



## The Meat Free Monday Cookbook

*Annie Rigg (Editor) , Paul McCartney (Foreword) , Stella McCartney (Foreword) , Mary McCartney (Foreword)*

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In 2009, Paul, Stella and Mary McCartney launched the Meat Free Monday campaign as a simple and straightforward idea to show everyone the value of eating less meat - and to make it easier for us all to do so. "The Meat Free Monday Cookbook" is for everyone who shares the campaign's aims and consists of menus for each of the 52 weeks of the year. Packed with recipes such as Spiced Pumpkin Pancakes, Basil and Mushroom Tart, Pilau Rice with Cashews and Watermelon Granita, as well as vibrant spring soups, inventive summer salads, appetising autumn bakes and comforting winter stews, it includes contributions from Paul, Stella and Mary McCartney and celebrity and chef supporters of the campaign such as Skye Gynge, Giorgio Locatelli, Theo Randall, Yotam Ottolenghi, Kevin Spacey and Vivienne Westwood.

## The Meat Free Monday Cookbook Details

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# **From Reader Review The Meat Free Monday Cookbook for online ebook**

## **Angela says**

I like a cookbook that has ingredients I can find at most supermarkets. These recipes were few and far between. Plus, the idea of sorting them by Season was interesting but not functional for me. I like when recipes are group by meal and this way a day by day, breakfast to dessert layout. Not for me. Sorry.

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## **Clare says**

I'm not vegetarian but this book is one of my favourites. The book gives you a set of recipes for every Monday of the year, breakfasts, lunches, mains and sides throughout the seasons. The recipes are tasty, fresh and have given me so many new ideas that I wouldn't have considered before, even small things like using lentils instead of mincemeat. There's also the lovely photography throughout mixed with clear, colourful layouts of pages which makes looking through this book a delight.

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## **Liz De Coster says**

Provides a year's worth of full-day menus without meat. I really appreciated the diversity of meatless recipes here; it wasn't all meat substitutes, though almost every menu featured cheese. I was a little concerned that the text might get wrapped up in name dropping, as some celebrity cookbooks do, but I found very little of that here. I did have one quibble, which is the teeny tiny text size, something that would be very difficult to read in the middle of cooking. Otherwise, recommend.

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## **Jessi says**

Plenty of delicious recipes for breakfast, snacks, lunch, dinner and a dessert- for each Monday of the year! My only complaint is the layout of some of the recipes. I prefer cookbooks that list ingredients first, so you know what to prepare, and then show you the recipe. Many (at least half) of the recipes in the book are written in that frustrating paragraph style, which narrates the process of preparing the dish, and the ingredients are listed within the narration in bold. I don't care for that. If all the recipes had been presented in the more common format, I would have given this book five stars.

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## **Rachel says**

I had found the website for this idea of a Meat Free Monday awhile back and thought it was a great idea, so naturally when I found out they had created a cookbook for it, I had to get my hands on it. Convincing my husband to have a meat-free meal is another thing entirely, but I'll definitely have ammunition now with all these great recipes. They broke the book down into seasons, and have 13 weekly menus per season. Every

weekly menu has recipes for breakfast, lunch, packed lunch, side/snack, dinner and dessert. While I don't particularly like the menus the way they have them listed, I think that there are a lot of fantastic recipes in there, that you can make up your own. Some of the tasties recipes are for Banoffee Pie, Spinach Tart, Peanut Butter and Banana Cupcakes, Apricot and Oat Bars, Basil-Scented Braised Fennel, Potato and Gruyere Focaccia and so many more. Highly recommended, 5 stars.

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### **Kellea says**

I love this cookbook, with a foreword by celebrities Paul and Stella McCartney, along with the accompanying website, [www.meatfreemondays.com](http://www.meatfreemondays.com), It's all about encouraging us to take account of our meat consumption as well as to pay more attention to the environment and climate around us. And, since I'm trying to incorporate more fun vegetarian based dishes into my meal plan (especially dinner), I thought this was the perfect companion for me. And I also like that the meal plans for a truly Meat-Free-Monday are all laid out from breakfast, lunch, and dinner. The only thing I don't like about the book is that some of the ingredients may be inaccessible or just that realistically, I'm not going to find them (just being honest). But I do like that it offers to many creative ways to think about how we can easily prepare our food and be okay without eating meat with every meal.

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### **Den says**

Looked through this today and have highlighted so many recipes I would like to try

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### **Sharon says**

Not sure if you can truly read an entire cookbook, but I was able to scan this for some great new recipes. (The person before me earmarked all eggplant recipes, for which I'll pass.) Still I like the format of this one with menus set up for each week (Mondays, specifically, if you're falling the meat free mantra just once a week) of the year from breakfast through dessert, divided by season. Bon appetit!

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### **Stephanie says**

I was super-excited to get this new release from the library (after an excruciating wait of several weeks).

Meat-Free Monday is a relatively new campaign that's catching on, and as its name suggests, it's asking everyone to give up meat one day a week (the Monday requirement is flexible, I'm sure). I love the idea as it breaks down an overwhelming diet change into a manageable one that most people can embrace. Once a week is not a huge commitment, yet it can have huge global impacts if everyone in the Western world reduced their meat consumption by 1/7.

The book is divided into the 4 seasons, with 13 weekly meal plans in each. The meal plans include meat-free breakfast, lunch (packed), lunch (cooked), dinner, snack and dessert. It's a cool structure, although honestly I can't say that I typically even have meat-enriched breakfasts or lunches, and my desserts definitely never

involve meat!

2 concerns I had with the book:

1. These recipes are NOT Weight Watcher friendly! There is a lot of oil, butter, and cheese in this book, which is very sad as vegetarianism is supposed to be better for the diet
2. They rely very heavily on the 2 banned substances in our family: mushrooms and tofu.

Nonetheless, there are several intriguing recipes to try.

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## **Molly says**

"Hey babe, I'm at the store- do we have any fatoush or pomegranate molasses, or should I pick some up?"

I'm totally on board with meat free Mondays, and I'm glad the concept is spreading enough to have this book published. But this book just wasn't realistic for me. A lot of ingredients I will never have and probably couldn't find or afford if I wanted them. Beautiful photos and what I'm sure is delicious food- but just not the sort of practical cookbook that I prefer.

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## **Rebecca says**

3.5 - I think it's easier simply to list positives and negatives about this book:

Good points:

- ~I think the ideas behind this campaign are really good and they're summarised simply in the introduction.
- ~The recipes are appealing and different, certainly giving a lot of new vegetarian inspiration. The evening I brought this book home my friends and I spent ages flicking through it drooling.
- ~Each Monday has many more recipes than I would be able to eat in one day, so you could even use the book for 2 days a week of meat free-ness if you wanted, without really having to double up.
- ~A really really extensive index, that is really useful if you have veg to use up and aren't sure what to do with it- I imagine this would be very useful if you had a veg box too (oh how I wish I could!)
- ~The recipes are healthy and nicely balanced, some are more indulgent but there are also lots of ideas for interesting salads etc.

Bad points:

- ~Whilst the photos of the finished dishes are amazing and the food looks delicious, there are a lot of full page photos of fruit and vegetables which are all very nice, but I want to see the recipes rather than the raw ingredients- I know what those look like!
- ~Quite a few of the recipes call for expensive/rare/a lot of ingredients that it simply isn't practical for me as a student, cooking for only me or perhaps one other person, to make quite a few of them. Which is a shame, as they look really good... I'll have to wait until I get home and have a proper kitchen and fridge!
- ~Some of the day meal plans don't seem very well planned out, for example the suggested side would be very odd with the main meal, e.g. citrus rice accompanying a noodle dish for week 11 of winter. However

this could easily be worked around by swapping weeks meals around or having the side with lunch etc...

many of the mains sound filling enough that they wouldn't need a side!

~A bit more bad planning, such as a 'packed lunch' that calls to be served immediately after cooking! (Winter week 3) Not quite sure how that would work...!

All in all it isn't the easiest, quickest, cheapest cookbook ever, but with a bit of tweaking (or splashing out time and money once in a while) I think it will be very useful... I might change this review up or down once I've tried some out!

EDIT 22/03/12- I've now tried two recipes from this book, sweet potato and pesto gnocchi and middle eastern aubergine casserole (sorry don't have page numbers because I've left the book in London for my holidays, so the recipe titles aren't exact either). The aubergine casserole was delicious- several unusual ingredients (pomegranate molasses, preserved lemons and verjuice to name a few) but I had been wanting to try several recipes with these in so they won't go to waste!

The gnocchi on the other hand weren't such a success, more the pity because my boyfriend and I were making it for valentines day- one particularly sensitive and kind flatmate said it looked like chunder in my colander! However I gather gnocchi in general are hard to make so I'm not really blaming the book...

So I'm still keen on the book with many more recipes I want to try- recommended for special cooking, not really very everyday....

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## **Gwyn says**

A pretty mediocre cookbook all around. Although the introduction stresses the importance of reducing all animal products in one's diet, not just meat, most of the recipes here require eggs, cheese, or some other dairy--which, depending on several factors, are potentially almost as inhumane and carbon-heavy as meat, which defeats some of the the ecological ethical reasons for going vegetarian.

The recipes themselves are okay. I tried four main courses, and the results ranged from my family actually saying "This is terrible" to my face (which, to be fair, may have been due in part to technical failures on my part) to "You could make this again, but you should change a bunch of stuff to make it better." The two desserts I made were more reliably received, but were nothing worth writing home about.

Although the layout is beautiful, it's not very practical. I have the feeling many recipes were simplified to fit better on the page: the ones I tried were pretty bland, as if a longer list of seasonings was omitted for lack of space. Directions, too, are pretty sparse, which is fine for the more experienced cook but a challenge for the less experienced one. For example, the instructions for blind baking, included with several recipes, are deceptively minimalistic--complete enough that a newbie cook might not feel the need to look up blind baking in a really good cookbook/the internet, but incomplete enough that her crust will probably not come out quite right if she doesn't.

Most of the recipes here sound really good, but I would use them more as inspiration rather than expect them to come out right on the first try. I could not, in good conscience, recommend it to anyone.

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## **Jennifer Stephens says**

0/5 stars.

This cookbook has helped me realize that what the common review and rating systems are missing is the ability to give a book negative stars.

Meat Free Monday Cookbook is like that sexy hipster fellow who talks smart and looks sharp but is pretty dull and lacking soul when you get him talking. To quote another reviewer from Amazon, "This is one of the most sensible (and appetizing) vegetarian cookbooks I have ever read". So as far as purchasing cookbooks for reading, hey, A+++.

The problem results when you attempt to actually cook something from the book. I am pretty skilled in the kitchen and every single recipe I have made from tMFM Cookbook has been bland and just beyond the pale of yuck. I was finally driven to write this angry review after making the meatless ale pie concoction (from the winter menu section). It was so disgusting that those of us who were unfortunate enough to take the first bites gave into our instinct to spit it out full stop immediately. And now we are going out to dinner, but because I care about you considerably dear reader I am taking a moment to write this review RIGHT NOW before we head out the door.

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### **Jo says**

Enjoyed the foreword by Paul, Stella and Mary McCartney and also the introduction explaining how The Meat Free Monday Campaign came to be. From there the book is divided into sections: Spring, Summer, Autumn and Winter with recipes for each week of the year. This enables everyone to have a complete meat free day with a recipe included for Breakfast, Packed Lunch, Lunch, Side, Dinner and Dessert. A great campaign and loved the set up of the book but nearly all of the recipes call for milk or eggs which was a little disappointing. However, this would make a great starting off cook book for those interested in exploring vegetarianism and those interested in adopting a meat free day of the week.

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### **Megan says**

I like the idea of seasonal eating and meal plans, but I found that too many recipes are heavily dependent on dairy and eggs.

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