

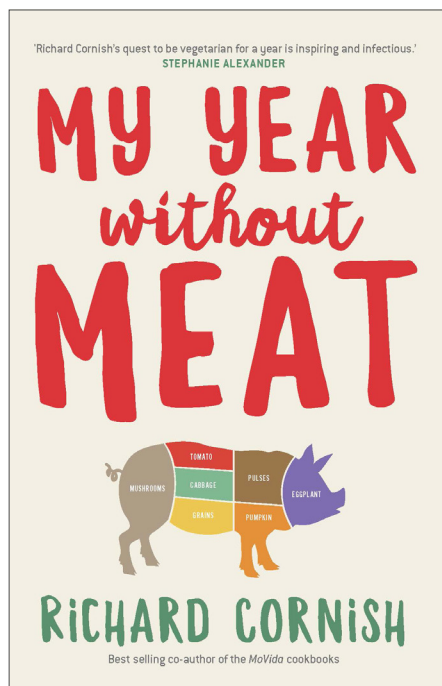
MEDIA RELEASE

Books with Spine – The best in politics, current affairs and biography



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MY YEAR WITHOUT MEAT

By Richard Cornish

'A fascinating and discursive investigation into flavour, skill, traditional knowledge [and] the importance of "terroir" ... inspiring and infectious.'
—STEPHANIE ALEXANDER

'It wasn't until I decided to stop eating meat that I realised just how ubiquitous chicken, bacon, ham, preserved and fresh meat had become in the Australian diet and other Western nations. It forced me to confront how narrow meat-free food choices are for those living in the everyday world. We are drowning in a sea of animal products and it takes good navigation to chart a course for a healthy diet without them.'
—RICHARD CORNISH, MY YEAR WITHOUT MEAT

RRP Print \$29.99
RRP eBook \$13.99

Richard Cornish will be available for interview during August.

For more information please contact:

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When food writer Richard Cornish was so overcome by the aroma of the roast leg of lamb he had buckled into the passenger seat next to him that he pulled over to the side of the road and tore it apart with his bare hands, he knew he had a problem. He began to examine what it means to eat meat by becoming a vegetarian for a year.

My Year Without Meat is a surprising and bittersweet journey—for Richard, it changed his body, his values, and how he cooks. It will make you change the way you look at the contents of your supermarket trolley, how you prepare your evening meal and think about where your food comes from.

Richard Cornish is an award-winning food writer and author of the much-loved and irreverent *Brain Food* column. He has co-authored the bestselling *MoVida* cookbooks with Frank Camorra and *Phillippa's Home Baking* with Phillippa Grogan. His journalism explores where food comes from, how it gets to us and why some foods taste better than others.

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