

For more information and recipes, visit the following websites, or refer to Shannon Hayes' newest cookbook: Long Way on a Little: An Earth Lovers' Companion for Enjoying Meat, Pinching Pennies and Living Deliciously.

1. A Celebration of the Casserole: <http://www.shannonhayes.org/899/>
2. Meat Broth and Demi-Glace, Done Shannon-Style: <http://www.shannonhayes.org/prudent-carnivore-meat-broth-and-demi-glace-done-shannon-style/>
3. Making Use of the Fat: <http://www.shannonhayes.org/the-prudent-carnivore-part-2-making-use-of-the-fat/>