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The British Table A New Look at the Traditional Cooking of England, Scotland, and Wales Abrams

The changing economic environment for the consumer that is emerging from the wreckage of the financial credit crunch plays directly into the importance of food spending. This is certainly true from the perspective of food prices in the short run, but also from the perspective of sustainability and reducing the impact of the environmental credit crunch. The economic changes we experience now have a bearing on our ability to manage the environmental credit crunch that looms. Food Policy and the Environmental Credit Crunch: From Soup to Nuts elaborates on the issues addressed in the authors' first book, From Red to Green?, and asks whether the financial credit crunch could ameliorate or exacerbate the emergent environmental credit crunch. The conclusion drawn here is that a significant and positive difference could be made by changing some of the ways in which we procure, prepare, and consume our food. Written by an economist and an investment professional, this book addresses the economic and environmental implications of how we treat food. The book examines each aspect of the 'food chain', from agriculture, to production and processing, retail, preparation, consumption and waste.

David Bennun had lived in Africa his whole life. At the age of 18 he came to Britain, the mother country. The

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country he had read about in Punch magazine or seen in films like Chariots of Fire. He was in for a shock. A very big shock indeed: 'I could not have been less prepared had I spent my life up to that point listening to 30-year-old broadcasts of the Light Programme.' In this timely follow-up to the critically acclaimed Tick Bite Fever, David Bennun shows us our own country through the eyes of an alien. With his brilliantly witty turn of phrase we follow his life as a student, his brushes with Bohemia, his troubles renting and buying property, his discovery of British food and his horrors at entering the world of work. From DIY to architecture, sport to alcohol, transport to music and entertainment, David Bennun brilliantly and with ruthless wit deconstructs all these subjects, many of them so dear to the British heart.

2015 is the year the redoubtable Marguerite Patten celebrates her 100th birthday. In her honor and to mark this memorable occasion Grub Street is reissuing a new edition of the first book we published by Marguerite back in 1999, her comprehensive Century of British Cooking. In this book each chapter covers one decade of the 20th century giving both history and recipes. The entire book is illustrated throughout in color and black and white. Marguerite Patten OBE has written over 160 cookery books, sales of which amount to over 16 million worldwide. Her long and distinguished career, which began before the war, has included regular appearances on radio and television, live and televised cookery demonstrations, lectures as well as extensive journalism and authorship of books and cookery cards. Marguerite is one of Britain's best known and loved cookery writers

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and has often been described as England's Cookery Queen. Ainsley Harriott dubbed her 'the cookery icon of our times'. Her *Century of British Cooking* pulls together her life's work, with over 200 recipes and is truly an important work of culinary history.

What is the relationship between sport and national identity? What can sport tell us about changing perceptions of national identity? Bringing together the work of established historians and younger commentators, this illuminating text surveys the last half-century, giving due attention to the place of sport in our social and political history. It includes studies of:

- English football and British decline
- Englishness and sport
- Ethnicity and nationalism in Scotland
- Social change and national pride in Wales
- Irish international football and Irishness
- Sport and identity in South Africa
- Cricket and identity crisis in the Caribbean
- Baseball, exceptionalism and American Sport
- Popular mythology surrounding the sporting rivalry between New Zealand and Australia

Sport and National Identity in the Post-War World presents a wealth of original research into contemporary social history and provides illuminating material for historians and sociologists alike.

The book explores the growing tension between indigenous education, the teaching and learning of native knowledge, cultural heritage and traditions and the dynamics of globalization from the Asian perspective. It brings together a distinguished and multidisciplinary group of Asian scholars and practitioners from Nepal, Korea, India, Japan, Thailand, Indonesia, the Philippines, Hong Kong, Taiwan, mainland China, and the United

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States. After showcasing six in-depth case studies of local cultural traditions from East, South and Southeast Asia, the book examines a variety of pedagogical strategies in the teaching and learning of indigenous knowledge and culture in the region, reflecting both international trends and the distinctive local and regional characteristics resulting from the tremendous diversity within Asian societies.

From spit roasting pig to hanging cream cheese from the rafters, from baking roast pork under the ground in pits to cooking trout on wicker frames over an open fire, cooking techniques in prehistoric Britain are ingenious and revealing. There were no ovens and many vegetables and breeds of animal familiar to us today had not yet arrived. In reconstructing some of these techniques and recipes, the author has discovered a different world, with a completely different approach to food. This is native cuisine, cooked in a manner that persisted through the Neolithic, Bronze and Iron Ages. This book first tells the story of prehistoric settlement, and moves on to explore the hunting and foraging techniques of the Mesolithic. After discussing the way in which the Britons farmed, and what they grew, the book moves into the roundhouse and the tools and utensils available. The final half of the book examines the varied techniques used, from covering fish in clay, to baking meat underground, spit roasting, brewing mead, boiling water with hot stones and so on. All the techniques have been carried out by the author.

This study examines the cultural experience of Anglo-Indians, those of mixed British and Indian ancestry who settled in

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Britain following India's independence. Using archival research, ethnography, and literary and cultural analyses, Almeida investigates the initial migration of Anglo-Indians and their decades-long experience of assimilation.

Nutritional requirements vary greatly according to age and lifestyle. This evidence-based, comprehensive text is a complete guide to eating habits across age and population groups. It provides the recommendations for intakes of nutrients and foods, and diet to achieve optimum health. Chapters systematically examine the nutritional issues for individuals from preconception, pregnancy and breastfeeding through to adulthood and old age. The text features an overview of dietary patterns by age group based on national scientific survey data together with the latest recommendations for optimum nutrition to maintain well-being and address specific health concerns. The final section examines nutrition issues for specific populations including indigenous groups, athletes and the disadvantaged.

Throughout the text, key points are illustrated by case studies and the reader's knowledge is tested via quizzes and study questions. With chapters from leading nutrition researchers and educators in Australia, New Zealand and Asia, this is an excellent introduction to nutrition through the lifespan. 'A comprehensive overview and detailed discussion of food and nutrition topics for all ages and stages of life.' - Robynne Snell, Curtin University

For the first time, the Sunday Times bestseller *Austerity Britain* is available in one complete paperback volume. *Coursing through Austerity Britain* is an astonishing variety of voices - vivid, unselfconscious, and unaware of what the future holds. A Chingford housewife endures the tribulations of rationing; a retired schoolteacher observes during a royal visit how well-fed the Queen looks; a pernickety civil servant in Bristol is oblivious to anyone's troubles but his own. An

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array of working-class witnesses describe how life in post-war Britain is, with little regard for liberal niceties or the feelings of their 'betters'. Many of these voices will stay with the reader in future volumes, jostling alongside well-known figures like John Arlott (here making his first radio broadcast, still in police uniform), Glenda Jackson (taking the 11+) and Doris Lessing, newly arrived from Africa, struck by the levelling poverty of postwar Britain. David Kynaston weaves a sophisticated narrative of how the victorious 1945 Labour government shaped the political, economic and social landscape for the next three decades. Deeply researched, often amusing and always intensely entertaining and readable, the first volume of David Kynaston's ambitious history offers an entirely fresh perspective on Britain during those six momentous years.

Food is the fundamental spur to action, innovation, exploration and creativity in humankind. This book explores the roots of our national existence through the cultivation of its land, the production and cooking of its food, revealing the moulding force of climate and the invention in technology that produced the food through the centuries.

Acclaimed chefs Tony Singh and Cyrus Todiwala are on a mission to wake Britain up to the versatility of spices. For too long, our spices have sat unused and dusty in cupboard shelves, when just a mere sprinkling of cumin, a dash of turmeric or a handful of star anise has the power to turn our everyday food into an explosion of tastes and smells. Tony and Cyrus have taken to the road, exploring the British Isles and adding their own spicy twist to our most classic and best-loved dishes. Try jazzing up a Sunday roast chicken with a honey and ginger, adding a cumin and coriander kick to a shepherd's pie or lacing a Victoria sponge with aromatic fennel seeds and cardamom. With delicious, everyday recipes accompanied by Cyrus and Tony's top tips and

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favourite spices, The Incredible Spice Men will demystify the contents of your spice rack, and open your everyday cooking up to a world of exciting new flavours.

The debut cookbook from Great British Chefs contains 120 recipes from 60 of the best chefs cooking in the UK today. Every single one of the fully illustrated recipes in Great British Chefs is a testament to just how incredible the UK's food scene has become. From simple weeknight dinners to more complex courses for dinner parties, this book provides a wealth of inspiration for keen home cooks. Through each dish we chart the evolution of the UK's food culture, from the culinary masters that started it all and those championing modern British cooking, to the international cuisines we've fallen in love with and the next generation of exciting new talent. While the recipes in this book may come straight from the minds of top chefs, we've ensured that they're all suited to the home kitchen, perfect for ambitious cooks looking to impress. The chefs featured in the book are: Britain's Culinary Masters: Pierre Koffmann, Mark Dodson, Shaun Hill, Paul Heathcote, Marcus Wareing, Nathan Outlaw, Simon Rogan, Michael Wignall, Michael Caines, Sat Bains Flavours of Europe: Pascal Aussignac, Eric Chavot, Daniel Galmiche, Chris & Jeff Galvin, Francesco Mazzei, Theo Randall, Luke Holder, José Pizarro, Agnar Sverrisson Flavours of the World: Alfred Prasad, Vivek Singh, Peter Joseph, Andrew Wong, Robert Ortiz, Hideki Hiwatashi, Peter Gordon, Anna Hansen, Graham Hornigold, Marcello Tully, Scott Hallsworth Classic British & Pub Food: Jeremy Lee, Richard Corrigan, Robert Thompson, Geoffrey Smeddle, Frances Atkins, Galton Blackiston, Josh Eggleton, James Mackenzie, Emily Watkins, Dominic Chapman Modern British: Tom Aikens, Alyn Williams, Adam Byatt, William Drabble, Adam Gray, Martin Wishart, Paul Ainsworth, Simon Hulstone, Andy McLeish, Adam Stokes, Nigel Haworth, James Sommerin New Wave:

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Robin Gill, Merlin Labron-Johnson, Chantelle Nicholson, Lisa Goodwin-Allen, Phil Fanning, Paul Welburn, Paul Foster, Paul A Young

Classic British Cooking is a collection of our very best national and regional dishes. With over 300 recipes, it includes both timeless favourites and forgotten gems. It covers everything from soups and fish dishes to sauces and sides, from vegetable and meat courses to puddings, breads Presents an overview of the role of cuisine in English culture, including a food history, ingredients, cooking techniques, regional differences, and food for celebrations.

Continuous improvements in business environments and available resources have allowed more opportunities for people to pursue new ventures. This not only leads to higher success in new businesses, but it enhances the overall state of the global market. Entrepreneurship: Concepts, Methodologies, Tools, and Applications provides a comprehensive examination on the latest innovations and techniques to becoming a successful and sustainable entrepreneur. Including research-based studies on knowledge production, social entrepreneurship, and distribution, this multi-volume publication is an ideal source for practitioners, academicians, researchers and upper-level students interested in learning about entrepreneurship and seeking emerging perspectives on optimizing and enhancing entrepreneurial pursuits.

The British Table: A New Look at the Traditional Cooking of England, Scotland, and Wales celebrates the best of British cuisine old and new. Drawing on a vast number of sources, both historical and modern, the book includes more than 150 recipes, from traditional regional specialties to modern gastropub reinventions of rustic fare. Dishes like fish pie, braised brisket with pickled walnuts, and a pastry shop full of simple, irresistible desserts have found their way onto modern

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British menus—delicious reminders of the depth and breadth of Britain's culinary heritage. The book blends these tradition-based reinventions by some of the finest chefs in England, Scotland, and Wales with forgotten dishes of the past worthy of rediscovery.

The Rough Guide to Camping in Britain reviews over three hundred of the country's best campsites, travelling from Scilly to Shetland, taking in Yorkshire hills, Hampshire glampsites, Welsh Islands and Highland co-operatives. This, the second edition, features new campsites that have caught our attention since the first editon, and has been thoroughly researched and updated. Written by campers for campers, Rough Guides' writers have visited sites across the country, checking out views, testing the shower temperatures and spending night after night under canvas. The Rough Guide to Camping in Britain explores everything from equipment and cooking to glamping, wild camping and festivals. Full-colour throughout, its pictures bring the splendid sites to life, whilst indexes, maps and lists arranged by category help you move through the guide with ease. The Rough Guide to Camping in Britain is the complete companion for novice campers who don't know where to start and experienced tent-riggers looking for a new destination. Whether you want snug tipis and creature comforts or simple sites in stunning wilderness locations, this guide has it covered. Now available in PDF format.

A kitchen classic for over 35 years, and hailed by Time magazine as "a minor masterpiece" when it first appeared in 1984, *On Food and Cooking* is the bible which food lovers and professional chefs worldwide turn to for an understanding of where our foods come from, what exactly they're made of, and how cooking transforms them into something new and delicious. For its twentieth anniversary, Harold McGee prepared a new, fully revised and updated edition of *On Food*

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and Cooking. He has rewritten the text almost completely, expanded it by two-thirds, and commissioned more than 100 new illustrations. As compulsively readable and engaging as ever, the new *On Food and Cooking* provides countless eye-opening insights into food, its preparation, and its enjoyment. *On Food and Cooking* pioneered the translation of technical food science into cook-friendly kitchen science and helped birth the inventive culinary movement known as "molecular gastronomy." Though other books have been written about kitchen science, *On Food and Cooking* remains unmatched in the accuracy, clarity, and thoroughness of its explanations, and the intriguing way in which it blends science with the historical evolution of foods and cooking techniques. Among the major themes addressed throughout the new edition are:

- Traditional and modern methods of food production and their influences on food quality
- The great diversity of methods by which people in different places and times have prepared the same ingredients
- Tips for selecting the best ingredients and preparing them successfully
- The particular substances that give foods their flavors, and that give us pleasure
- Our evolving knowledge of the health benefits and risks of foods

On Food and Cooking is an invaluable and monumental compendium of basic information about ingredients, cooking methods, and the pleasures of eating. It will delight and fascinate anyone who has ever cooked, savored, or wondered about food.

When *Theatres of Memory* was first published in 1994, it transformed the debate about what is to be considered history and questioned the role of "heritage" that lies at the heart of every Western nation's obsession with the past. Today, in the age of *Downton Abbey* and *Mad Men*, we are once again conjuring historical fictions to make sense of our everyday lives. In this remarkable book, Samuel looks at the many different ways we use the "unofficial knowledge" of the

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past. Considering such varied areas as the fashion for “retrofitting,” the rise of family history, the joys of collecting old photographs, the allure of reenactment societies and televised adaptations of Dickens, Samuel transforms our understanding of the uses of history. He shows us that history is a living practice, something constantly being reassessed in the world around us.

Curry serves up a delectable history of Indian cuisine, ranging from the imperial kitchen of the Mughal invader Babur to the smoky cookhouse of the British Raj. In this fascinating volume, the first authoritative history of Indian food, Lizzie Collingham reveals that almost every well-known Indian dish is the product of a long history of invasion and the fusion of different food traditions. We see how, with the arrival of Portuguese explorers and the Mughal horde, the cooking styles and ingredients of central Asia, Persia, and Europe came to the subcontinent, where over the next four centuries they mixed with traditional Indian food to produce the popular cuisine that we know today. Portuguese spice merchants, for example, introduced vinegar marinades and the British contributed their passion for roast meat. When these new ingredients were mixed with native spices such as cardamom and black pepper, they gave birth to such popular dishes as biryani, jalfrezi, and vindaloo. In fact, vindaloo is an adaptation of the Portuguese dish “carne de vinho e alhos”--the name “vindaloo” a garbled pronunciation of “vinho e alhos”--and even “curry” comes from the Portuguese pronunciation of an Indian word. Finally, Collingham describes how Indian food has spread around the world, from the curry houses of London to the railway stands of Tokyo, where “karee raisu” (curry rice) is a favorite Japanese comfort food. We even visit Madras Mahal, the first Kosher Indian restaurant, in Manhattan. Richly spiced with colorful anecdotes and curious historical facts, and attractively

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designed with 34 illustrations, 5 maps, and numerous recipes, Curry is vivid, entertaining, and delicious--a feast for food lovers everywhere.

Drawing on a large number of interviews with renowned chefs, diners, and Michelin inspectors, this book presents a comparative study of Michelin-starred restaurants in Britain and Germany. It provides an unprecedented insight into what goes on in these establishments--what makes their chefs tick, intrigues their critics, and beguiles or annoys their customers. Restaurants are viewed not simply as businesses but as cultural enterprises that shape our taste in food, ambience, and sociality.

An essential tool for assisting leisure readers interested in topics surrounding food, this unique book contains annotations and read-alikes for hundreds of nonfiction titles about the joys of comestibles and cooking.

Dear Traveler, Welcome to the WanderStories™ guide to British cuisine. We, at WanderStories™, are storytellers. We don't tell you where to eat or sleep, we don't intend to replace a typical travel reference guide. Our mission is to be the best local guide that you would wish to have by your side when visiting the sights. So, we meet you at the sight and take you on a tour. WanderStories™ travel guides are unique because our storytelling style puts you alongside the best local guide who tells you fascinating stories and unusual facts recreating the passion and sacrifice that forged the beauty of these places right here in front of you, while a wealth of high quality photos, historic pictures, and illustrations brings your tour vividly to life. Our promise: • when you visit the UK with this

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travel guide you will have the best local guide at your fingertips • when you read this travel guide in the comfort of your armchair you will feel as if you are actually visiting the UK with the best local guide Let's go! Your guide, WanderStories

Food and Drink: the cultural context is the first text to provide a comprehensive and academically rigorous introduction to a range of key themes in the field of food, drink and culture. Essential reading for post graduates, academics, professionals.

The movement may have introduced affluent Americans to the pleasure of French cuisine years before Julia Child, but it was Julia's lessons that expanded the audience for gourmet dining and turned lovers of French cuisine into cooks.

Food, Cuisine, and Cultural Competency for Culinary, Hospitality, and Nutrition Professionals comprehensively covers unique food traditions as they apply to health.

The text explores the critical importance of cultural sensitivity and competency in today's work setting, addresses health literacy issues of diverse client bases, and helps readers identify customer communication techniques that enable professionals to establish trust with clients of ethnicity not their own. Written and peer reviewed by experts in the culture discussed, each chapter in this groundbreaking text covers a distinct region or culture and discusses the various contexts that contribute to nutrition and health: lifestyles, eating patterns, ethnic foods, menu planning, communication (verbal and non-verbal), and more. This book is consistent with The American Dietetic Association's

Cultural Competence Strategic Plan.

An introduction to culturally determined aspects of communicating in British, Australian, Canadian, New Zealand and American societies, especially those that may influence effective communication with members of these societies or be the source of false perceptions/stereotypes of their behaviour.

Recipe books are a key part of food history; they register the ideals and practices of domestic work, physical health and sustenance and they are at the heart of material culture as it was experienced by early modern Englishwomen. In a world in which daily sustenance and physical health were primarily women's responsibilities, women were central to these texts that record what was both a traditional art and new science. The texts reprinted in these two volumes allow readers to reconstruct the history of recipes, both medical and culinary, from the mid-sixteenth to mid-seventeenth century, and situate that history within the larger scientific and intellectual practices of the period.

The Resource Guide for Food Writers represents the first comprehensive listing of resources for food writers and culinary enthusiasts. A feast for all who love food, it is both a research tool for finding out facts about food and a guide to food writing. Author Gary Allen presents an impressive menu of relevant resources, ranging from specialty libraries and booksellers to periodicals, organizations, and web sites. Allen goes on to provide genuine guidance on how writers can utilize those resources for writing about food and getting published. This authoritative reference and handbook is essential

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for every epicurean who wants to learn more about food, from the food-service professional to the ambitious home gourmet.

An illuminating account of how history shapes our diets—now in a new revised and updated Third Edition Why did the ancient Romans believe cinnamon grew in swamps guarded by giant killer bats? How did African cultures imported by slavery influence cooking in the American South? What does the 700-seat McDonald's in Beijing serve in the age of globalization? With the answers to these and many more such questions, *Cuisine and Culture, Third Edition* presents an engaging, entertaining, and informative exploration of the interactions among history, culture, and food. From prehistory and the earliest societies in the Fertile Crescent to today's celebrity chefs, *Cuisine and Culture, Third Edition* presents a multicultural and multiethnic approach to understanding how and why major historical events have affected and defined the culinary traditions in different societies. Now revised and updated, this Third Edition is more comprehensive and insightful than ever before. Covers prehistory through the present day—from the discovery of fire to the emergence of television cooking shows Explores how history, culture, politics, sociology, and religion have determined how and what people have eaten through the ages Includes a sampling of recipes and menus from different historical periods and cultures Features French and Italian pronunciation guides, a chronology of food books and cookbooks of historical importance, and an extensive bibliography Includes all-new content on technology,

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food marketing, celebrity chefs and cooking television shows, and Canadian cuisine. Complete with revealing historical photographs and illustrations, Cuisine and Culture is an essential introduction to food history for students, history buffs, and food lovers.

The British have been baking for centuries. Here, for the first time, is a comprehensive account of how our relationship with this much-loved art has changed, evolved and progressed over time. Renowned food historian and author, Emma Kay, skillfully combines the related histories of Britain's economy, innovation, technology, health, cultural and social trends with the personal stories of many of the individuals involved with the whole process: the early pioneers, the recipe writers, the cooks, the entrepreneurs. The result is a deliciously fascinating read, one that will prove to be juicier than the juiciest of juicy baked goods.

"Paris is the culinary centre of the world. All the great missionaries of good cookery have gone forth from it, and its cuisine was, is, and ever will be the supreme expression of one of the greatest arts of the world," observed the English author of *The Gourmet Guide to Europe* in 1903. Even today, a sophisticated meal, expertly prepared and elegantly served, must almost by definition be French. For a century and a half, fine dining the world over has meant French dishes and, above all, French chefs. Despite the growing popularity in the past decade of regional American and international cuisines, French terms like *julienne*, *saute*, and *chef de cuisine* appear on restaurant menus from New Orleans to London to Tokyo, and culinary schools still consider the

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French methods essential for each new generation of chefs. Amy Trubek, trained as a professional chef at the Cordon Bleu, explores the fascinating story of how the traditions of France came to dominate the culinary world. One of the first reference works for chefs, *Ouverture de Cuisine*, written by Lancelot de Casteau and published in 1604, set out rules for the preparation and presentation of food for the nobility. Beginning with this guide and the cookbooks that followed, French chefs of the seventeenth and eighteenth centuries codified the cuisine of the French aristocracy. After the French Revolution, the chefs of France found it necessary to move from the homes of the nobility to the public sphere, where they were able to build on this foundation of an aesthetic of cooking to make cuisine not only a respected profession but also to make it a French profession. French cooks transformed themselves from household servants to masters of the art of fine dining, making the cuisine of the French aristocracy the international haute cuisine. Eager to prove their "good taste," the new elites of the Industrial Age and the bourgeoisie competed to hire French chefs in their homes, and to entertain at restaurants where French chefs presided over the kitchen. Haute Cuisine profiles the great chefs of the nineteenth century, including Antonin Careme and Auguste Escoffier, and their role in creating a professional class of chefs trained in French principles and techniques, as well as their contemporary heirs, notably Pierre Franey and Julia Child. The French influence on the world of cuisine and culture is a story of food as status symbol. "Tell me what you eat," the great

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gastronome Brillat-Savarin wrote, "and I will tell you who you are." Haute Cuisine shows us how our tastes, desires, and history come together at a common table of appreciation for the French empire of food. Bon appetit! This eBook version of the Green Guide Great Britain by Michelin features the best of Great Britain, its three unique countries and dozens of different cultures and landscapes. Tours, maps, full-color photos, illustrations and plenty of fascinating sidebars help you to explore this island where heritage, history and high culture play a continuing role, but nothing stands still for long. Whether walking among the Victoriana of Tunbridge Wells, taking a tour of the British Museum, or beach-hopping on the Pembrokeshire coast, Michelin's celebrated star-rating system and respected maps make sure you see the best that Great Britain has to offer.

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