

# THINK! EAT! ACT!

A Sea Shepherd Chef's Vegan Cookbook by RAFFAELLA TOLICETTI

"To cook vegan for a multiethnic crew, motivated by an eco-animal rights passion, on a ship that flags the Jolly Roger. Those could be the ingredients of a Peter Greenaway movie. Not to mention that the cook is Italian, maybe knows how to sing, definitely doesn't wear a moustache but does for sure know how to cook some real pasta. . . thanks to a book like this one I can find the real reason that I am vegan, which is simply that animals are not ours to be eaten."

—Paolo, Vegan Riot

"Veganism is about staying committed to an idea. But how do we maintain that diet and way of life in the midst of a culture that doesn't often agree with us? This book offers incredible examples of people who have maintained their commitment to veganism even in light of seemingly impossible conditions. If you want incredible recipes, inspirational stories, and new ideas on the vegan way of life, this book is essential"

—Greg Bennick, professional speaker, humanitarian and vegan activist, producer, writer

"Her compassionate philosophy is contagious and I wished I had encountered it earlier."

— Sylvie Guillem, French étoile ballet dancer



**The author is a cook for the Sea Shepherds—the subject of the Discovery Channel's TV show *Whale Wars*.**

Think, Eat, Act! is a cookbook of the vegan food prepared on Sea Shepherd ships on anti-whaling campaigns that are inspired by the necessity of talking both for the animals that are victims of human cruelty. This book uses food to show readers that every action has a consequence and by choosing a vegan diet we can eat delicious meals, by engaged in activism, and live well and compassionately.

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9781904859994 (AK Press) Another dinner is possible 24.95 2009

9781600940491 (Da Capo) Appetite for Reduction 19.95 2010

9780738212722 (Da Capo) Vegan Brunch 19.95 2009

"Not everybody can get on a ship for months on end and fight whaling fleets in the Southern Ocean like Raffa and the Sea Shepherds do, but you don't have to go to Antarctica to make a difference in this world. Adopting a vegan or vegetarian diet means you can save just as many animals, if not more, by the choices you make three times a day. Raffa's recipes make being vegan easy. They are healthy, nutritious and tasty."

—Joanne Brookfield, Fairfax Media

**An innovative book, including both food and activism, Think! Eat! Act! not only recipes but information about current vegan activist campaigns going on around the world.**



After a degree in political science in Rome, Raffaella Tolicetti joined Sea Shepherd as a vegan cook in July 2010. Since then she has participated in three Antarctica anti-whaling campaigns, one Faroe campaign against the grind of pilot whales and one bluefin tuna defense campaign in the Mediterranean. She has been chief cook on board three different ships, the Steve Irwin, the Bob Barker and now the Sam Simon. Raffa has been vegan for over three years and was vegetarian for another four before that, although she thinks she was born vegetarian and forced fed meat and fish and eggs and milk.

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