Cooking Titles
Spring 2019
My Fussy Eater
A Real Mum’s Easy Everyday Recipes for the Whole Family* (*Never Cook Separate Meals Again!)
Ciara Attwell

Summary
100 yummy recipes from the UK’s number 1 food blog! Most parents have to deal with the fateful Fussy Eater at some point in their lives—let My Fussy Eater show you the easy way to get your children eating a variety of healthy, delicious foods! Packed full of family-friendly recipes, entire meal plans, and the all-important tips on dealing with fussy eaters, you'll be guided every step of the way. You'll no longer need to cook separate meals for you and your children—saving time, money, and stress. The never-seen-before recipes will take 30 minutes or less to prepare and cook, using simple, everyday ingredients. Make in bulk for easy meal times, and get your fussy eaters finally eating fruit and vegetables! My Fussy Eater provides practical, easy, and delicious solutions for fussy eaters the whole family can enjoy!

Contributor Bio
Ciara Attwell is a 35-year-old mom of two young children. She set up a blog called My Fussy Eater in April 2014, just after her son was born. She wanted to create meals that catered for the whole family in one go, rather than needing to cook one thing for her fussy eaters! MyFussyEater.com was born, and in just over two and a half years was one of the leading family food blogs in the UK. You can view Ciara's high-quality recipe videos on her YouTube channel, Facebook, and Instagram.

Made with Love
100 of the World’s Best Chefs, Cooks & Food Artisans & the Food They Make for the People They Love
Helen Greenwood

Summary
We have been asking the world's best chefs a personal question: What do you cook for the people you love? Their answers and their personal recipes are the basis for a unique series of international cookbooks that raise money and awareness to fight poverty and hunger. Now, over 100 of the world's finest cooks, chefs, bakers and food artisans from New Zealand, Australia, South Africa, and Great Britain are joining forces to create one extraordinary book. Made with Love is not only a joyous culinary celebration of cuisine from around the world but royalties from the sales of the book will be given to the Nelson Mandela Foundation to develop and support community food and agricultural projects. Includes metric measures.

Contributor Bio
In a career that spans four decades, Helen Greenwood has been the Sydney Morning Herald's first female weekly restaurant reviewer, co-editor of the prestigious The Sydney Morning Herald Good Food Guide, editor of Good Living, founding food editor of Elle magazine, co-editor of the inaugural Time Out Sydney guide, and editor of six editions of The Foodies’ Guide to Sydney.
Angela Gray's Cookery School: Autumn Season Cook Book
Angela Gray, Huw Jones

Summary
The fourth in a series of seasonal cookbooks, *Autumn Recipes* by Angela Gray contains 30 recipes celebrating the best of autumn's ingredients and fresh dishes, with delicious recipes to warm up the autumn nights. In this collection, Angela Gray draws influences from around the UK, Europe, and further afield, creating show-stopping dishes across starters, mains, and desserts. These range from delicious salt duck to rich and hearty slow-cooked lamb with red wine, orange and green olive to a traditional autumn fruit pie. The recipes are beautifully photographed by leading food photographer Huw Jones.

Contributor Bio
Angela Gray opened the doors to her Cookery School at Llanerch Vineyard in April 2010. She is now in her seventh successful year and has already been voted into the Top 10 UK Cookery Schools by the *Independent* and *Telegraph*. The Cookery School has also been shortlisted for the Best Cookery School in the Great British Food Awards and was chosen to join an elite selection of 50 top schools in The National Cookery School Guide. Huw Jones is one of the UK's leading food photographers, whose extensive commercial work includes the beautiful images for Graffeg's award-winning series of Flavours of Wales cookbooks and the full range of Angela Gray's Cookery School collections.

The Cook's Apprentice
Tips, Techniques and Recipes for New Foodies
Stephanie Alexander

Summary
This wonderful book is full to the brim with everything new foodies need to know to become relaxed and confident in the kitchen. Arranged alphabetically, it includes 56 ingredient chapters—from Apples to Zucchini—and more than 300 achievable recipes ranging from classics every cook will want to try, to exciting new dishes that reflect our diverse nation. Stephanie explains more than 100 important techniques in straightforward language, discusses the kitchen tools she likes to use, and describes ingredients you might not know: How do I whisk eggs to soft peaks? What does it mean to "make a well" in dry ingredients? Why should I roast spices? How do I prepare fresh chilies safely? What is "resting meat" and why should I do it? How do I prepare a mango? What flavors work well together? What is fresh mozzarella? How do I say "quinoa?" *The Cook's Apprentice* gives all you new cooks the inspiration you need for a lifetime of enjoyment in the kitchen. Includes conversion charts.

Contributor Bio
Stephanie Alexander is regarded as one of Australia's great food educators. Her reputation has been earned through her 30 years as an owner-chef in several restaurants, as the author of 15 influential books and hundreds of articles about food matters, and for her groundbreaking work in creating the Stephanie Alexander Kitchen Garden Foundation. She is the author of *The Cook's Companion*. 
How to Cook and Keep on Cooking
Simon Boyle

Summary
Have you always wanted to learn how to cook, but don't know where to start?
Whether you're intimidated by complex recipes and glossy photographs, or you're a student moving out for the first time, this book will give you the tools you need to gain confidence in the kitchen, and experience the satisfaction of mastering a fundamental life skill.

Written in a refreshingly direct and friendly style, this concise handbook covers all bases: equipment, weekly meal planners, how to follow a recipe, basic nutrition, popular cooking techniques and, of course, recipes!

The recipes revolve around key ingredients - eggs, pasta, pulses, meats and stocks. With easy to follow instructions, you'll be whipping up full roast dinners, aromatic curries and deliciously sweet desserts, in no time at all.

So why not take the first step? Start cooking today!

Contributor Bio
Trained in the kitchens of the Savoy Hotel, London, and by the culinary legend, Anton Mosimann, Simon has worked across the world for the likes of Unilever as a retail products innovator, bringing to life new products and concepts for world famous brands including Ben & Jerry's, Hellmann's, Marmite, Cornetto and Knorr. Simon travelled the world with P&O Cruises and even worked for a Prince in Saudi Arabia.

Simon founded the highly acclaimed Beyond Food Community Interest Company. Beyond Food has its own innovative social enterprise restaurant in London, Brigade. Brigade works to inspire people who are at risk of, or have experienced, homelessness to gain meaningful employment. Brigade has trained thousands of people and won countless awards.

Eat to Sleep
80 Nourishing Recipes to Help You Sleep Well Every Night
Heather Thomas, Alina Tierney

Summary
If you sometimes struggle to get a good night’s sleep, changing what you eat can make all the difference …

A restful night can restore our bodies, recharge our minds and balance our moods, but sleep is easily affected by our daytime routines – including what we eat and when we eat it.

In Eat to Sleep, health and cookery writer Heather Thomas and nutritionist Alina Tierney share 80 delicious evening recipes, perfectly balanced for a healthy night’s sleep, as well as simple advice and tips on foods to enjoy and those to avoid. Steering clear of caffeine and sugar is only part of the story. We need to be eating the right foods at the right time to keep our sleep hormones in check and to calm our bodies and minds.

Nourishing and full of flavour, these tempting recipes include easy light suppers using supermarket ingredients, like Warm Roasted Kale, Pear and Sweet Potato Salad and Chicken Quesadilla's with Papaya Salsa. There are also comforting filling meals including Greek Rice Pilaf with Lemony Greens and Creamy Salmon and Dill Potato Bake, as well as healthy treats and bakes such as Hone...

Contributor Bio
Heather Thomas is a health and cookery writer and editor who has worked with all the major slimming organisations in the UK, including Slimming Magazine, Slimming Clubs, Weight Watchers, Slimming World, Rosemary Conley, LighterLife, Scottish Slimmers, Unislim, Cambridge Weight Plan and Tesco Diets. She is the author of The Avocado Cookbook (Ebury, 2016) and The Chickpea Cookbook (Ebury, 2017), The Sweet Potato Cookbook (Ebury 2017), The Hot Sauce Cookbook (Ebury 2018).

Heather has worked with many top chefs, nutritionists and women’s health organisations and charities, and has contributed to health and food magazines in the UK and the United States. She practises what she
Lose Weight for Life
The Honest Way to Drop Pounds and Keep Them Off - For Good
Lisa Riley

Summary
Having shed an incredible 12 stone, Lisa Riley has completely changed how she eats, how she thinks and how she feels, and now she’s here to help you do the same—for good.

In this book she takes her advice a step further and shows how to form positive lifelong habits that will help you drop unwanted pounds and—more importantly—keep them off. With Lisa's advice, you can learn how to:
· Ditch the excuses and just make a start, with her motivational tips and delicious kick-start eating plan.
· Eat better and move more, with 75 delicious, low-calorie recipes, easy, convenient recipes that anyone can cook . . .
· You'll love Lisa’s fish and chips and minty peas with a difference, bean burgers and sweet potato wedges, butternut squash and goat's cheese filo tart, lemon drizzle tray bake, zesty zero cocktails and much more.
· Plus fun, fast, easy workout ideas to do at home.
· Unpick bad habits, combat negative thinking and find the right mindset - because losing weight begins as much in your head as it does in the gym or the kitchen.

Let Lisa inspire you to change your lifestyle, form healthy long...

Contributor Bio
Lisa Riley is a TV presenter and actress best known for playing Mandy Dingle in Emmerdale. Since then she has presented You've Been Framed!, reached the semi-finals of Strictly Come Dancing in 2012, and has become a regular panelist on the ITV daytime series Loose Women. She will be starring in the new BBC drama, Age Before Beauty, by the writers of Poldark, in 2018. Lisa published her autobiography in 2013 and her first diet book, Lisa Riley's Honesty Diet, in 2017.

The Country House Kitchen 1650-1900
Pamela A Sambrook, Peter Brears

This book is a must-read for anyone interested in food, history and country houses, revealing how, above and below stairs, good food was always on the table.

Summary
The kitchen was very much the heart of the home in country houses the length and breadth of Britain. Although this hive of activity was kept behind closed doors and often hidden away in the bowels of vast mansions, these rooms ensured that the house and those who lived in it were provisioned. Country houses were formerly self-sufficient to an incredible degree, requiring a range of purpose-built accommodation for food storage and a hierarchy of servants with unique skills. From brewing and baking through to distilling, working in the dairy and even ice-storage, this book offers an intimate look at the ingenuity and creativity that kept these kitchens running smoothly. It also explores the evolution of the kitchen range, cooking techniques, vessels and gadgets and the kitchen staff who used them, as well as the relationship between kitchen, servery and dining room. This book is a must-read for anyone interested in food, history and country houses, revealing how, above and below stairs, good food was always on the table.

Contributor Bio
PAMELA A. SAMBROOK was a museum curator and is now a freelance writer and lecturer and works with the National Trust. PETER BREARS was formerly Director of Leeds City Museums Service. He is a well-known writer and lecturer on food history and has worked with the National Trust.
**Classic**
Delicious, no-fuss recipes from Mary’s new BBC series
Mary Berry

**Summary**
Britain’s most trusted cook has been showing the nation how to make delicious, foolproof food for decades. This brand-new collection brings together everything we love about Mary—wonderfully simple but utterly dependable recipes that are essential for every home. These are recipes everyone can enjoy cooking and eating, no matter their time, budget, or confidence. Featuring all the recipes from Mary’s new television series, each accompanied by Mary’s no-nonsense tips and techniques, this stunning step-by-step cookbook ensures perfect results every time. From ever-popular classics like Rack of Lamb with Orange and Thyme Sauce or Lemon Meringue Pie, to a perfect loin of pork with apple sauce, Mary cooks alongside you every step of the way. Includes metric measures and conversion charts.

**Contributor Bio**
Mary Berry is the much-loved former judge on the BBC’s The Great British Bake Off and PBS's The Great British Baking Show, and the author of over 70 books.

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**The Currabinny Cookbook**
James Kavanagh, William Murray

**Summary**
Traditional food sumptuously cooked in an unashamed celebration of flavor.

In five years selling at farmers’ markets and hosting dining events and pop-ups, James Kavanagh and William Murray's food business, Currabinny, has grown a huge fan-base. And reaching the finals of RTE's The Taste of Success (with their to-die-for Pecan and White Chocolate Banana Loaf) exposed Currabinny to a prime-time audience.

James and William celebrate traditional ingredients (butter, cream, sea-salt and the best of fresh and local produce), give them a modern twist, and always produce indulgent delicious dishes.

*The Currabinny Cookbook* includes their favorite recipes. From breakfast ideas (Macroom Oatmeal with Saturn Peaches, Pomegranate & Raw Honey) to sumptuous suppers (Rustic Rye Galette with Leeks, Fennel and Goats Cheese; Slow Roasted Salmon with Blood Orange, Lemon, Fennel & Dill; Ham in Juniper & Apple Juice with Mustard Parsnip Mash and Buttered Cabbage) and sweet treats (Apple, Rosemary & Buttermilk Cake; Fresh Blueberry Pie with Lemon Curd Cream) this book is a one-stop bible of delicious, comfort...

**Contributor Bio**
James Kavanagh is one of Ireland’s most entertaining and most popular social media personalities. He worked in PR for a number of years and with such iconic brands as Barry’s Tea and Kerrygold. With his partner, William Murray, he started the food company Currabinny in 2013. William Murray completed a fine arts degree in sculpture before he trained as a chef at world famous Ballymaloe Cookery School.
**Good Food: 5 Ingredients**

*Good Food Guides*

**Summary**

**Easy-to-make meals for all occasions, using just 5 ingredients, that pack in flavour.**

As lives get busier and more demanding we need to take the pressure off great cooking. This collection of recipes will help you make ingeniously simple, incredibly tasty, quick meals using only 5 supermarket ingredients.

From hearty weekday dinners – such as Teryaki Pork Meatballs and Blackened Salmon Fajitas – to fantastic brunches, genius sides, starters and sweet desserts, each recipe is delicious and really delivers on taste, allowing you to accomplish dishes that will impress all ages every day of the week.

Each recipe is accompanied by a full-colour photograph, full nutritional breakdown and easy-to-follow steps.

**Contributor Bio**

Each BBC Good Food title is researched and written by the experts at Good Food.

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**Max's Sandwich Book**

*The Ultimate Guide to Creating Perfection Between Two Slices of Bread*

Max Halley

**Summary**

*Max's Sandwich Book* is the perfect guide to an exciting lunch and the perfect gift for the sandwich lover in your life (even if it's you). Max Halley owns Britain's most amazing sandwich shop. After working in some of the country's best restaurants, he realized that the sandwich, humanity's greatest invention, was due a renaissance. So Max decided to open his own place and reinvent the sandwich forever. Inside this book you will find:

- Award-winning creations from his shop
- Inspired variations on classic sandwiches
- Brilliant, delicious ways to use your leftovers
- Sandwiches for breakfast
- Sandwiches for dinner
- Sandwiches for dessert
- And more than 100 recipes for making your own ingenious creations at home. Ham, Egg & Chips never tasted so good. Max is the owner of Max's Sandwich Shop in Crouch End, winner of the Observer Food Monthly Award for Best Cheap Eat in 2015.

**Contributor Bio**

Max Halley is a writer, broadcaster, and the owner of Max's Sandwich Shop (winner of the Observer Food Monthly Award for Best Cheap Eat in 2015). Before opening his shop in North London, he ran a host of London's best-loved dining rooms, including Arbutus, Salt Yard, The Opera Tavern, and LeCoq. Max has written for the *Guardian* and Vice.com, and makes films on food for Vice. Ben Benton is a cook, writer, and restaurant consultant. Together, Max and Ben are currently developing a food quiz show for Dave, as well as a food and travel YouTube series for *Vice.*
Cooking on a Bootstrap
Over 100 Simple, Budget Recipes
Jack Monroe

Summary
Jack Monroe is a campaigner, food writer, and activist. Her first cookbook, A Girl Called Jack, was a runaway bestseller selling nearly 60,000 copies. The sequel Cooking on a Bootstrap makes budget food fun and delicious, with 118 incredible new recipes including Fluffy Berry Pancakes, Self-Love Stew, Marmite Mac ‘n’ Cheese, and Hot Sardines with Herby Sauce. Chapters include Bread, Breakfasts, A Bag of Pasta and a Packet of Rice, Spuds and Eat More Veg. There are vegan, sweet, and what Jack calls "contraband" dishes here, as well as nifty money-saving tips. With her trademark humor and wit, Jack shows us that affordable, authentic, and creative recipes aren't just for those with fancy gadgets or premium ingredients. Initially launching this book as a limited edition on Kickstarter, Jack reached the funding target in just one day. This updated edition contains illustrations and original full-color photographs to really make your mouth water.

Contributor Bio
Jack Monroe was awarded the 2013 Fortnum and Mason Judges' Choice Award for the impact that her blog, A Girl Called Jack, has had. She is now a well-known campaigner against hunger and poverty in the UK, weekly recipe columnist for the Guardian, and winner of a Women of the Year award in 2014. She is author of the cookbooks A Girl Called Jack and A Year in 120 Recipes.

Half Hour Hero
Real Food, Real Fast
Roz Purcell

Summary
Want to eat well but feel you don't have the time?
Roz Purcell will show you how tasty and healthy whole foods can be - and how easy it is to fit them into a busy lifestyle. Using readily available ingredients and store cupboard essentials, Roz's whole foods recipes are quick, simple, nutritious and most of all, delicious.

In less than thirty minutes, you can prepare, cook, and enjoy natural food that helps you look and feel healthier and happier.

With over 100 easy to follow recipes, Half Hour Hero will prove that healthy eating can be fuss-free. From tasty breakfasts, hearty dinners, indulgent desserts, to snacks and tonics to enjoy on the go, Roz will show you how to cook quick dishes that will put natural whole foods at the heart of any life, no matter how hectic.

Eating well has never been so simple.

Contributor Bio
Roz Purcell is a bestselling cookery author and entrepreneur. She has successfully launched a stellar media career, which includes a winning role on Come Dine with Me Ireland, a guest chef appearance on TV3's The Restaurant, and a stint as a Celebrity Bainisteoir on RTÉ. Her passion for healthy food and lifestyle has earned her thousands of followers on social media in recent years. Roz writes the popular food blog naturalbornfeeder.com where she shares her passion for food and shows how to create healthy and accessible dishes.
The Great South African Cookbook
The Food We Love From 67 of Our Finest Cooks, Chefs, Bakers, Farmers, Foragers and Local Food Heroes
Toby Murphy

Summary
Sixty seven of South Africa’s finest cooks, chefs, gardeners, bakers, farmers, foragers and local food heroes let us into their homes—and their hearts—as they share the recipes they make for the people they love. Each recipe is accompanied by stunning original photography that captures the essence of a beautiful country. Featuring over 130 recipes, from tried and true classics to contemporary fare, The Great South African Cookbook showcases the diversity and creativity of South Africa’s vibrant, unique food culture. There are easy index listings of dairy free, gluten free, and vegetarian dishes. Includes metric measures.

Contributor Bio
Toby Murphy set up Canada’s first surf school photography business in 2005. He is now based in South Africa and focuses his work on editorial and advertising.

The Great Australian Cookbook
The Ultimate Celebration of the Food We Love from 100 of Australia’s Finest Cooks, Chefs, Bakers and Local Heroes
Helen Greenwood

Summary
Featuring 165 recipes, from tried and true Aussie classics to contemporary cuisine that reflect Australia’s ethnic diversity and fresh local produce, this book is a celebration of local cuisine. One hundred of Australia’s finest cooks, chefs, bakers, and local heroes let us into their homes and their hearts as they share their favorite recipes they make for the people they love. Each recipe is accompanied by stunning original photography shot entirely on location. Includes metric measures.

Contributor Bio
In a career that spans four decades, Helen Greenwood has been the Sydney Morning Herald’s first female weekly restaurant reviewer, co-editor of The Sydney Morning Herald Good Food Guide, editor of Good Living, founding food editor of Elle magazine, co-editor of the inaugural Time Out Sydney guide, and the editor of six editions of The Foodies’ Guide to Sydney.
The Great New Zealand Cookbook
The Food We Love From 80 of Our Finest Cooks, Chefs and Bakers
Tim Harper, Murray Thom

Summary
This collection features over 200 recipes from eighty of New Zealand’s finest cooks, chefs and bakers who let us into their homes and their hearts as they share their favorite recipes they make for the people they love. With original cover artwork from acclaimed artist Dick Frizzell, this quintessentially kiwi collection is the ultimate celebration of the food they love, made for the people they love, and has quickly established itself as a cooking classic in "Godzone." Includes metric measures.

Contributor Bio
Tim Harper and Murray Thom traveled for nine months to capture the flavors of New Zealand.

The Spice Tree
The Secret to Amazing Homemade Curries
Nisha Katona

Summary
Learn the secret to incredible homemade curries for National Curry Week.

From the founder of Mowgli and BBC's Top of the Shops and Recipes That Made Me.

Cook authentic curries at home with Nisha's 4 simple steps and delicious, family recipes.

Nisha's infographic spice trees show you which spices and ingredients always go together in the Indian kitchen while Nisha’s recipes for generous, flavoursome food bring the flavour pairings to life.

'Nisha’s book is brilliant - stunning recipes' Tom Kerridge

Contributor Bio
Liverpudlian child-protection barrister Nisha Katona opened the first Mowgli Street Food in Liverpool in 2014. There are now 6 Mowgli restaurants around the UK, beloved for their fresh and tasty Indian home cooking (and famous Chip Butties). A familiar face on Lorraine, This Morning and Sunday Brunch, find Nisha at @NishaKatona and @Mowglistfood.
The Little Swedish Kitchen
Rachel Khoo

Summary
From spring picnics on the archipelago and barbecues at the summer cabin, to cozy autumnal suppers and dark snowy winters filled with candlelight, gingerbread and glögg, Rachel's new cookbook lets you in on what the Swedish like to call Lagom—the art of not too little, not too much but just the right amount. Learn how to cook beautiful, fuss-free food. With over 100 recipes, Rachel explores Sweden’s simple and balanced approach to cooking. Dishes include Poached Chicken with Quick Pickled Strawberry Salad—or replace the chicken with grilled halloumi cheese for a delicious vegetarian alternative; Peas Potatoes and Chicken in a Pot, a one-dish delight; Midsummer Meringue Crowns—Swedes wear flowered crowns for Midsummer, so try making an edible kind for parties; and Plum Tosca Cake—named after Puccini’s opera, this cake is filled with tart plums and sweet almonds. Includes metric measures.

Contributor Bio
Rachel Khoo studied pâtisserie at Le Cordon Bleu cookery school. Rachel's TV series, The Little Paris Kitchen, was broadcast by the BBC and her beautiful tie-in cookbooks have been published around the globe. Her other books include The Little Paris Kitchen and My Little French Kitchen. She now lives in Sweden.

Sabor
Flavours from a Spanish Kitchen
Nieves Barragán Mohacho

Summary
Sabor: Flavours from a Spanish Kitchen gathers the recipes that Basque-born chef Nieves Barragán Mohacho likes to cook when she’s off duty; the food that she grew up eating and the food that she still makes for friends and family. The recipes range from hearty dishes such as Braised Iberian Pork Ribs or Chorizo and Potato Stew, to lighter fare such as Seafood Skewers, Clams in Salsa Verde, or Stuffed Piquillo Peppers, and a wealth of other recipes, from Grilled Ispi Cabbage to Baked Cauliflower with Salted Almonds, Chilli, and Shallots. Includes metric measures.

Contributor Bio
Nieves Barragan Mohacho is Executive Head Chef of Barrafina and Fino.
**La Famiglia. The Family Book of Pesto**

Sacla'

**Summary**

Add a boost of Mediterranean magic to your pasta!

Be it swirled on top of your snack or at the heart of your Sunday dinner, Sacla' Pesto will give a flavor twist to your meals. Prepare your taste buds for an incredible journey with the most loved Italian sauce. These exciting recipes are all family-friendly, all easy and quick to prepare, and all irresistibly Pesto-based.

With a foreword and five recipes by chef Rachel Allen, here are more than thirty recipes featuring Sacla's extensive selection of authentic Pestos. There's a dish for every occasion, from quick snacks to family gatherings and even a desert, to delight every Pesto fan. The book ranges from traditional Italian recipes such as Vegetable Lasagne and Piadina to more innovative variations, such as Pesto Fish Pie and Sweet Potato Burgers with Pesto Mayonnaise.

Featuring beautiful color photography throughout, fall in love with Pesto in all its delicious variations.

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**The Aubergine Cookbook**

Heather Thomas

**Summary**

Feed your eggplant obsession!

Discover surprising new ways to cook, serve and eat this king of veg. No longer the "poor man's meat," aubergine can be transformed into impressive dishes with these 60 brand new recipes ranging from Aubergine Fritters with Honey and Goats Cheese, to Sicilian Aubergine Pizza, Persian Stuffed Aubergine, and even Aubergine Chocolate Cake.

Whip up exotic yet simple mid-week suppers, impress friends and feed a crowd, and even convert aubergine haters with these creative and delicious recipes, packed with flavor.

**Contributor Bio**

Heather Thomas is a health and cookery writer and editor. She is the author of *The Avocado Cookbook*, *The Chickpea Cookbook*, *The Sweet Potato Cookbook*, and *The Hot Sauce Cookbook*. Heather has worked with many top chefs, nutritionists, and women's health organizations and charities, and has contributed to health and food magazines in the UK and the United States.
Healthy Forever
The Happiest Weight Loss Book Ever!
Connie Simmonds

Summary
Connie Simmonds, former marketing manager and make-up artist decided to get healthy after years of yo-yo dieting and all sorts of attempts to get "skinny." A shocking visit to the doctors aged just 24 Connie was diagnosed with a severe stomach infection and a fatty liver. This was the wake-up call she needed, and since focusing on her long-term health rather than quick fixes and instant weight loss, she has dropped 2 dress sizes, sustained it, and inspired thousands to do the same. Healthy Forever comes with 60 delicious, well-balanced meals that Connie has personally devised using her nutritional knowledge and complete and utter love and passion for food. You'll find an array of comforting dishes, chocolate recipes, and even recipes for those days that you simply cannot be bothered to cook. Healthy Forever is like no other recipe book, it is refreshingly fun and light-hearted with touching moments of struggle and fight. Connie Simmonds' first cookbook takes you on the most personal and honest journey as she reflects on her past and what brought her here today as a credible advocate ...

Contributor Bio
Connie Simmonds has a passion for fitness, food, and beauty. She runs the website conniesimmonds.com.

The Art of Simple
Recipes and Ideas for a Calmer Way of Life
Eleanor Ozich

Summary
When Eleanor Ozich moved to the outskirts of the city with her husband and young family, she set about enjoying a much calmer way of life. Shedding unnecessary clutter and adopting a simpler style of living, Eleanor found herself with more time and energy to appreciate her family and friends and the natural beauty that surrounded her. In this, her third book, Eleanor shares recipes and ideas she has embraced in her quest to cherish life's simple pleasures. Alongside recipes for nourishing meals you'll find practical ideas to de-clutter your home, get your children to sleep, and bring order to your day. There are also instructions for making natural beauty products and household cleaners, which promise to cost you less and be kinder to you and the environment. The author of My Petite Kitchen and My Family Table, in this book Eleanor unlocks the secrets to a more fulfilling life. Includes metric measures.

Contributor Bio
Eleanor Ozich has published two cookbooks, My Petite Kitchen and My Family Table, and contributes to publications including Taste magazine and The Natural Parent Magazine. She is also a weekly columnist for Viva in the New Zealand Herald.
The Getting of Garlic

Australian food from bland to brilliant, with recipes old and new

John Newton

Summary
The white colonizers of Australia suffered from Alliumphobia, a fear of garlic. Before Garlic we had meat and potatoes; After Garlic, what we ate got much more interesting. Renowned food writer John Newton visits fine dining restaurants, the cafes and mid-range restaurants, and heads home to the dinner tables as he samples what everyday people have eaten over centuries. His observations and recipes show what has changed and what hasn’t changed.

Contributor Bio
John Newton is a freelance writer, journalist and novelist who writes on food, eating, travel, farming and associated environmental issues. His most recent books include, The Oldest Foods on Earth (2016), Grazing: The ramblings and recipes of a man who gets paid to eat (2010), and A Savage History: Whaling in the Pacific and Southern Oceans (2013). In 2005 he won the Gold Ladle for Best Food Journalist in the World Food Media Awards.

Shanghai in 12 Dishes

How to Eat Like You Live There

Leanne Kitchen, Antony Suvalko

Summary
Focusing squarely on Shanghainese cuisine, the emphasis here is as much on what to eat as it is on where to eat. Structured around 12 iconic dishes, this pocket-sized book features meaty information on each dish, guiding you to the places you can find them. Dishes such as sheng jian bao (pan-fried pork buns), xiao lóng bao (soup dumplings), lion’s head meatballs, red-cooked pork, squirrel-shaped mandarin fish, and crab-braised tofu. Such dishes define Shanghai and you’d be nuts to leave town without discovering them.

Shanghai in 12 Dishes doesn’t stop at just 12 dishes, however. The restaurants listed represent so much more than these essential bites—this book merely gives you starting points for making culinary finds. All you need is a sharpened sense of adventure and to throw yourself into Shanghai’s incredible world of food.

Contributor Bio
Leanne Kitchen is a food and travel writer and photographer whose work has appeared in publications such as Vogue Entertaining + Travel, Australian Gourmet Traveller, Qantas The Australian Way, and Masterchef magazine. She is the author of The Produce Bible. Antony Suvalko runs a successful catering company. They coauthored East: Culinary Adventures in South East Asia.
**Ho Chi Minh City in 12 Dishes**
*How to Eat Like You Live There*
Leanne Kitchen, Antony Suvalko

**Summary**
Let *Ho Chi Minh City in 12 Dishes* show you what to eat and where in this most tantalizing of destinations. Profiling the city’s defining dishes and best food experiences, this guide will appeal to travelers who want to cut straight to the chase, gastronomically speaking. Pho, bánh mì, bánh xèo, chè, and barbecue are among the essential 12 dishes showcased, although this book goes way beyond these. You’ll find info on HCMC’s other soup noodles, advice on what to eat in frantic Cholon, where to get a stellar coffee, and how to identify the myriad fresh herbs that are so freely strewn about. Addresses are in Vietnamese for ease of travel, and everything is sumptuously photographed. Designed to provide a starting point and bolster confidence, this guide will have you eating like a local in no time.

**Contributor Bio**
**Leanne Kitchen** is a food and travel writer and photographer whose work has appeared in publications such as *Vogue Entertaining + Travel*, *Australian Gourmet Traveller*, *Qantas The Australian Way*, and *Masterchef* magazine. She is the author of *The Produce Bible*. **Antony Suvalko** runs a successful catering company. They coauthored *East: Culinary Adventures in South East Asia*.

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**Penang in 12 Dishes**
*How to Eat Like You Live There*
Leanne Kitchen, Antony Suvalko

**Summary**
With its mash-up of Indian, Malaysian, and Hokkien Chinese influences and flavors, few places on this planet can boast such a concentration of delicious, authentic, affordable fare as Penang. Dim sum. Tiffin. Banana leaf curry. Laksa and nasi lemak. Seafood, biryani, noodle dishes, tandoori, stir fries, hot pots, barbecued meats, icy desserts, cakes, tropical fruits, and we haven’t even started on breakfast. Or Peranakan cuisine. Or the street-side cooking. Where to begin? To best decide, you need *Penang in 12 Dishes*. Nasi kandar, duck rice, char koay teow, roti canai, and Hokkien mee are among the essential 12 dishes showcased, although this book goes way beyond these. All the places we list give you starting points from which you can make your own discoveries. You’ll find info on Penang’s beachside bars, advice on buying and eating durian, which hawker centers to visit, and what to eat with your morning coffee.

**Contributor Bio**
**Leanne Kitchen** is a food and travel writer and photographer whose work has appeared in publications such as *Vogue Entertaining + Travel*, *Australian Gourmet Traveller*, *Qantas The Australian Way*, and *Masterchef* magazine. She is the author of *The Produce Bible*. **Antony Suvalko** runs a successful catering company. They coauthored *East: Culinary Adventures in South East Asia*. 
Singapore in 12 Dishes
How to Eat Like You Live There
Leanne Kitchen, Antony Suvalko

Summary
From feisty Malay, soothing Chinese, and opulent Nyonya to fiery Indian, Singapore in 12 Dishes unlocks this most dazzling of culinary destinations. Laksa, nasi lemak, roti prata, bak kut teh, and prawn soup noodles are among the essential, 12 dishes are showcased, although this book goes way beyond these. All the places we list give you starting points from which to make your own delicious discoveries. You’ll find info on Singapore’s bars, the lowdown on Little India and Kampong Glam, which hawker centers to beeline to, and where to find delicious coffee and cake in the heritage-listed precinct of Tiong Bahru.

Contributor Bio
Leanne Kitchen is a food and travel writer and photographer whose work has appeared in publications such as Vogue Entertaining + Travel, Australian Gourmet Traveller, Qantas The Australian Way, and Masterchef magazine. She is the author of The Produce Bible. Antony Suvalko runs a successful catering company. They coauthored East: Culinary Adventures in South East Asia.

Last-Minute Kitchen Secrets
128 Ingenious Tips to Survive Lumpy Gravy, Wilted Lettuce, Crumbling Cake, and Other Cooking Disasters
Joey Green

Summary
Your guests are arriving in a half hour, and your dinner has taken a turn for the worse. The lettuce has wilted, the gravy’s lumpy, and the pie crust has burned! Time for takeout? Not if you have Joey Green’s Last-Minute Kitchen Secrets. This book contains more than a hundred helpful hacks to avoid and salvage cooking disasters, store and prepare ingredients, keep appliances running smoothly, and clean cookware. These simple, ingenious tips may sound quirky at first, but they really do work. The book also includes food-based folk remedies, sidebars with fascinating kitchen trivia, and unconventional recipes. Dishwasher salmon anyone?

Contributor Bio
Joey Green is the author of more than 50 books, including Last-Minute Survival Secrets, Last-Minute Travel Secrets, Vacation on Location: Midwest, and Polish Your Furniture with Panty Hose. He has written for Rolling Stone, National Lampoon, TIME, and more.
**Eating the Pacific Northwest**
Rediscovering Regional American Flavors
Darrin Nordahl

**Summary**
From the brisk waters of Seattle to the earthy mushroom-studded forest surrounding Portland, author Darrin Nordahl takes us on a journey to expand our palates with the local flavors of the beautiful Pacific Northwest. There are a multitude of indigenous fruits, vegetables, mushrooms, and seafood waiting to be rediscovered in the luscious PNW. *Eating the Pacific Northwest* looks at the unique foods that are native to the region including salmon, truffles, and of course, geoduck, among others. Festivals featured include the Oregon Truffle Festival and Dungeness Crab and Seafood Festival, and there are recipes for every ingredient, including Buttermilk Fried Oysters with Truffled Rémoulade and Nootka Roses and Salmonberries. Nordahl also discusses some of the larger agricultural, political, and ecological issues that prevent these wild, and arguably tastier foods, from reaching our table.

**Contributor Bio**
Darrin Nordahl is the author of *Eating Appalachia: Rediscovering Regional American Flavors* and *Public Produce: Cultivating Our Parks, Plazas, and Streets for Healthier Cities*. He lives in Sacramento, California, and frequently writes about American food and food production. His work has appeared in the *Boston Globe*, *Globe and Mail*, *Huffington Post*, and on CNN and NPR.

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**By Any Greens Necessary**
A Revolutionary Guide for Black Women Who Want to Eat Great, Get Healthy, Lose Weight, and Look Phat
Tracye Lynn McQuirter

**Summary**
* The first vegan guide geared to African American women
* More than forty delicious and nutritious recipes highlighted with color photographs
* Menus and advice on transitioning from omnivore to vegan
* Resource information and a comprehensive shopping list for restocking the fridge and pantry

African American women are facing a health crisis: Heart disease, stroke, and diabetes occur more frequently among them than among women of other races. Black women comprise the heftiest group in the nation—80 percent are overweight, and 50 percent obese. Decades of studies show that these chronic diseases can be prevented and even reversed with a plant-based diet. But how can you control your weight and health without sacrificing great food and gorgeous curves?

Just ask Tracye Lynn McQuirter. With attitude, inspiration, and expertise, in *By Any Greens Necessary* McQuirter shows women how to stay healthy, hippy, and happy by eating plenty of fresh fruits and vegetables, whole grains, and legumes as part of an active lifestyle. The book is a call to action that all women should heed.

**Contributor Bio**
Tracye Lynn McQuirter, a nutritionist who leads worldwide seminars on vegan nutrition, has been featured in dozens of media, including *Essence*, the *Washington Post*, and *Black Press USA*. A 20-year vegan and a former contributing writer for *Heart and Soul*, the largest health-and-fitness magazine for African American women, McQuirter founded the Black Vegetarian Society of New York, directed the nation’s first federally funded vegan nutrition program, and worked on legislation to improve federal nutrition guidelines. She currently promotes school-based initiatives to reverse childhood obesity and has served as a nutrition consultant for the Black Women's Health Imperative, the largest health advocacy organization for black women and girls. A graduate of Amherst College and New York University, where she received her master’s of public health nutrition, McQuirter lives in Washington, D.C.
**The Grit Cookbook**
*World-Wise, Down-Home Recipes*
Jessica Greene, Ted Hafer

**Summary**
The Grit, located in the quintessential boho town of Athens, Georgia, is known far and wide as the touring musicians' restaurant of choice. This classic cookbook features 150 of The Grit's most requested recipes, including 20 new recipes to celebrate the 20th anniversary of this famous establishment. True to its Southern roots, this hip vegetarian eatery combines soul-food sensibility with meatless cuisine, and while there are plenty of Italian, Indian, Mexican, and Middle Eastern favorites to satisfy the well-traveled vegetarian, the heart of this cuisine maintains the down-home, soul-food feeling of simple foods and classic combinations that are guaranteed to please.

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**Contributor Bio**
Jessica Greene and Ted Hafer are the owner-operators of the beloved vegetarian restaurant The Grit.

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**The Mitsitam Café Cookbook**
*Recipes from the Smithsonian National Museum of the American Indian*
Richard Hetzler, Kevin Gover, Nicolasa I Sandoval,...

A gift book for food lovers, showcasing ninety authentic recipes from the Americas' indigenous populations in conjunction with the Smithsonian Institution.

**Summary**
*The Mitsitam Café Cookbook*, published in association with the Smithsonian Institution’s National Museum of the American Indian, showcases the Americas' indigenous foods in 90 easy-to-follow, home-tested recipes. Author and Mitsitam Cafe chef Richard Hetzler spent years researching Native American dishes and food practices for this stunning cookbook. Includes full-color images of the dishes and of objects from the museum’s collection.

**Contributor Bio**
The kitchen of Richard Hetzler's German American childhood home in Baltimore provided his earliest culinary inspiration. After working in restaurant kitchens in high school, Hetzler attended the Baltimore International Culinary College, graduating in 1995. He worked at several fine-dining restaurants in the Washington, DC/Baltimore area before joining the food-service firm Restaurant Associates, becoming the executive chef at the Smithsonian National Museum of Natural History. In 2003, he was on the team that researched and developed the groundbreaking concept for the National Museum of the American Indian's Mitsitam Cafe: serving indigenous foods that are the staples of five Native culture areas in North and South America. As the executive chef of the Mitsitam, which has become one of the country's most popular museum restaurants, he has continued to create and refine seasonal menus that showcase the truly native bounty of the Americas.
**Food, Fun & Fabulous**

*Southern Caterer Shares Recipes & Entertaining Tips*

Kathy G. Mezrano

**Summary**

The ultimate guide to entertaining, this collection includes recipes for every season, occasion, and cuisine. But hosting a great party is about more than food, it’s about the art of entertaining and showing friends and family just how much you care. Want to transport guests to Greece without leaving home? Or throw a tailgate party that fellow fans will never forget? How about creating the ultimate tablescape for casual entertaining? Or throwing the daintiest garden party ever? Through 12 beautifully illustrated chapters, Kathy G. reveals tips, hints, and best-kept secrets for engaging guests with all their senses. Through lighthearted, personal narratives, the book offers plenty of ideas and creative inspiration to make each party a delight. Readers will find a full range of recipes, from fast and simple treats to elaborate appetizers, entrées, sides, drinks, and desserts that make a statement on formal occasions. The photographs show grand-scale events though any of the themes or recipes work just as well for an intimate meal at home.

**Contributor Bio**

With decades of experience as a professional caterer and a lifelong passion for being a gracious hostess, Kathy G. believes that good food is meant to be shared. Food, Fun & Fabulous features her all-time favorite recipes, from family traditions to twists on popular dishes to new flavors developed by her son Jason, who’s also the company’s executive chef. Based in Birmingham, Alabama, Kathy G. & Company is a premier caterer that also offers comprehensive event design and floral design. Its venue, The Gardens Café by Kathy G. at the Birmingham Botanical Gardens, plays host to weddings and other special events. For the past few years, Kathy G. & Company has been an exclusive caterer to The Birmingham Museum of Art, The Alys Stephens Performing Arts Center, and Park Lane in Mountain Brook as well as the historic Donnelly House and Zoo Lodge. Kathy G. & Company caters parties of two and parties of thousands—they’re all different and they’re all deliciously beautiful.

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**Breakfast & Brunch Recipes**

*Favorites from 8 innkeepers of notable Bed & Breakfasts across the U.S.*

8 Broads in the Kitchen

**Summary**

Take eight innkeepers who’ve served more than 200,000 breakfasts to happy guests—and offered them at least a half-million cookies! These are the 8 Broads in the Kitchen—innkeepers of notable bed and breakfasts scattered across the country. Each one prepares sustainable local foods with creativity and flair, always accenting flavor and freshness. “We are committed to cooking locally,” they say. “We each highlight our regional specialties, offering eggs from happy chickens, pork from humanely-raised pigs, fruit grown right next door, and fresh herbs from our own gardens.” Try these matchless 150 recipes from the 8 Broads, including Blueberry Sour Cream Pancakes with Lemon Sauce, Caramelized Onion Omelets, Parmesan Heirloom Cherry Tomatoes, and Apricot Chocolate Crumb Squares. Each recipe includes Prep Time and Cooking Time—along with easy-to-follow, step-by-step instructions and full-color photography.

**Contributor Bio**

8 Broads in the Kitchen is the trademarked name of a group of 8 outstanding Innkeepers from Notable Bed & Breakfasts from across the country. The eight women are long-time friends and they share recipes, write a blog, have monthly phone visits, and get together whenever they can. The recipes in this book come from these eight women.
The Farm Home Cookbook  
Wholesome and Delicious Recipes from the Land  
Elsie Kline

Summary  
These irresistibly delicious recipes come from the kitchens of home cooks who grow much of their own food on their family farms. They prepare their daily meals with as much care and enthusiasm as they garden and tend the land. These cooks use whole foods, animal fats, organic vegetables, and sustainably grown chicken, beef, and pork to make Foggy Day Chili, Maple Almond Granola, Chicken Thighs with Red Potato Crust, Garlic Soup with Parsley Spaetzle, Apple Butter Spice Cake, and Goat Cheese Spread. Editor/Author Elsie Kline is also the Garden and Food Editor of Farming Magazine. The Farm Home Family Cookbook offers more than 200 delectable recipes, each with readily available ingredients and clear, step-by-step instructions. The book also includes Elsie Kline’s lively thoughts about gardening, farming, and family life.

Contributor Bio  
Elsie Kline is an Amish mother and grandmother from Ohio who loves cooking, gardening, and beekeeping. Elsie and her husband David live on the organic farm where they reared their 5 children. Elsie edits Farming Magazine, along with David, which she has done for more than 20 years.

Meals From the Mitten  
Celebrating the Seasons in Michigan  
Gina Ferwerda

Summary  
In Meals from the Mitten: Celebrating the Seasons in Michigan, popular TV personality, travel/food blogger and business entrepreneur Gina Ferwerda shares her love of cooking, photography and adventurous lake life along the shores of Lake Michigan. From a summer charcuterie picnic with fresh vegetables overlooking Sleeping Bear Sand Dunes to Muffler Meatballs cooked on a snowmobile in a winter wonderland, Ferwerda inspires readers to get out of the kitchen and embrace the freshness of each season—which is exactly what Michigan food is all about. Ferwerda, a TODAY show food contributor who has also been featured by Good Morning America and ABC’s The Chew, showcases her passion for the Mitten state in every delicious bite of the 80-plus dishes featured in her debut cookbook, all perfectly designed for the home cook.

Contributor Bio  
Gina Ferwerda is a recipe developer, food blogger, resort business owner, and photographer. Her food blog, Nom News, has been featured by The Chew, The Rachel Ray Show, and The Today Show Food Club, and she has appeared on Good Morning America. She lives in Silver Lake, Michigan.
The Umbrian Thursday Night Supper Club
Marlena de Blasi

Summary
Every week on a Thursday evening, a group of four Italian rural women gather in a stone house in the hills above Italy’s Orvieto. There—along with their friend, Marlena—they cook together, sit down to a beautiful supper, drink their beloved local wines, and talk. Surrounded by candlelight, good food and friendship, Miranda, Ninucia, Paolina, and Gilda tell their life stories of loves lost and found, of ageing and abandonment, of mafia grudges and family feuds, and of cherished ingredients and recipes whose secrets have been passed down through generations. For fans of all things Italian, and the thousands of readers who loved *The Kabul Beauty School; Eat, Pray, Love; and Best Exotic Marigold Hotel*; this book is a culmination of de Blasi’s 20 years spent living, traveling, cooking, eating, and drinking in Italy, and of course it includes recipes for the most mouthwatering Umbrian dishes.

Contributor Bio
Marlena de Blasi is the internationally bestselling author of *A Thousand Days in Venice*, as well as four further bestselling memoirs and a novel, *Amandine*. She is also the author of two internationally published cookbooks of Italian food.

Other Formats
Canadian Edition - 7/15/2015 $34.95 9780091954307

Food Jobs
150 Great Jobs for Culinary Students, Career Changers and FOOD Lovers
Irena Chalmers

Summary
Do you want to turn your passion for food into a career? Take a bite out of the food world with help from the experts in this first-of-its-kind What Color Is Your Parachute? for food related careers. Maybe you’re considering culinary school, maybe you’re about to graduate, or maybe you’re looking for an exciting career change. How can you translate your zest for flavor into a satisfying profession? Should you become a chef or open a specialty foods shop, write cookbooks or try your hand at food styling? Culinary careers are as varied as they are fascinating—the only challenge is deciding which one is right for you. Filled with advice from food-world pros including luminaries such as Alice Waters, Chris Kimball, Betty Fussell and Darra Goldstein Food Jobs will set you behind the stove of your dream career. Chalmers provides essential information for getting started including testimonials from the best in the field (Bobby Flay, Todd English, Gordon Hamersly, Francois Payard, Danny Meyer, Anthony Bourdain and more).

Contributor Bio
Irena Chalmers has written more than 50 cookbooks whose total sales have exceeded 18 million copies, and she has served as publisher, producer, and packager for many others. Chalmers currently divides her time as a faculty member at The Culinary Institute of America, The Last Word columnist for Chef magazine, consultant, food blogger, and commentator.
Great Food Jobs 2
Ideas and Inspiration for Your Job Hunt
Irena Chalmers

Great Food Jobs 2: Ideas and Inspirations for Your Job Hunt, winner of the the 2013 Gourmand Special Award of the Jury, is an almanac of eminently useful career guidance mixed with tasty bites of utterly useless gastronomical nonsense, including weird sushi combinations and odd names of bakeries such as “Nice Buns.” A companion to the award-winning Food Jobs: 150 Great Jobs for Culinary Students, Career Changers and Food Lovers, this second volume describes an abundance of careers in the food industry in and out of the kitchen. In an era of ‘txt msgs,’ Chalmers’ Great Food Jobs 2 is refreshingly erudite, urbane, wry, witty, and consummately British. This sparkling, extraordinary compendium will astonish and amuse, inform and make you laugh out loud!

Summary
Great Food Jobs 2: Ideas and Inspirations for Your Job Hunt, winner of the the 2013 Gourmand Special Award of the Jury, is an almanac of eminently useful career guidance mixed with tasty bites of utterly useless gastronomical nonsense, including weird sushi combinations and odd names of bakeries such as "Nice Buns.”

Contributor Bio
Irena Chalmers is the author of more than forty books and has regularly contributed to such publications as The New York Times, Food & Wine, Gastronomica, Food Arts, and Nation's Restaurant News. She is a founding member and past president of both the International Association of Culinary Professionals and Les Dames d'Escoffier International, as well as a James Beard Foundation Who's Who of Food And Beverage in America. Chalmers currently divides her time as a faculty member at The Culinary Institute of America, The Last Word columnist for Chef magazine and counselor to many about to embark on their own culinary adventure.

The Philosophy of Coffee
Brian Williams

Summary
This is a short, entertaining, and illuminating introduction to the history and culture of coffee, from the humble origins of the bean in northeast Africa over a millennium ago, to what it is today, a global phenomenon that is enjoyed around the world. It is the perfect gift for coffee lovers, and includes chapters on the rise of the coffeehouse, legal bans on coffee, Brazil's domination of the world coffee trade, and the birth of the espresso.

Contributor Bio
Brian Williams blogs about the culture of coffee at Brian's Coffee Spot.
Kiddie Cocktails
Stuart Sandler, Derek Yaniger, Charles Phoenix

Summary
A hip retro-styled visual guide to the ultimate collection of nonalcoholic drink recipes

Calling vintage lifestyle, cooking, and entertaining enthusiasts of all ages—here is the coolest collection of vintage cocktails, minus the hooch! From the standard Shirley Temple to Cotton Candy, Bahama Mama, and Cactus Juice, this book discusses the appropriate bar equipment, glassware, garnishes, and technique. In addition to hip drinks, the book is filled with recommendations for throwing a swingin' kiddie cocktail party complete with classic punchbowl recipes, party favors, music, and of course a few tasty snack suggestions. The entire book is lavishly illustrated by the internationally renowned artist Derek Yaniger.

Contributor Bio
Stuart Sandler has created more than 500 original typefaces and established a reputation as the premier retro display font designer. In 2004, he launched Mister Retro, offering retro design software products to complement his typefaces. He lives in Eau Claire, Wisconsin. Derek Yaniger publishes in such magazines as Atomic, Barracuda, and Car Kulture Deluxe and does prints for shows such as Hukilau, Tiki Oasis, and the Wild Weekend. He has been commissioned to create art for such clients Shag, Elvira, and Pixar director Lee Unkrich. His work was collected in Wildsville: The Art of Derek Yaniger. He lives in Atlanta, Georgia. Self-proclaimed "retro daddy" Charles Phoenix is a performer, humorist, chef, and author. In his live shows, media appearances, and books, which include Americana the Beautiful and Southern Californialand, he explores America's classic and kitschy pop cultural past and present. He has appeared on TV with Conan O'Brien and Martha Stewart and is often heard on NPR. He lives in Los Angeles.

Breakfast
Lucia Logan

Summary
Breakfast is the most important meal of the day and this book shows you how to do it in style! From delicious pancakes to creamy eggs benedict and everything in between, this beautifully designed book features a luxurious material spine and glossy photographs throughout. Perfect for people who want to start their day off with a bang!

Contributor Bio
Lucia is currently a full time mum and has plenty of time to find new ideas for different recipes. She also freelances for various food magazines and newspapers.
**Easy Everyday Favorites**
MarkCharles Misilli

**Summary**
If you love great-tasting food that’s easy to make, then you have a lot in common with MarkCharles Misilli. You’re probably most familiar with MarkCharles from his appearances on QVC, where he regularly shares his no-nonsense kitchen finds and gadgets. Over the last 16 years, he’s grown to become the go-to kitchen guy that America trusts.

Now, MarkCharles has taken his passion for cooking and created a must-have cookbook that’ll make your time in the kitchen as easy as can be. Packed with more than 150 recipes, this book is sure to have some of your all-time favorites, as well as some of your yet-to-be-discovered favorites. MarkCharles has included everything from comforting classics that are staples in his house, to decadent desserts that are bakery-worthy. And all of the recipes are made with easy-to-find, off-the-shelf ingredients, so you don’t have to scramble around looking for gourmet items. As if it couldn’t get any better, the “Easy Everyday Favorites” cookbook also features simple, step-by-step instructions to make your time in the kitchen a cinch!

MarkCharles is a self-taug...

**Contributor Bio**
If you love great-tasting food, that's easy to make, then you have a lot in common with MarkCharles Misilli. You're probably most familiar with MarkCharles from his appearances on QVC, where he regularly shares his no-nonsense kitchen finds and gadgets. Over the years, he's grown to become the go-to kitchen guy that America trusts.

MarkCharles is a self-taught cook (with a little help from his grandmother) who likes to have fun while following his passions. He approaches cooking with the same gusto as he does when he's designing a new gadget or kitchen item. It's no wonder why his style of writing recipes is so inviting!

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**Mr. Food Test Kitchen - The Ultimate 30 Minutes or Less Cookbook**
More Than 130 Mouthwatering Recipes

**Summary**
We’re all looking for quick and easy solutions for getting dinner on the table, that don’t sacrifice on taste or quality. That’s why the Mr. Food Test Kitchen has created a cookbook that features over 130+ recipes that are done in 30 minutes or less. Unlike other books that make the same claim, but then require additional prep and chilling times, our books won’t let you down. When we say 30 minutes or less, we include everything from prep to plate.

Imagine cooking up a comforting meatloaf, a satisfying skillet casserole, or a roasted chicken all within a half hour. Typically, you’d expect these types of dishes to take hours, but we’ve figured out a way to reduce the time, so your family can enjoy these on any busy weeknight. One forkful of any of these recipes and you’ll understand what makes this cookbook so great – we cut the cooking time, but not the flavor! And since no meal is complete without dessert, you can bet that we’ve included lots of sweet treats that are also done in less time than it takes to watch the evening news. No sweet tooth will be able to resist our decadent cak...

**Contributor Bio**
For over thirty years, the Mr. Food Test Kitchen has stood the test of time, earning the trust of America with their nationally syndicated TV segment, cookbooks, and website all based on the quick and easy cooking philosophy of their founder, Art Ginsburg. At the heart of the brand is their highly regarded Test Kitchen which is one of the nation’s most respected providers of triple-tested recipes and engaging multi-media food related content.
Mr. Food Test Kitchen Sinful Sweets & Tasty Treats
More Than 150 Desserts Sure to Satisfy Your Sweet Tooth
Mr. Food Test Kitchen

Summary
Have you ever met anyone who doesn't like dessert? No way! That's why the Mr. Food Test Kitchen has
created a collection (tested, tasted, tweaked and then tested again) of our very best dessert recipes. This
book will be packed with over 150 mouthwatering recipes and more than 90 enticing photos to make
the recipes truly come to life. We even included lots of easy Test Kitchen tips to help you become a kitchen hero
whether you're a seasoned cook or just learning your way around the kitchen. No sweet tooth will be
disappointed. Trust us... between the cakes & cupcakes, pies, brownies & bars, cheesecakes, frozen &
refrigerated desserts and a collection of cookies that will make any cookie jar proud, you can't miss. So if you
want dessert recipes that are super easy and really tasty ...then this is the book for you. Every sinful bite will
have you and your family sharing in years of OOH ITS SO GOOD!! Over 150 recipes with full color photos,
and 192 pages.

Contributor Bio
For over thirty years, the Mr. Food Test Kitchen has stood the test of time, earning the trust of America with
their nationally syndicated TV segment, cookbooks, and website all based on the quick and easy cooking
philosophy of their founder, Art Ginsburg. At the heart of the brand is their highly regarded Test Kitchen which
is one of the nation's most respected providers of triple-tested recipes and engaging multi-media food related
content.

Well Seasoned
Exploring, Cooking and Eating with the Seasons
Russell Brown, Jonathan Haley

Summary
If you’ve ever wanted to know exactly when the asparagus season starts, this book is for you. If you like the
idea of foraging for elderflowers but aren’t sure where to begin, you’re in the right place. And if you’re looking
for fantastic recipes that make the most of Britain’s seasonal ingredients every month of the year, it can
definitely help you. This is the complete guide to seasonal living with fantastic recipes that make the most of
Britain’s seasonal ingredients every month of the year. Dive for scallops, fish for mackerel, and hunt for
mushrooms – and learn how to cook them. Structured month by month, Well Seasoned features the finest
and freshest natural ingredients that are available throughout the year and how to make the most of them.
Perfect for anyone interested in living a holistic, seasonal life.

Contributor Bio
Russell Brown was head chef at acclaimed restaurant Sienna in Dorchester and is now a full-time food
writer. Jonathan Haley is a fisherman and forager and food blogger.
**Cuisine du Temps**
Jacques Reymond

**Summary**
Surprise, imagination, emotion, memory—these are the key elements behind the food of Jacques Reymond. *Cuisine du Temps* features Jacques Reymond’s classically based cuisine embracing Asian tastes and using the freshest produce that has made him one of the most outstanding food innovators of his time. Jacques Reymond has continuously developed his cuisine with an eye to Asia-impressed by the incredible fragrance of the condiments and the clarity and purity of the cuisine. But the changes have been gradual, and his attitude remains founded on the standards set by the three-star restaurants of France where he trained. With a collection of recipes ranging from the classics such as Beignet of Blue Swimmer Crab and Calves Liver Foie Gras style, to the inspirational Lamb Cutlet Farcie with Silverbeet and Tamarind and Ginger Dressing and a selection of amazing desserts including Clafoutis of Cherries and Pear Gingerbread Pudding with Sauce Suzette, unique ice-creams and sorbets, and a glossary. *Cuisine du Temp* will inspire and excite everyone from the humble weekend cook to connoisseurs and c...

**Contributor Bio**
Having discovered his passion for cooking at his family’s Hotel du Nord in Cuisieux in France at the age of 11, Jacques went on to work as a chef in Burgundy, Paris, 5th America, Spain and England before arriving in Australia in 1983 with wife Kathy. Jacques is very much the chef in the kitchen, the figurehead for his flagship restaurant Cuisine du Temp. He is always challenging his food, always researching new cooking techniques, approaches, & equipment for better results and something new.

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**The Little Book of Brunch**
Sophie Missing, Caroline Craig

**Summary**
Eggs, avocado, bacon, bagels – the roll-call of delicious ingredients shows why brunch is by far the best meal of the day.

*The Little Book of Brunch* features a selection of the world’s best ever brunch recipes, ranging from Middle Eastern Shakshuka to traditional English Savouries, from simple Baked Eggs to indulgent Brioche French Toast. Whether you’re in the mood to make something sweet or savoury, speedy or slow, these easy and adaptable recipes are everything a meal should be, whatever the time of day. Includes metric measures.
Lisa Riley’s Honesty Diet
Lisa Riley

Summary
Former Emmerdale and Strictly Come Dancing star Lisa Riley shares the secrets behind her incredible 12-stone weight loss.

After years wearing size-30 clothes and claiming she was “fat but happy”, Lisa Riley finally took control of her body and shed a remarkable 12 stone. Significantly healthier, infinitely happier and proud of her slim new figure, Lisa is ready to reveal the secrets of how she lost all that weight and kept it off.

Lisa knows that if she can do it, anyone can. The very first thing she had to tackle was her thinking, and in this book you'll discover the strategies that helped her get honest with herself, along with her advice for getting more active and staying on track when anxieties or cravings strike. She also shares:

* Fast, simple, delicious low-carb recipes
* Easy-to-stick-to eating plans
* Everyday fitness ideas to get you up off the sofa
* An 'honesty diary' section for keeping track of progress
* Tips for staying healthy on-the-go and when eating out

With Lisa's help, you can put the fibs and excuses behind you, kick those bad habits and achieve the body and health yo...

Contributor Bio
Lisa Riley is a TV presenter and actress best known for playing Mandy Dingle in Emmerdale. Since then she has presented You've Been Framed!, is a regular panellist on the ITV daytime series Loose Women and reached the semi-finals of Strictly Come Dancing in 2012. In 2017 she starred in BBC1’s harrowing three-part drama Three Girls, based on the real-life story of child sexual exploitation in Rochdale.

She published her autobiography Never Judge a Book by its Cover in 2013. This is her second book.

The Grilled Cheese Sandwich
60 Unbrieievably Delicious Recipes
Sian Henley

Summary
Combining quality breads and cheeses, create fun and quirky recipes from ideas for breakfast, such as Greece is the Word (Labneh, Fresh Fig and Honey) or California Dreaming (Goats Cheese, Bacon and Avocado), to dinners including Wanna Date? (Hallomi, Dates, Harissa and Mint) and the Camemburt Reynolds (Camembert, Turkey and Cranberry). And if that's not enough, why not have the Return of the Mac (Mac and Grilled Cheese) or the Sloppy Joe (Fontina and Meatballs) as a midnight snack? It's not all about savory varieties though, there are also sweet treats such as the Please Sir, Can I have Some S'more (Mascarpone and Chocolate) or a Banoffee toastie (Banana, Dulce de Leche and Mascarpone) amongst many others. All recipes are easy and quick to make at home so you can get your delicious cheese fix as soon as you need one! Includes dual measures.

Contributor Bio
Sian Henley studied at Leiths School of Food and Wine and has since worked for editorial clients including Waitrose Kitchen, the Guardian, Jamie’s Magazine, and Octopus Publishing as well as advertising clients such as Avon.
The Salad Kitchen

Delicious, satisfying and simple recipes that bring salad to life
Courtney Roulston

Summary
Courtney's Roulston's passion for the art of making and dressing real salads is brought to life in *The Salad Kitchen*. No more drab, tasteless bowls of leaves; but zingy explosive dishes with a distinctive twist.

*The Salad Kitchen* will show you just how easy it is to recreate some of Courtney’s most sought-after salad recipes, using real ingredients, which are both delicious and healthy.

Soft gooey eggs, roasted nuts, middle-eastern spices, BBQ meats, poached seafood, cured meats, salty cheeses, tender vegetables, thick yoghurts, sweet fruits and zesty dressings.

Whether it's delighting guests at your next dinner party, a yummy quick-fix lunch at work, a gourmet picnic with friends, or a hearty family meal, *The Salad Kitchen* will be sure to inspire you.

Contributor Bio
The youngest of six, Courtney was more into playing cricket and fishing than cooking as a child. But at the tender age of eight, she discovered a real affinity to cooking, as she loved to study her mother's cookbooks.

After a successful TV stint she set up her own successful catering company with clients ranging from a popular sports team and politicians to private catering jobs. Aside from her own catering business, Courtney participates in a variety of cooking demonstrations and has her very own cooking segment. Courtney’s new show, Taste Trip will also feature on her YouTube Channel.

Courtney's passion for food reflects in her beautifully created dishes, with her speciality sitting in the art of making and dressing real salads, accompanied by her own very own distinctive twist.

Mouthful

Simple and Stunning Party Food
Danielle Bowater

Summary
More than a cookbook, this guide offers a cornucopia of practical information for the party-giver, from serving the perfect drink to creating welcoming and memorable ambience. It also provides helpful tips for entertaining without stress, so that hosts can enjoy their parties as much as the guests do.

Contributor Bio
Danielle Bowater is a cook, caterer, and musician.
**Abundance**  
*City Food from the Cape*  
Marlene van der Westhuizen, Johan Wilke

**Summary**  
In Marlene van der Westhuizen's latest cookbook she shares the abundance of living simply in her hometown of Cape Town. With all the elegance of her French cookbooks, Delectable and Sumptuous, Abundance sets the standard for easy city living with flair and style. All new recipes are showcased amongst photographs of Marlene's Cape Town - her favourite walks, her favourite shops and of course the restaurants that inspire. Some say this is her best book yet, you be the judge.

**Contributor Bio**  
Marlene van der Westhuizen is a chef and author who divides her time between Cape Town, South Africa and Charroux in central France. Her cooking classes in the medieval village of Charroux in France are extremely sought-after and booked up for years in advance. Johan Wilke is a Cape Town-based photographer whose work regularly appears in leading fashion and food magazines.

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**The Ultimate Burns Supper Book**  
*A Practical (But Irreverant) Guide to Scotland’s Greatest Celebration*  
Clark McGinn

**Summary**  
Clark McGinn, one of the foremost Burns Supper speakers in the world, presents *The Ultimate Burns Supper Book*; containing all the information you need to enjoy a Supper, whether as host, speaker or guest. It includes: complete run through of what to expect on the night, with a list of courses and speeches; what to wear; how to prepare and present speeches; common Burns Supper questions (and their answers!); Burns' greatest poems, including a full English verse translation of the *Address to a Haggis* and answers to your worries about eating haggis and drinking whisky. Auld Scotland wants nae skinking ware, That jaups in luggies; But if ye wish her gratfu’ prayer, Gie her a Haggis! *Address to a Haggis*, ROBERT BURNS With detailed descriptions and instructions by a recognised and widely credited Burns supper speaker, this is a guide to a widespread and popular social event that has been practiced for 200 years. It is also an informal, light hearted introduction to an event that non Scots might otherwise find confusing or intimidating.

**Contributor Bio**  
Clark McGinn was born in Ayr and has been a speaker at Burns Suppers and other events for thirty years. He has led the revelry at Suppers across Britain, Europe, Australia and the USA, usually with a dram of whisky in hand. While at Glasgow University he founded the World Student Debating Competition and passed enough exams to become a banker, where his arguing skills came in handy. His speeches have been shown on TV in Britain, America, Canada and Australia.
Blood Sugar: Food to Share
Michael Moore

Summary
Chef Michael Moore was busy running his restaurant, cooking on television, climbing the ranks of the world’s top chefs and exploring the globe when he got the news that he was a diabetic. Living with diabetes, he was faced with the daily challenge of healthy eating.

Blood Sugar – Food to Share will open your eyes to inspirational, creative and stunning dishes that you can share and enjoy with your friends and family. There is something for every occasion and palette, from breakfasts and brunches to decadent dinner parties and desserts.

Contributor Bio
From early and simple beginnings in the UK Michael started out in some of London's best restaurants, including the Caf? Royal and 45 Park Lane. His first job in Australia was in Kables, and from there he moved to head chef at Pruniers in Woollahara, Bonne Femme, Wildfire, Group Director of Food for Sofitel Hotels and Resorts Australasia and consulting Director of Food at the Sydney Opera House. Michael Moore has appeared on television for the last eight years throughout Australia.

Chinese
Modern and traditional Chinese Cuisine
Linda Ling

Summary
China is home to some of the world’s best-loved cuisine and this beautiful book presents these dishes and many more. In easy-to-follow recipes, learn to cook favorites like Peking Duck and Sweet and Sour Pork as well as a host of other noodle dishes, soups and stir fries. Part of the Silk Series, Chinese also features the history and culture surrounding the food of one of the most diverse nations on earth. This series covers step by step instructions and photographs on how easy Chinese Cuisine is to prepare.

Contributor Bio
Linda Ling has been experimenting with flavors since she was a child. She works as a freelance food stylist and chef and lives with her partner and two children.
Luca's Seasonal Journey
Italian Cooking at its Best
Luca Ciano

Summary
Italian cuisine is all about exploring the seasonal delights of the different regions, each offering their own culinary specialties.

International chef, Luca Ciano, has brought together the freshest, in-season produce to create signature Italian dishes that indulge the sensations.

Light meals with tomato and basil for those hot summer days, heart-warming, classic Italian dishes using fennel and olives in winter, the tastes of mushrooms and chestnuts in autumn, and the freshness of asparagus and artichokes in spring—be inspired by the recipes with these and many other seasonal ingredients that will bring a fresh excitement to your cooking.

From field to plate, discover seasonal cooking with fruits, vegetables, meat and fish when in season and at their best in Luca's Seasonal Journey.

Buon appetito!

Contributor Bio
Luca Ciano was born and raised in Milan by an amazing family from whom he inherited his passion for food and respect for people. Luca started cooking with his Mum and Grandma when he was 8 years old, taking his first few steps with them in the direction of becoming a chef.

Luca’s career includes the famous 2 Michelin-starred restaurant "Il Luogo di Aimo e Nadia" in Milan, as well as international experience at London’s Millennium Gloucester Hotel, Relais & Chateaux in Bermuda, and in Australia at the Sheraton on the Park and The Westin in Sydney, and Cypress Lakes Resort in the Hunter Valley.

In 2012 he was awarded in Italy by APCI (Professional Italian Chef Association) "LES TOQUES BLANCHES

Margaret Fulton: Slow Cooking
Dalai Lama

Summary
Margaret Fulton brings over 40 years experience developing recipes to show you how to create succulent and delicious dishes with your slow cooker.

This modern version of the old clay pot, which used to sit on the side of the stove with the evening meal gently simmering, is wonderfully versatile.

Just ...

Contributor Bio
The 14th Dalai Lama is the current Dalai Lama. Dalai Lamas are important monks of the Gelug school, the newest school of Tibetan Buddhism which was formally headed by the Ganden Tripas
The Ultimate Party Book for Kids
All you need to make your party a hit!
Cissy Azar, Sam Rice

Summary
Kids’ birthdays are the highlight of the year in any family and planning a themed party is easy with this guide packed with ideas. The Ultimate Party Book for Kids takes you step by step through the process of planning and surviving your next kid’s party whilst delivering a fun, stress free and memorable event that everyone will enjoy (even the mums and dads). Written by party planning professionals, The Ultimate Party Book for Kids is a guide to take you through every stage, from the planning and invitations, and food and decoration ideas, to birthday cakes, games and activities.

Contributor Bio
Cissy Azar has extensive experience in catering for events especially working on weddings, corporate functions and private parties. Whether using commercial kitchens, clients’ home kitchens or a boat's galley, the challenge of creating food from conception through to realisation for up to 500 guests is exciting and satisfying for her. She also spent several yrs working at a child friendly cafè and play centre and has had several food businesses of her own, including cafes and a catering company.
Sam Rice began life as an entertainer and dancer, and in 2006 established StarDust Kids’ Parties which has gone from strength to strength. StarDust was founded with the belief that every kids' party and event should be fun for all and hassle free. It is his aim to help the parents sit back relax and enjoy the occasion.

The Macaroni’s in the Basement
Stories and Recipes, South Brooklyn 1947
Fran Claro

Summary
Fran Claro rolls out the welcome mat and invites us into the lives of four lively Italian grandmas in post-World War II Brooklyn. You can almost smell the aroma of roasting garlic and hear the laughter of the nonnas punctuating their daily conversations about the truly important things in life-family, faith, and the best way to prepare roast pork. Opinionated, witty and ever mindful of what’s cooking for dinner, Maddalana, Giuseppina, Aniella, and Concetta concern themselves with making sure all things in the neighborhood are as they should be. From hatchling matchmaking schemes and advising young mommies to providing the proper desserts for funerals and enforcing the no talking rule in church (for others, not themselves), the nonnas generously share their wisdom and experience with those who asked and those who don’t. Fran Claro serves up a savory slice of Americana, complete with mouth-watering recipes straight from the nonnas themselves. The Macaroni’s in the Basement is a treat for the soul and the tastebuds.

Contributor Bio
Fran Claro is a writer, editor, chef, baker and a long-time recipe archivist and creator. Her writing can be found in The Dream Book: An Anthology of Writings by Italian American Women and on grandparents.com. She’s nonna to 11 grandchildren and she lives in Westchester, NY, where she concocts Italian American feasts for her friends and family.
Blue Trout and Black Truffles
The Peregrinations of an Epicure
Joseph Wechsberg

Summary
There were, and still are, great restaurants all over Europe, but the greater part of Blue Trout and Black Truffles is devoted to the eating places and vineyards of France. It is a vicarious experience to read about the culinary wonders of the notable establishments of another era that have become the last epicurean haven in this materialistic, mechanized world of fastfood chains and frozenfood dinners. Mr. Wechsberg reaches back to the twilight days of the Habsburg monarchy, when those splendid monuments to the haute cuisine in central Europe, Meissl and Schadn of Vienna and Gundel's of Budapest, were in their prime.

Contributor Bio
Wechsberg worked as a lawyer, concert violinist, cameraman, malt salesman and newspaper reporter, but he was always an epicure. His stories ran in the New Yorker from 1949 to 1975. He died in Vienna in 1983.

Dinner at Buckingham Palace
Charles Oliver

Summary
Lovingly curated by Charles Oliver, who was born into the royal household as the son of a royal servant, this book features exclusive photographs, recipes, anecdotes and menus that span across three generations of royal dining. Oliver grew up with the Royal Family, spending over 60 years in their service. Over that time, he developed an interest in royal eating habits, having been witness to the meals of Queen Victoria, George V and Queen Mary, and Elizabeth II. This compilation offers a never-before-seen glimpse into the intimate affair of afternoon tea in the Royal Household, as well as the more formal proceedings of a state supper, alongside a brief insight into the history of royal cooking. Featuring a selection of menus used at actual royal events, alongside a series of exclusive private photographs of the Royal Family, this new insight into the world of royal dining will give you the inspiration you need to create exquisite dishes and craft decadent desserts which are fit for a king or queen!

Contributor Bio
Charles Oliver grew up in the royal household during the reign of Queen Victoria. After Victoria's death, he endeared himself to George V and Queen Mary. Even when he retired, he remained very close to the palace and the entourage of Elizabeth II. It was Charles Oliver's wish that the wealth of material he had gathered over the years should be compiled into what he described as "a cookbook with a difference." He made one stipulation—that it should not be published until after his death. This is that book.
On the Menu
The World's Favourite Piece of Paper
Nicholas Lander, Michel Roux

Summary
On the Menu presents over 100 stunning, full-color reproductions of menus—some at the cutting edge of contemporary culinary innovation, and others that are relics from another time: the last menu from The French House Dining Room before Fergus Henderson departed for St. John; and the final menu from Ferran Adrià’s three Michelin-starred elBulli in Spain. From the classic to the innovative: a Christmas menu served during the siege of Paris in 1870, which featured rats and zoo animals; the wittily illustrated menu at Quo Vadis in London, which gave the restaurant a new lease of life; and many, many more. Between the reproductions, Lander examines the principles of menu design and layout; the evolution of wine and cocktail lists; the menu as a record of the past; and he even takes us behind the scenes at Mario Batali’s Babbo, to sit in as the staff are briefed on the evening’s menu. Featuring interviews with world-renowned chefs Heston Blumenthal (The Fat Duck), Massimo Bottura (Osteria Francescana), René Redzepi (Noma), Michel Roux, Jr. (Le Gavroche), April Bloomfield (The Spotted Pig)...

Contributor Bio
For the past 25 years Nicholas Lander has reviewed restaurants and menus from around the world for his weekly restaurant column in the Financial Times. He wrote, priced, and edited the menus at L’Escargot in London, where he was among the first to write menus in English and to change the menus according to the seasons. His first book, The Art of the Restaurateur, was named a Book of The Year by the Economist. Michel Roux, Jr. is a two-star Michelin chef at the London restaurant Le Gavroche.

The Tudor Kitchen
What the Tudors Ate & Drank
Terry Breverton

Summary
Did you ever wonder what the Tudors ate and drank? What was Elizabeth I’s first meal after the defeat of the Spanish Armada? Which pies did Henry VIII gorge on to go from a 32 to a 54-inch waist? The Tudor Kitchen provides a new history of the Tudor kitchen, and over 500 sumptuous – and more everyday – recipes enjoyed by rich and poor, all taken from authentic contemporary sources. The kitchens of the Tudor palaces were equipped to feed a small army of courtiers, visiting dignitaries and various hangers-on of the aristocracy. Tudor court food purchases in just one year were no fewer than 8,200 sheep, 2,330 deer and 53 wild boar, plus countless birds such as swan (and cygnet), peacock, heron, capon, teal, gull and shoveler. Tudor feasting was legendary; Henry VIII even managed to impress the French at the Field of the Cloth of Gold in 1520 with a twelve-foot marble and gold leaf fountain dispensing claret and white wine into silver cups, free for all!

Contributor Bio
Terry Breverton is a former businessman, consultant and academic and now a full-time writer. Terry has presented documentaries on the Discovery Channel and the History Channel. Terry is the author of many books for Amberley on many subjects, including: Owain Glyndwr, Richard III, Jasper Tudor, Owen Tudor, Tudor recipes, Henry VII, Welsh history and the First World War. He lives near Maesycrugiau in Carmarthenshire.
**Soulful Chef**

*Cookbook Series Volume I*

Dreux Antoine

**Summary**

The 'Soulful Chef Cookbook Volume One is 1 of 10 cookbooks designed to help teach, guide, and inspire individuals. My hope is to bring families back together again in the kitchen and at the kitchen table. This cookbook features meals that will nourish the mind, body, soul and spirit of the family. This cookbook is a step-by-step guide to help prepare some of today's popular cuisines with a little added "Soul" for your family and most importantly for you to enjoy preparing at home with your family. This cookbook series will introduce and present to you cuisines and concepts in the following categories: American, Asian, Creole, Soul, Latin, American, Mexican, American, Italian, Soul-Food, World Cuisines.

**Contributor Bio**

Dreux Antoine is a native New Orleans native who grew up surrounded by good music and good food. Dreux Antoine attended the world famous St. Louis Cathedral School in New Orleans' historical French Quarter area where his love and passion for music and culinary was born. Dreux began playing piano at age 6 and later learned the alto saxophone. Dreux sung in the choir and played in the band throughout school. Dreux continued his passion for music and culinary arts and received his college degree from Richland College in Dallas, TX. There he was able to master his crafts. In 2007 he released his demo/sampler project which featured his first hit single "For Your Love" a love ballad written and produced by Dreux Antoine. Dreux traveled the world and has worked with many musical legends such as Chaka Khan, Yolanda Adams, Daryl Coley, Bebe & Cece Winans, Karen Clark-Sheard, Donald Lawrence and so many others. In 2012, Dreux released his single "A Better Day" written and produced by Dreux Antoine and Marcus Dawson music director for Bishop T.D. Jakes in Dallas, TX. Dreux has been nominated an...

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**Top 100 Tea Recipes**

Mary Ward

**Summary**

An eclectic collection of both old and new tea beverage combinations culled from cultures across the world, here is a celebration of original and classic tea recipes. With photographs and step-by-step instruction you will learn the secrets to making the perfect cup of hot or iced tea. This is the essential guide to brewing, serving and entertaining with teas from around the world. Tea aficionados are sure to enjoy the recipes, tidbits and historical background of the rich tea tradition. Everything you might desire or need to know about tea - the ever popular coffee alternative - is presented here.

**Contributor Bio**

As a home economics, food stylist, nutrition consultant and member of the Specialty Coffee Association of America, Mary has combined her many interests to provide a genuinely unique collection of tea recipes from around the world.
**Fork Me, Spoon Me**
The Sensual Cookbook (Limited Edition)
Amy Reiley

**Summary**
Exploring the world’s most potent aphrodisiacs for steaming up the kitchen or bedroom (or wherever), this cookbook from a leading authority on sensual foods leads readers down the road to romance or, if preferable, simply helps them get down and dirty. More than 40 recipes based on 12 main ingredients are featured, including vanilla-scented sea bass, moist mango meatloaf, ginger mojitos, and Persian love cake, all designed to promote overall sexual health. This limited edition is presented with a new, alternate cover.

**Contributor Bio**
Amy Reiley is the second American to earn the title Master of Gastronomy from Le Cordon Bleu and was named one of the five best female wine professionals in the world by France’s Wine Women awards. She has written for Daily Candy, Gault Millau, Las Vegas, and Variety, and is the author of Chile Aphrodisia and The Love Diet. She lives in Las Vegas.

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**The Poldark Cookery Book**
Jean M. Graham

**Summary**
It was a meal worthy of the age, the house and the season... This beautiful new edition of The Poldark Cookery Book presents the recipes and the wherewithal for you to cook up your very own Poldark Christmas. Along with dozens of festive treats inspired by the Poldark series, here there are ample homey recipes for traditional West Country fare. From Figgy 'Obbin Pudding to the Nampara staple of Baked Pilchards, there are both inventively thrifty and sumptuously indulgent recipes aplenty which will delight fans of the Poldark series and food enthusiasts equally.

**Contributor Bio**
Jean M. Graham grew up in Cornwall and was married to Winston Graham, author of the Poldark series, for many years.
The Plagiarist in the Kitchen
A Lifetime’s Culinary Thefts
Jonathan Meades

Summary
Best known as a provocative novelist, journalist, and filmmaker, Jonathan Meades has also been called “the best amateur chef in the world” by Marco Pierre White. His contention here is that anyone who claims to have invented a dish is delusional, dishonestly contributing to the myth of culinary originality. Meades delivers a polemical but highly usable collection of 125 of his favorite recipes, each one an example of the fine art of culinary plagiarism. These are dishes and methods he has hijacked, adapted, improved upon, and made his own. He tells us why the British never got the hang of garlic. That a purist would never dream of putting cheese in a Gratin Dauphinois. That cooking brains in brown butter cannot be improved upon. And why—despite the advice of Martin Scorsese’s mother—he insists on frying his meatballs. Adorned with his own abstract monochrome images (none of which “illustrate” the stolen recipes they accompany), The Plagiarist in the Kitchen is a stylish object, both useful and instructive. Includes metric measures.

Contributor Bio
Jonathan Meades is a writer, journalist, essayist, and film-maker. He is the author of Incest and Morris Dancing. He was the Times’ restaurant critic for 15 years, and won the Best Food Journalist in the Glenfiddich Awards.

Local Food
How to make it happen in your community
Tamzin Pinkerton, Rob Hopkins, Rosie Boycott

Summary
Local Food is an inspirational and practical guide for creating local food initiatives - showing how we can restore and establish community networks to generate healthy, locally produced food. Many people already buy their vegetables as locally as possible, eat organic and seasonal food when they can, and may even be getting to grips with managing an allotment. But Local Food shows you how to get together with the people on your street or in your village, town or city. It explores a huge range of initiatives for rebuilding a diverse, resilient local food network - including community gardens, farmers’ markets, Community Supported Agriculture schemes and projects in schools - and includes all the information you will need to get ideas off the ground.

Contributor Bio
Tamzin Pinkerton has an academic background in Social Anthropology and Human Rights. Tamzin has been involved in various Transition Town Totnes projects, including coordinating the schools project Transition Tales, working with a local secondary school, and helping organize Transition Town Totnes. She now lives in Weybridge, Surrey with her daughter. Rob Hopkins, the co-founder of the Transition Network and founder of Transition Town Totnes, has been a teacher of permaculture and natural building for many years. He now lives in Totnes in Devon, the first Transition Town in the UK, from where he coordinates the Transition Network.
### The Picky Eater Project

**6 Weeks to Happier, Healthier Family Mealtimes**

Natalie Digate Muth, Sally Sampson

#### Summary

*The Picky Eater Project: 6 Weeks to Happier, Healthier Family Mealtimes* is a one-of-a-kind book that can transform even the most finicky eaters into fledgling foodies. Focusing on kids’ participation, interactive strategies, kitchen experiments, and delicious kid-friendly recipes, the book is based on a six-week plan that makes shopping and cooking fun. Weekly themes and goals include:

- **Week 1 – Picky-Free Parenting:** Setting the stage to help your child choose a wider variety of healthful food with key parenting strategies
- **Week 2 – A Kitchen Revolution:** Shaping your child’s taste preferences away from bland, white and processed towards flavorful, robust, and more adventurous by changing the way you purchase, arrange, and prepare foods.
- **Week 3 – The Little Chef:** Getting your child into the kitchen – early and often – to encourage him or her to try new foods.
- **Week 4 – A Shopping Adventure:** Making grocery shopping and meal planning with your child more of an adventure than a chore.
- **Week 5 – Family Mini-Feast:** Recognizing the value of family meals and setting them up to fit your lives...

#### Contributor Bio

Natalie Digate Muth, MD, MPH, RDN, CSSD, FAAP, is a dual board-certified pediatrician and obesity medicine physician, registered dietitian and board-certified specialist in sports dietetics. She practices general pediatrics with a focus on healthy family routines, nutrition, and physical activity.

#### Ebooks

9781610020923

### Live Well. Eat Well. Be Well. : A Natural Therapeutics Guide

Joanna Thomson

#### Summary

*Live Well. Eat Well. Be Well.* will revolutionise the way you think about your health – and your illnesses.

This essential guide to the Nature Cure as the foundation for healthy living and disease prevention is based on 50 years’ experience at the Kingston Clinic in Edinburgh. Originally devised over a century ago by the author’s grandfather, the Nature Cure lifestyle has helped people from all over the world regain and maintain good health naturally.

Embracing healthy living, mindfulness and clean eating, Nature Cure is the perfect antidote to the stresses of modern life. It is full of easy-to-follow dietary advice and suggestions for everyday exercise activities. With Joanna Thomson’s wisdom and experience to guide you, beat fatigue and disease and take control of your own health.

#### Contributor Bio

Joanna Thomson, born in 1954 in Edinburgh, is the third generation of her family to live the Nature Cure way of life. Following in the footsteps of her grandparents, father, and uncle, Thomson undertook the relevant studies in order to become a practitioner in 1992. Thomson was already raising her family on Nature Cure principles and holds true to those values in the way she looks after her animals, her organic garden and in her life approach. To add to her list of accomplishments, Thomson is currently the Registrar for the Incorporated Society of Registered Naturopaths and the Secretary and Treasurer of the Tait Vision Fund. Furthermore, Thomson holds the position of a trustee within the Thomson Kingston Trust, which focuses on the implementation of the Nature Cure way of life in an educational atmosphere.
Jeanne Besser

Summary
Winner: 2016 Best Book Awards, Cookbooks: General; Gourmand World Cookbook Award, Health and Nutrition - Institutes, 2017 IPPY Gold Medal Cookbooks, Nutritional/Vegetarian, 2017 IBPA Benjamin Franklin Award, Gold Medal, Health and Fitness, 2017 International Book Awards, Health: Diet and Exercise, 2017 NIEA Indie Excellence Awards, Health Finalist: 2017 NIEA Indie Excellence Awards, Cookbooks ——— Get cooking and eat your way to better health with the latest edition of this popular cookbook. It includes more than 100 simple and delicious dishes that will turn healthy eating into a celebration of good food. It includes healthy substitutions, simple tips in the kitchen, smart shopping ideas, and notes on how to judge portion sizes. There is new material on how to shop in a healthy way, how to set up your pantry for healthy meals, and guidelines for physical activity. With the latest research, revisions to recipes, and updated recommendations for healthy eating, this cookbook makes it fun and easy to eat well.

Contributor Bio
Jeanne Besser is a former food columnist for the Atlanta Journal-Constitution and author of numerous cookbooks, including the American Cancer Society's The Great American Eat-Right Cookbook and What to Eat During Cancer Treatment. Among her other cookbooks are The 5:30 Challenge: 5 Ingredients, 30 Minutes, Dinner on the Table; The First Book of Baking; and Working Mom's Fast & Easy Family Cookbook. She is coauthor of Tell Me the Truth, Doctor: Easy-to-Understand Answers to Your Most Confusing and Critical Health Questions. She lives in Montclair, New Jersey.

What to Eat During Cancer Treatment (2nd Edition)
American Cancer Society, Jeanne Besser, Barbara Gr...

Summary
Featuring 102 new dishes, this second edition provides practical suggestions to help patients and their caregivers anticipate—and overcome—the major challenges of eating well during treatment. What to Eat During Cancer Treatment offers evidence-based research and clinical information about the seven most common eating-related side effects of cancer treatment—nausea, diarrhea, constipation, trouble swallowing, sore mouth, unintentional weight loss, and taste alterations—and the foods to eat when these side effects occur. Throughout the book are beautiful, full-color photographs, along with tips for caregivers, food safety basics, strategies for avoiding excess weight gain, ways to deal with vitamin deficiencies, and more.

Contributor Bio
The American Cancer Society is the nationwide community-based voluntary health organization dedicated to cancer research, education, advocacy, and service. Jeanne Besser is a former food columnist for the Atlanta Journal-Constitution and author of numerous cookbooks, including the American Cancer Society's The Great American Eat-Right Cookbook, What to Eat During Cancer Treatment, and The American Cancer Society New Healthy Eating Cookbook. Barbara L. Grant, MS, RDN, CSO, is the outpatient oncology dietitian nutritionist at the Saint Alphonsus Cancer Care Center in Boise, Idaho. She has more than 35 years of experience in cancer nutrition and is a Certified Specialist in Oncology Nutrition.
Blood Sugar
the family
Michael Moore

Summary
Chef Michael Moore was busy running his restaurant, cooking on television, climbing the ranks of top chefs in the world and travelling the globe. Michael was already living with diabetes. For a top chef surrounded by great food, he faced the ultimate challenge of healthy eating and living. One day out of the blue, he suffered a major stroke while out to dinner with his family, an event that changes his outlook on life and food forever. Being a diabetic doesn't mean you are stuck in a gastronomic wilderness. You can have great food that's unexpected and exciting. It's all about keeping your blood sugar under control and balancing the ingredients to help you maintain good health,' says Michael. Packing with inspiration Blood Sugar includes nutritional tips, food balance and ideas for a healthy life, and stunning recipes for home-cooking, entertaining an family life. Blood Sugar breaks the mould in diabetic cooking! It's for anyone who is inspired by great food. From a funky mezze plate, a hot Caesar salad, paella fried rice, seafood pie to fantastic desserts you never knew you were allowed to eat.

Contributor Bio
From early and simple beginnings in the UK Michael started out in some of London's best restaurants, including the Café Royal and 45 Park Lane. His first job in Australia was in Kables, and from there he moved to head chef at Pruniers in Woollahra, Bonne Femme, Wildfire, Group Director of Food for Sofitel Hotels and Resorts Australasia and consulting Director of Food at the Sydney Opera House. Michael Moore has appeared on television for the last eight years throughout Australia.

Diabetes Recipes
Healthy Ideas for Balancing Blood Sugar
Jess Lomas

Summary
With an emphasis on balancing blood sugar levels while still enjoying delicious food, this book provides an introduction to the main nutritional approaches to treating diabetes and provides recipes for breakfasts, main meals, desserts and snacks that both people with and without diabetes can enjoy. The diagnosis of diabetes can be a scary and confusing time, not just for the diagnosed individual but also for their family. Suddenly food is not just for fuel or pleasure but something that can put your very life in danger as you learn how to navigate the blood sugar maze. This book provides a range of health recipes and ideas to remove the fear and empower you to create enjoyable and nourishing food. Includes dual measures.

Contributor Bio
Overcoming Multiple Sclerosis Cookbook
Delicious Recipes for Living Well with a Low Saturated Fat Diet
Ingrid Adelsberger

Summary
There is no cure for Multiple Sclerosis, but you can make a real difference by changing what you eat. Medical research shows that a diet very low in saturated fat can reduce the disease’s progression and even reverse its course in some cases. This cookbook gathers more than 200 favorite recipes from people with MS around the world. They are delicious, wholefood, meat-free, and dairy-free recipes for home cooks. The recipes include quick and easy lunches and dinners, a variety of seafood dishes, luxurious weekend breakfasts, special occasion cakes, and holiday baking. There are vegan and gluten-free recipes, and a menu plan created by a qualified nutritionist. The recipes can be beneficial for anyone with heart disease, type 2 diabetes, lupus, rheumatoid arthritis, and other inflammatory and autoimmune diseases. Contains dual measures.

Contributor Bio
Ingrid Adelsberger is a home cook and has been well since a diagnosis of MS in 2011. She is an experienced event organizer and marketer, and lives in New York.

Super Green Simple and Lean
140 Smoothies, Salad & Bowl Recipes
Sally Obermeder, Maha Koraiem

Summary
In their new cookbook, Super Green Simple and Lean, Sally Obermeder and Maha Koraiem have created brand new smoothie recipes, monster salads, nourishing bowls and satisfying snacks that will help you to make healthy living faster, easier and more delicious than you ever thought possible. Their nutritious, easy to make recipes will help you to lose weight, gain energy and feel fantastic. Sally and Maha can’t wait for you to join them in feeling fab! Includes dual measures.

Contributor Bio
Sally Obermeder is an Australian television host who also co-founded and runs the lifestyle blog SWIISH.com with her sister Maha. Maha Koraiem is the co-founder and director of SWIISH.com and a certified Health and Nutrition Coach. They are the coauthors of Super Green Smoothies.
The Yoga Kitchen
100 Easy Superfood Recipes
Marlien Wright

Summary
The Yoga Kitchen celebrates nourishing wholefoods that enables you to reclaim your inherent power to heal your digestive system and boost immunity, and help you to forge healthy new habits, not restrictions. This collection of recipes will inspire you to return to the kitchen to create delicious simple, satisfying and nutritious meals that will appeal to the whole family. All the recipes are gluten, grain and dairy free, and based on the 'Food Combining' principles that promote good digestion and nutrient absorption, weight loss and an alkaline body. Extras: • highlighted health benefits of each recipe • the Yoga Kitchen 21-day meal plan to reboot your metabolism • an A–Z guide to the sources and roles of vitamins, minerals and phytonutrients • traditional recipes for bone broth, cultured vegetables and sprouting that will transform your health • essential pantry ingredients and lifestyle tips

Contributor Bio
Marlien Wright is a teacher of yoga and Pilates, a certified nutritional therapy coach, yoga retreat facilitator, farm dweller, former city girl, mom and part time hippy. She has been studying movement, holistic wellness and nutrition as long as anyone can remember. Marlien’s Yoga Kitchen journey began when she started hosting and blogging about her ‘yoga retreat food’ and ‘yoga farm lifestyle’. She is passionate about good nutrition and helping others to rediscover their best health. Her love of good food was ignited while she was travelling and living abroad, where she discovered all the weird and wonderful foods out there and felt inspired to recreate healthier versions in her own kitchen.

Blood Sugar: Healthy Meals
Michael Moore

Summary
Chef Michael Moore was busy running his restaurant, cooking on television, climbing the ranks of the world's top chefs and exploring the globe when he got the news that he was a diabetic. Living with diabetes, he was faced with the daily challenge of healthy eating.

Blood Sugar - Healthy Meals will show you how you can eat healthy, diabetes-friendly food, without compromising on taste. The recipes are inspiring and creative and include all important nutritional tips and a carbohydrate count.

Break free from the constraints of your 'gastronomical wilderness' and rediscover your love for delicious, healthy food with Michael Moore.

Contributor Bio
From early and simple beginnings in the UK Michael started out in some of London's best restaurants, including the Caf? Royal and 45 Park Lane. His first job in Australia was in Kables, and from there he moved to head chef at Pruniers in Woollahra, Bonne Femme, Wildfire, Group Director of Food for Sofitel Hotels and Resorts Australasia and consulting Director of Food at the Sydney Opera House.

Michael Moore has appeared on television for the last eight years throughout Australia.
**Bowl & Fork**

**Recipes You Will Love To Eat**  
Anna Lisle

**Summary**  
Take a simple bowl and fork, add some super tasty food combinations and presto, you have a perfect meal.  
Total taste sensation—that’s what you’ll experience from the delightfully-original recipes in this book.  
Bowl&Fork is a collection of satisfying, nourishing dishes that can be enjoyed for one, two, a family or a feast. Think comfort food with an interesting twist—good for your body, your health and great for your tastebuds.

If you love to eat, you’ll love this book.  
Simply delicious!

**Contributor Bio**  
Anna Lisle is a lifestyle journalist and a passionate cook. For the last four years Anna has held the position as Senior Editor of Best Restaurants which receives 550,000 unique visits per month. As editor of the Best Restaurant’s blog Anna regularly attends restaurant openings, cookbook launches, food and wine fairs and industry events.

In 2014, Anna appeared as a contestant on My Kitchen Rules, together with her mother, Cathy, with their instant restaurant episode attracting 2.25 million viewers. Following their success on My Kitchen Rules, Cathy and Anna run The Walcha Kitchen, a cooking school based at their family property.

Their hands-on classes are small and intimate, catering for groups of six to nine people, with a sit-down meal at the end of the class. The Walcha Kitchen produces a gourmet granola and muesli range that includes paleo and gluten-free options.

This is Anna's first book.

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**The Cook's Companion**

**Stephanie Alexander**

**Summary**  
The Cook's Companion has established itself as the kitchen "bible" in more than 500,000 homes since it was first published in 1996. This 2014 revision includes two major new chapters, two expanded chapters, 70 new recipes, and a complete revision of the text to reflect changes in the marketplace and new regulations. Stephanie believes that good food is essential to living well: her book is for everyone, every day. She has invaluable information about ingredients, cooking techniques, and kitchen equipment, along with inspiration, advice, and encouragement, and close to 1,000 failsafe recipes.

**Contributor Bio**  
Stephanie Alexander ran the acclaimed Stephanie's Restaurant for 21 years, then for eight years was a founding partner in the popular Richmond Hill Cafe & Larder. Stephanie was awarded a Medal of the Order Of Australia in 1994, and become Victorian of the Year in 2010. In 2013 Stephanie was awarded Officer of the Order of Australia for this project. She is the author of A Cook's Life, Cooking and Travelling in South-West France, Stephanie Alexander & Maggie Beer's Tuscan Cookbook, Stephanie Alexander's Kitchen Garden Companion, Stephanie's Menus for Food Lovers, and Stephanie's Seasons.
The 8Greens Cookbook
The Simple Way to Get Your Greens
Dawn Russell

Summary
Dawn Russell had a family that did not want to eat its greens—sound familiar? So she developed 8GREENS: a dissolvable tablet containing a blend of spinach, kale, spirulina, blue-green algae, barley grass, wheat grass, chlorella and aloe vera that tastes great and passed the test of her husband and two children. She worked with five chemists, three manufacturers and 263 prototypes to get a thumbs-up from this very picky, but very normal, focus group sitting in her own kitchen. The 8G Cookbook contains more than 40 delicious recipes that all incorporate an 8Greens tablet to make everyday cooking taste fantastic and ensure that you, and those you love, are getting the most important green ingredients into your diet. It also features Dawn’s own inspiring story and the hard-earned knowledge she gathered along the way. Diagnosed with stage 3 lymphatic cancer at 25, Dawn traveled the world meeting medical and nutritional experts on her journey back to health. It was this research and personal experience that led her to develop this mix of what she found to be the most important greens for i...

Contributor Bio
Dawn Russell is a health advocate, entrepreneur, mother, wife and former model. In 2015 she founded the 8G company (www.8greens.com) which produces effervescent tablets that contain a mix of 8 important greens in a way that tastes great and is easy to use. She lives in London and New York and has been featured in People Magazine, Vogue, and Vanity Fair.

The Ultimate FODMAP Cookbook
150 Deliciously Easy Recipes to Soothe Your Gut and Nourish Your Body
Heather Thomas

Summary
Wondering what all the FODMAP fuss is about? If you suffer from digestive issues like IBS and Crohn’s disease, chances are not many types of food will agree with you and you might feel like your recipe options are limited. Now, thanks to this cookbook, you no longer have to miss out on delicious food. FODMAPs are types of carbohydrates found in many foods that can cause digestive issues. The recipes in The Ultimate FODMAP Cookbook are based on extensive research carried out at Monash University in Melbourne, Australia. All dishes follow the low FODMAP diet and eliminate the foods likely to leave you with an upset stomach, with long term gut health as the ultimate goal. With 150 recipes from breakfast to dinner and everything in between, you are certain to find something that hits the spot. Whatever cuisine you enjoy—Mediterranean, Mexican, Thai, Japanese, or Middle Eastern—you’ll find innovative, healthy, and delicious recipes that will leave you feeling light and bright. Includes dual measures.

Contributor Bio
Heather Thomas is the author of The Avocado Cookbook. She has worked with many top chefs, nutritionists, and women’s health organizations, including Weight Watchers.
Primal Blueprint Healthy Sauces, Dressings and Toppings
Mark Sisson

Summary
Following the popularity of The Primal Blueprint Cookbook and Primal Blueprint Quick & Easy Meals (both attained Amazon’s #1 ranking for low-carb cookbooks), best-selling author Mark Sisson and gourmet chef Jennifer Meier team up again to transform ordinary meals into culinary masterpieces with Primal Blueprint Healthy Sauces, Dressings & Toppings. You’ll get acquainted with the essential list of Primal-approved ingredients: butter, coconut milk, flour alternatives, puréed vegetables, nut butters, eggs, healthful oils, vinegar, salt and assorted herbs and spices. Then, it’s off to the races to create your dips, rubs, dessert toppings, marinades, seasonings, salsa, pesto, flavored butter, tapenade, gravy and much more. The rich and satisfying flavor these sauces, dressings and toppings bring to your meals will not only boost nutritional and antioxidant values, but will also ban the objectionable sugars and fats found in most conventional flavor enhancers from the table! From staples like ketchup, mustard and hot sauce, to the more exotic creations like Blueberry Chutney, Carrot Salsa ...

Contributor Bio
Mark is one of the leading figures in the primal/paleo/ancestral health world, with his MarksDailyApple.com the most visited site in this category. Mark has followed the revolutionary bestseller, The Primal Blueprint, with six other books on primal living and eating. He is a former world-class endurance athlete (2:18 marathon, 4th place Hawaii Ironman), BA degree in biology (Williams College). Besides blogging daily and writing books, Mark hosts PrimalCon lifestyle retreats in North America

The Primal Blueprint Cookbook
Primal, Low Carb, Paleo, Grain-Free, Dairy-Free and Gluten-Free
Jennifer Meier, Mark Sisson, Layla McGowan, Linda...

Summary
Primal Blueprint Cookbook (Paperback)
Enjoy this comprehensively updated, expanded, and redesigned paperback version of the original bestseller, which was one of the first primal/paleo cookbooks ever published back in 2010. The all-new design features stunning photography, an overview education on primal eating, shopping and lifestyle elements, updated recipes with macronutrient breakdowns and metric conversions, do-it-yourself preparations for the popular Primal Kitchen brand salad dressings and mayonnaise’s, and icon designations for recipes as gluten-free, vegetarian and keto-friendly (inspired by Mark Sisson’s 2017 New York Times bestseller, The Keto Reset Diet.)

The Primal Blueprint Cookbook has everything you need to get started with a primal-style diet, or get more creative with your primal meals. These recipes are free from refined sugars, grains, and vegetable oils, and honor the ancestral foods of meat, fish, fowl, eggs, vegetables, fruits, nuts and seeds, and healthy modern foods such as high fat dairy and dark chocolate. You learn about the basics of primal cooking and li...

Contributor Bio
Jennifer Meier is a graduate of the prestigious California Culinary Academy in San Francisco. Her culinary career spans a decade and includes stints in restaurants, gourmet shops, and wine stores in New York, Seattle, San Francisco and Los Angeles. She also holds a degree in Communications from the University of Washington in Seattle. Eventually, the writing and cooking merged into a food-writing career. Mark is one of the leading figures in the primal/paleo/ancestral health world, with his MarksDailyApple.com the most visited site in this category. Mark has followed the revolutionary bestseller. The
Kid's Herb Book, A
For Children of All Ages
Lesley Tierra

Summary
Kids! Explore the mysterious world of herbs with this magical, herbal workbook: Make your own healing potions, secret remedies, magical salves, enchanted syrups and special healing remedies. Recipes, projects, delightful stories, chant herbal songs, color in pictures, activities, grow your own garden, create healing herbal preparations! A Kid

Mindful Chef
30-minute meals. Gluten free. No refined carbs. 10 ingredients
Myles Hopper, Giles Humphries

Summary
30 minute meals. Gluten free. No refined carbs. Maximum of 10 ingredients. Healthy eating has never been easier.

'We don’t believe in meticulous calorie counting or following strict diets. We simply like good, wholesome food that benefits you and your body.'

Myles Hopper and Giles Humphries, a nutritional coach and health food duo from Devon are the founders of Mindful Chef, the UK’s favourite healthy recipe box service. Each week they deliver delicious ingredients and recipes to thousands of households, including sporting stars Victoria Pendleton and Andy Murray. Here, in their first book, Myles and Giles share 70 delightful and easy-to-make dishes that are nutritionally proven to boost your health and wellness.

- Each meal can be made in 30 minutes and has a maximum of 10 ingredients.
- All recipes are gluten-free and contain no refined carbs or sugars.
- From breakfast through to dinner – with some guilt-free snacks in between.

Contributor Bio
Myles Hopper and Giles Humphries founded Mindful Chef in 2015 in Devon, and it is the UK’s favorite recipe box company, as voted by Trust Pilot. Myles, who is a personal trainer and nutritionist, and Giles work with a team of professional chefs to design and create delicious healthy recipes and deliver the ingredients to a thousand households nationwide each week.
Paleo Cooking Bootcamp for Busy People
Weekly Step-by-Step Meal Preparation Guides
Katie French

Paleo Cooking Bootcamp for Busy People is a step-by-step meal preparation course that allows you to cook breakfast, lunch, and dinner options for an entire week in a single, highly focused two-hour power cooking session. The complete bootcamp program consists of four weekend cooking sessions (each lasting two hours), that enables you to eat delicious, paleo-approved meals for an entire month. This is a fantastic way to build momentum for a major dietary transition, or enjoy delicious meals without having to worry about preparing from scratch every time.

Summary
Paleo Cooking Bootcamp for Busy People is inspired by author Katie French’s live class presented in the San Francisco Bay Area, where it won the prestigious “Best of SF” designation by San Francisco magazine. With this book, you have a systematic, stress-free approach to ensure you adhere to your healthy eating goals during you and your family’s hectic weekdays. For each week’s menu, there is a grocery list, a list showing what order to cook everything (the “Cooking Order”) during your session, and recipes with step-by-step instruction...

Contributor Bio
Katie French is a former Silicon Valley litigation attorney turned nutritionist, author, chef and originator of the live course called Paleo Cooking Bootcamp for Busy People. At her busy law firm, Katie was troubled by the disregard for healthy nutrition and lifestyle habits, and high rates of fatigue and burnout - even among the most productive professionals. As co-workers noticed her sustained commitment to healthy eating, she became the default resource for nutritional support and guidance. Inspired, she left her lucrative legal career to pursue her passion of helping people cook and eat healthy, delicious, time-efficient meals. From the get-go, Paleo Cooking Bootcamp for Busy People is a step-by-step meal preparation course that allows you to cook breakfast, lunch, and dinner options for an entire week in a single, highly focused two-hour power cooking session. The complete bootcamp program consists of four weekend cooking sessions (each lasting two hours), that enables you to eat delicious, paleo-approved meals for an entire month. This is a fantastic way to build momentum for a major dietary transition, or enjoy delicious meals without having to worry about preparing from scratch every time.

The Paleo Primer
A Jump-Start Guide to Losing Body Fat and Living Primally
Keris Marsden, Matt Whitmore

Summary
How amazing would it be if eating great tasting food helped you to lose fat, boost your energy levels and made you look awesome? Thanks to The Paleo Primer, this is now possible and–more to the point–sustainable. The Paleo Primer is a great resource to help readers get quickly acquainted with the principles of Primal/paleo/evolutionary health living and eating. The first half of the book lays out the basics, with humorous and memorable cartoons to convey the key messages and lay the foundation for an effective daily routine. You'll learn how to get your mind right for lifestyle transformation, understand which foods to eliminate and why, follow step-by-step plan to get started, and even enjoy a list of “lifesaving books and websites.”

The recipes section contains over one hundred delicious, easy to prepare dishes that are organized into enticing categories like, “How to Pimp a Salad” and “Cheats of Champions”. The Paleo Primer also offers preparations suitable for busy weekdays, and others for relaxing weekends.

Contributor Bio
Keris Marsden (NT Dip CNM, BA Hons, mBANT) is a qualified Naturopathic Nutritional Therapist and Personal Trainer as well as the mastermind behind the sweet treats on offer from the Fitter Food kitchen. As the co-author of the best-selling paleo inspired cookbooks, The Paleo Primer and The Paleo Primer: A Second Helping, she is 100% dedicated to showcasing that eating an awesome diet of good quality, great tasting, and easily accessible produce is essential in living a long, healthy, energized, and positive life. Keris regularly blogs on fitterfood.com about her personal experiences with PCOS, orthorexia, and hormone health.

Matt Whitmore is a qualified Strength Coach, Personal Trainer, and Health Coach. Matt is also co-author of The Paleo Primer and The Paleo Primer: A Second Helping, and like his partner Keris, he is 100% dedicated to the powner of a nutrient dense diet to fuel his active lifestyle. Matt has plaved a number of sports at a...
The Paleo Primer (A Second Helping)
A Jump-Start Guide to Losing Body Fat and Living Primally
Keris Marsden, Matt Whitmore

Summary
The Paleo Primer: A Second Helping leverages the runaway success of The Paleo Primer, the 2013 release from British authors and health experts Keris Marsden and Matt Whitmore. The Paleo Primer: A Second Helping brings you more quick, healthy meals that require minimal ingredients, logistics or preparation time, yet taste awesome. As with the original, the front section of the book is dedicated to educating you about the latest nutrition science, including hot topics like gut health, the hormonal effects of food and exercise, and the Top 10 nutrition myths disqualified by the latest research. In their inimitable style, Keris and Matt explain complex topics with simple, memorable insights and a lively sense of humor.

By popular demand from Paleo Primer readers, the sequel offers further guidance to help personalize meal plans and dial in your goals for fat loss or fitness; recipes contain details about macronutrients, calories and portion sizes. Enjoy creative new offerings like protein cookies, smoothies, power snacks for everyday athletes, and a return of the popular burger shack. Thi...

Contributor Bio
Keris Marsden (NT Dip CNM, BA Hons, mBANT) is a qualified Naturopathic Nutritional Therapist and Personal Trainer as well as the mastermind behind the sweet treats on offer from the Fitter Food kitchen. As the co-author of the best-selling paleo inspired cookbooks, The Paleo Primer and The Paleo Primer: A Second Helping, she is 100% dedicated to showcasing that eating an awesome diet of good quality, great tasting, and easily accessible produce is essential in living a long, healthy, energized, and positive life. Keris regularly blogs on fitterfood.com about her personal experiences with PCOS, orthorexia, and hormone health.

Matt Whitmore is a qualified Strength Coach, Personal Trainer, and Health Coach. Matt is also co-author of The Paleo Primer and The Paleo Primer: A Second Helping, and like his partner Keris, he is 100% dedicated to the power of a nutrient dense diet to fuel his active lifestyle. Matt has played a number of sports at a high-level and is highly motivated by great food, with an extra special fondness for bacon! Matt is Fitter Food's resident trainer and regularly bl...

Rosie’s Riveting Recipes
Comfort Foods & Kitchen Wisdom from 1940s America
Daniela Turudich

Summary
From an era when American women pulled up their trousers, slipped on their gloves, and stepped up to the plate comes this intriguingly hip companion to the ultimate 1940s kitchen. More than 200 recipes—from cooking goodies for soldiers to re-creating dazzling libations—and timeless tips on how to recapture the cool charm of the ‘40s kitchen fill this delectable guide to one of the most innovative times in home economics. Based on recipes and tips compiled from period sources and magazines, this resource includes advice for creating lovely desserts and balanced meals on a strictly rationed, shoestring budget—proving that what worked for the resilient women of World War II is just what is needed for today’s girl (or boy) on the go.

Contributor Bio
Daniela Turudich is an avid researcher of historical trends, styles, and fads and the author of the Vintage Living series, which has been relied upon as sourcebooks by film and television designers, academics and historians, and professionals and novices alike. She lives in Long Beach, California.
Manchet & Trencher
Bread
Gillian Goodwin, Rosemary Simmons

Summary
Manchet and Trencher: Bread. Following a history of the importance and evolution of bread, its recipes include bean bread, medieval gyngerbrede, and peynreguson (which uses wine). Cinnamon, liquorice, peas, sour milk, honey, coriander, fennel, caraway seeds, almonds, oranges, lemons and mussel shells are some of the many pleasing ingredients.

Contributor Bio
Gillian Goodwin is the author of the Good Housewife series. Rosemary Simmons is an artist and founding editor of Printmaking Today.

Feast with Sababa
Middle Eastern and Mediterranean Food
Russell Smith, Tal Smith

Summary
Tal Smith, owner of the popular Sea Point deli, Sababa, is back with new recipes in Feast with Sababa: Middle Eastern and Mediterranean Food. This follows the incredible success of the first Sababa cookbook and the constant request for more recipes. This is a beautiful book full of delectable recipes featuring an array of meze, salads, risottos and meat recipes among others.

Contributor Bio
Russell Smith is a passionate professional, inspired by the city that surrounds him. A born Capetonian, he trained as an art director both here and in Paris, before turning his eye to photography. Russell works with either natural light, or with flash, but is always exacting about the details of a shoot. Most recently, he has created strikingly unique portraits by combining a bespoke lighting set-up with post-production techniques. — Russell has shot on location internationally – from Tuscany to Istanbul, from Mauritius to Botswana. Tal Smith opened her first outlet in St John’s Piazza, Sea Point, in 2009 and is still based there. Join her for a coffee in the compact shopping centre and your conversation will be interrupted by passers-by, complimenting her catering at a recent Bar Mitzvah or asking whether there is any fried fish for Shabbat dinner.
Mary Berry Everyday
Make Every Meal Special
Mary Berry

Summary
"Everyday cooking is about sharing your love of food with family and friends. With this book I hope that you will feel encouraged to create new favorites, making everyday meals into something extra-special." Add a little Mary magic to your cooking with 120 brand-new recipes from the inspiring BBC series. Delicious family suppers, tempting food for sharing and plenty of sweet treats, all made with everyday ingredients and a clever twist. Includes metric measures and conversion charts.

Contributor Bio
Mary Berry is the much-loved judge on the BBC's The Great British Bake Off and PBS's The Great British Baking Show, and the author of over 70 books.

Mary Berry Cooks
Mary Berry

Summary
100 classic recipes from Mary Berry's personal collection.

Mary Berry has been teaching Britain how to cook for over forty years. Now Britain's best-loved cook invites you into her kitchen to share the secrets of her favourite dishes in this all-new collection of classic recipes.

With simple, seasonal ingredients and helpful hosting suggestions, Mary provides 100 mouth-watering recipes for every occasion-including dinner party staples, the perfect picnic treats, hearty family dinners and of course, her trademark cakes and bakes. Each recipe has been carefully tested on conventional ovens and AGAs, and is accompanied by Mary's own words of wisdom on preparation.

Whether throwing a special Sunday lunch, a simple one-pot supper or a sumptuous afternoon tea, Mary's no-nonsense instructions, as well as helpful tips on everything from seasonings to storage, make Mary Berry Cooks the perfect kitchen companion.

Contributor Bio
MARY BERRY is Britain's favourite baker and the much-loved judge on the BBC's The Great British Bake Off. She has been teaching Britain to cook for over four decades and has over 70 books to her name, including Mary Berry at Home and Mary Berry's Baking Bible.

Cordon Bleu trained in Paris, Mary began her career as a magazine cookery editor before publishing her first cookery book in 1966. Mary is also an AGA expert and taught AGA masterclasses for many years from her home.

In 2009 Mary was awarded the highly coveted Guild of Food Writers Lifetime Achievement Award and in 2012 she was made a CBE in the Queen's Birthday Honours list.
The Story of the Great British Bake Off

Anita Singh

Summary
Take one tent. Fill with 12 amateur bakers. Garnish with one venerable cookery writer, one blue-eyed breadmaker, and two comedy queens with a love of innuendo, and you have the recipe for the most popular show of our times. When The Great British Bake Off made its debut in August 2010, it had the makings of a modest hit. But nobody—not the program-makers and certainly not those first contestants—could have predicted what was to come. Here was a show in which the biggest weekly drama was whether or not a sponge cake would sink in the middle. And oh, how we loved it. Here is the ultimate Bake Off fan book: from bread lion to bin-gate; heart throbs to Twitter trolls; soggy bottoms to sticky buns. This is the celebration of Britain's most popular cookery contest.

Contributor Bio
Anita Singh is the show business editor at the Telegraph.

Mary Berry's Baking Bible

Over 250 Classic Recipes

Mary Berry

Summary
Filled with 250 foolproof recipes of every variety, this comprehensive cookbook is packed with delicious baking ideas. Tempting muffins, scones, and breads are included along with Mary Berry’s famous cake recipes, including Victoria Sponge, Very Best Chocolate Cake, and Hazelnut Meringue Cake. Full-color photographs and illustrations that detail trickier steps are accompanied by easy-to-follow instructions and handy tips, making this an ideal resource for kitchen novices and more experienced cooks alike.

Contributor Bio
Mary Berry is the author of more than 30 cookbooks, including Cook Now, Eat Later; Mary Berry’s Complete Cookbook; Mary Berry’s Stress-Free Kitchen; Mary Berry’s Ultimate Cake Book; and Real Food—Fast.
The Great British Bake Off Big Book of Baking
Linda Collister

Summary
A beautiful, fully photographic cookbook of 120 original recipes from both the judges and the bakers of the much-loved BBC1 series

The ultimate guide to baking whether a complete novice or a well-practiced home cook, this book is for every baker. Using easy-to-follow techniques, there are reliable recipes for biscuits, bread, large and small cakes, sweet pastry and patisserie, savory pastry, puddings, and desserts. Each chapter transports the reader on set and showcases the best recipes from the challenges including Mary and Paul’s Signature Bakes, Technical Challenges and Showstoppers, plus the best bakers’ recipes from the show. There are step-by-step photographs to help guide readers through the more complicated techniques and stunning photography throughout, making this the perfect gift for all bakers and Bake Off fans.

Contributor Bio
Linda Collister knows how to bake - she trained at L'Ecole de Cuisine La Varenne in Paris and Le Cordon Bleu in London, and is the author of The Great British Bake Off: Everyday (recipes that you can turn to with confidence), The Great British Bake Off: How to Bake (the perfect book for beginner bakers), How to Turn Everyday Bakes into Showstoppers (simple, clever baking to impress) and Learn to Bake (easy baking for kids).

The Great British Bake Off: Everyday
Linda Collister

Summary
This book is for the baker who wants to whip up a cake for an office party, a traybake for a kid’s birthday, or a pudding to follow a simple supper. Using straightforward, easy-to-follow techniques, there are foolproof recipes for cakes, traybakes, bread, biscuits, tarts, pies, puddings, and desserts. If you are a confident baker or ready to move onto the next stage, each chapter also showcases the best recipes from the series, including Mary and Paul’s Signature Bakes, Technical Challenges and Showstoppers, plus the best bakers’ recipes from series four. There are step-by-step photographs to guide you through the more complicated techniques and beautiful photography throughout, making this the perfect gift for all bakers. As usual, everyone who buys the book will be able to download the digital booklet of finalist recipes after the finale has transmitted in October. And as a thank you to every one who has bought the previous Great British Bake Off books, we will be featuring snaps of some of the best home-bakes, sent in by readers, on the endpapers of the book.

Contributor Bio
Linda Collister is the author of many cookbooks, including Brownies, Cooking with Kids, Country Breads of the World, and Sensational Sauces.
**The Great British Bake Off: How to Bake**
The Perfect Victoria Sponge and Other Baking Secrets
Linda Collister, Mary Berry, Paul Hollywood

**Summary**
Twelve new amateur bakers are ready to rise to the *Great British Bake Off* challenge. While they don their aprons, adjust to their new ovens, and get used to baking in a tent, this book takes you through the challenges from the series and shows you how to achieve baking perfection. Throughout the book, Mary and Paul are on hand with expert advice and practical tips to help you create perfect cakes, biscuits, breads, pastries, pies, and teatime treats every time. Each chapter begins with a specific baking skill, which, once mastered, allows you to tackle Mary and Paul's technical challenges, as seen on the show, with confidence. There are over 120 recipes in this book, including traditional British bakes and imaginative twists using classic ingredients, as well as the best contestant recipes from the series. There is plenty to challenge keen bakers here, from brandy snaps to elaborate pastries, pavlovas to iced celebration cakes, and with a sensual and yet practical design and full-color, step-by-step photography, this really will become the baking book that you will turn to for years...

**Contributor Bio**
Linda Collister is an experienced cook and baker, having trained at L'Ecole de Cuisine La Varenne in Paris and Le Cordon Bleu in London. She is the author of a number of baking books, including *The Great British Book of Baking*. Mary Berry is the Queen of Cakes. Much-loved for her trusted recipes and experienced advice, she has been teaching the nation to bake for over 30 years. In 2004, Mary was voted Top 3 by BBC Good Food for ‘Most Reliable Celebrity Cook Book’ alongside Jamie Oliver and Delia Smith. Mary Berry's *Baking Bible* was published in 2009. Paul Hollywood is one of the best known artisan bakers in the UK. His bestselling book *100 Great Breads* was voted "Top Bread and Pastry Book in the English language" by the Gourmand Academy.

**Other Formats**
Canadian Edition - 12/1/2014 $45.00 9781849906968
Canadian Edition - 9/1/2012 $36.95 9781849904636

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**Nadiya's British Food Adventure**
Over 120 Fresh, Easy and Enticing New Recipes
Nadiya Hussain

**Summary**
Nadiya Hussain, winner of 2015's *Great British Bake Off*, is loved for her warmth and charisma as well as her unique approach to flavors. In her brand new TV series and book, Nadiya sets off around the country to meet some of the food heroes, growers and producers who are changing the face of modern British food. Inspired by her journey, Nadiya has devised over 120 easy and enticing new recipes that fuse the local ingredients she encounters with her favorite flavors, plus a nod here and there to her Bangladeshi roots. Her reinvented classics sum up the remarkable diversity of 21st century Britain and the melting pot of tastes and culinary influences that shape what we all love to cook and eat today. Nadiya's recipes just beg readers to try and taste for themselves, including: Masala Eggy Bread, Spiced Bean and Banger Stew, Ploughman's Cheese & Pickle Tart, Fish Pie with Cinnamon Sweet Potato, Lamb Bhuna with Garlic Naan, Star Anise Chicken Wings with Chunky Chips, Rosemary Banoffee Pie and Eton Mess Cheesecake.

**Contributor Bio**
Nadiya Hussain won 2015's *Great British Bake Off*. Her first cookbook, *Nadiya's Kitchen*, was published in 2016. She famously baked the Queen's 90th birthday cake.
**Bake**

**125 Show-Stopping Recipes, Made Simple**

Lorraine Pascale

**Summary**

From Courgette, Lemon and Pistachio Drizzle Loaf to Coffee Éclairs with Espresso and Hazelnut Cream, *Bake* is a delicious collection of simple and sophisticated recipes that will take your baking to the next level. Delight friends and family with sweet and savory bakes that are perfect for an array of tastes and dietary needs. Lorraine's friendly and thorough guidance makes it easy to master impressive celebration cakes, such as Naked Pecan and Popcorn Layer Cake, Chocolate Layer Cake with Toasted Meringue, and Fraisier Cake with Port, Strawberries and Almonds. Whisk, knead, dust and drizzle your way to sweet success with 125 irresistible recipes. Includes metric measures.

**Contributor Bio**

*Lorraine Pascale* is a leading patisserie chef, best known for her string of BBC TV series and accompanying cookbooks, including *A Lighter Way to Bake* and *Everyday Easy*.

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**Comfort: Delicious Bakes & Family Treats**

Candice Brown

**Summary**

High school teacher and pub landlord's daughter Candice Brown stole the show with her amazing bakes and weekly lipstick change in *The Great British Bake Off* tent of 2016. Now the *Sunday Times* columnist presents her first cookbook, all about home comforts. These are the recipes Candice learned to bake from her grandmother and mom, recipes close to her heart, that should be served up as a big generous slice—and preferably on a vintage plate if you have one. Candice's recipes are easy to make, no nonsense and hearty. She has a recipe up her sleeve for every occasion—for baking with kids, birthday parties for all ages, Christmas, afternoon tea, quick savory bakes for weeknights, and fancier recipes for weekends. Includes metric measures with conversion chart.

**Contributor Bio**

*Candice Brown* is the winner of *The Great British Bake Off* 2016.
The Weekend Baker
Paul Hollywood

Summary
Containing both sweet and savory recipes inspired by cities from around the world, including Paris, Copenhagen, Miami, New York, London, and Naples, Paul takes classic bakes and gives them his own twist. From Madeleines to Kale, Cherry and Cheese Scones, Caprese Cake to Chelsea Buns and Polish Cheesecake to Marble Bundt Cake, take some weekend time out in the kitchen to discover some new favorite bakes. As Paul found on his travels, baking is very much a family activity and so many of the world's recipes have been passed down from generation to generation. Now he wants to pass them on to you and your families. Includes metric measures.

Contributor Bio
Having held the position of Head Baker at exclusive establishments such as Cliveden, The Chester Grosvenor, and The Dorchester, Paul Hollywood began his media career in 2002. He has judged The Great British Bake Off alongside Mary Berry since the start. His previous books include How to Bake and Paul Hollywood's British Baking.

Bake for Syria Recipe Book
Lily Vanilli, Clerkenwell Boy, Serena Gruen

Summary
#BakeForSyria started as an offshoot of the very successful #CookForSyria campaign by Lily Vanilli. This special edition cookbook will raise additional awareness and funds for the world’s largest humanitarian crisis, with all profits going to UNICEF’s Syria Relief Fund. This book is an amalgamation of stories and traditions around Syrian food from Syrian nationals and recipes from the restaurants, contributors and chefs headlining the #BakeForSyria campaign.

Contributor Bio
Lily Vanilli is one of the most sought after artisan bakers in London, and the author of A Zombie Ate My Cupcake/Clerkenwell Boy is an award-winning food Instagrammer with 178k Instagram followers, and a judge for the Evening Standard Restaurant Awards and Young British Foodie Awards. Serena Gruen is the founder of Suitcase Magazine and UNICEF UK’s ambassador for Next Generation London. They are the cofounders of #CookForSyria.
Braai and Potjie Flavours and Traditions
Sophia Lindop

Summary
What sound most typifies South Africa’s great outdoors? Some say it’s the chilling roar of a lion in the early evening in the bush. Others claim it’s the haunting call of a fish eagle that soars above the country’s many rivers and dams. And yet the sound that unifies South Africans all around the world is the crackling of a fire. It is the call to come together, to enjoy the hospitality so unique to our people. A braai is ideal for entertaining – and a ‘bring-n-braai’ is common. These are all about gathering together in a sociable environment, so everyone arrives with whatever they want to cook on the braai that day. This book endeavors to light a fire for you, and beckons you to join us as we place a few lamb chops on the sizzling griddle and pour a glass of wine. Welcome to the great outdoors.

Contributor Bio
Sophia Lindop grew up on a farm in the Northern Cape province of South Africa, which influenced her understanding and appreciation of quality ingredients and how they should be prepared. She is passionate about food and wine – a passion that began at the age of five, fuelled by many years in the kitchen followed by six years of studying. She works as a private chef in Cape Town and regularly entertains groups from overseas in her home. A food author, she does her own food styling and photography.

The Science of Food
An Exploration of What We Eat and How We Cook
Marty Jopson

Summary
Ever wondered what modified starch is and why it’s in so much of the food we buy? What do instant mashed potatoes and freeze-dried coffee have in common? What’s the real truth behind the five-second rule? And as the world population grows and the pressure on agriculture to produce more cost-effective and sustainable products increases, what could the future hold for both farmers and consumers? From mind-boggling microbiology to ingenious food processing techniques and gadgets, The Science of Food takes a look at the details that matter when it comes to what we eat and how we cook, and lays bare the science behind how it all works. By understanding the chemistry, physics and biology of the food we cook, buy and prepare, we can all become better consumers and happier cooks!

Contributor Bio
Marty Jopson has a PhD in Cell Biology and is the resident scientist on BBC One’s The One Show. He is the author of The Science of Everyday Life.
**Korean Cookbook**

*a twist on the traditional*

Chung Jae Lee

**Summary**
Chung has written this book to share with the world his unique story, Korean heritage and culture, individual style of cooking and passion for food. For Chung Jae Lee, born in the busy city of Seoul many moons ago, food has always been a huge factor in his life. Koreans love to eat and the food must always be delicious. Chung Jae shares his favorite and most popular Korean recipes, introducing the home cook to Korean food with traditional Korean eats and his versions of Korean favorites. With simple steps and easy to find ingredients, learn how to cook some of Korea's most-loved food, with a modern twist, including bulgogi, bimbap, Korean barbeque, Jaeyuk gui, seafood pancake, kimchi and twist donuts. Chung Jae shows how easy cooking Korean food can be from party food and mains, to sweets, sauces and sides, this is food you will love eating. Chapters include Korean History and Culture; Table Etiquette; Celebrations; and Tea Culture. Learn which basic and classic ingredients to have in your pantry and use in the many classic sweet and savory recipes in this beautiful book.

**Contributor Bio**
Chung moved to Australia from South Korea almost 20 years ago, to become a pilot, which he accomplished. But he decided to devote his time to becoming a successful chef and restaurateur rather than a pilot or a judo teacher. Chung is the owner of MAPO restaurant in South Australia which was awarded an Australian Good Food Guide Chef Hat in 2012. He has also been winner of Flavors of the World Lifestyle Food Award and Finalist in 2012 in Awards for Excellence Best Asian Restaurant in SA.

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**Secrets of a French Cooking Class**

Marlene van der Westhuizen

**Summary**
Crisp light, a profusion of wild flowers, and an astonishing choice of fresh produce – it is spring in the medieval village of Charroux in the Allier *department* of France, where Marlene van der Westhuizen invites you to steal a glimpse into the inner workings of her fiftieth cooking class. Along with 80 new recipes (including Fillets de sole Bonne Femme, Early Autumn chicken and Apple blinis) follow Marlene and her class as they lift the veil on the understated glamour of French country cooking, eating and living. Learn how to navigate food markets, bargain for beautiful antiques, cook and present glorious meals, and enjoy every aspect of life in a French village with grace and charm. Then start saving to join Marlene in France yourself ...

**Contributor Bio**
Marlene van der Westhuizen is a chef and author who divides her time between Cape Town, South Africa and Charroux in central France. Her cooking classes in the medieval village of Charroux in France are extremely sought-after and booked up for years in advance.
Red Hot
Jan Braai

Summary
Red Hot follows on from Fireworks and moves beyond instructions for cooking steak on the fire. Jan challenges us to try more meals cooked on the fire - pancakes, chicken mayo toasted sandwiches or brandy tiramisu! The recipes are new but the book has the same fantastic photos, clear and easy-to-follow recipes and Jan’s characteristic touches of braai humour.

Contributor Bio
Who is Jan Braai? His real name is Jan Scannell and he lives to cook on a fire. He started the National Braai Day initiative in 2007 and his aim is to create a national celebration of the one activity all South Africans have in common.

Eat Well for Less: Family Feasts on a Budget
Jo Scarratt-Jones

Summary
80 brand new recipes for budget-busting, healthy family meals from the hit BBC One series.

With the new Eat Well for Less book, feeding your family tasty and nutritious meals has never been easier. From quick lunch ideas and hearty suppers to satisfy the whole family, to simple but indulgent puddings for a weekend treat, all the recipes are easy to follow and use only store cupboard ingredients. Shopping lists show you what to pick up for the week, and nutritional information show you how to get the kids eating their 5-a-day.

Meal plans, budgeting guides, and 80 brand-new recipes are also included, plus handy hints and tips from Gregg and Chris. Great food and lower supermarket bills, all made easy by the team from Eat Well for Less.

Contributor Bio
Jo Scarratt-Jones started her career in television in 1997 when she joined LWT. She spent 15 years at ITV working on a varied output from Trinny and Susannah to I’m A Celebrity Get Me Out of Here! and joined RDF Television in February 2011 as an Executive Producer and became Head of Popular Factual in 2012. Jo recently relocated to Bristol with her family and works from RDF West.
Six Basic Cooking Techniques
Culinary Essentials for the Home Cook
Jennifer Clair, Meredith Heuer

Summary
Welcome to New York City's most popular cooking class -- now in a book! This vividly photographed manual is a peek inside culinary instructor Jennifer Clair's best-selling class at her cooking school, Home Cooking New York (homecookingny.com), where just six cooking techniques lay the groundwork for a solid culinary foundation.

You'll learn the proper way to handle a chef's knife, cook meat to perfection, create impressive pan sauces, and prepare restaurant-worthy vegetable dishes. Plus, you'll discover which ingredients truly make a difference in a home kitchen (kosher salt, extra-virgin olive oil, and Parmigiano-Reggiano cheese, to start).

Each technique chapter includes a collection of flavorful recipes, so you can practice your newfound skills while cooking delicious meals. And throughout the book, myth-busting "Students Ask" and "Chefs Say" columns feature pearls of indispensable kitchen wisdom (why you should never mince basil, mint, or sage; why blanching vegetables is better than steaming; what are the three key flavors that make all food taste better; and more).

Confidence is what...

Contributor Bio
Jennifer Clair is a culinary instructor and the founder of the cooking school Home Cooking New York. She honed her culinary and editorial chops as a Food Editor at Martha Stewart Living and the Recipes Editor at The Wall Street Journal. She is the author of Gourmet Cooking on a Budget. She lives in Hudson Valley, New York. Meredith Heuer is a lifestyle photographer, focusing on personal portraits, food, and travel. Her work has taken her around the world for publications such as Fortune, Gourmet, and The New York Times. She lives in Beacon, New York.

The One Pot Cook
Hattie Ellis

Summary
It's time to get back to home cooking and real food. Cooking has become far too complicated. Award-winning food writer Hattie Ellis thinks it's time to rekindle our love for the simple One Pot meal: good food, great flavor, no fuss. Whether you want quick, tasty suppers, or leisurely weekend feasts, The One Pot Cook has 150 mouthwatering recipes to suit all tastes. These include family favorites such as Cottage Pie and Hot Pot; treats from distant shores such as Beef Rendang and Gumbo; and desserts to make the meal complete such as Apple Charlotte and Toffee Banana Tarte Tatin. So grab a pot, sharpen your knives and get ready to become a One Pot Cook. Includes metric measures.

Contributor Bio
Hattie Ellis is the author of Honey, Sweetness and Light: The Mysterious History of the Honeybee, and Tea. She was shortlisted for the Andre Simon food writing awards in 2014 and is the recipient of two Guild of Food Writers awards.
**The Food Nanny Rescues Dinner**

**Easy Family Meals for Every Day of the Week**

Liz Edmunds

**Summary**

Deciding what to make is always the most wearisome part of preparing a meal. But unlike other books that offer only good-looking recipes, this cookbook offers a revolutionary template for scheduling fun food themes for each night of the week—Monday is comfort food night, Tuesday is Italian night, Wednesday is fish night, and so on. With readily available ingredients in mind, this handy collection also provides fun and delicious recipes appropriate for every theme—hungry kids will look forward to a family dinner at home, especially when they know what to expect! Complete with tips to help every parent get organized, equip the kitchen, supply the pantry, involve other family members in the preparations, and forge family bonds around the dinner table—this book arrives family-tested and kid-approved.

**Contributor Bio**

Liz Edmunds is an instructor at Sur la Table and a cooking expert for busy families in need of a weekly dinner plan in their own homes. She lives outside Park City, Utah.

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**Cooking for Family & Friends**

**100 Lean Recipes to Enjoy Together**

Joe Wicks

**Summary**

More than three million Joe Wicks books sold worldwide

Do you find it tricky to balance being healthy with cooking for a crowd? Author Joe Wicks, aka The Body Coach, presents this gorgeous book featuring more than 100 delicious and nutritious recipes that are perfect for sharing with the special people in your life. Joe has helped hundreds of thousands of people to transform their bodies and feel amazing with his effective workouts and simple recipes. All of the recipes here are organized into reduced-carb and post workout chapters, just like Joe's first three Lean in 15 cookbooks. This makes it a perfect addition for those already familiar with Joe's eating structure (carbs following workouts or on active days) but the meals are also enjoyable and tasty for all, whether you are following Joe's plan or not. *Cooking for Family & Friends* is a beautifully photographed collection of Joe's easy favorites and crowd-pleasers, such as Roast Chicken with Celeriac Mash and Bacon Greens, BBQ Ribs with Dirty Corn, and Tandoori Chicken Thighs with Chapattis. All the recipes are big on flavor and p...

**Contributor Bio**

Joe Wicks, aka The Body Coach, has helped countless people achieve new levels of fitness and fat loss with his 90 Day Shift, Shape and Sustain program and his Instagram account. He is also the author of *Lean in 15: 15-Minute Meals.*
**Student Eats**

*Fast, Cheap, Healthy – the Best Tried-and-Tested Recipes for Students*

Rachel Phipps

**Summary**

Make sure every student you know has a copy of this essential cookbook!

Recently graduated, Rachel Phipps knows the reality of a student kitchen – what you want to eat, what you can actually make. Here she offers hundreds of tried-and-tested ideas to cook with the minimal utensils, no fancy gadgets and affordable ingredients.

Also included: Rachel’s essential kitchen kit, starter storecupboard shopping list, her smart meal maths and simple menu plans for one, two, four or more.

Chapters include: Breakfast, Lunch, Solo Dinners, Food for Friends, Something Sweet, Drinks. Recipes include: Chorizo Baked Beans, Green Eggs & Ham, Leftover Fajita Burritos, Frying-pan Lasagne, Kitchen Cupboard Fishcakes, Pizza Baked Potato, Quick Late-night Miso Soup, One-Bowl Chocolate Cake and Banana & Nutella Muffins

**Contributor Bio**

Food writer **Rachel Phipps** is a recent graduate from the University of London. A lover of good food and a self-taught cook, Rachel started producing easy recipes to share with her friends at uni who were struggling for food inspiration on a budget. The best of these recipes have gone into her first cookbook, *Student Eats*.

Find Rachel on Pinterest, Twitter and Instagram (@makingmewonder and @missrachelphipps) and at her blog (www.rachelphipps.com) where she shares her student-friendly recipes from her, now, graduate kitchen.

Rachel has contributed to *Great British Chefs*, *The Times*, *The Debrief* and *Buzzfeed*.

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**Little Bird Goodness**

*Nourishing Plant-Based Recipes to Make You Feel Good from the Inside Out*

Megan May

**Summary**

Megan May shares more than 130 thoroughly irresistible, mostly raw plant-based recipes from her award-winning café and home kitchen. You'll find recipes for almost every meal to enhance your health, make you feel great and benefit the environment in the process. Ranging from decadent healthy desserts to green smoothies, plus staples such as nut milks, nut cheeses and probiotic-packed fermented foods, including kimchi and kombucha, these dishes will inspire you to fill your plate with an abundance of beautiful plant-based wholefoods. All of the recipes are suitable for a vegan diet and are gluten and dairy-free. Most importantly, they are utterly delicious. Includes U.S. measures.

**Contributor Bio**

**Megan May** is the chef and creator of Little Bird Organics and the Unbakery cafes. She is the author of a previous cookbook, *Raw Organic Goodness*. Her passion for organic plant-based wholefoods comes from growing up on an organic farm, studying environmental science, and overcoming allergies and other health-related issues with a mostly raw plant-based diet.
**Good Food Eat Well: Healthy Slow Cooker Recipes**

**Good Food**

**Summary**

For those of us with busy lifestyles and little time to spare, slow cookers are a priceless helping hand in the kitchen - with as little as 10 minutes spent preparing a dish at the beginning of the day, you can enjoy delicious food a few hours later without slaving away at a hot stove. It isn't just high calorie, high fat recipes that you can make though - this essential guide from the experts at Good Food will show you to make delicious, healthy and balanced recipes in your slow cooker. From curries, chillis, soups and guilt-free puddings, through to fresh ideas for stews, and vegetarian meals, there is a slow-cooked meal for everyone. Accompanied throughout with full-color photographs and a nutritional breakdown of every recipe, this collection of Good Food's favorite triple-tested slow cooker recipes will work first time, every time.

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**Everyday Thermo Cooking**

**100 Simple and Satisfying Real-Life Recipes from My Kitchen**

Alyce Alexandra

**Summary**

If you have a thermo cooker, you'll know that it makes cooking faster and easier. You can cook from scratch and cook more often—but you need the right recipes! In Everyday Thermo Cooking, Alyce Alexandra shows you how to get the best out of your thermo cooker with recipes that reflect the rhythm of everyday life. The Monday to Friday rush is covered with pre-prepared breakfasts, tasty lunchbox options, and quick meals. Then, when you've got a little more time on the weekends, there are slow cooks, baked goods, and investment flavor makers (like healthy hoisin, garlic cubes, or lemon meyer infused oil) to stock up on. There's also an entertaining menu, creative ways to use up leftovers, and sweet treats for when a little indulgence is in order. And out of 103 recipes, 68 are dairy-free or provide a dairy-free option, 78 gluten-free, 84 vegetarian, and 57 vegan. With Alyce's collection of never-fail recipes, it's easy to put nourishing and delicious food on your table every day of the week. Includes metric measures.

**Contributor Bio**

**Alyce Alexandra** is the author of seven thermo cooker cookbooks. She has her own range of thermo cooker accessories, runs her own thermo cooker cooking school, and is creator of The TM Shop, selling all things thermo cooker related.
**Entertaining - A Dogs World**
Asia Upward

**Summary**
Entertaining – A Dog’s World brings the world of fine dining to your pooch. Chock full of nutritious meals and tasty treats, this delightful doggy cookbook has everything you need to bring a bark back to mealtimes.

Published to raise awareness and funds for Animal SOS Sri Lanka, a charity dedicated to alleviating the suffering of street animals in Sri Lanka.

Entertaining – A Dog’s World is the essential guide to canine cooking.

**Contributor Bio**
Asia Upward was born to celebrated artists and grew up in a creative household.

From the very beginning Asia has had a huge passion for animal welfare, always bringing home baby birds that had fallen from their nests or dogs that had lost their way. She was an avid fan of all the wildlife shows including the most popular David Attenborough series.

It is safe to say her love for animals has only grown over the years.

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**Sprigs Entertain**
Clare Ras, Fiona Ras

**Summary**
Solutions for every dining and entertaining need are delightfully packed into this practical cookbook to equip the home cook for success. Whether it’s packing a breakfast for a fishing expedition, a long Italian lunch, or Thai dinner for eight, there’s something to encourage even the most nervous entertainer. Inspired by the authors' popular cooking demonstrations, this guide shares the wisdom they have gained from contributing to thousands of dinner parties.

**Contributor Bio**
Clare Ras and Fiona Ras are chefs and owners of the Sprigs restaurant and food shop. They are the authors of *Sprigs: Fresh Kitchen Inspiration*. 
Japanese
Modern and Traditional Japanese Cuisine
Hideo Dekura

Summary
Hideo Dekura is a culinary consultant, food stylist and author, with a focus on recipe development. He also gives demonstrations, lectures and classes in traditional Japanese Cuisine. He is involved in product development for the import/export market and makes significant contributions to cultural events in the world. This book part of the Silk Series Hideo takes us through the seasons of Japan and the history of Japanese cuisine. He shares the basic tools and ingredients you will need as well as introducing tableware and knives. With over 60 recipes including a big vegetable section this book covers all the basic recipes you would want to cook at home. With easy step by step instructions from a world expert in Japanese cooking.

Contributor Bio
Hideo was born in Yotsuya, Tokyo. His cooking training commenced in the family restaurants, where he learnt from his parents the principles of sushi and kappou-ryori food preparation, cooking and presentation that had been passed down through the generations of his family. At the same time he learnt the philosophy of Chakaiseki (the tea ceremony cuisine), Teikanryu Shodoo (calligraphy), Ikenobou-Ryuuseiha (flower arranging) and Hocho Shiki (cooking knife's ceremony) at the Shijyoushinryuu School.

Vietnamese
Modern and traditional Vietnamese cuisine
Emily Nguyen

Summary
Vietnamese food is a delicious blend of Southeast Asian flavors. This is part of the beautiful Silk Series. Vietnamese features dozens of tasty recipes, from aromatic soups and broths to spicy seafood and everything in between. This compact book also features the history and culture of Vietnamese dishes and the traditional role of food in Vietnamese life. This covers step by step instructions and photographs on how easy Vietnamese Cuisine is to prepare.

Contributor Bio
Emily Nguyen works as a chef and food photographer. She lives with her husband and daughter in a small seaside town. This is her first book for New Holland.
Eat Up New Zealand
Recipes and Stories
Al Brown

Summary
Combined with stunning food photography and beautiful on-location shots from around the country, this is the perfect gift for every lover of New Zealand. Eat Up New Zealand honors the past with updated Kiwi classics like roast lamb, pies, flounder, corned beef, pikelets, cheese scones, feijoa and tamarillo desserts, preserves, and much more. Al's approach is to start with great seasonal produce, cook it simply and add a flavor punch, texture and garnish to take it to another level. It's clever, simple, and yet refined food that is inherently Kiwi. Al believes there's no need for gimmicks as long as you respect the huge flavor that naturally occurs in produce. These are accessible, generous recipes that everyone will love, for both everyday cooking and for entertaining. Includes dual measures.

Contributor Bio
Al Brown is an iconic New Zealand chef, much loved for his restaurant Depot, his Best Ugly bagel shops, and his ground-breaking approach to New Zealand food.

A Timeline of Australian Food
From Mutton to Masterchef
Jan O'Connell

Summary
A Timeline of Australian Food takes readers on a tasty and sometimes surprising culinary journey through 150 years of Australian food. Lavishly illustrated, this tasty book looks at what we've eaten, how we've shopped, and how we've produced and prepared our food, decade by decade, through depression, war, and decades of abundance.

Contributor Bio
Jan O'Connell is a grocer's granddaughter and a Baby Boomer who has spent a lifetime in leading Australian advertising agencies, writing about ice cream, lollies, beer, yogurt, soup and a multitude of other things we eat and drink. Her blog australianfoodtimeline.com.au documents more than two centuries of changes in the way we eat, shop and grow our food. She lives, works and eats with her husband in Abbotsford, Victoria.
Rendezvous for Dinner
A Guide to Canadian Wine, Dining and Dessert
Chuck Byers, Tom Berki

Summary
This guidebook offers helpful tips on tasting and pairing wine with fine cooking. Wine consultant and connoisseur Chuck Byers recently embarked on a cross-country tour to uncover the history and current state of wine and winemaking in Canada. He painstakingly gathered intriguing facts and colorful stories about the industry and shares his experiences with the reader in his own lyrical and charming style. Chuck says, "Wine is synonymous with fine-dining and relaxation." In this book, he matches selected wines with recipes donated by wineries, chefs, restaurants, and Bed & Breakfasts, and he offers us an extensive listing of over 250 wineries and 50 Bed and Breakfasts across Canada. Make wine, food, and relaxation a part of your next rendezvous.

In Grace's Kitchen
Memories and Recipes from an Italian-Canadian Childhood
Vince Agro

Summary
This collection of stories and recipes from author Vince Agro is centered around his mother's kitchen table, "from where she steered the family as if the captain of a ship." He tells of his father's butcher shop, collecting dandelions, drinking red wine, hunting ducks, butchering chickens, and escaped snails. But it always comes back to the kitchen table and the recipes for the delicious meals his mother, Grace, placed before her family every day. Whether you want to know how to cook cardoons or what they did with those ducks, In Grace's Kitchen is a wonderful immersion in a way of life that is quickly passing.

Contributor Bio
Vince Agro has taught high school English, served on the Hamilton City Council, and worked in the insurance industry. He is the author of the nonfiction collection, You Can Fight City Hall. He lives in Hamilton, Ontario.
The Martini Guide
shaken and stirred
Steve Quirk

Summary
This book has been designed for the lovers of Martini cocktails and those who have yet to discover how to make them.

Each recipe in this large collection comes with clear and uncomplicated directions so anyone can create a Martini cocktail with ease.

With 70 gin and vodka-based cocktail recipes at your fingertips, you will never be short of a Martini or two that will add a sparkle to your parties.

Contributor Bio
Steve Quirk took an interest in cocktails when serving in the navy. He found himself experimenting with all types of spirits and liqueurs and creating his own recipes to share with his friends and family. He began to compile as many recipes as he could and his hobby soon became an obsession. This is his third book after the successful Cocktail Bible (2010), which had more than 4,000 recipes.

The Cultural Revolution Cookbook
Simple, Healthy Recipes from China's Countryside
Sasha Gong, Scott D. Seligman

Summary
In 1969, millions of Chinese teenagers were forced from their homes in the city in order to live and work in the countryside as part of China's Cultural Revolution. The work was backbreaking and rations were tight, but Sasha Gong has fond memories of learning to make simple, delicious country cooking. A collection of delectable, healthy, and easy-to-make Chinese recipes from the villages interspersed with a personal narrative and bits of historical context, this cookbook contains authentic Chinese dishes ranging from honey-braised duck to stir-fried rice made from ingredients found at local grocery stores. Chinese history buffs and foodies alike will enjoy discovering the integral connection between Chinese culture and food.

Contributor Bio
**Prue**

*My Favourite Recipes from a Lifetime of Cooking and Eating*

Prue Leith

**Summary**

Great British Bake Off judge Prue Leith draws on a life-long passion for food with 100 recipes from her own kitchen table. Whether it’s Halibut with Green Linguine, Fast Roast Teriyaki Lamb or Slow-cooked Rat-a-tat-touille, these are delicious, fuss-free dishes that Prue has cooked countless times for family and friends. Inside are quick-to-whip-up suppers and dinner party showstoppers that are as much a pleasure to cook as to eat. Expect firmly established favorites, lazy leftovers, exciting new flavor combinations and fresh takes on classic dishes. There’s also a chapter of sweet treats inspired by Prue’s time on Bake Off—every one guaranteed to be “worth the calories.” This is Prue’s first cookbook in 25 years, and she has woven intimate and witty stories from her life around many of the recipes. Celebrating the food we all want to make at home, Prue gives an unparalleled view into the cooking life and style of a beloved cook. Includes metric measures.

**Contributor Bio**

Prue Leith has been at the top of the British food scene for nearly 60 years. She is founder of the renowned Leith’s School of Food and Wine, a caterer, restaurateur, teacher, TV cook, food journalist, novelist, cookbook author, and a judge on The Great British Bake Off.

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**French for Everyone**

Manu Feildel

**Summary**

After a recent trip to his homeland, Australia's best-loved French chef, Manu Feildel, was inspired by a way of life that values the quality of food, and the importance of sharing it around a table each day. If you think cooking French food involves tricky techniques and long lists of ingredients, you'll love these easy dishes. From Manu's take on vol au vents, quiche, and crepes, to perfect steak with red-wine and little chocolate pots for dessert, Manu shows you how to enjoy cooking French food at home every day. Includes metric measures.

**Contributor Bio**

Manu Feildel is the charming French-Australian chef of the acclaimed L'etoile Restaurant in Sydney's Paddington. He is well known and loved for his role as a co-host on the Australian breakout television program, *My Kitchen Rules*, and has made appearances on MasterChef Australia, as well as on Ready, Steady, Cook.
Lampedusa Pie
Andrea Burgener

Summary
An obsession with food. A nostalgia for the taste of childhood. Living in a fractured and constantly shifting city. These are the strands that South African chef, Andrea Burgener, weaves together to create an irresistibly quirky collection of recipes in Lampedusa Pie. Andrea describes herself as a magpie cook attracted to an eclectic combination of tastes that evoke her world. She reinvents breakfast expectations with creme brulee and pumpkin fritters but also reveals the secret to the perfect hollandaise sauce. Discover the recipes that elicit a sigh of comfort from Andrea - roast chicken with bread sauce or a Sri Lankan potato and mustard curry. Delight in the playfulness of making your own butter. Celebrate the exuberance of a party with a bright crimson soup or the seventies nostalgia of strawberry friandise and devils on horseback. Stretch yourself to explore an Ethiopian-inspired steak tartare, an Ivorian fish or the famous Lampedusa pie. Drawing on recipes from her Johannesburg restaurants Superbonbon, Deluxe and award-winning The Leopard as well as the inspiration of other lo...

Contributor Bio
Andrea Burgener is a self-taught chef and food writer based in Johannesburg. Her first professional kitchen experience was in Braam Kruger's Kitchenboy restaurant, before that she studied Fine Art at Wits University. She juggles her time between her family, running a busy Johannesburg restaurant, The Leopard, and writing food articles for a range of publications.

A Global Feast
Traditional meals in a new homeland
Afife Skafi Harris, Beryl Lee, Tushar Robins

Summary
More than a recipe book, this colorful collection arose from a unique community project and invites us to explore the dishes and food lore of 26 people from Asia, Africa, the Pacific, South America, Europe and The Middle East. Each migrant's story is followed by a selection of their favourite recipes, carefully chosen to make a meal and to reflect the distinctive flavours, textures and traditions of their inherited foodways. All recipes have been adapted for use with locally available ingredients. In presenting their recipes, each "new New Zealander" reflects on their ethnic heritage and identity in relation to the food traditions of their country of birth, including preparation methods, rituals and celebrations. Beautifully presented, the book inspires new ways of thinking about food and encourages an appreciation of the richness of our diverse communities.

Contributor Bio
Afife Skafi Harris is Lebanese and teaches Lebanese cooking in her home and at a community night class. She often uses these occasions, along with her considerable catering skills, to fundraise for local schools and other organizations. She is a well-known stallholder at the Dunedin Farmers' Market. Beryl Lee was born in Dunedin where she spent most of her working life as a teacher. For many years she has provided support for overseas students and hosted world travellers through an international travel organization. She is currently president of the local multi-ethnic council.
A Taste of Adventure
Exodus Travels Limited

Summary
If you're an adventurer with an appetite, then this cookbook is for you! This lovely cookbook is a collection of globetrotting gastronomy to help you recreate your travels at home.

The recipes in this book are from all over the world, from Vietnamese Pho and Indian Mango Lassi, to traditional African flatbreads, Middle Eastern Lamb Tagine, and Spanish Paella.

With these recipes you'll have the whole world at your fingertips!

Contributor Bio
It is all about adventure. That is what Exodus Travels Limited was founded upon and what the company is still all about. Discovering countries, cultures, environments, cities, mountain ranges, deserts, coasts and jungles; exploring this amazing planet we all live on. This means delving into local traditions, cultures, cuisine, lifestyles – anything that contributes to its unique identity. Exodus started life on February 4, 1974 when two friends got together to provide an overland truck to travel to the Minaret of Jam, deep in the heart of the Hindu Kush, the most inaccessible of the world’s great monuments. This sense of adventure is still with them today, helping customers to reach some incredible destinations throughout the world.

Everyday Mediterranean
Food life, and living longer the Mediterranean way with healthy oils
Mary Vale

Summary
The Greek Mediterranean plate is not only about the food but also about the lifestyle. The importance of this lifestyle is evident in the research into the longevity of the people of who live in the Mediterranean and around the Aagen Sea.

Some of these islands have been known as “islands where people forget to die”. This poses the question "why do the people of these islands live so long: what is the secret to their long life"? The Mediterranean diet also includes a simple lifestyle and the importance of strong social connections – spending time with family and friends and creating a strong bond amongst the young and the old. The Greeks often say "eat Greek and live well".

In Mary’s 3rd book she has explained the healthy benefits of a cooking with healthy Olive Oil to help you live a longer life, and she has included a selection of her favourite meals. This book is full of stunning photography depicting life in the Mediterranean villages, as well as colour images of the deliciously healthy recipes.

Contributor Bio
Mary Valle is a home chef and published cookbook author who loves sharing her passion for cooking and, in particular, all things Mediterranean.

Born to Greek parents, Mary grew up surrounded by tradition and a love of food. She travels often and spends time in her family’s home in Greece and nearby Mediterranean countries, where she learns new techniques and recipes to add to her kitchen.

Mary teaches Mediterranean style cooking and organizes food tours to the Mediterranean. As well as consulting to a café to assist in creating menus, recipes and new dishes, Mary also regularly contributes to magazine articles.
Greek
George Calombaris

Summary
Away from his restaurant kitchens what George Calombaris really loves to cook is the food he grew up with, food that is made with love and designed to be shared. In his exciting cookbook, George shares his enthusiasm for all things Greek, adding modern tweaks to stamp his adventurous culinary spirit on traditional recipes. This is traditional Greek food, but not as you know it! George has created dishes that you know and love and given them a modern twist. You could start with a baklava cocktail, moving on to dishes such as taramosalata popcorn, ouzo-soaked cucumbers, slow-cooked lamb and miso eggplant souvlaki, and prawn saganaki tortellini with tomato and mustard seed vinaigrette. And to finish? Hellenic mess! Includes metric measures.

Contributor Bio
George Calombaris is one of Australia's most talented and respected chefs. In 2004 he was voted one of the "Top 40 chefs of Influence in the World" by The Global Food and Wine Magazine, and he continues to live up to this acclaim. George owns five restaurants: The Press Club, Gazi, Hellenic Republic (Brunswick & Kew) and Mastic, and is also the mastermind behind the souvlaki bar sensation Jimmy Grants. George is the co-author of Your Place or Mine? and Cook with Us, and author of Greek Cookery from the Hellenic Heart. He is also a judge on MasterChef Australia.

The Karachi Kitchen
Kausar Ahmed

Summary
From the Arabian Sea to the peaks of the Himalayas, cuisine in Karachi is as diverse as its inhabitants and draws influences from across South, Central, and West Asia. The local food is bold in flavor, and comes in many forms including curries, soups, stews, wraps, pilafs, pies, and more. Internationally acclaimed Pakistani chef and educator Kausar Ahmed has curated and created unique, mouthwatering recipes in this gorgeous one-of-a-kind cookbook. Readers will discover a whole new world of flavor through the culinary arts of a multicultural region that sits at the crossroads of South Asia.

Contributor Bio
Kausar Ahmed is a food stylist, chef, and cooking instructor with over 20 years of experience in culinary arts. Since her foray into culinary arts she has served as a chef, food stylist, cooking show producer and host, and culinary instructor in Pakistan and the United States. The internationally acclaimed entrepreneur has worked with top global brands such as Nestlé, Unilever, Williams Sonoma, and more. She is best known for her work through Kitchen Craft, an organization she founded in 2009 that offers free nutrition and cooking workshops to women and youth in high-risk communities around Karachi, with the goal of promoting healthy eating and hygiene habits amongst impoverished families. She lives in Seattle, Washington.
East by West
Simple Recipes for Ultimate Mind-Body Balance
Jasmine Hemsley

Summary
With a focus on listening to your body, eating when you're hungry, being conscious of what you're eating when you're eating it and choosing foods that are right for your mood from day to day, East by West is a modern take on the Ayurvedic principles. With classic Ayurvedic comfort dishes from Golden Milk to Kitchari and great family sharing dishes Sesame Roast Chicken to Saffron Millionaire Cheesecake, the book has something for every taste from super simple to simply special. A global range of recipes, together with simple mindful rituals and a classic cleanse to revisit when your energy levels need a boost help the book bring Ayurveda to life in a fresh and friendly way. Includes dual measures.

Contributor Bio
Jasmine Hemsley is the co-founder of the Hemsley + Hemsley brand and cafe at Selfridges, and author of The Art of Eating Well and Good + Simple.

The Road to Mexico
120 Vibrant Recipes from California and Mexico
Rick Stein

Summary
Rick Stein brings his unrivaled enthusiasm and trusted expertise to the fresh, flavorful food of Mexico and California. No one better captures the food essence of a country and brings the best recipes into our kitchens like Rick. Starting in San Francisco and Baja California, and working his way down to the southernmost tip of Mexico, Rick Stein cooks, eats and experiences Mexican food at its very best and most diverse. Whether it’s the farmers’ markets of California, full of sourdough bread, new season garlic and a profusion of citrus fruit; the prawns, snapper and tuna of the Pacific or the glorious street food and colorful markets of Mexico with their avocados, chillies, tomatillos, cheese and corn, this is a part of the world packed with natural, healthy and satisfying ingredients. Showcasing Rick’s authentic style, with recipes like Ensenada Fish Tacos with Chilli; Deep Fried Coconut Prawns; and Slow Cooked Pork Tacos; this cookbook will encourage anyone to try out the bold food of these sunshine states. Includes metric measures.

Contributor Bio
Rick Stein is a chef, restaurateur, television host, and author. His other titles include Rick Stein’s Far Eastern Odyssey, Rick Stein’s French Odyssey, and Rick Stein’s Seafood, which won the coveted James Beard Foundation Cookbook of the Year Award.
Tamales, Comadres, and the Meaning of Civilization
Ellen Riojas Clark, Carmen Tafolla

**Summary**
This culinary history unwraps the extensive culture surrounding the tamale, bringing together writers, artists, journalists, and Texas’ regional leaders to honor this traditional Latin American dish. It is filled with family stories, recipes, and artwork, and also celebrates tamaladas—the large family gatherings where women prepare the tamales for the Christmas festivities. Humorous and colorful, this collection reveals the importance of community and good food.

**Contributor Bio**
**Ellen Riojas Clark** is a professor of bicultural bilingual studies at the University of Texas–San Antonio and the coauthor of *Las Dos Abuelas*. She is the recipient of the La Prensa Outstanding Women in Action Award and is an inductee into the San Antonio Women’s Hall of Fame. **Carmen Tafolla** is a professor at the University of Texas–San Antonio and the author of more than 15 books, including *The Holy Tortilla and a Pot of Beans* and *What Can You Do with a Paleta?* She is the recipient of various awards, including the 2010 Américas Award, two International Latino Book Awards, and the Tomás Rivera Mexican-American Book Award. They live in San Antonio, Texas.

Bethlehem
Beautiful Resistance Recipes
Abdelfattah Abusrour, Manal Odeh

**Summary**
The beautifully spiced "upside-down" dish, Maqlouba, and rosewater-scented ma’moul date cookies are just some of the perfect dinner party recipes in *Bethlehem* that have been handed down through generations of Palestinians. From healthy, warming soups to mouth-watering, syrupy "helwa" sweets, the authors have gathered recipes and interviews from the residents of Aida refugee camp, Bethlehem to give the reader a glimpse into daily life there as Palestinian land and culture is being rapidly eroded. This beautiful cookbook features the well-loved Palestinian recipes for breads and pastries; meze salads and dips, vegetable dishes and a range of interesting ways to cook and stuff leaves such as vine and mallow leaves. Includes metric measures.

**Contributor Bio**
**Dr Abdelfattah Abusrour** was born and raised in Aida camp. He and a group of friends established Alrowwad in Aida camp, Bethlehem. He is also lecturer at Bethlehem University, actor, playwright, and artist. **Manal Odeh** runs the women’s unit in Alrowwad center and is a math teacher.
The Gaza Kitchen (2nd Edition)
A Palestinian Culinary Journey
Laila El-Haddad, Maggie Schmitt, Nancy Harmon Jenk...

Summary
This award-winning cookbook shares with readers the little-known but distinctive cuisine of the Gaza region of Palestine, presenting 130 recipes collected by the authors from Gaza. Cooks will find great, kitchen-tested recipes for spicy stews, piquant dips, fragrantly flavored fish dishes, and honey-drenched desserts. They will also be enticed by the hundreds of beautiful photos of Gazan cooks, farmers, and fresh-produce merchants at work, and by the numerous in-kitchen interviews in which these women and men tell the stories of their food, their heritage, and their families. Anthony Bourdain, Claudia Roden, and Yotam Ottolenghi are among the many culinary figures who have embraced The Gaza Kitchen. This second edition features tantalizing new stories and recipes, a fresh new design in a beautiful hardbound volume, new photos, and an updated index.

Contributor Bio
Laila El-Haddad is an award-winning writer, public speaker, and social activist. She is the co-editor of Gaza Unsilenced (2015) and the author of Gaza Mom: Palestine, Politics, Parenting, and Everything In Between (2010). Born in Kuwait to Palestinian parents from Gaza, she currently lives in Maryland. Maggie Schmitt is a writer, researcher, translator, educator, and social activist. Schmitt works in various media—writing, production, photography, video—exploring the daily practices of ordinary people as a way of understanding political and social realities in the Mediterranean region. Nancy Harmon Jenkins is a food writer and journalist with a passionate interest in Mediterranean cultures and cuisines, sustainable agriculture, and farm-to-market connections.

The Modern Kebab
Le Bab

Summary
Scrap the greasy kebab made from unknown and unexciting ingredients, and instead indulge in delicious, flavor-packed dishes made the right way and using the best ingredients. With over 60 accessible recipes including ideas for Mezze, Basics, Kebabs, Mains and Cocktails, these dishes can be made at home and paired together to create a feast for your family and friends and fit for any occasion. Focusing on provenance, seasonality and technique, Le Bab have reinvented the classics as well as creating completely ingenious new combinations—from Cauliflower Pastilla, Endive and Pomegranate Salad; and Merguez and Chickpea Ragu; to kebabs that include Grilled Mackerel with Dill, Pickle and Fennel; Spring Chicken with Sprouting Broccoli and Harissa Mayo; and Winter Pork with Beetroot Relish, Charred Cabbage and Crackling. There are recipes suitable for vegetarians and vegans, along with a wide variety of both meats and fish. The Modern Kebab comes from chefs who trained in Michelin starred kitchens and wanted to share their love of the flexibility and flavors of the kebab. Includes metric mea...
Cook For Syria Recipe Book
Clerkenwell Boy, Serena Gruen

Summary
Clerkenwell Boy and Serena Gruen originally came up with the idea to curate one charity dinner, with one chef, in aid of UNICEF UK’s humanitarian work helping children and refugees affected by the crisis in Syria. This quickly became a large-scale banquet with six headline chefs which sold out within days. Leveraging the power of social media, top chefs, cookbook authors and families with links to Syria were encouraged to share their favorite recipes online with a #CookForSyria inspired twist—so that anyone could host their own charity supper club or bake sale, or just learn about the amazing cuisine and culture of Syria. As recipes flooded in, it made sense to share these beyond social media and in the form of a beautiful not-for-profit recipe book. All profits from the sale of the book will be donated in aid of UNICEF's Children of Syria Fund. Contributors include Amelia Freer, Angela Hartnett, Anna Jones, Chetna Makan, Ed Smith, Ella Woodward, Elly Curschen, Fergus Henderson, Hemsley+Hemsley, Henrietta Inman, Izy Hossack, Jamie Oliver, John Gregory-Smith, José Pizarro, Kylee Newt...

Contributor Bio
Clerkenwell Boy is an award-winning food Instagrammer and a judge for the Evening Standard Restaurant Awards and Young British Foodie Awards. Serena Gruen is the founder of Suitcase Magazine and UNICEF UK’s ambassador for Next Generation London. They are the cofounders of #CookForSyria.

Rose Petal Jam
Recipes and Stories from a Summer in Poland
Beata Zatorska, Simon Target

Summary
Part memoir and part travelogue, this unique cookbook that the story of Beata Zatorska’s childhood in rural Poland, mixing stories of her youth and her grandmother’s handwritten recipes with stunning photos of Poland in summer. Included are more than 60 recipes for traditional Polish home cooked meals, from poppyseed cake and pierogi to fruit-flavored summer liqueurs. The photography—ranging across locales such as Warsaw, Poznan, the Tatra Mountains, and the Baltic Sea—showcases the Polish landscape and its influence on the country’s distinct cuisine.

Contributor Bio
Beata Zatorska was raised in a remote village in rural Poland and emigrated to Australia when she was 19. She has been a family doctor for more than 20 years. Simon Target has written and directed award-winning television documentaries and directed numerous television food shows with chefs such as Curtis Stone, Rick Stein, and Donna Hay.
Classic Nordic Recipes
Simple Meals the Swedish Way
Berit Öström

Summary
There is a lot of interest, as well as research, into what is generally known as the Nordic Diet. It has been compared to the Mediterranean Diet for its health properties, and recognized as a healthy diet better suited to a colder, northern climate. In Classic Nordic Recipes, Swedish native Berit Öström shares the classics and family favorites that she still cooks and loves today. The Number One rule of a Smörgåsbord is not to try and sample everything at once but to take your time; the same philosophy applies to the delectable recipes in this book. From mains to drinks, desserts and fermented favorites, there’s something for everyone and something for all occasions to enjoy. Includes dual measures.

Contributor Bio
Berit Öström is a native of Stockholm, Sweden but now calls Melbourne, Australia home.

The Cheese Cookbook
Gilli Davies, Huw Jones

Summary
Gilli Davies utilizes the finest local Welsh cheeses to create a range of stunningly presented, fresh and traditional recipes, and provides a guide to the wide variety of specialist cheese makers currently operating in Wales. Beginning with a breakdown of more than 20 cheese producers, he then goes on to provide recipes for Caerphilly and Leek Pancake Dome; Olympic Welsh Cheddar Cheese Scones; Ewe's Cheese, Beetroot, Apple and Hazelnut Salad; and more. Includes metric measures with a conversion chart.

Contributor Bio
Gilli Davies is a food writer and Cordon Bleu chef from Wales. Huw Jones is a food photographer.
Edible Flowers (2nd Edition)
A Kitchen Companion
Kitty Morse, Amy Stirnkorb

Summary
With more than three dozen recipes, this cookbook provides readers with recipes that incorporate edible blossoms into each meal. Each imaginative dish is pleasing to the palate as well as eye catching on the plate. The recipes include polenta stacks with sage garlic butter, chilled lilied melon and mango soup, dianthus butter, herb cheese, and chive blossom tart.

Contributor Bio
Kitty Morse is a teacher of cooking Moroccan cuisine and leads annual gastronomic tours to Morocco. She conducted a culinary concert on Moroccan culture and cuisine hosted by Julia Child and is the author of eleven cookbooks, including A Biblical Feast, Cooking at the Kasbah, and The Scent of Orange Blossoms. She lives in Vista, California.

Also Available
A Biblical Feast - Trade Paperback - 7/15/2009 $15.95 9780615276359

Insects: An Edible Field Guide
Stefan Gates

Summary
Ever been tempted by the thought of trying juicy deep fried mealworms, protein-rich cricket flower; or swapping your snacks for salt and vinegar flavored grasshoppers? If so then you are not alone! Over 2 billion people regularly eat insects as part of their diet, and the world is home to around 1,900 edible insect species. For adventurous foodies and daring dieters comes the newest way to save the planet, eat more protein, and tickle taste buds. But this isn’t an insect cookbook. Instead it’s an informative field guide: exploring the origins of insect eating, offering tips on finding edible bugs and serving up a few delicious ideas of how to eat them once you’ve tracked them down! It includes a comprehensive list on edible insects and where to find them, how to prepare them, their versatile usage and nutritional value as well as a few recipes. A bug-eating checklist covering all known edible bugs so readers can mark off the ones they’ve eaten and seek out new delicacies concludes the book.

Contributor Bio
Stefan Gates is the author of The Extraordinary Cookbook and Gastronaut, which won the Gourmand World Cookbook Award for best Food Literature Book as well as being shortlisted for the Guild of Food Writers' Award. Stefan has worked as a TV director, scriptwriter and comedy producer, but his strangest job was appearing naked on the cover of Led Zeppelin's Houses of the Holy at the age of four.
The Chickpea Cookbook
Heather Thomas

Summary
It's official: chickpeas are the new kale! So, if you’re hungry for some hummus, fancy a little falafel, or are eager to craft the perfect chickpea curry, this recipe book is filled to the brim with delicious and inventive ways to incorporate the humble chickpea into your everyday cooking. Chickpeas are packed with protein, full of fiber and, with a low GI, they are great for slow-release energy to combat that post-lunch slump. They perfectly complement an array of other healthy superfoods including quinoa, avocado and sweet potato. They are also a delicious gluten-free alternative for mouth-watering bakes. Spicy or mild, baked or grilled, veggie, vegan or meaty, there’s something for everyone in this book. From Tomato and Feta Falafel Burgers and Smashed Chickpea Quesadillas to Chilli Chickpea Fritters, Caribbean Sweet Potato Chickpea Curry, and even a mouth-watering Chocolate and Chickpea Squidgy Fudge Cake. Includes dual measures.

Contributor Bio
Heather Thomas is a health and cooking writer and editor who has worked with Weight Watchers, and is the author of The Avocado Cookbook.

The Welsh Lamb Cookbook
Gilli Davies, Huw Jones

Summary
Welsh lamb is known all over the world for its quality and flavor, and here Gilli Davies offers recipes and techniques to experience some of the country's finest produce. Includes advice on the seasonal variety of the meat and how best to utilize its qualities in a range of dishes. Recipes include Welsh Lamb with Plums in Pastry; Salt Marsh Welsh Lamb Baked with Potatoes; and Slow Roast Welsh Lamb with a Mustard Glaze. Includes metric measures with a conversion chart.

Contributor Bio
Gilli Davies is a food writer and Cordon Bleu chef from Wales. Huw Jones is a food photographer.
Braza
Authentic Brazilian Barbecue
Andre Felicio

Summary
When you think Brazil, you think Carnival – an explosion of colors and flavors. BRAZA is no different, full of vibrant traditional Brazilian dishes that will have you experiencing the carnival atmosphere in the comfort of your own home. With 80 authentic recipes, BRAZA will help you to discover the explosive tastes of Brazilian food and cooking from sizzling Churrascarias, to street food, to family inspired dishes, with an introduction into the Brazilian people and cultures as experienced by Brazilian chef and author, Andre Felicio.

Contributor Bio
Andre Felicio was born in a Brazilian country city called Ribeirao Preto, in the State of Sao Paulo and migrated to Australia to study English at the age of 27. It was hard integrating and Andre was studying English during the day, and working as a "passador" (meat carver) at weekends in a Brazilian restaurant. Soon he started working in a commercial restaurant kitchen, and it was at that point that he decided to become a chef.

In 2007 Andre opened his first 'BRAZA Churrascaria", and soon, three more followed.

Cooking traditional Brazilian food is still one of Andre's greatest passions. BRAZA is Andre's first book.

Carneval
A Celebration of Meat, in Recipes
Harry Eastwood

Summary
Packed full of delicious, satisfying recipes and loads of meat wisdom, Carneval promises to give you a better understanding of how to source, cook and appreciate the meat that you eat. These delicious meat recipes come from around the world, ranging from Swedish Meatballs to Ragu Bolognese, Middle Eastern Kibbeh to Kung Pao Chicken. Whether you want to master the art of a perfectly cooked steak, or transform cheaper, tougher cuts into silky, melt-in-the-mouth delights, Harry Eastwood encourages you to honor the whole animal and eat meat with joy and moderation. The very best way to do that is to make sure that every meat meal is a Carneval. Includes metric measures.

Contributor Bio
Harry Eastwood hosted Cook Yourself Thin on Lifetime, and co-wrote the accompanying cookbook, which became a New York Times bestseller. Her most recent TV series have included Fox's Baking Good, Baking Bad and the Cooking Channel's Sinful Sweets. Her passion for butchery and all meat matters even took her to London's Smithfield Market where she moonlit as an apprentice butcher in her early twenties.
**Kwik Keto Kooking for Kool Doods**

*Become a freakin' kitchen legend in less time than ever!*

Brad Kearns, Brian McAndrew

**Summary**

A hilarious and irreverent cookbook written just for doods (like Brad and Brian) who are interesting, successful, confident, and extremely good looking: doods who don't have to time to cook elaborate meals (due to their busy and important daily schedules), but like to eat healthy, kolorful, kreative keto-friendly creations. No more headaches or sighs of resignation from looking through fancy pants recipes with a zillion precise steps and a dozen random little ingredients. Co-authors Brad Kearns and Brian McAndrew pose as experts to help you go with the flow into the low carb, moderate protein, high fat ketogenic diet, become more popular in life, and also get more ripped, quick—like the recipes. While naysayers who don't know Brad and Brian may criticize keto as a "bacon and butter" fat-fest, this book emphasizes an incredible array of vegetables and other nutrient-dense foods that will help optimize gut health, immune function, and athletic, cognitive, and sexual performance. Like the authors.

You will be amazed at the creativity these two doods will inspire in you to become a freak...

**Contributor Bio**

Brad Kearns is the *New York Times* bestselling co-author of *The Keto Reset Diet*, host of the highly acclaimed (by him, friends and family) *Get Over Yourself* podcast, Guinness World Record setting Speedgolfer, and former US national champion and #3 world-ranked professional triathlete. As host of the Keto Reset online multimedia video course (ketoreset.com) and the Primal Blueprint keto podcast, Brad talks about keto all the time, which makes automatically makes him an expert. Brad likes to occasionally depart from keto guidelines with evening popcorn binges and excess dark chocolate consumption.

Brian McAndrew became a YouTube celebrity while still a University of Oregon student, when he co-wrote, directed, produced and starred in the epic and totally viral video, *I Love My Ducks*. Today he is a master filmmaker and audio engineer who has made Mark Sisson look really good on mic and camera for several years. He has been smooth, effortless, graceful, and badass in adhering to a strict ketogenic diet since early...

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**Incredible Wild Edibles**

Samuel Thayer

**Summary**

Incredible Wild Edibles is an invitation to enjoy the best food on Earth. This guide provides complete information on 36 traditional fruits, nuts, herbs, and vegetables that have nearly disappeared from our modern diets. Rediscover these wholesome, super-nutritious, gourmet foods *for free*! In a humo...

**Contributor Bio**

Samuel Thayer is an internationally recognized authority on edible wild plants who has authored two award-winning books on the topic, *Nature's Garden* and *The Forager's Harvest*. He has taught foraging and field identification for more than two decades. Besides lecturing and writing, Samuel is an advocate for sustainable food systems who owns a diverse organic orchard and harvests wild rice, acorns, hickory nuts, maple syrup, and other wild products. He lives in rural northern Wisconsin with his wife and three children.
Nurture
Notes and Recipes from Daylesford Farm
Lady Carole Bamford

Summary
More than 40 years ago, Carole Bamford began a journey towards a more conscious way of life. What began as a desire to make a small difference to the health and future of our planet has grown into an organic business that has won over 100 national and international awards for sustainability and excellence. From a small herd of cows and a farm shop, Daylesford has blossomed into a hugely successful collection of interlinking endeavors that communicate and practice Lady Bamford’s personal vision for a healthier mind, body, and planet.

As stewards of the land, it is our job to teach the next generation about the connection between farm and fork and how to work with nature’s rhythms to farm the land in a way that protects its natural biodiversity and balance. But Daylesford is much more than a farm. From its core ethos comes an appreciation of our individual connection to the land, to our bodies, and to others; and a belief in the need to be mindful in everything we do—from eating with the seasons to nurturing the mind and body holistically through wellness practices and the use of natura...

Contributor Bio
Carole Bamford believes in sustainable and holistic living. Her passion for organic farming, natural clothing and well-considered beauty products has made her an influential champion of craftsmanship, traditional skills and natural living.

Primal Blueprint Quick and Easy Meals
Delicious, Primal-approved meals you can make in under 30 minutes
Jennifer Meier, Mark Sisson

Summary
Since it's initial release in 2011, Primal Blueprint Quick & Easy Meals has become one of the best-selling primal/paleo cookbooks of all time, presenting over 100 simple, quick preparations for breakfast, lunch, dinner, appetizers, snacks, sauces, toppings and rubs. All the recipes are designed with speed and efficiency in mind. While at times a prolonged gourmet meal preparation experience can be fun, the reality of hectic daily life can often compromise your healthy eating goals. With Primal Blueprint Quick & Easy Meals, you can discover numerous go-to meals that will help you stay on track with your healthy eating goals even when you don't have much time to cook.

Mark Sisson and chef/food writer/photographer Jennifer Meier show you how to delight your family or guests every time with quick, delicious meals using local produce, CSA meats, healthy fats (yes, and real butter) and nutrient powerhouse herbs and spices. The recipes are free of grains, refined vegetable oils, and added sugars that are the most objectionable elements of the modern diet. Each recipe has a naturally low glycemi...

Contributor Bio
Jennifer Meier is a graduate of the prestigious California Culinary Academy in San Francisco. Her culinary career spans a decade and includes stints in restaurants, gourment shops, and wine stores in New York, Seattle, San Francisco and Los Angeles. She also holds a degree in Communications from the University of Washington in Seattle. Eventually, the writing and cooking merged into a food-writing career. Health and fitness expert Mark Sisson is the bestselling author of The Primal Blueprint and one of the leading voices of the burgeoning Evolutionary Health Movement. His blog, MarksDailyApple.com, has paved the way for Primal enthusiasts to challenge conventional wisdom’s diet and exercise principles and take personal responsibility for their health and well-being. With over 2 million unique monthly visitors, the blog is one of the top-ranked health resource websites on the Internet.

Besides The Primal Blueprint, Mark has authored The Primal Blueprint 21-day Total Body Transformation, The Primal Connection (which won the Eric Hoffer Award in 2013 for best self-published book, and the...
**Easy Italian**

Delicious, Authentic Italian Cuisine Made Easy

**Summary**

*Easy Italian* has the perfect recipe for every occasion – from traditional Italian to contemporary classics. Unlock delicious ideas for pasta and pizza, as well as mouth-watering soups and desserts.

Each page is packed with useful information – including step by step recipes and cooking times.

This book also includes photographs for every single recipe to help you achieve perfect results every time.

**Contributor Bio**

New Holland is a publisher of quality and diverse product in all categories of non-fiction from travel, biography, sport and true crime to self-help, gardening, food and natural history. We pride ourselves on the highest editorial and design standards and we're sure that you will find this commitment to quality reflected in our new releases and forthcoming highlights. Illustrated books are a strong part of New Holland’s publishing program, with a focus on producing beautiful color books that are both inspiring and practical.

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**Food of Naples**

Johnny Di Francesco

**Summary**

Naples is about so much more than pizza!

It is a city of beautiful, vibrant contrasts, with restaurants full of a variety of tastes, textures, and cooking techniques, influenced by the many different cultures that have called Naples home.

Through *Food of Naples*, Johnny Di Francesco takes you on a personal journey deep into the heart of his childhood Naples and captures the amazing recipes of the city and surrounding areas.

His beautifully illustrated, simple recipes, show you how to recreate the tastes and aromas of authentic Neapolitan cuisine.

**Contributor Bio**

Johnny Di Francesco - Pizzaiolo, Chef, Restaurateur 400 Gradi is the brainchild of chef and V.P.N. Principal Johnny Di Francesco, who’s family hail from Naples in Southern coastal Italy - the home of 'world's best' pizza. Johnny has a series of Pizza and Calzone outlets with the 400 Gradi restaurant being the flagship of the group.

The 400 Gradi interiors are all about classic Italian textures, with walls of espresso ribbons of Stucco Veneziana and sweeping golden calligraphy. Black and antique gold pendant lights and a charcoal Terrazzo style polished floor all reflect a golden hue. A bar honed from a dark veined slab of 160 year old red gum, salumi cabinets and antique slicers are all part of the theatre... Outside there's plenty more tables for dining where the usual sophistication of the 'other' end of Lygon Street is apparent.

Johnny is the first Australian ever trained in Naples to the Associazione Verace Pizza Napoletana VPN rules and he's the association's Australasian Principal, travelling the region ensuring pizzeria's are of the highest standard before officially inducting them...
The Best of Spirit House
Modern Thai Cuisine
Helen Brierty

Summary
Spirit House first opened its restaurant doors in 1995 and has grown into an iconic destination for lovers of Asian food.

The Best of Spirit House is an eclectic selection of the restaurant’s best loved dishes from the past 20 years.

Featuring more than 50 mouthwatering recipes from Steamed Sesame and Ginger Prawns, Tom Yum Goong to Hang Lae Pork Curry and Whole Crispy Fish with Roasted Chilli Paste & Lemongrass, these are just some of the culinary treats their expert chefs show you how to prepare and cook.

All the recipes have been tried and tested in Spirit House’s restaurant and cooking school.

Contributor Bio
Helen Brierty and her husband Peter own the well-known Spirit House Restaurant and Cooking School at Yandina on the Sunshine Coast. With Head Chef Annette Fear, Helen has co-authored Spirit House Recipe Collection and Travels with Thai Food in which they have brought together their most popular and requested dishes, which have been enjoyed for years by diners at the restaurant and taught to students at the cooking school. Helen has created a hydroponic farm that, together with surrounding farms, provides both the restaurant and cooking school with the freshest of produce.

Oceans
Recipes and Stories from Australia’s Coastline
Andrew Dwyer, John Hay

Summary
Part cookbook and part travel guide, this reference is a comprehensive guide to enjoying Australia’s fresh seafood. Filled with stunning, mouth-watering images, this manual includes a number of original recipes ranging from abalone to yellowtail kingfish, open fire to stove-top, and bivouac to dinner party. Seafaring stories of mutiny, murder, piracy, and heroism are also incorporated, celebrating Australia and its maritime history. Informative and entertaining, this handbook is sure to captivate both the novice cook and the professional chef.

Contributor Bio
Andrew Dwyer is an experienced bushman and chef who has been involved with the tourism industry for more than 20 years. He runs outback expeditions and conducts cooking classes for outback cuisine in the United States and is the author of Outback: Recipes and Stories from the Campfire. John Hay is an award-winning photographer who has worked for Gourmet Traveller, Vogue Entertaining, and as a lecturer on photography at the Royal Melbourne Institute of Technology in Melbourne, Australia.
The Sweet Potato Cookbook
Heather Thomas

Summary
Delicious in the form of sweet potato fries, roasted whole with yummy toppings, and even baked in brownies, this cheap, nutritious and accessible root veg adds a nutty sweetness to any recipe. It’s perfect for a comforting side dish, but also amazing as the star of the show, and this cookbook puts sweet potato in the spotlight. From Sweet Potato Pancakes and Savoury Sweet Potato and Parmesan Muffins to Spiralized Sweet Potato Pasta, Sweet Potato Enchiladas, and even Sweet Potato and Hazelnut Brownies, you’ll find tasty and creative brunches, lunches, salads, suppers, and desserts to suit all tastes. As well as tasting delicious, sweet potatoes are a powerful package of protein, fiber and vitamins. Includes dual measures.

Contributor Bio
Heather Thomas is a health and cooking writer and editor who has worked with Weight Watchers, and is the author of The Avocado Cookbook.

Beautifully Real Food
Guilt-Free, Meat-Free Recipes to Indulge In
Sam Murphy

Summary
Many of us are trying to reduce the amount of meat and dairy in our diets but are reluctant to let go of our favorite foods. When chef Sam Murphy decided to change her lifestyle, originally just to lose weight and have a more balanced diet, she assumed that her days of eating pizzas, burgers, and brownies were over. But after experimenting in the kitchen, Sam realized that she could still eat those indulgent dishes while looking after herself and the world around her. This collection includes Sam’s best recipes for Spaghetti Carbonara, Chickpea Chilli, Cheese Toasties, Loaded Vegan Hot Dogs, Salted Caramel Brownies, Cookie Dough Cereal, The Vegan Big Mac, and many, many more. Whether you’re looking to go without meat or dairy every day, every week, or just once a month, or if you just want to indulge without the guilt, this book is the perfect guide to making meals you can really enjoy. Includes dual measures.

Contributor Bio
Sam Murphy is a vegan chef. She has more than 300,000 Instagram followers.
The Occasional Vegan
Sarah Philpott

Summary
The Occasional Vegan contains 70 simple, affordable and delicious recipes, which will appeal whether you are a newcomer or a long-time vegan, keeping you well-fed and healthy. Sarah Philpott’s recipes are accompanied by the story of her journey to becoming a vegan. In this book she explores the ethical and lifestyle arguments for a plant-based diet through her own experience of turning vegan at thirty. Growing numbers of people are making the same journey (the number of vegans is up 350% in the past decade), attracted by principles underlying it. Even if, like Venus Williams, you’re not completely vegan, you’ll find plenty of recipes here to encourage you over the finish line. And as food lover Philpott shows, embracing veganism certainly doesn’t need to break the bank – her recipes are homely and easily cooked, suitable for old and young, gourmet cooks and kitchen novices, pensioners and students. The Occasional Vegan is divided into four sections: The Working Week: quick meals for busy people; Something for the Weekend: lazy brunches and Sunday lunches; High Days and Holidays: spe...

Contributor Bio
Sarah Philpott is a freelance copywriter and proofreader for a variety of organizations, and a fluent Welsh speaker who has appeared on S4C and ITV Wales to talk about vegan cooking. She is a regular guest on Radio Cymru, has written for Wales Online and writes restaurant reviews for the Wriggle app and website. She has a recipe column in Cardiff Now magazine and was featured in an article about vegetarianism in the Sunday Telegraph magazine, Stella. Sarah also has a vegan food blog, Vegging It.

The Vegetarian Italian Kitchen
Veronica Lavenia

Summary
The Vegetarian Italian Kitchen represents the true contemporary culture of Italian homemade cooking that is both healthy and affordable for everyone. This beautifully presented book is a collection of vegetarian recipes uniquely divided into seasons and into savory and sweet sections for each of the seasons. Italian born Veronica Lavenia is passionate about the beauty and goodness of healthy homemade recipes, believing that the true charm of Italian cuisine lays in the luxury of simplicity. Veronica’s recipes encapsulate the delectable culture of an Italian village, where the dishes you enjoy satisfy both body and soul.

Contributor Bio
Born and raised in Italy, surrounded by the thriving culture and spirit of Sicily, Veronica’s love for travel, food and a passion for cooking organic, sustainable food was passed down from her parents. Before Veronica became a food writer, she worked as an associate professor of Spanish Language and, in the context of academic research, published essays on the Spanish-American narrative in national and international Academic Journals. However she was always drawn back to food. Inspired by family recipes, and valuable Italian culinary heritage, her writing focus shifted.

Sustainability, seasonality and selection of raw materials (as much as possible local, organic and unrefined) are the basis of Veronica’s food philosophy.

She believes that a literary education (PhD in Iberian and Ibero-American Languages and Literatures) is the essential ingredient for a methodological approach to food writing and emphasises the value of home cooking as an instrument of culture, knowledge and education.
SuperSlaw
Blitz Your Way to 5 a Day
Jill Greenwood

Summary
Superfood for busy people

SuperSlaw contains highly nutritious, convenient recipes for busy people wishing to increase their vegetable intake. The book contains 60 main recipes, with two additional variations for each, which show how to create different combinations of micro-chopped vegetables to add a rainbow-colored nutritional boost to your day and deliver specific benefits, whether you're looking to improve your immunity, boost your energy, fortify yourself before a run or simply eat more healthily. Chapters are structured by benefit: Hydrolize (Hydrate + Alkalize), Energy, Revitalise, Immunity, Metabolic Warmers, Recover.

All of the recipes can be whizzed up in an ordinary food processor (or with a knife and chopping board) making it simple and fun to prepare even for those with the busiest of lifestyles.

Recipes include Red Cabbage Purple Power Slaw which can be topped with mixed berries or transformed into a stir-fry with bean sprouts; Pesto Punch Slaw which can be served with roasted garlic quinoa or reinvented as Sweet potato and steak pesto burgers and Mediterranean Slaw which...

Contributor Bio
Jill Greenwood is a personal trainer. She developed SuperSlaw™ as a solution for clients who wanted to improve their diets but struggled to find vegetables interesting or fulfilling, and also lacked the time to prepare a healthy meal from scratch every day.

Eat Drink Nap
Bringing the House Home
Soho House

Summary
The quintessential cooking, style, and decoration book from Soho House, the world's leading private club—with U.S. locations in Miami, New York, Hollywood, and Chicago

In the 17 years since the first Soho House opened its doors, they've perfected the art of entertaining: how to make people feel at home, how to cook food they love, how to make a room stylish but welcoming, how to throw a party, get the lighting right, mix a cocktail, design a bedroom, build an art collection. This sumptuous book with a foreword from founder Nick Jones and newly commissioned photography from leading food and interiors photographers Mark Seelen and Jean Cazals, will share with readers the secrets of the Soho House way of doing things. Contemporary, global, yet with something quintessentially homey at its heart, this is Soho House style explained by its experts: the grit and the glamour, the style and the coziness. Packed with recipes and design tips, this book shows how to transport a slice of Soho House right to one's home. Whether you want to recreate your favorite house regular macaroni cheese or choo...

Contributor Bio
Soho House is a group of private members' clubs, with the original location in Soho, London. Other Houses are in Berlin, Miami, New York, Toronto, and West Hollywood, and a Chicago location is projected for August 2014.
**Morning Noon Night**

**A Way of Living**

Soho House

**Summary**

This newest book from Soho House charts the Soho House journey in design, food, and drink, from the perfect burger to the most inspiring art, from afternoon tea to how to light a room. Developing themes from their first book, *Eat, Drink, Nap*, Soho House shares hints and tips to get the best out of what is around us morning, noon, and night. They have included their favorite recipes for every event, tips on creating an inspiring workspace, how to dress an outdoor space, and much more. Whether you want to press your own juice, create your own bathroom style, or host the best parties—everything you need to live the Soho House lifestyle is here.

**Contributor Bio**

**Soho House** was founded in London as a private members' club for those in film, media, and creative industries. It has outposts in the USA, Canada, Turkey, and Germany.

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**Freshly Picked**

**A Locavore's Love Affair with BC's Bounty**

Jane Reid

A remarkable, amusing and inspiring tour of what, where, and when to eat BC's fruits and vegetables, complete with photos, recipes and trivia.

Take a delightful journey through BC's extraordinary bounty and explore the secrets of locally grown fruits and vegetables. In Jane Reid's new book, *Freshly Picked*, foodies, locavores and gardeners will discover fascinating information about the plentiful harvests that BC farmers produce every year. With her vast collection of historical tidbits Reid shares the surprising facts about the sex life of corn, the checkered reputation of garlic, how beans saved mankind, and more. A committed locavore, Reid passes on stories of local farming, the traditions of preserving foods, and the benefits of eating locally grown fruits and vegetables.

*Freshly Picked: A Locavore's Love Affair with BC's Bounty* is an essential read for any local food lover. Season by season, Reid offers stories, memories, and tales of love and affection for the best of what BC has t...

**Contributor Bio**

Jane Reid is a passionate locavore who fell in love with British Columbia's bounty one fruit and vegetable at a time. She enjoys exploring every corner of the province, finding new and beautiful places, visiting farmers markets, roadside stands, U-picks, orchards, and vineyards on the way. Jane loves to learn more about where, when, and how we get our food by talking with farmers, friends, and produce managers. Her writings on local harvests have appeared in *Edible Vancouver & Wine Country* magazines. She lives with her husband...
Kitchens
The New Zealand Kitchen in the 20th Century
Helen Leach

Summary
This engrossing history of the domestic kitchen in New Zealand covers 10 decades that saw culinary traditions accommodate extraordinary changes in technology and the irresistible process of globalization. Each chapter surveys the external influences on households and their kitchens, samples the dishes prepared during the decade, and discusses the structure of meals. A study of kitchen equipment and design then closes each chapter, cumulatively revealing more innovation in these aspects than in what people ate. Kitchens is the culmination of a 10-year research and writing project by anthropologist Helen Leach, supported by the Marsden Fund of the Royal Society of New Zealand, focusing on the material culture of cooking by New Zealanders.

Contributor Bio
Helen Leach is an emeritus professor of anthropology at the University of Otago; her research interests include the evolution of human diet and prehistoric horticulture. She is a coauthor of The Twelve Cakes of Christmas: An Evolutionary History, with Recipes and the author of The Pavlova Story: A Slice of New Zealand's Culinary History, which was short-listed in the Montana New Zealand Book Awards in 2009.

The Oldest Foods on Earth
A History of Australian Native Foods with Recipes
John Newton

Summary
‘This is a book about Australian food, the unique flora and fauna that nourished the Aboriginal peoples of this land for over 50 000 years. It is because European Australians have hardly ever touched these foods for over 200 years that I am writing this book.’ We celebrate cultural and culinary diversity, yet shun the foods that grew here before white settlers arrived. We love superfoods from remote, exotic locations, yet reject those that grow in our own land. In this, the most important of his books, John Newton boils down these paradoxes by arguing that if we are what you eat, we need to eat different foods, foods that will attune us to the this land.

Contributor Bio
John Newton is a freelance writer, journalist and novelist. His most recent books are Grazing: The ramblings and recipes of a man who gets paid to eat and A Savage History: Whaling in the Pacific and Southern Oceans. In 2005 he won the Gold Ladle for Best Food Journalist in the World Food Media Awards.
**Burton's Lost Breweries From Old Photographs**

**Terry Garner**

**Summary**

In the twelfth century the abbots of Burton began to produce beer. The dissolution of the abbey in the sixteenth century saw inns and alehouses appear, with many selling beer brewed on-site. The first recognisable brewery was Benjamin Printon’s, which was established on Horninglow Street around 1708. The Trent & Mersey Canal, built in 1774/75, allowed further expansion to the industry, but it was the coming of the railway in 1839 that led to massive growth – by 1888 there were thirty-one breweries employing over 8,000 men and producing over 3 million barrels a year. In this collection of images, local author and historian Terry Garner illustrates the history of this famous east Staffordshire town and provides a fascinating insight into the many lost breweries that made Burton-on-Trent the brewing capital of the world.

**Contributor Bio**

Terry Garner was born in Burton upon Trent and still lives in the area at Staplehill. Now retired, Terry can follow his interest in history and local history in particular. A member of Burton Authors Group, this is his second book, and he is working with another historian on a local history publication for 2014. Terry is married with a daughter, a son and four grandchildren.

**More Than a Sauce**

**Worcestershire's Culinary History**

**Emma Kay**

**Summary**

Worcestershire is one of the smallest counties in England, but has many claims to fame, not least as the birthplace of Worcestershire sauce. But little has been written about the broader narrative of the county's rich culinary heritage. This book will explore centuries of a variety of food production, revealing a cultural identity steeped in food and drink consumption, from Pershore plums and other fruit and vegetables (notably asparagus), to cider and Malvern Spring water, cheese, meat and poultry. The towns and villages of Worcestershire have produced a wealth of specialist fare over the centuries and the county is home to many fascinating customs and traditions relating to this, such planting kidney beans as soon as the elm leaves grow to their biggest size and Kidderminster blessing-cakes distributed on New Year's Day. This book author explores Worcestershire's successful link with food and drink manufacture both from the past and from a contemporary perspective.

**Contributor Bio**

Emma Kay is a historian and writer who founded the Museum of Kitchenalia in 2012. Her previous books include *Dining with the Georgians* and *Dining with the Victorians*.
Dining with the Victorians

A Delicious History

Emma Kay

Summary

From traditional seaside holiday treats like candy floss, ice cream and fish ‘n’ chips, to the British fascination for baking, the Victorian era has shaped British culinary heritage. Victoria’s austere attitude after an age of Regency indulgence generated enormous cultural change. Excess and gluttony were replaced with morally upright values, and Victoria’s large family became the centre of the cultural imagination, with the power to begin new traditions. If Queen Victoria’s family sat down to turkey on Christmas day, so did the rest of the nation. Food was a significant part of the Victorians’ lives, whether they had too much of it or not enough. The destitute were fed gruel in the workhouses – the words of Dickens’s Oliver are forever imprinted on our minds: ‘Please, sir, I want some more.’ The burgeoning street traders spilling over from the previous century devolved into a whole new culture of ‘mudlarks’, trotter boilers and food slop traders, to name but a few. Wealthy Victorians gorged with the newly emerging trend for breakfast, lunch and tea. Public dining became de rigeur, a...

Contributor Bio

Emma Kay is a historian and writer. She has worked as a museum professional for over fifteen years in major institutions such as the National Maritime Museum, the British Museum and the University of Bath. She has a degree in History, postgraduate certificate in Roman Archaeology, MA in Heritage Interpretation and a diploma in Cultural Heritage Management. She is a private collector of antique and vintage kitchenalia and writes and speaks about the history of cooking and dining to a variety of audiences. Emma founded the Museum of Kitchenalia in 2012 (www.museumofkitchenalia.co.uk). She lives in the Cotswolds with her husband and young son.

70s Dinner Party

The Good, the Bad and the Downright Ugly of Retro Food

Anna Pallai

Summary

Anna Pallai was brought up on 1970s stalwarts of stuffed peppers, meatloaf, and platters of slightly greying hardboiled eggs. When she rediscovered her mother’s grease-stained 70s cookbooks, she knew she needed to share them with the world, and so the hit Twitter account @70s_Party was born. Harking back to a simpler pre-Instagram, pre-clean-eating era, when the only concern for your dinner party was whether your aspic would set in time, this is a joyful celebration of food that can give you gout just by looking at it.

Contributor Bio

Anna Pallai is an agent and formerly Publicity Director at Faber where she helped manage the publishing careers of Ricky Gervais, Richard Ayoade, and David Mitchell.
Maple Syrup from the Sugarhouse
Laurie Lazzaro Knowlton, Kathryn Mitter

Summary
Maple syrup season is here! Kelsey and her father begin harvesting sap from sugar maple trees. Join their family and friends in this farm-to-table process of turning sap into maple syrup. Includes maple syrup facts in the back matter to make this perfect for an educational story time.

Contributor Bio
Laurie Lazzaro Knowlton is the author of over thirty-five books for children. She loves writing surrounded by horses, cattle, dogs, cats, and five turkeys. Laurie lives with her husband in Medina, Ohio. When she's not illustrating, Kathryn Mitter enjoys gardening, hiking, and watercolor painting, especially painting outdoors. Kathryn has illustrated many magazine stories and children's books. Kathryn lives in Columbia, Missouri.

The Lemonade Stand Cookbook
Step-by-Step Recipes and Crafts for Kids to Make...and Sell!
Kathy Strahs

Summary
Winner, Gold Medal in the Young Reader: Nonfiction Category, 2018 IBPA Benjamin Franklin Award Winner, 2017 National Parenting Product Award

Kids have been running lemonade stands for decades, whether to raise money for a new bike, for a charitable cause, or simply to conquer boredom. Inspired by dozens of kid experts from all over the country, the author has poured her expertise as a food writer, entrepreneur, and mother into the ultimate guide to setting up your own lemonade stand. Step-by-step illustrations and full-color photographs of each recipe and craft make each page easy and fun to dive into. Find delicious drinks, such as Classic Lemonade and Cold-Brew Iced Tea, sweet treats such as Polka Dot Blondies and Chocolate-Dipped Marshmallows, grab-and-go snacks such as Owen’s Cheddar Chompers and Sunflower Crunch Balls, and creative crafts such as Hayley’s Flower Pencils and Friendship Bracelets. Tips for setting up a successful stand, packaging ideas, cooking technique tutorials, and real-life stand stories from kids themselves are sure to inspire readers to give life a squeeze.

Contributor Bio
Kathy Strahs is the voice behind the blogs Panini Happy and Cooking on the Side. She is the author of The 8 x 8 Cookbook and The Ultimate Panini Press Cookbook. She lives in Los Gatos, California.
How to Make a Pizza
Zoë Clarke, Steve Lumb

Summary
Cooking can be fun and easy! Follow these simple photographic instructions to learn how to make a delicious, healthy pizza.

- Lilac/Band 0 books wordless that tell a story through pictures and are designed to develop understanding about how stories work.
- Text type: A wordless instruction text.
- Ideas for guided reading at the back of the book provide practical support and stimulating activities.
- Curriculum links: Physical Development

Healthy Foods from A to Z
Comida sana de la A a la Z
Stephanie Maze, Renée Comet

Summary
Helping children learn about healthy foods—as well as their ABCs—this bilingual picture book in English and Spanish features colorful photographs of engaging faces made from fruits, vegetables, grains, dairy, and soy products. A sample sketch with instructions, followed by additional suggested activities, helps children create their own food faces and connect with peers and teachers. An informative section for parents highlights the nutritional value of 70 foods illustrated in the book.

Contributor Bio
Stephanie Maze is a former photojournalist of 30 years whose work appeared in exhibits and publications worldwide, including National Geographic, Newsweek, the New York Times, People, the San Francisco Chronicle, Smithsonian Magazine, Time, and the Washington Post. She is the creator of the acclaimed I Want to Be series of children’s books, including I Want to Be a Chef, I Want to Be an Engineer, and I Want to Be a Veterinarian. She lives in Sarasota, Florida. Renée Comet is a photographer who specializes in advertising and editorial still-food photography for books, magazines, and newspapers. She has photographed nearly 40 books on food, including The Artful Pie, The Artful Vegan, Delicious by Design, Dining at Monticello, Mrs. Fields Cookie Book, and Cake Love. She lives in Washington, DC.
**Geology Is a Piece of Cake**
Katie Coppens

**Summary**
Geology made yummy! With scrumptious-looking photos, easy recipes, and cakes depicting accurate science, this book provides a fun and memorable approach to thinking about rock formation, tectonic plate movement, weathering, fossils and more.

**Contributor Bio**
**Katie Coppens** lives in Maine with her husband and two children. She is an award-winning middle school language arts and science teacher. She has had a variety of teaching experiences, ranging from a self-contained third-grade classroom to teaching high school English and biology in Tanzania. Katie has multiple publications, including a teacher’s guide for the National Science Teachers Association entitled Creative Writing in Science: Activities That Inspire.

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**The Anarchist Cookbook**
Keith McHenry, Chaz Bufe, Hedges Chris

**Summary**
From the cofounder of Food Not Bombs, an action-oriented guide to anarchism, social change, and vegan cooking

Unlike the original Anarchist Cookbook, which contained instructions for the manufacture of explosives, this version is both a cookbook in the literal sense and also a "cookbook" of recipes for social and political change. The coffee-table–sized book is divided into three sections: a theoretical section explaining what anarchism is and what it isn’t; information on organizational principles and tactics for social and political change; and finally, numerous tasty vegan recipes from one of the cofounders of the international Food Not Bombs movement.

**Contributor Bio**
**Keith McHenry** is a cofounder of the international Food Not Bombs movement. He is the author of Hungry for Peace and the coauthor of the Food Not Bombs manual, Food Not Bombs. He lives in Taos, New Mexico. **Chaz Bufe** is the author or coauthor of multiple books including Alcoholics Anonymous: Cult or Cure?, The Devil’s Dictionaries, The Heretic’s Handbook of Quotations, Provocations, and An Understandable Guide to Music Theory. His writings have appeared in dozens of newspapers, magazines, and websites, including Belief.net, Communities, Counterpoise, Eye,Freedom, the Match!, New Times Weekly, Processed World, and the Utne Reader. He lives in Tucson, Arizona. **Chris Hedges** is a former New York Times reporter and a leading progressive writer and activist. He has 12 books in print, including New York Times bestseller Days of Destruction, Days of Revolt, and Wages of Rebellion. His work also regularly appears online. He's a columnist for Truthdig, and has written for Alternet and Common Dreams.
Understanding the Science of Food
From Molecules to Mouthfeel
Sharon Croxford, Emma Stirling

Summary
Being able to understand the principles of food science is vital for the study of food, nutrition and the culinary arts. In this innovative text, the authors explain in straightforward and accessible terms the theory and application of chemistry to these fields. The key processes in food preparation and the chemistry behind them are described in detail, including denaturation and coagulation of proteins, gelatinization, gelation and retrogradation of starches, thickening and gelling, browning reactions, emulsification, foams and spherification, chemical, mechanical and biological leaveners and fermentation and preservation. The text also describes the science of key cooking techniques, the science of the senses and the experience of food, food regulations and the future of healthy food. The origins of food are explored through a focus on the primary production of key staples and their journey to the table. Tips and advice from leading chefs as well as insights into emerging food science and cutting-edge nutrition research from around the world are included throughout, and reveal both ...

Contributor Bio
Sharon Croxford is an accredited practicing dietitian and senior academic at La Trobe University. She was co-editor of Food and Nutrition Throughout Life. Emma Stirling is an accredited practicing dietitian and academic at La Trobe University.

Culinary Reactions
The Everyday Chemistry of Cooking
Simon Quellen Field

A chef is just a scientist in disguise

Summary
When you're cooking, you're a chemist! Every time you follow or modify a recipe, you are experimenting with acids and bases, emulsions and suspensions, gels and foams. In your kitchen you denature proteins, crystallize compounds, react enzymes with substrates, and nurture desired microbial life while suppressing harmful bacteria and fungi. And unlike in a laboratory, you can eat your experiments to verify your hypotheses.

In Culinary Reactions, author Simon Quellen Field turns measuring cups, stovetop burners, and mixing bowls into graduated cylinders, Bunsen burners, and beakers. How does altering the ratio of flour, sugar, yeast, salt, butter; and water affect how high bread rises? Why is whipped cream made with nitrous oxide rather than the more common carbon dioxide? And why does Hollandaise sauce call for "clarified" butter? This easy-to-follow primer even includes recipes to demonstrate the concepts being discussed, including: Whipped Cream Topping—a foam; Cherry Dream Cheese—a protein gel; Lemonade with Chameleon Eggs—an acid indicator; and more!

Contributor Bio
The Big Hurt's Guide to BBQ and Grilling
Recipes from My Backyard to Yours
Frank Thomas

Summary
Hall of Famer and Chicago icon Frank Thomas shares his passion for grilling and cooking with baseball fans everywhere for the first time. Grilling is perhaps as essential and synonymous with American culture as baseball itself, and Frank Thomas is ready to share all of his home run recipes. Whether you're looking for barbecue basics or grilling greatness, these sizzling steaks, slow-cooked smoked ribs, and mouthwatering burgers are sure to please every palate, from healthy fare to hearty indulgences. Beautiful full-color photographs and easy to follow instructions set you up for culinary success alongside legendary former White Sox player Frank Thomas.

Contributor Bio
Frank Thomas is a Hall of Fame Chicago White Sox designated hitter. He is a five-time All-Star, four-time Silver Slugger Award winner, and two-time American League MVP. His number was retired by the Chicago White Sox. Thomas opened the Big Hurt Brewhouse restaurant and sports bar near Chicago in 2014.

101 Muscle-Building Workouts & Nutrition Plans
Muscle & Fitness

Summary
In 101 Muscle-Building Workouts & Nutrition Plans, the staff of editors, scientists, and expert trainers at the acclaimed magazine Muscle & Fitness provide the very best lifting advice they have to offer. The various training programs contained here are all cutting-edge—backed by scientific research and proven time and again in the trenches by novice and professional athletes alike. With multiple full body programs ranging all the way from four weeks to three months, readers are covered for years to come. To support efforts at the gym, comprehensive meal plans ensure the maximizing of muscle mass while also increasing energy levels and maintaining overall health. Whether the goal is to make good on a New Years resolution or get in shape for the summer, this reference provides all of the useable information needed.

Contributor Bio
Muscle & Fitness is bodybuilding magazine that offers professional exercise and nutritional tips.
**Musings of a Chinese Gourmet**

**F. T. Cheng, Graham Earnshaw**

**Summary**
This book, written in the early 1950s by a former Chinese ambassador to London, is a cultured and entertaining view of the gastronomic side of Chinese life. F.T. Cheng sets out to show Westerners that there was a lot more to Chinese food culture than chop suey. It is a wonderful reminder of the richness and depth of Chinese culture from a man who also completely understood the West.

**Contributor Bio**
F.T. Cheng, the author of this book, was a member of the old Chinese elite. He was the Chinese ambassador to London and an intellectual who spoke English with the same old world charm as he no doubt did Chinese. He was also a gourmet, and in the early 1950s, he decided to write his "musings" on the theme of Chinese food and drink to educate Westerners about his homeland and its colorful cuisine. "Musings of A Chinese Gourmet" was first published in 1954.

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**Summer in the Islands**

**An Italian Odyssey**

**Matthew Fort**

**Summary**
Imagine spending a carefree summer in the Italian sun, beachcombing, eating and drinking with abandon, and drifting without restraint from island to island, from port to port. Here is the record of Matthew Fort doing just that—hopping between the Aeolian Islands, something he hadn't done since his early twenties. Traveling by Vespa and by ferry, Fort tours the islands at his leisure. He takes us to Elba, where Napoleon was once imprisoned; to Salina, famous for its capers, just as Pantelleria is famous for its dessert wine; to Pianosa, where dangerous Mafia bosses were once kept and which Joseph Heller used as the setting for Catch-22; to Capri, where Maxim Gorky ran a school for revolutionaries which was visited by Lenin and Stalin, to all of Italy's 52 islands which he has never written about before. With 30 years of experience as a food critic, travel writer, and adventurer, Fort is an excellent guide through the culinary and cultural history he encounters during his summer in the islands.

**Contributor Bio**
Matthew Fort's writing career began in 1986 when he started a column about food in the Financial Times Saturday Review. Between 1989 and 2006 he was Food & Drink Editor of the Guardian. He was named Glenfiddich Food Writer of the Year and Restaurateurs' Writer of the Year in 1991, Glenfiddich Restaurant Writer of the Year in 1992, and Glenfiddich Cookery Writer of the Year in 2005. His book Eating Up Italy was the Guild of Food Writers' Book of the Year in 2005, and Sweet Honey, Bitter Lemons won the Premio Sicilia Madre Mediterranea in 2009. He is currently a judge on The Great British Menu.
Eating Eternity
Food, Art and Literature in France
John Baxter

Summary
“Show me another pleasure like dinner which comes every day and lasts an hour,” wrote Talleyrand. That Napoleon's most gifted advisor should speak so highly of eating says much about the importance of food in French culture. From the crumbs of a madeleine dipped in tisane that inspired Marcel Proust to the vast produce market where Emile Zola set one of his finest novels, the French have celebrated the relationship between art and food. Eating Eternity offers a seductive menu of those places in the French capital where art and food have intersected. Appendices guide you to the restaurant where Napoleon proposed to Josephine, the cafés patronized by Ernest Hemingway, Henry Miller, Isadora Duncan and Man Ray, as well as those out-of-the-way sites that bring to life the culinary experience of Paris. Eating Eternity is an invaluable and unique guide to the art and food of Paris. Bon appetit!

Contributor Bio