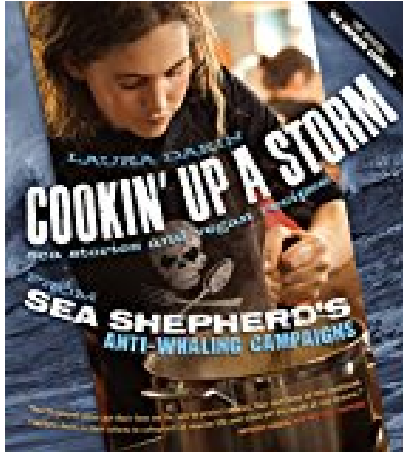


Cookin Up a Storm Sea Stories and Vegan Recipes from Sea Shepherds Anti-Whaling Campaigns



BOOK DETAILS

- Author : Laura Dakin
- Pages : 160 Pages
- Publisher : Book Publishing Company (TN)
- Language : English
- ISBN : 1570673128

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BOOK SYNOPSIS

The Sea Shepherd Conservation Society is an international non-profit marine conservation organization that takes an aggressive direct-action approach to ending the slaughter of endangered and threatened marine wildlife. Their official cookbook, *Cookin Up A Storm*, serves up a combo of delicious food and modern day heroes. Written by Laura Dakin, chief cook on Sea Shepherds flagship the Steve Irwin, you'll share Lauras adventures in feeding a hungry crew of 50 morning to night. Featured are 80 of the crews favorite vegan recipes-deliciously eclectic and modified for the family kitchen. Throughout are beautiful recipe photos along with action shots of the crew at work. Interspersed are crew members stories that illustrate the danger these ocean warriors face stalking whaling vessels on the high seas. The galleys of Sea Shepherds fleet maintain a plant-based diet. Learn how a vegan diet can play a significant role in saving the biodiversity of our oceans.

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