

**THE URBAN COOK: COOKING AND EATING FOR A  
SUSTAINABLE FUTURE**

Wayne Arthur Stoller

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Mark Jensen Red Lantern chef Mark Jensen believes that you don't have to start your own chicken .

**The Urban Cook's sustainable challenge |**

ISBN: Title: URBAN COOK: Cooking and Eating for a Sustainable Future - 2nd hand. Author: MARK JENSEN Format: HARD COVER.

Related books: [Strictly His](#), [The Dog Is Not a Toy: House Rule #4 \(Get Fuzzy\)](#), [Le Mulâtre \(Autrement Mêmes\) \(French Edition\)](#),

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Ingredients: shiitake mushrooms; shimeji mushrooms; oyster mushrooms; French shallots; dried oregano; store-cupboard ingredients.

YouopenedyourfirstdiningroomattheOlympicHotelin–doyouhaveamemoryy

Categories: Stir-fries; Side dish; Asian; Vegetarian

Ingredients: green capsicums; red capsicums; onions;

pineapple; tomatoes; celery; honey; rice vinegar; basil;

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