

ORGANIC MEAT PRODUCTION



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Köttbonden

Lina Westman & Oscar Westman

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How do you produce the best meat in the world? Can meat be ethically and environmentally acceptable? This is the story of two city dwellers who moved to rural Småland in the south of Sweden and bought thirty cattle to find out.

Their path to farming life started with an expedition vessel that sunk in the southern Arctic Ocean. Line was working as the ship's doctor and Oscar as a guide. They were forced to abandon ship in the open sea and once they were back home in Stockholm they had no place to live. They decided upon a cottage down in southern Sweden, and the six hens they were given as a moving-in present whetted their appetite...

Now Lina and Oscar Westman run Mårdstorp Farm where they raise traditional Swedish breeds with the motto 'Ethical, organic, culinary' and they deliver meat to some of Sweden's best restaurants. In this book they describe the background, how meat gets to your plate, and the art of producing really good meat. Here too are about 70 of these meat producers' favourite recipes for beef, pork, poultry, lamb and mutton, and goat.



About the authors:

Lina Westman is a farmer and a surgeon at the Högland Hospital in Eksjö.

Oscar Westman is a farmer, seaman, and lecturer – he also runs a polar travel agency.



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