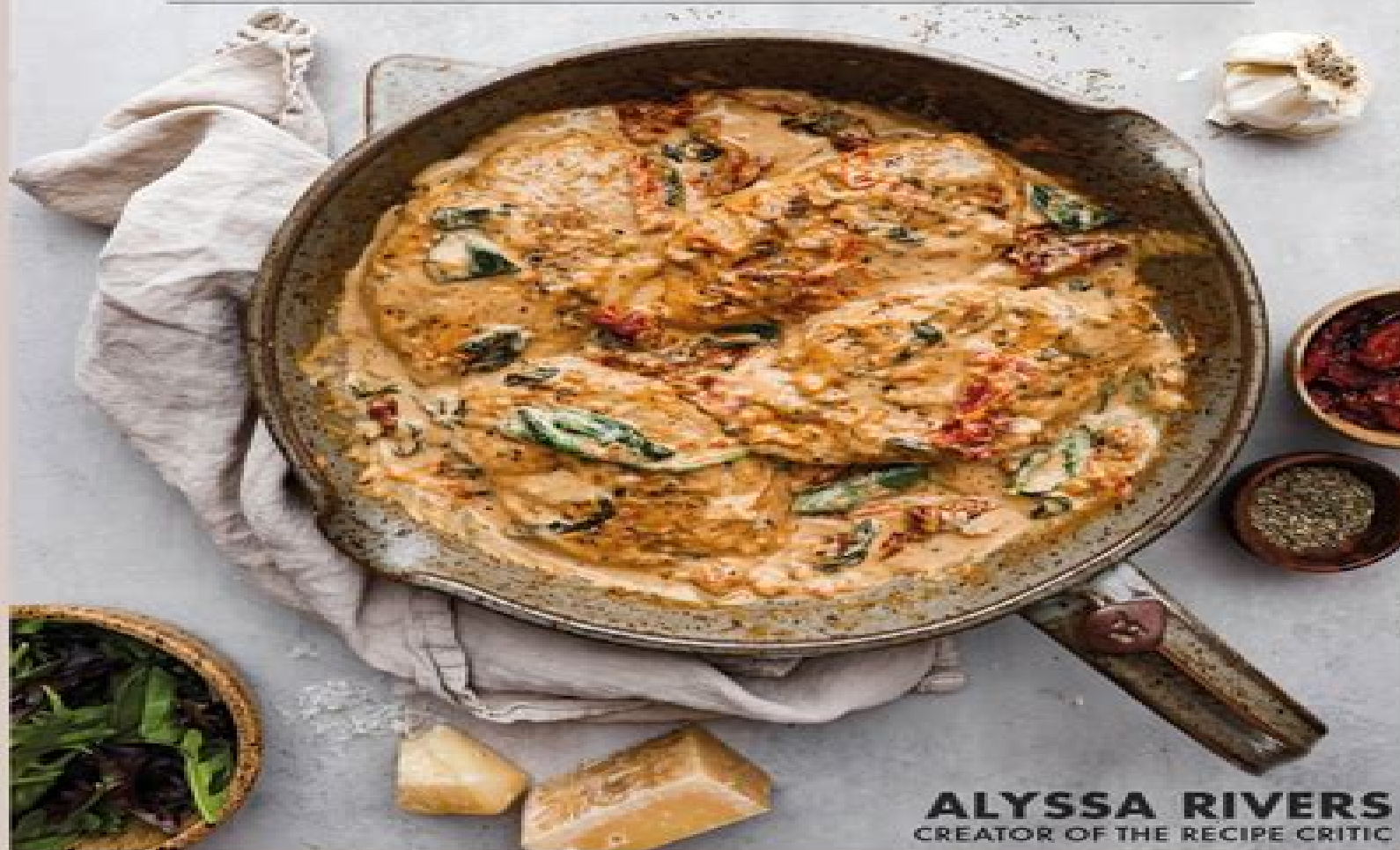


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meat cuts which fish are in least danger of overfishing or how heritage bean and grain varieties help to support biodiversity as well as healthy diets Sustainably Delicious proves that the most satisfying food comes from a passionate respect for America's culinary and environmental legacy Many of the recipes reflect Nischan's Midwestern roots and the innate frugality that dictated his family's meals be made with humble seasonal ingredients In Nischan's confident hands simple foods such as barley celery root and eggs shine With recipes such as Heirloom Beet Salad with Savory Marshmallows Tomato Rice Soup with Braised Beef Shanks and Leg of Pasture Raised Lamb Stuffed with Chestnuts and Dried Cranberries Nischan's approach to farm table cuisine is anything but precious

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