The Philosophy of Tea
Tony Gebely

Summary
How did drinking the infusions of a unique plant from China become a vital part of everyday life? This gift book presents an entertaining and illuminating introduction to the history and culture of tea, from its origins in the Far East to the flavors and properties of different varieties, and the rituals of tea preparation and drinking around the world. This simple hot beverage is suffused with artistic and religious overtones. The Chinese Ch'a Ching gave very precise guidelines to the preparation and sipping of tea, and the Japanese tea ceremony elevated it to an art form. Following its introduction to the royal court in the 17th century, the British created their own traditions, from the elaborate etiquette of afternoon tea to the humble pot of tea at the heart of family life, and the modern appreciation for specialty infusions.

Contributor Bio

Fizz
80 Joyful Cocktails and Mocktails For Every Occasion
Olly Smith

Summary
Brighten your day with bubbles!
80 seriously simple cocktail recipes for everyone from award-winning wine writer and BBC One drinks expert, Olly Smith.

Every drink is united by its unique and exciting use of sparkles with fun flavours for all occasions. Whether it's a small work victory, drinks before hitting the town, a big celebration, or simply, ‘just because’, you’ll find the perfect pop to mark the moment here.

Champagne, cava, cider, beer, soda or kombucha; the joy is in the fizz, with plenty of booze-free bubbles alongside the classics to suit all tastes.

From the delicate elderflower and orange blossom Free Fizz to the dangerously drinkable, disco-friendly Rebujito – or perhaps the sparkling wine and rhubarb English Spark takes your fancy – there's a moreish mocktail or a potent punch for everyone.

Enjoy delightfully easy cocktails at any time; simply add sparkles!

Contributor Bio
Olly Smith is a multi award-winning wine writer and broadcaster. He is the resident drinks host on BBC1’s Saturday Kitchen, writes his weekly wine column for the Mail on Sunday and hosts his own podcast ‘A Glass With’, which kicked off with pop star P!NK. Olly is listed in Debrett’s 500 as one of the 500 most influential people in the UK and was recently appointed the UK’s Drinks Ambassador to China.

Olly has been crowned the International Wine and Spirit Communicator of the Year and won Drinks Writer of
**Lunchbox Express**
George Georgievski

**Summary**
Kids tired of the same old sandwiches day-in, day-out? Struggling to think of ways to make lunchtime fresh and fun? *Lunchbox Express* is here to save the day! George Georgievski, creator of the hugely popular School Lunchbox blog and social media accounts, helps you put together healthy, fun, and easy lunches your kids will love—in just 5 minutes! Featuring simple recipes and hacks—plus some bonus adult lunch ideas—this is the book parents have been waiting for. Never have school lunches been easier or more inspiring!

**Contributor Bio**
George Georgievski is the creator of the hugely popular School Lunchbox blog and social media accounts. George is an ambassador for Jamie Oliver's Learn Your Fruit & Veg Program and was recently crowned "most inspiring lunch creator in the world" by American Express's *Departures* magazine. He travels internationally as a brand ambassador for Stuck On You lunchboxes, inspiring parents and carers to better feed their children.

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**Food for Crazy Cat Ladies**
20 Recipes for Humans Who Love Cats
Angie Rozelaar

**Summary**
Dive into this beautiful recipe book, inspired by cats! Featuring gorgeous, colorful illustrations by Planet Cat creator, Angie Rozelaar, alongside delicious recipes you won't be able to resist, like Sweet Potato Fries, Blueberry Pancakes, Lemon Cheesecake. This book is the purrfect gift for cat lovers. Includes dual measures.

**Contributor Bio**
Angie Rozelaar, creator of Planet Cat Studio, has illustrated children's picture books with Bloomsbury, Campbell, HarperCollins and Hodder.
Family, Food & Feelings
Kate Berry

Summary
Family, Food & Feelings charts the ebbs and flows of family life through the four school terms. This inspiring, hand-on-heart look at modern families is full of instantly recognisable parenting moments and advice on how to deal with them (be it negotiating blended families, having those difficult conversations or tackling book week), delicious seasonal recipes for dinners and after-school snacks kids can make themselves, plus (finally) some new ideas for using those last black bananas in the fruit bowl. Life-affirming, warm and incredibly real, Family, Food & Feelings will be your friend on the shelf for good days and bad, and everything in between. Because we've all been there, and we're not alone.

Contributor Bio
There are many people who create content but Kate Berry actually lives it. She has spent the majority of her life making and collaborating, whether working as creative lead in ad agencies in Melbourne, Sydney and London, photographing for Frankie, Smith Journal, Spaces and Yen, running sell-out music events with OK Motels, or designing for brands large and small. Kate once even built, ran and sold a successful Melbourne café with her best mate. She is part doer, part dreamer, and she gets good things done. Having spent many years experimenting in the kitchen, Kate's love of food, design and photography collided when her family-focused blog, Lunch Lady, was turned into a magazine. Lunch Lady is now sold worldwide. Family, Food & Feelings is her first book.

The Gut Friendly Cookbook
Delicious Low FODMAP, Gluten-Free, Allergy-Friendly Recipes for a Happy Tummy
Alana Scott

Summary
Alana Scott runs a cooking website, and has all her recipes reviewed by a FODMAP trained, registered dietitian. Her many followers have been asking for the best ones to be gathered into a book, so here it is! Delicious dinners, breakfasts, lunches and snacks, plus sweet treats and plenty of easy-to-read background information on FODMAPS, a shopping guide, and how to change your eating through the whole cycle of the low-FODMAP journey. FODMAP is an acronym that represents a group of fermentable sugars (Fermentable Oligo-saccharides, Disaccharides, Monosaccharides and Polyols - short-chain carbohydrates) that are found in a wide range of foods and can trigger unpleasant gastrointestinal symptoms in some people.

Contributor Bio
Alana Scott runs the website alittlebityummy.com. She trained in business management and marketing, so the development of the website was a natural step when she was diagnosed with celiac disease, IBS and multiple allergies.
The Tofu Cookbook
Heather Thomas

Summary
Tofu is the perfect ingredient for anyone looking to cut down on their meat consumption. It can be crisp, crunchy, soft or creamy. Its subtle flavor lends itself to both sweet and savory dishes: you just need to know how to use it! With guidance on how to store, prep, season, marinate and flavor, this fantastic book is packed with tofu hacks to convert tofu haters and make this super ingredient the star of the show. See just how versatile tofu can be, with 60 delicious recipes ranging from traditional phos, stir-fries and salads to the more unexpected: burritos, brownies and even smoothies! Includes dual measures.

Contributor Bio
Heather Thomas is the author of The Avocado Cookbook, The Chickpea Cookbook, and The Sweet Potato 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.

Easy Keto
70+ Simple and Delicious Ideas
Pete Evans

Summary
The ketogenic diet—a style of eating that is low in carbs and rich in healthy fats—is a powerful way to transform your health, lose weight, and find relief from common health problems. In this practical, one-stop guide, Pete Evans gives you the essential information you'll need to transition to this way of eating, including: the benefits of a keto diet; guidelines on carbohydrates found in common foods; eating, shopping, and pantry tips; and more than 70 simple and delicious recipes. As always, Pete's recipes are quick, easy to make, and full of bright, fresh flavors. Easy Keto is for anyone interested in this way of eating who is unsure of how to get started. With some basic guidelines, it has never been simpler or more enticing to reclaim your health and go keto! Includes conversion charts.

Contributor Bio
Pete Evans is an award-winning chef, restaurateur, author, television presenter, and health coach. He is one of Australia’s leading authorities on healthy cooking and lifestyle. His previous books include The Paleo Chef and The Complete Gut Health Cookbook.
Nickel City Chef:
Buffalo’s Finest Chefs & Ingredients Book & DVD
Christa Glennie Seychew

Summary
Nickel City Chef is unique to Buffalo. No other city hosts a culinary challenge featuring local chefs and local ingredients before a live audience. Chef profiles, local ingredient resources and stunning photographs showcase the best of Western New York. Best of all, the book includes 32 recipes, two from each of the 16 challenges featured, using locally-sourced ingredients from shiitake mushrooms to pasture-raised heritage pork. This book is so beautiful you’ll want two copies – one for the kitchen table and another for your coffee table.

Contributor Bio
Christa Glennie Seychew is a Seattle native with rural Western New York roots, who relocated to Buffalo in the 1990s. She owns and operates Feed Your Soul, the company that produces Nickel City Chef and other successful food events. She was also the food editor for Buffalo Spree magazine, and a consultant whose projects seek to bolster local restaurants, small farms, food artisans, historically significant ethnic foodways, and the region’s unique terroir. She has written hundreds of articles about Western New York’s food scene, co-founded a not-for-profit organization, produced dozens of public and private events, volunteers her time and experience to myriad community-based projects and somehow finds the time to be the proud mother of India and Sabine, neither of whom are picky eaters.

The Book of St. John
Fergus Henderson, Trevor Gulliver

Summary
Join the inimitable Fergus Henderson and Trevor Gulliver as they welcome you into their world-famous restaurant, inviting you to celebrate 25 years of unforgettable, innovative food. Established in 1994, St. JOHN has become renowned for its simplicity, its respect for quality ingredients and for being a pioneer in zero waste cooking—they strive to use every part of an ingredient, from leftover stale bread for puddings, bones for broths and stocks, to typically unused parts of the animal (such as the tongue) being made the hero of a dish. Recipes include: Braised rabbit, mustard and bacon; Ox tongue, carrots and caper sauce; Duck fat toast; Smoked cod’s roe, egg and potato cake; Confit suckling pig shoulder and dandelion; The Smithfield pickled cucumbers; St. JOHN chutney; Butterbean, rosemary and garlic wuzz; and Honey and bay rice pudding. Featuring all the best-loved seminal recipes as well as comprehensive menus and wine recommendations, Fergus and Trevor will take a look back at the ethos and working practices of a food dynasty that has inspired a generation of chefs and home coo...

Contributor Bio
Fergus Henderson MBE and Trevor Gulliver co-founded St. JOHN in 1994 with Trevor Gulliver, following on from Henderson’s cult French House in Soho. The original St. JOHN Smithfield quickly earned a reputation for its concise and innovative menu and became a must-visit destination on the London restaurant scene. St. JOHN now have two more restaurants in London. Fergus Henderson is also the author of The Complete Nose to Tail, The Whole Beast, and Beyond Nose to Tail.
The Baker's Companion
Allyson Gofton

Summary
A truly beautiful baking book, chock full of recipes and the accumulated know-how of Allyson Gofton. This is a book to be kept and treasured. There are more than 100 recipes for cakes, biscuits, pies, tarts, slices, and brownies, quick bakes, puddings, pavlovas and meringues, bread and yeast baking, with how-tos and hits and tips throughout. Want to know why your cakes are always too heavy? Why the bottom burns? Can you just melt the butter to save time when creaming it with sugar? when it all goes wrong, what can you do? What can you bake for a friend who can't eat gluten? Find the answers to all this and more in this book.

Contributor Bio
Allyson Gofton has been cooking for New Zealanders for nearly 30 years. She is known for her recipes and columns in magazines, her television appearances, radio slots and many personal appearances in the name of charity. she has also written more than 20 cookbooks, including her series of books Bake, Cook and Slow, as well as the popular Country Calendar Homestead Baking. Allyson also wrote about her year in a small town in the south-west of France, in Recipes from My French Kitchen.

The Stork Book of Baking
100 Luscious Cakes and Bakes From a Century of Home Baking

Summary
The century’s best kept secret to baking.

This mouthwatering cookbook celebrates one hundred years of baking with Stork, Britain's best-loved margarine brand. Stork is a favourite with both the Queen, holding a royal warrant, and the Queen of Baking: Mary Berry, who has been singing the praises of this timeless brand for years. After a century at the heart of British baking, Stork shares their tips for bringing out the best in your creations, with recipes for cakes, biscuits, and other delicious teatime treats!

This book reflects Stork's rich history while highlighting its innovative spirit, with recipes for everything from a scrumptious Victoria Sponge to a delectable Vegan Chocolate Cake. Between its traditional holiday bakes and dairy-free delicacies, there is something in here for everyone!

Contributor Bio
By Appointment to Her Majesty The Queen, Stork has been Britain's most renowned margarine brand since 1920. With its 100th anniversary approaching, this brand is the authority on great bakes.
Eat Well For Less: Every Day
Jo Scarratt-Jones

Summary
Recipes for the whole family to eat healthily day in and day out.

Discover how to make healthy and affordable food for everyday life, without falling back into the ready meal rut.

Eat Well for Less: Every Day features 80 effortlessly delicious recipes from the new series that don’t pull at your purse strings. Whether it’s lunch on the go or dinner for the whole family, you can cut down your food bill and kitchen time without sacrificing flavor and, more importantly, your health.

With a foreword from presenters Gregg Wallace and Chris Bavin, Eat Well for Less: Every Day will help you make easy and nutritious food not just an occasion, but an achievable lifestyle. In no time at all, you’ll be whipping up fresh, cost-saving meals every day.

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.

Dinner in 5
Super Easy Family Meals With 5 (or Less!) Ingredients
Pete Evans

Summary
Dinner in 5 makes healthy dinners easy by stripping back meals to five main ingredients. Each dish has five ingredients or less and each recipe includes an optional (and equally simple!) sauce, rub, or side to add if you feel like taking things up a notch. Think crispy salt and pepper prawns with a kick of lime and chilli. A healthy spin on the beloved Chinese lemon chicken. The juiciest pork cutlets topped with zingy pineapple salsa. Crackling barbecue chicken that needs nothing else but a squeeze of lemon and a simple green salad. Easy, fast, delicious. With minimal ingredients and minimal fuss, this new cookbook makes it easier than ever for families to eat well together every night of the week. Includes conversion chart.

Contributor Bio
Pete Evans is an award-winning chef, restaurateur, author, television presenter, health coach and adventure seeker. He is one of Australia’s leading authorities on healthy cooking and lifestyle. His previous books include The Paleo Chef and The Complete Gut Health Cookbook.
The Weeknight Cookbook
Create 100+ delicious new meals using pantry staples
Justine Schofield

Summary
Take the stress out of weeknight dinners by letting a well-stocked pantry, fridge and freezer do the work for you. Justine Schofield shows you how, with more than 100 simple meals based on everyday staples. Meet your new go-to meals: easy-cheesy spinach gratin (frozen spinach + breadcrumbs + cheese); fish and potato cakes with tangy tartare (canned fish + potato + yoghurt + pickles); and a lemony Greek chicken and pea tray bake (chicken + frozen peas + lemons + dried oregano). With dinners this simple you even have time for dessert! Add some weeknight magic with baked apple slippers (apples + puff pastry + sugar) or tropical rice pudding (rice + milk + pineapple + spices). Fast, delicious weeknight dinners have never been easier.

Contributor Bio
Justine Schofield has made a career of inspiring home cooks around the country, from her TV debut on the first series of MasterChef Australia to her long-running role as host of Channel Ten's Everyday Gourmet. Justine runs a boutique catering company and is the author of the bestselling cookbooks Dinner with Justine (2016) and Simple Every Day (2017).

Time to Eat
Delicious Meals for Busy Lives
Nadiya Hussain

Summary
Feeding a family and juggling a busy work load can be really tricky, so Nadiya has crafted over 100 recipes that will teach you how to be time-smart in the kitchen. Featuring recipes that are both quick and easy to make, as well as those that have shortcuts to creating second—and even third—delicious meals without any additional preparation, Nadiya will share with you all her tips and hacks for making meal prep as simple as possible. You’ll be able to make all the delicious recipes from Nadiya’s cooking show including Peanut Butter & Jelly Traybake, Instant Noodles, Egg & Mushroom Rolls, and Zesty Marmalade Haddock. Each recipe also includes how long it will take to prepare and cook, making planning easy. Spin leftovers into completely new meals, learn the most effective way to use your freezer and discover just how easy it can be to batch cook without needing to have the same meal every night. Covering breakfast, lunch, dinner, desserts and basics—with recipes that will give you leftovers to have as snacks in between—Nadiya shows you how she manages to always have home-cooked food a...

Contributor Bio
After winning 2015’s Great British Bake Off, Nadiya Hussain also presented two of her own BBC cookery series to great acclaim with Nadiya’s British Food Adventure reaching over 3 million viewers. Her previous titles include Nadiya’s Kitchen and Nadiya’s British Food Adventure.
**Saint Joseph’s Day Table Cookbook**
Mary Ann Giordano, Paul Giordano

**Summary**
The only cookbook dedicated to Saint Joseph’s Day – the table, the recipes, the symbols, the traditions. Celebrated for many generations, this lovely feast is in danger of extinction. Chef Mary Ann Giordano has gathered nearly 100 of the best Saint Joseph day table recipes, many from her own family’s treasure trove, and added fascinating Saint Joseph’s day lore and traditions. The result is a beautifully illustrated, unique book that celebrates a tradition that deserves to be preserved and cherished. Easy-to-follow recipes for favorites like sfinge, pasta con sarde, and carduni fritti, as well as a menu and a planning guide. Add your family favorites to the Giordano traditions, and keep this celebration alive for generations to come. Or simply enjoy preparing these luscious Sicilian dishes year-round!

**Contributor Bio**
Chef Mary Ann Giordano and her father, Dr. Paul Giordano, spent a decade researching and delving deep into their family archives in a joint effort to preserve the Saint Joseph’s Day traditions. Finding very few resources, they wrote *The Saint Joseph’s Day Table Cookbook* to share with others the recipes and traditions that they cherish. Chef Giordano owns and operates Gigi's Cucina Povera, a restaurant in Buffalo, New York that serves St. Joseph's Day Table fare every day of the week.

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**The Secret of Spice**
Tonia Buxton

**Summary**
Celebrity chef and TV personality, Tonia Buxton reveals the secret to a happier, healthier, spicier you through her spice-based recipes and home remedies. Tonia shows you how to turn seemingly simple spices into delicious meals, beauty products, and powerful potions that will help you live longer and feel better, naturally. At 50 years old, Tonia is living proof that using spices can make you look and feel incredible. Spices have been used for thousands of years to heal people and keep illness at bay, and Tonia is reminding us, through her delicious, easy-to-follow recipes and holistic home remedies, that putting a little spice in your life can still do wonders for your wellbeing today.

**Contributor Bio**
Tonia Buxton is the author of *Eat Greek for a Week*, the book that promises to make you feel fitter and healthier in just one week. Not only is Tonia a writer and a respected cook, she is also a recognized TV personality, often appearing on shows such as *Sunday Brunch* and *Saturday Kitchen*. A foodie from a young age, Tonia is passionate about Greek, Cypriot, and Mediterranean cooking. She has become a proud global ambassador for Hellenic cuisine and loves to share her culinary knowledge at any opportunity. At university, Tonia read Classical History and took a special interest in mythology; she enjoys understanding the history of different dishes and ingredients, as well as cooking them.
Super Green Super Easy
Sally Obermeder, Maha Corbett

Summary
In Super Green Super Easy, Sally Obermeder and Maha Corbett tackle the number one hurdle that faces so many of us when it comes to eating well and feeling healthy—time! Here they show how you can create amazing, delicious one-pot meals, monster salads, one-tray wonders, bowls, smoothies, and snacks that are nutritious and quick to prepare, with affordable ingredients—and best of all they are super easy! Join Sally and Maha in simplifying your life and feeling your best! Includes dual measures.

Contributor Bio
Sally Obermeder co-hosts a daily news and lifestyle program called The Daily Edition, and is the author of Never Stop Believing. Maha Corbett is a certified Health and Nutrition Coach and a freelance writer. Sally and Maha are the cofounders of SWIISH.com, a leading lifestyle website, and the coauthors of Super Green Smoothies, The Good Life, and Super Green Simple and Lean.

The Good Fat Guide
David Gillespie

Summary
David Gillespie reviews the latest research from this rapidly evolving field linking seed oils to a host of diseases, including cancer. Over the past century, manufactured seed oils—canola, sunflower, and rice bran oil, among others—have systematically replaced saturated fats in our diet. Despite nutrition guidelines stating this is a good thing, our rates of obesity, diabetes, and heart disease are soaring. In fact, recent findings suggest that animal fats are not the villains we once thought them to be. As most processed foods—from breads and crackers to mayonnaise and pesto—contain seed oils, David shows us how to identify these toxic products and make healthier choices at the supermarket. He tells us which brands to avoid, which to enjoy—and how to create seed-oil free versions of favorite foods at home. Includes metric measures.

Contributor Bio
David Gillespie is a former corporate lawyer and co-founder of a successful software company. He the author of the Sweet Poison books, Big Fat Lies, Free Schools, Eat Real Food, The Eat Real Food Cookbook, Taming Toxic People, and Teen Brain.
The Global Vegan
More Than 100 Plant-Based Recipes From Around the World
Ellie Bullen

Summary
Ellie's plant-based dishes are infused with her trademark flavor, color, and texture and will have you eating well throughout the day. There are vibrant smoothie bowls or vegan fried eggs for easing into the morning; Salt and Pepper "Calamari," Tom Kha Gai Soup, or Aloo Jeera when you need something more substantial; and chai-spiced cookies or Portuguese custard tarts to have with an afternoon cuppa. There are also healthy, plant-based versions of well-known favorites, such as Pad Thai, Fish and Chips, and Spicy Ramen Soup. A qualified dietitian, Ellie explains everything you need to know about adopting a plant-based diet, including how to get enough iron and achieve the right balance of carbs, proteins, and good fats. With extraordinary travel photography scattered throughout, Global Vegan is an explosion of color and flavor, and is imbued with Ellie's unique sense of adventure and her love of plants. Includes a conversion chart.

Contributor Bio
Ellie Bullen is a qualified dietitian and nutritionist with a passion for plant-based eating. She is the creator of the hugely popular food and lifestyle blog Elsa's Wholesome Life.

Green
Veggie and Vegan Meals for No-Fuss Weeks and Relaxed Weekends
Elly Pear (Curshen)

Summary
In GREEN, bestselling cookery author Elly Pear shows you how to easily vary veggie and vegan dishes to suit your fancy, with ingenious options to make a meal speedy and simple or a bit more special.

For those wanting to eat more plant-focused meals, GREEN offers over 100 easy recipes developed for either weekdays or weekends, so you're covered for all days and occasions.

The weekday recipes target speed and ease, and the weekend recipes are for when you have a bit more time and fancy something a bit special.

Weekday offerings include freezable food, no-fuss traybakes and one-pot dishes for when you can't face washing up or hands-on cooking. A meal prep section will have you sorted for the week ahead. Plus a whole load of meals you can make in 20 minutes for those nights you need great food fast. A whole host of weekend recipes offer sumptuous brunches and seasonal suppers for family and friends. Tuck into:

- Harissa chickpeas with za'atar, and baked feta OR with gremolata on toast
- Peanut spicy slaw wraps
- Stir fried kimchi grains with fried egg
- Whipped feta on toast with roasted tomatoes, basi...

Contributor Bio
Elly Curshen – AKA Elly Pear – is the founder of Bristol's Pear Café, a Sunday Times bestselling cookery author, food columnist, food panel judge, cookery tutor and authority on all things delicious. Elly’s cooking is bright, inventive and meat-free. Influenced by world cuisine but always with an eye on the local greengrocers, Elly is passionate about encouraging people to cook from scratch with easily achievable, tasty recipes.
**Coconut**

*How the Shy Fruit Shaped our World*

Robin Laurance

Charting the many and varied ways the coconut has shaped and continues to shape our world

**Summary**

Coconuts have been around for longer than Homo sapiens; they have been turned into art, taken part in religious rituals and been a sign of wealth and success. They have saved lives, not only by providing nourishment, but also as part of the charcoal filters in World War I gas masks. It was coconuts that triggered the mutiny on the Bounty, and coconuts that saved the life of the man who went on to become the 35th President of the United States. The coconut has long been the unseen player in the endeavors of industrialists and bomb makers, physicians and silversmiths, smugglers and snake charmers. To this day, coconuts shape the lives of people around the world. At a time when coconut products crowd the shelves of supermarkets, health food shops and beauty salons, Robin Laurance looks beyond the oils and health drinks to uncover the unexpected, often surprising, and vital roles played by the coconut palm and its nut in times past and present.

**Contributor Bio**

Robin Laurance has been writing as a freelance journalist for 35 years, contributing articles to *The Times*, *The Guardian* and *The Sunday Times* among other magazines. He is the author of *Portrait of Islam*.

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**From Bean to Bar**

*A Chocolate Lover’s Guide to Britain*

Andrew Baker

**Summary**

Chocolate arouses greater passion in its fans than any other food, and chocolate-making is one of the most exciting and dynamic areas in Britain’s burgeoning artisan food scene. This book is a celebration of chocolate-making, designed to locate and bring to a wider audience the fascinating people making good chocolate in the right way. Arranged geographically in a dozen regional chapters, each one is centered on a local hero but also casts light on other chocolatiers and bean-to-bar makers in their area. A profile of the area and its most characterful artisans is backed up in each chapter by a locator map and data on transport links, supplier websites, and other foodie points of interest. Part travelogue and part biography, always informative and entertaining, there will be practical information that readers can use to make their way around Britain, tasting as they go, or to order lovely chocolate from their armchair while reading about the people who make it. Among the people and places to be included are Duffy Sheardown, a former Formula One racing engineer who makes bars of chocol...

**Contributor Bio**

Andrew Baker is well known in chocolate circles for his blog on the subject and is often called upon to judge chocolate competitions. A long-established journalist, he is Features Editor of the *Telegraph Weekend* sections and author of *Where Am I* and *Who’s Winning*?
**The No Need to Diet Book**

**Become a Diet Rebel and Make Friends with Food**

Pixie Turner

How to be healthy without dieting.

**Summary**

Our obsession with being healthy and living forever has driven us to push our bodies to the absolute limits, but still every year we’re being told how unhealthy we are as a population. Despite a wealth of information at our fingertips, there are still so many things we get wrong about food and health. *The No Need To Diet Book* explains the reasons why diets and over-exercising don’t work; the problems with eating for aesthetic goals; the science behind orthorexia, food anxieties, and emotional eating, and other unhealthy habits formed by misinformation. This book will challenge our misconceptions about what is healthy, and get to the heart of it using evidence-based science.

**Contributor Bio**

Pixie Turner (Plantbased Pixie) is a food blogger, biochemist (BSc), nutritionist (MSc) (AfN), writer, and speaker. She has also been featured at many events, in various publications, and on BBC World News and Channel 5 as a nutritional expert.

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**Vegan for Everyone**

**160 Family Friendly Recipes with a Delicious, Modern Twist**

Laura Theodore, Julieanna Hever

**Summary**

Easy weeknight suppers, classic weekend menus and festive holiday family fare make VEGAN FOR EVERYONE the perfect book for anyone looking to "jazz up" mealtimes by adding easy-to-prepare and delicious, plant-based food into their weekly menu plans. In addition to featuring over 100 new recipes, award-winning vegan chef Laura Theodore (PBS’s Jazzy Vegetarian) includes updates on 60 fan-favorite recipes from her first four books, making this new cookbook a complete and fun way to make family meals kinder, healthier and - most of all - tastier! Over 135 of the recipes include a gluten-free option, making VEGAN FOR EVERYONE sure to please . . . well . . . just about everyone!

**Contributor Bio**

Laura Theodore is a recognized public television personality, celebrity vegan chef, podcast host and award winning cookbook author. She is co-creator of the highly successful Jazzy Vegetarian vegan cooking series on public television, now entering its 8th season on national public television. She is host of Jazzy Vegetarian Radio, a weekly podcast available on Unity Online Radio. Julieanna Hever, MS, RD, CPT, The Plant-Based Dietitian, has authored five books and two peer-reviewed journal articles on plant-based nutrition.
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.

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.

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.
Jennifer Meier, Mark Sisson

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.)

Summary
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.)

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 Sisson 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, 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 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).
Rachel Ama's Vegan Eats
Tasty Plant-Based Recipes for Every Day
Rachel Ama

Summary
Rachel Ama’s Vegan Eats offers brilliant plant-based dishes that make cooking and enjoying delicious vegan food every day genuinely easy—and fun. No bland or boring dishes, and forget all-day cooking. Rachel takes inspiration from naturally vegan dishes and cuisines as well as her Caribbean and West African roots to create great full-flavor recipes that are easy to make and will inspire you to make vegan food part of your daily life. Rachel’s recipes are quick and often one-pot; ingredients lists are short and supermarket friendly; dishes can be prepped ahead and, most importantly, she has included a song with each recipe so that you have a banging playlist to go alongside every plate of delicious food. Recipes include cinnamon french toast with strawberries, chickpea sweet potato falafel, peanut rice and veg stir-fry, caribbean fritters, a plantain burger, tabbouleh salad, and carrot cake waffles with cashew frosting. So if you share Rachel’s attitude that vegan food should fit into your life with ease and pleasure—whether you are a fully fledged vegan looking for new ideas, want to...

Contributor Bio
Rachel Ama launched her YouTube channel in 2017 and has amassed a legion of followers who are all hungry for her simple, affordable, and delicious vegan recipes and recommendations (and for her dance moves). A self-confessed KFC addict as a teenager, she decided to go vegan three years ago, aged twenty-three, and she hasn’t looked back. As her passion for plants grew and grew, so did her interest in cooking—and her belief that vegan food need not compromise on taste or nutrition.

The Forager's Harvest
A Guide to Identifying, Harvesting, and Preparing Edible Wild Plants
Samuel Thayer

Summary
A guide to 32 of the best and most common edible wild plants in North America, with detailed information on how to identify them, where they are found, how and when they are harvested, which parts are used, how they are prepared, as well as their culinary use, ecology, conservation, and cultural history.

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.
**Nature's Garden**
*A Guide to Identifying, Harvesting, and Preparing Edible Wild Plants*
Samuel Thayer

**Summary**
A detailed guide to 41 of the most widespread wild foods in North America, covering how to find and identify them, which parts are used, when and how to harvest them, and how to prepare them for the table. The cultural and natural history of the plants are also discussed. There is no overlap between the plants covered in this book and *The Forager's Harvest*.

**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.

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**Culinary Reactions**
*The Everyday Chemistry of Cooking*
Simon Quellen Field

**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 Creamsicle Topping—a foam; Cherry Dream Cheese—a protein gle; Lemonade with Chameleon Eggs—an acid indicator; and more!

**Contributor Bio**
One Handed Cooks: Boosting Your Basics
Making the Most of Every Family Mealtime - From Baby to School Age
Allie Gaunt, Jessica Beaton, Sarah Buckle

Summary
The creators of the One Handed Cooks blog have put together this collection of recipes and mealtime advice to provide inspiration and ideas for family-friendly food that's healthy, simple to prepare and packed full of flavor. You'll find helpful solutions to tackling the most challenging fussy eating behaviors. They explain how to introduce solids, textured meals and finger foods to babies in ways that encourage mindful eating and food acceptance, as well as how to make every meal count by maximizing the nutritional content of favorite home-cooked meals, snacks and sweet foods using easy swaps and additions. Readers will also learn how to manage and move on from common fussy eating behaviors, including food jags and food refusal, and create happy family mealtimes that nurture positive associations with food. They advocate daily structure, mealtime routines and pre-meal sensory-based activities to reduce anxiety around eating and instead encourage discovery and enjoyment. They also teach readers how to adapt a single meal to suit the whole family (baby, toddler and adult) and how to c...

Contributor Bio
Allie Gaunt is a former professional nanny and advertising copywriter who created the One Handed Cooks blog in 2012. Jessica Beaton is an accredited dietitian. Sarah Buckle is a primary school teacher and the photographer and food stylist for One Handed Cooks.

A Social History of Tea
Tea's Influence on Commerce, Culture & Community
Jane Pettigrew, Bruce Richardson

Summary
British writer and tea historian Jane Pettigrew has joined forces again with American tea writer Bruce Richardson to chronicle the fascinating story of tea's influence on British and American culture, commerce and community spanning nearly four centuries. These two leading tea professionals have see...

Contributor Bio
London tea master Jane Pettigrew speaks at international tea events, teaches Tea Masterclasses, and runs tea party and...
Tea & Etiquette (3rd Edition, Enlarged)
Taking Tea for Business and Pleasure
Bruce Richardson, Dorothea Johnson, Norwood Pratt

Summary
Afternoon tea conjures up both feelings of elegance and gentility. It is, after all, synonymous with civility and blessed with the endearing quality of being part of the world’s enduring cup of humanity. The customs and courtesies associated with this most civilized ceremony, however, are disquieting to the uninitiated. Fear of committing “tea faux pas” is on the upturn, as tea is now serving not only a social function, but a professional one as well—an alternative to the business lunch or dinner. This has created an unprecedented demand for learning the essentials of tea etiquette as executives meet in hotel lounges to discuss business over a cup of tea.

This book includes tea history, tea and health information, steeping guides, as well as elements of both social and business tea etiquette. The authors have given you all the information needed to either serve or be served at a host of tea occasions.

Contributor Bio
Bruce Richardson is a tea blender and writer who has been active in America’s tea renaissance for over two decades. He is the owner of Elmwood Inn Fine Teas headquartered in Danville, Kentucky. Bruce serves as Tea Master for the Boston Tea Party Ships & Museum and Contributing Editor for TeaTime and Tea Journey magazines. Bruce has authored fourteen books on tea, including The Great Tea Rooms of Britain, Tea & Etiquette, and The Book of Tea. He is a frequent guest speaker at tea events across the United States.

Dorothea Johnson is the founder of the Protocol School of Washington. She has presented seminars and briefings on manners to more than 100,000 individuals worldwide. Dorothea has authored five books, including the bestselling Modern Manners with Liv Tyler as well as Children’s Tea & Etiquette. She has appeared several times as an etiquette expert on The Ellen DeGeneres Show. Johnson’s life is dedicated to equipping people with skills so that they might feel comfortable in all social settings. Her former son-in-law, Aerosmith’s lead singer Steven Tyler, calls her the “Protocol Po...
**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 to 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.

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**Tea at Fortnum & Mason**
Emma Marsden

From the internationally renowned store in Piccadilly that is synonymous with style, elegance and English charm, *Tea at Fortnum & Mason* is a concise yet sumptuous guide about the art of taking tea.

**Summary**
A concise yet sumptuous guide presenting everything there is to know about the art of taking tea, from the internationally renowned store in Piccadilly that is synonymous with style, elegance, and English charm.

Celebrating the long-standing British institution, this beautiful pocket book covers everything from the history of afternoon tea drinking to Fortnum's relationship with tea. It also presents more than 45 recipes for all types of teatime delight, as well as guiding the reader through the best types of tea to accompany them. Recipes include Cucumber, Cream Cheese and Dill Sandwiches; Macadamia and Stem Ginger Cookies; Madeleines; Almond and Rose Petal Squares; Honey and Lavender Loaf Cake; and Seville Orange and Whisky Marmalade. Beautifully illustrated with charming vintage tea advertisements and glorious recipe photos, this book is a must-have for tea drinkers everywhere. Metric measurements.

**Contributor Bio**
Fortnum & Mason was founded at its current site on Piccadilly almost 300 years ago and its stunning façade and striking window displays continue to draw admirers from all over the world. The store has been selling tea since the day it opened and the range now spans more than 70 different types.
Fizz
How Soda Shook Up the World
Tristan Donovan

Summary
The story of soda is the story of the modern world, a tale of glamorous bubbles, sparkling dreams, big bucks, miracle cures, and spreading waistlines. Fizz: How Soda Shook Up the World charts soda’s remarkable, world-changing journey from awe-inspiring natural mystery to ubiquitous presence in all our lives.

Along the way you’ll meet the patent medicine peddlers who spawned some of the world’s biggest brands with their all-healing concoctions, as well as the grandees of science and medicine mesmerized by the magic of bubbling water. You’ll discover how fizzy pop cashed in on Prohibition, helped presidents reach the White House, and became public health enemy number one. You’ll learn how Pepsi put the fizz in Apple’s marketing, how Coca-Cola joined the space race, and how soda’s sticky sweet allure defined and built nations. And you’ll find out how an alleged soda-loving snail rewrote the law books.

Fizz tells the extraordinary tale of how a seemingly simple everyday refreshment zinged and pinged over our taste buds and, in doing so, changed the world around us.

Contributor Bio
Tristan Donovan is the author of Replay: The History of Video Games. His work has appeared in publications such as the Times, Stuff, the Daily Telegraph, the Guardian, and the Big Issue.

Moomin Comfort Food
Tove Jansson

Summary
Tuck into Nice Warm Pancakes, learn to make MoonimMamma's Strawberry Jam, and indulge in heart-warming comfort food, the Moomin way. Featuring 19 recipes along with photographs, and original quotes and artwork from Tove Jansson's much loved Moomin books and comics, this is a delightful book that will get the whole family in the kitchen. Includes metric measures.

Contributor Bio
Tove Jansson was a Swedish-speaking Finnish author, novelist, painter, illustrator and comic strip author. She created the Moomins.
One Handed Cooks

Allie Gaunt, Jessica Beaton

Summary

Giving your child the best possible start in life includes offering nutritious, varied food every day. This comprehensive book provides a wide range of simple, enticing recipes that deliver the nutrients growing children need, as well as plenty of practical advice to help you successfully navigate their journey with solid foods. Setting your child up with a positive relationship with food and healthy eating habits is a gift that will last them a lifetime. This book will help you avoid the trap of fussy eating; overcome spoon refusal; deal with common issues, from teething to throwing food; prepare nutritionally balanced meals and snacks; create positive associations with mealtimes and eating; and cater to food allergies and intolerances.

Contributor Bio

Allie Gaunt is a former professional nanny and advertising copywriter who created the One Handed Cooks blog in 2012. Jessica Beaton is an Accredited Practising Dietitian with a passion for inspiring families to enjoy happy mealtimes and a healthy love of food. Sarah Buckle is a dedicated primary-school teacher with a passion for baking. She is the photographer and food stylist for One Handed Cooks.

The Tickle Fingers Toddler Cookbook

Hands-on Fun in the Kitchen for 1 to 4s

Annabel Woolmer

Summary

A practical, hands-on cookery book that makes it as easy as possible for parents, grandparents and carers to have fun cooking with a toddler aged 1 to 4 years old.

Everything in Tickle Fingers is completely toddler appropriate with minimal need for adult intervention – no hobs, no sharp knives, and no raw meat – and has been carefully selected to emphasize all the activities toddlers love to do: squishing, sorting, mixing and pouring.

With 60 step-by-step recipes for all the family to enjoy, special sections on allergies and fussy eating, and lots of ideas on how to tackle common challenges, The Tickle Fingers Toddler Cookbook is full of simple yet delicious food that every toddler will be proud to (almost) make on their own.

Contributor Bio

Annabel Woolmer is a mom of 2 who stumbled on cooking as a way of entertaining her 13 month old one rainy afternoon. Ever since then, she has cooked regularly with both her children and many more toddlers in playgroups, workshops and events. Frustrated by the lack or inappropriateness of resources for 1 to 4 year olds, Annabel decided to write her own book, focusing on hands-on fun and independent exploration of real food for toddlers.
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
The 8 Broads in the Kitchen are chefs from Massachusetts, Maryland, Ohio, Pennsylvania, Arkansas, Washington, and New York. Each has perfected dessert recipes for their loyal guests in their award-winning inns.

Mr. Food Test Kitchen The Ultimate Cake Mix & More Cookbook

More Than 130 Mouthwatering Recipes
Mr. Food Test Kitchen

Summary
We're taking cake mixes (and brownie, cookie, and even baking mixes) to a whole new level. Let us assure you, these aren't your typical cake mix recipes. This book is jam-packed with more than 130 quick & easy recipes that all start with a mix and end up with bakery-style results. Chapters include favorites like Bundt, Layer & Sheet Cakes, Cupcakes, Brownies & Bars, Cookies and so much more! No more dragging out the canisters of flour and sugar or measuring the baking powder and salt...it's all in there! Baking has never been easier. This book will make your time in the kitchen easier than ever, while delivering the sweet treats we love, without all the fuss.

So, whether you're just starting out in the kitchen or you're a seasoned pro, you'll love how quick & easy these recipes are. And with results that are bakery-special, you can bet your gang will swear that each and every recipe is made from scratch. ‘Cause when it's this tasty, all you'll hear is lots of "OOH IT'S SO GOOD!!®"

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.
**Kiss My Bundt**  
*Recipes from the Award-Winning Bakery*  
Chrysta Wilson

**Summary**

Featuring more than 60 made-from-scratch recipes, this guide provides instruction to re-create the award-winning cakes from the Kiss My Bundt bakery in Los Angeles. Including recipes for champagne celebration cake, sour cream pound cake, lemon basil bundt, bacon cake with bacon sprinkles, and many vegan recipes as well, it also reveals the bakery's approach to developing new cake flavors and provides techniques for trying this at home.

**Contributor Bio**

**Chrysta Wilson** is the owner of the Kiss My Bundt bakery, where she is known for her Californian spin on the Southern dessert of bundt cake. She lives in Los Angeles.

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**Barista Coffee Guide**  
*making the perfect cup of coffee*  
New Holland Publishers

**Summary**

Ever wondered how the professional barista can create all of those great designs on the top of your coffee?

This is the guide they read, and is your opportunity to learn and become your family’s own barista.

Written with advice and instructions from international award winning baristas this book provides a step by step breakdown of a variety of coffee art, designed to assist you to become an artist in your own coffee making.

You will love the intricate designs, and be surprised at how easy they can be achieved.

Also included are some fantastic cake and biscuit recipes containing coffee as an ingredient.

9781742575353

**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.
Desserts
8 Broads in the Kitchen

Summary
The 8 Broads in the Kitchen—each a chef and owner of a bed and breakfast—love nothing more than setting an irresistible dessert in front of hungry friends and family. Their eight establishments across the country were the proving grounds for this astonishing collection of delicious recipes. The book contains 14 chapters of Desserts, including Bars & Squares; Blondies & Brownies; Cakes; Candies; Cobblers, Crumbles, & Crisps; Cookies; Desserts from Around the World; Fruits; Frozen Delights; Desserts to Make with Kids; Pies; Puddings; Saucés; and Drinks for all times of day.

Brilliantly colorful photos complete this collection of more than 125 recipes. All have explicit directions, given with the Broads' earthy sparkle and know-how—because these eight chefs can't afford any duds, and they know you can't either!

Contributor Bio
The 8 Broads in the Kitchen are chefs from Massachusetts, Maryland, Ohio, Pennsylvania, Arkansas, Washington, and New York. Each has perfected dessert recipes for their loyal guests in their award-winning inns.

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!
**Mr. Food Test Kitchen - The Ultimate 30 Minutes or Less Cookbook**

*More Than 130 Mouthwatering Recipes*

Mr. Food Test Kitchen

**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 weekday. 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 cake...

**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.

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**Mr. Food Test Kitchen Wheel of Fortune® Collectible Cookbook**

*More Than 160 Quick & Easy Recipes, Behind-the-Scenes Photos, Fun Facts, and So Much More*

Mr. Food Test Kitchen

The Mr. Food Test Kitchen® and Wheel of Fortune® have teamed up to bring you a collectible cookbook featuring more than 160 quick and easy recipes inspired by the most popular syndicated TV show of all time. Along with mouthwatering, triple-tested recipes, exclusive behind-the-scenes photos, fun fac...

**Summary**

What happens when you team one of America’s best-selling cookbook authors with the most popular syndicated TV show of all time? Here’s a hint, “The category for this puzzle is: ‘Food.’”

That’s right, the Mr. Food Test Kitchen and Wheel of Fortune® have teamed up to bring you the official Mr. Food Test Kitchen - Wheel of Fortune® Collectible Cookbook, featuring more than 160 quick and easy recipes inspired by the show.

As a Wheel Watcher you already know that many of the puzzles are focused on food. With categories like “Food and Drink” and “In the Kitchen” it’s not hard to see that food is an important component of the game. And for most of America, watching Wheel of Fortune while eating dinner, and relaxing after a hard day, is one of life's simple pleasures.

This cookbook will add an extra helping of excitement to your dinner table! It's jam-packed with recipes from the Wheel of Fortune team, including Pat and Vanna. (The Vanna Banana Pudding is amazing!) Plus, it includes recipes inspired by past contestants, and some from winners of our recent Mr. Food Test Kitchen - Wheel of Fortune...

**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
The Donut
History, Recipes, and Lore from Boston to Berlin
Michael Krondl

Summary
The love for the donut in the United States is longstanding and deep-rooted. Gourmet donut shops have popped up in trendy neighborhoods across the country and high-end restaurants are serving trios of donuts for dessert, while Dunkin’ Donuts, Krispy Kreme, and Tim Hortons have amassed a devoted following. In this captivating guide to the delectable dessert, culinary historian, chef, and donut lover Michael Krondl has put together an entertaining social history of the donut throughout the ages and from around the world. Among the interesting facts Krondl brings up are the donut’s surprising role, not only as a traditional prelude to Lent, but in Hanukkah and Ramadan as well; the serving of donuts to American doughboys in the trenches of World War I; and the delivery by Red Cross Clubmobiles of essential comforts of home to World War II soldiers such as music, movies, magazines and—who else?—donut machines. Mindful that the information might have readers itching to run to their nearest bakery, Krondl also offers a baker’s dozen of international donut recipes—with accompanying color ph...

Contributor Bio
Michael Krondl is a food historian, award-winning cooking instructor, food writer, and former chef. His writing credits include Gastronomica, Nation’s Restaurant News, New York Newsday, and Saveur, as well as multiple contributions to The Oxford Encyclopedia of Food and Drink in America. He is the author of Around the American Table, The Great Little Pumpkin Cookbook, Sweet Invention: A History of Dessert, and The Taste of Conquest. He lives in New York City.

Healthy Eating for the Time Poor
The Ultimate Guide to Save Time and Money
Lisa Kathleen Daly

Summary
Are you too busy to cook healthy meals?
Do you need ideas for nutritious family meals?
Healthy Eating for the Time Poor is packed with recipes, tips and techniques to ensure you spend less time in the kitchen.

Reliable make-ahead meals, easy-to-follow cooking plans and pre-planned shopping lists will reduce your time in the kitchen and let you reclaim your evening.

• over 70 delicious recipes
• freezer tips to save time and money
• meal planners for cooking once, twice or three times a week
• simple ideas to plan, create and store time-saver recipes
• slow cooker and pressure cooker recipes

Contributor Bio
Lisa Daly is a business women and entrepreneur. She understands families of all backgrounds from her experience looking after International young students and travel.

Lisa wants to make a difference in life and be that with more time with family and eating more nutritious meals which has an amazing impact on all who are living in the home.

She understands the importance of time and cooking and health, eating in living a more enriched life.
Tacos
Authentic Mexican Tacos The Playa Takeria Way
Ricardo Amare del Castillo

Summary
Enjoy tacos the authentic way; full of the freshest ingredients and bursting with the taste of South America.

Recipes sourced from the heart of Mexico show you how to create the fillings, sauces, and tortillas which make store-bought tacos look dull and tasteless by comparison.

There are mouthwatering recipes for delicious beef, chicken, seafood and vegetarian tacos.

With vibrant pictures and quick and easy recipes, TACOS will inspire you to create amazing tacos dishes the authentic Mexican way.

Contributor Bio
Ricardo Amare del Castillo was a passionate Mexican boy who left home in his 20s and went on to become a restauranteur and a representative of modern Mexico half way around the world.

Coming from one of the oldest civilizations on the planet, Ricardo has followed his passion to establish restaurants that recreate authentic Mexican experiences.

He has helped develop various Mexican restaurants but still wants to fulfill his dream of opening taquerias and restaurants across various countries, to make the Taco famous around the world.

Whitewater Cooks at Home
Shelley Adams

Summary
Shelley Adams gathered recipes from friends, family, local celebrities and favorites from the Fresh Tracks Cafe. Complicated food techniques or passing all day in the kitchen is not necessary to impress your friends and family. The recipes rely on easy to find, often inexpensive, ingredients. This cookbook fits within your time.

Contributor Bio
Shelley is the chef and driving force behind the best selling Whitewatercooks series. She is passionate about creating easy to follow delicious recipes from fresh ingredients and about sharing her love of food with others. Shelley is a force of nature who thrives on non-stop activity and on creating amazing meals for friends and family.
Whitewater Cooks with Friends
Shelley Adams

Summary
Whitewater Cooks with Friends adds a new dimension to Shelley's awesome recipes: its fun and casual, with a dollop of easy but impressive recipes that people will LOVE! For every home cook who's entertaining using Shelley's recipes, there's a table of guests so impressed with the meal that they want to purchase their own copies of these amazing cookbooks.

Contributor Bio
Shelley is the chef and driving force behind the best selling Whitewater Cooks series. She is passionate about creating easy to follow delicious recipes from fresh ingredients and about sharing her love of food with others. Shelley is a force of nature who thrives on non-stop activity and on creating amazing meals for friends and family.

Whitewater Cooks with Passion
Shelley Adams

Summary
The focus in Whitewater Cooks with Passion is on fresh recipes that range from innovative vegetarian and vegan dishes to sumptuously rich and extravagant ones that will inspire a passion for food in everyone. The ingredients are healthy and easy to find leaving you with meals you will make again and again and not have to spend all day in the kitchen!

Contributor Bio
Shelley is the chef and driving force behind the best selling Whitewater Cooks series. She is passionate about creating easy to follow delicious recipes from fresh ingredients and about sharing her love of food with others. Shelley is a force of nature who thrives on non-stop activity and on creating amazing meals for friends and family.
Breakfast Around the World
Food to wake up to
Bridget Davis

Summary
You don’t have to eat the same boring breakfast every day!

Breakfast Around the World shows how you can quickly create the meals which the world wakes up to.

Cocoa Snails from Hungary, Loco Moco from Hawaii, world-famous Irish Potato Pancakes, Swahili Doughnuts and the flatbreads of the Middle East.

Clear, easy-to-follow, deliciously different breakfast recipes that you will want to try at any time of the day.

Contributor Bio
Bridget is a fully trained chef with over 25 years experience working in professional kitchens. A mother of 3, dedicated wife and self described butter addict, Bridget believes that inspiring people’s passions for cooking is invaluable for the wellbeing and soul of the family home.

Bridget has been in charge of some of the most well known restaurant kitchens and has cooked for Kings and Queens, worked with celebrity chefs, managed catering companies, built cafes and owned her own successful gastropubs. She has dedicated her life to her craft and now passes on the lessons she has learned through recipes, videos, cooking classes, demonstrations and social media.

Her love of technology has seen her amass a substantial online following of over 1,000,000 across her various social media platforms and has seen her work as a consultant and keynote speaker for Google and YouTube, speak at TEDx and work as a brand ambassador and online influencer in the areas of food and tech.

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 eatingplaces 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.
Hot Sauce Nation
America's Burning Obsession
Denver Nicks

Summary
Hot Sauce Nation is a journey of discovery, delving into history, culture, immigration patterns, and the science of spice and pain. Through the stories of hot sauce makers and lovers, it explores the unique hold the dark prince of condiments has over the American heart.

Contributor Bio
Denver Nicks is a regular contributor to Time and National Geographic Traveler and a graduate of the Columbia University Graduate School of Journalism. He is the author of Private: Bradley Manning, WikiLeaks, and the Biggest Exposure of Official Secrets in American History, and his work has also appeared in Money, Newsweek, the Nation, the Daily Beast, and elsewhere. A native of Tulsa, Oklahoma, he lives in New Orleans and Washington, DC.

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.
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.

Cook ICT
Jenny Myers

Summary

Contributor Bio
Jenny Myers is a wedding and portrait photographer in Wichita, Kansas. A wife, and mom to 3 beautiful daughters, she and her husband enjoy eating at local Wichita restaurants for Saturday night dates. Her most common food craving is a burger and fries. www.jennymyersphoto.com
Soulful Chef
Cookbook Series Volume I
Dreux Antoine

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. T...

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, 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...

The Hemingway Cookbook
Craig Boreth

Summary
Ernest Hemingway’s insatiable appetite for life was evident in his writing and was rivaled only by his voracious appetite for good food and drink. The Hemingway Cookbook collects more than 125 recipes from Hemingway’s life and art featuring such unique dishes as Dorado Fillet in Damn Good Sauce, Woodcock Flambe in Armagnac, Campfire Apple Pie, and Fillet of Lion washed down with Campari and Gordon’s Gin or a cool Cuba Libre. The pages are enriched by family photos; dining passages from stories such as A Moveable Feast, The Old Man and the Sea, and A Farewell to Arms; his short stories; personal correspondence; and even a contribution from his last wife, Mary. Collecting recipes from former Hemingway haunts, period cookbooks, and other sources, this book is an authentic re-creation of the meals that so enriched Hemingway’s literature.

Contributor Bio
Craig Boreth is the author of How to Iron Your Own Damn Shirt and How to Feel Manly in a Minivan and the owner of the Santa Monica Chocolate Company.
**Tastes Like Magic**

*24 Rainbow Recipes to Light Up Your World*

Jolly Awesome

**Summary**

Journey over the rainbow and put some color in your mouth with 24 epic rainbow recipes. Make some Super Sangria with a rainbow's worth of fruit for all your friends, or build a Rainbow Pancake Stack for breakfast. Every day will taste like magic. Includes dual measures.

**Contributor Bio**

**Jolly Awesome** is the design studio of London-based illustrator Matt Nguyen. His collections are inspired by his love of Americana, British pop-culture and stuff that makes him smile.

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**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.
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 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.
Homemade
80+ Household Essentials to Inspire Your Everyday
Eleanor Ozich

Summary
In Homemade, Eleanor Ozich shares clever, eco-conscious recipes for daily household goods—all incredibly easy to make at home. You'll learn to create your own homespun essentials, such as mayonnaise, crackers, yoghurt, bread, muesli bars, hummus, cheese and more. Complementing these delicious, nourishing treats, the book also includes recipes for other household items, like food wraps, cleaners, air fresheners, balms, hand scrubs and candles. Homemade is a stylish kitchen companion offering simple and inspired solutions for everyday use. Includes metric measures.

Contributor Bio
Eleanor Ozich is the author of The Art of Simple, My Petite Kitchen and My Family Table. She contributes to various publications, including Taste magazine, The Natural Parent Magazine, and the New Zealand Herald.

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...
**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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**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.
Cooking Light The Gluten-Free Cookbook
Simple Food Solutions for Everyday Meals
The Editors of Cooking Light

Summary
Cooking Light introduces The Gluten-Free Cookbook—the search for simple, healthy and delicious gluten-free meals is over. Cooking Light developed more than 180 everyday recipes that will work for the reader searching for a wide variety of satisfying and flavorful gluten-free dishes. Designed in a full-color, easy-to-read format, Cooking Light The Gluten-Free Cookbook is the definitive guide to cooking gluten-free.

Questions from individuals who live gluten-free either out of necessity or by choice are answered all in one place. Within the pages of this book, readers will find the best kitchen tips and techniques and helpful information about ingredients that are the basis of gluten-free cooking, including which grains, flours, and convenience products to use. This book offers simple advice on how to avoid gluten-containing products—natural and hidden sources—and teaches what to look for on the nutrition label. Enjoy food previously sacrificed, such as pizza, pastas, meatloaf, sandwiches, breads, and even desserts! On every page, readers will find deliciously transformed, gluten-free ve...

Contributor Bio
Cooking Light, America's leading epicurean magazine and authority on healthy cooking, is dedicated to helping its more than 12 million readers make healthy taste great. With a staff of registered dietitians and culinary professionals—and over 20 years of experience—Cooking Light is unrivaled in identifying emerging food trends and providing superior flavorful and healthful recipes as well as detailed information about healthy cooking techniques and tips.

Display
Diabetes Awareness 12-copy floor display - Dumpbin – Filled - 10/13/2015 $263.40 9780848748289
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Cooking Light Gluten Free - 10 Copy Mixed Counter Display - Dumpbin – Filled - 4/28/2015 $219.50 9780848744236
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9780848744069

Kitchen Gypsy
Recipes and Stories from a Lifelong Romance with Food (Sunset)
Joanne Weir, Alice Waters

Summary
From the beloved host and producer of PBS series Joanne Weir's Cooking Confidence and Joanne Weir Gets Fresh.

"Joanne's infectious enthusiasm...draws readers effortlessly into a new and beautiful relationship to food." - Alice Waters

Chef, cooking instructor, and PBS television host Joanne Weir has inspired legions of home cooks with her signature California-Mediterranean cuisine and warm, engaging style. In Kitchen Gypsy, the James Beard Award-winning author offers a taste of the people, places, and flavors that have inspired her throughout the years.

With refreshing honesty and humor, Joanne shares the spark that led to her love of cooking, how she learned to taste and develop a palate, the meal that would forever change her life, her years working with Alice Waters at Chez Panisse during the beginning of the farm-to-table movement, and her continued travels teaching cooking classes the world over.

Throughout, she offers the cherished dishes and lessons that have shaped her culinary journey, from the 140-year-old Lighting Cake recipe handed down from her great-grandmother to the luxuri...

Contributor Bio
Joanne Weir is a James Beard Award-winning cookbook author, international cooking teacher and chef. In her award-winning PBS series, "Joanne Weir's Cooking Class," "Joanne Weir's Cooking Confidence" and her new series "Joanne Weir Gets Fresh", Joanne's love of teaching students how to cook is shared with a national TV audience. In 2012, Weir opened Copita, a critically-acclaimed Mexican restaurant and tequileria in Sausalito, California. She launched her online wine business, Joanne Weir Wines in 2011, garnering medals in Sunset's International Wine Competition. She is the author of 17 cookbooks, 10 of which were created in
Market Math

50 Ingredients x 4 Recipes = 200 Simple, Creative Dishes
The Editors of Food & Wine

A fresh, accessible, formula to optimize 50 everyday ingredients.

Summary

Based on FOOD & WINE's popular monthly column, Market Math starts with 50 everyday ingredients and transforms them into 200 fast, fresh, and delicious weeknight meals.

This user-friendly guide is alphabetically organized by ingredient, each accompanied by four to six recipes that showcase its versatility and flavor. These are dishes you'll want to add to your weeknight repertoire: quick, crowd-pleasing dinners that make the most of farmer's markets and local foods stores.

Discover new ways to use fresh produce, hearty grains, meat, seafood, and dairy. Transform broccoli into a creamy soup or pair it with kale for a refreshing salad. Canned tuna becomes a lemony dip or the basis for banh mi sandwiches. Standards like pasta, peppers, rice, and spinach get a makeover with inspired flavor combinations and genius techniques.

The recipe collection features contributions from FOOD & WINE's favorite culinary stars, including Mario Batali, Giada De Laurentiis, and Bobby Flay. Each recipe has been tested and perfected by FOOD & WINE experts, ensuring success whether you're a novice or seasoned ho...

Ebooks

Market Math - E-Book - 6/7/2016 $32.99 9780848750893

One Sheet Eats

100+ Delicious Recipes All Made on a Baking Sheet
Oxmoor House

One Sheet Eats simplifies home cooking by giving over 100 recipes that are all made in a baking sheet (or two). It shows home cooks how a baking sheet is the only piece of cookware or bakeware needed to make crave-worthy and good-for-you entrées, side dishes, desserts, pizzas, breads, and more, giv...

Summary

Recipes crafted for simple, clutter-free, and satisfying cooking

Forget all other pots, pans, and baking dishes! Each of the 100+ recipes contained in the enclosed cookbook require only one type of bakeware or cookware—a baking sheet. One Sheet Eats is dedicated to simplifying home cooking. (Because who doesn't want to make meal prep easier?) By using a baking sheet (sometimes two) and a few prep items found in most kitchens such as mixing bowls, a blender, a microwave, and a wire rack, anyone can make delicious, flavorful, and filling dishes for lunch, dinner, and even snack time and dessert. Mouth-watering examples include; Sweet Potato and Chorizo Sausage Bites, Mixed Vegetable Shakshuka and Chocolate Tacos with Ice Cream and Peanuts!

With over 100 beautiful photographs plus a primer on essential baking sheet information, One Sheet Eats is sure to make any home cook a home kitchen hero.

Display

One Sheet Eats 6 copy counter display - Dumpbin – Filled - 10/31/2017 $119.94 9780848755386
One Sheet Eats 9-Copy Floor Display - Dumpbin – Filled - 10/10/2017 $179.91 9780848755379
Southern Living A Southern Gentleman's Kitchen
Adventures in Cooking, Eating, and Living in the New South
Matt Moore

Summary
Today, in addition to being chivalrous, honest, and generous, a Southern gentleman is socially connected, well-traveled, and has an appetite for life. In this part-cookbook and part-guidebook, Matt Moore embraces a fresh perspective on what it means to cook, eat, and live as a true Southern Gentleman in the 21st century. Moore takes readers on an entertaining walk through the life of a Southern gentleman using recipes for 150 distinctly simple Southern dishes for every meal of the day, plus tales from family and some well-known friends. Gorgeous full-color photography graces this culinary update on authentic Southern cuisine. Featured recipes include everything from Seafood Gumbo and Gameday Venison Chili to desserts like Grilled Georgia Peach Crisp and favorite cocktails like The Brown Derby and NOLA Sazerac.

Contributor Bio
The son of a cattleman and the grandson of a butcher, Matt Moore is, for all intents and purposes, the quintessential Southern gentleman. With the philosophy of "Work hard, play harder," this Nashville, Tennessee-based musician, husband, traveler, and entrepreneur cooks the way he lives--simply, honestly and with great gusto. This self-taught chef, who invites friends Luke Bryan, NFL standout Jon Stinchcomb, Dave Haywood of Lady Antebellum and more to join him at the stove, is the go to resource for reliable recipes created for the man's-man. His food-writing has garnered critical acclaim by publications such as The Wall Street Journal, The Chicago Tribune, and the New York Times--who named Moore's first book, Have Her Over For Dinner: A Gentleman's Guide to Classic, Simple Meals, as one of the year's best cookbooks. With national television appearances on the likes of The Today Show, Fox & Friends, BetterTV, and WGN under his belt, Moore, with his camera-ready looks and Southern charm, is quickly and unquestionable becoming a favorite mainstay in the world of food personalities.

Also Available
The South's Best Butts - Trade Paperback - 4/25/2017 $26.95 9780848751852
Ebooks

Southern Living What's for Supper: 5-Ingredient Weeknight Meals
Delicious Dinners in 30 Minutes or Less
The Editors of Southern Living

Summary
At last! The simple solution to busy weeknight meals that readers have been waiting for from the South's most trusted brand -- Southern Living! All of the recipes in this book take just 5 ingredients and are ready in 30 minutes--perfect for busy weeknights, or any day of the week! Cooking with just a handful of ingredients makes cooking quick and fuss free and leaves more time for sharing activities with the family. Also included are ideas for basic ingredients to keep on hand, plus shortcut tips for getting dinner done in record time without sacrificing taste or nutrition.

It's the perfect solution for easy weeknight suppers that are fast-food quick AND from-scratch good. With this all-new book, busy cooks can make a quick stop at the grocery store, grab 5 simple ingredients, and have a home-cooked supper on the table in 30 minutes or less!

Contributor Bio
The ultimate busy working mom, Vanessa McNeil Rocchio is a long-time Southern Living Test Kitchen professional, and her recipes and tips are featured regularly in the magazine. After rave reviews for her contributions to the first What's for Supper book and the follow up What's for Supper: Six o'Clock Solutions, Vanessa once again adds her expertise-and all-new recipes--to this third book in this popular franchise.

For over 40 years, Southern Living magazine has delivered definitive Southern food, decorating, and entertaining ideas to over 16 million readers monthly, making it one of the most trusted lifestyle brands in the country. With thousands of Southern Living Test Kitchen-approved recipes in the archive, Southern Living is primed to publish a basic cookbook guaranteed to yield successful, flavorful results for those new to the kitchen.
**Staff Favorites**

**Over 150 of Our Most Memorable Recipes**

The Editors of Food & Wine

Over the past 30 years *Food & Wine* has published thousands of delicious recipes; the 100+ here are the best of the best, as judged by *Food & Wine*’s editors.

**Summary**

Over the past 30 years *Food & Wine* has published thousands of delicious recipes; the 100+ here are the best of the best, as judged by *Food & Wine*’s editors.

*Staff Favorites* highlights the best dishes published over the past 30 years, each accompanied by a stunning photograph. The appetizers, main courses, side dishes and desserts cover the gamut from Garlicky Kale and Provolone Grinders, Tyler Florence’s Extra Crispy Fried Chicken to Fudgy Chocolate Brownie Cookies. Contributors range from *Food & Wine*’s talented Test Kitchen cooks to star chefs, revered cookbook authors and the most popular bloggers—a community of passionate cooks who respect *Food & Wine*’s vast expertise in all things culinary.

Enjoy smart and informative cooking tips and discover recipes from such food aficionados as Julia Child, Jacques Pepin, Thomas Keller, Mario Batali and Bobby Flay as well as Paula Wolfert, David Leibovitz and Mimi Thorisson. Gorgeous color photographs throughout provide endless inspiration in this expertly curated collection.

**Contributor Bio**

*Food & Wine* is the ultimate authority on the best of what’s new in food, drink, travel, design, and entertaining. The epicurean mindset translates into a passion for life, and as the ultimate authority, *Food & Wine* gives readers access to the food and wine world like no other brand.

**Sunset The Great Outdoors Cookbook**

**Adventures in Cooking Under the Open Sky**

The Editors of Sunset

**Summary**

2015 IACP Cookbook Award Winner

Organized around the places and ways we cook outdoors: the backyard grill, the picnic, the campsite, or the cabin, *The Great Outdoors Cookbook* draws on the long tradition of cooking and living in the great outdoors. Discover the tradition and evolution of outdoor cooking in the West with stories, quotes, and historical photos from the rich archives of *Sunset* magazine from camp cooking, dutch oven cooking, pit barbecuing, to today's fresh, modern, healthy approach to cooking and eating outdoors. With 200+ fresh recipes and 150+ full-color photos, this book has everything readers need to experience the ultimate outdoor cooking adventure—from menu planning and packing tips, to easy step-by-step cooking techniques, from the best advice on supplies and cookers to strategies for eating well and cooking outdoors — that's all here and so much more. All in celebration of the life lived outdoors.

**Features include:**

- Over 175 recipes that cover the full range of outdoor cooking
- More than 125 full-color gorgeous photos
- Step-by-step instructions for outdoor cooking tec...

**Contributor Bio**

For more than half a century, Sunset has been helping readers remodel their homes and improve their lives. Sunset has a circulation of over 1.1 million and a readership of 5.325 million.

**Ebooks**

SUNSET The Great Outdoors Cookbook - E-Book - 7/15/2016 $11.99 9780848751159
SUNSET The Great Outdoors Cookbook - E-Book - 7/15/2016 $11.99 9780848751166
SUNSET The Great Outdoors Cookbook - E-Book - 7/15/2016 $11.99 9780848751173
The Good Pantry
Homemade Foods & Mixes Lower in Sugar, Salt & Fat
The Editors of Cooking Light

Summary
Restock your pantry from scratch with Cooking Light's guide to healthy homemade staples.

Filled with creative recipes and expert advice, The Good Pantry puts a DIY spin on kitchen basics, offering healthy alternatives to common store-bought products. Discover more than 140 ideas for great-tasting sauces and spreads, ready-made baking and cereal mixes, make-ahead doughs, crowd-pleasing snacks, and more. These re-crafted recipes replace the additives and preservatives found in packaged products with fresh ingredients and more whole grains, creating delicious and long-lasting items that you'll feel good enjoying. Each item comes with instructions for storage, and a variety of gluten-free, dairy-free, nut-free, and egg-free options are flagged for those with food allergies and restrictions.

Home cooks of all levels will appreciate the wide-ranging variety of kitchen essentials included. And with a pantry full of appetizing ingredients, it's easy to whip up a tasty, good-for-you meal in minutes.

Ebooks
COOKING LIGHT The Good Pantry - E-Book - 7/15/2016 $11.99 9780848750022
COOKING LIGHT The Good Pantry - E-Book - 7/15/2016 $11.99 9780848750039
COOKING LIGHT The Good Pantry - E-Book - 7/15/2016 $26.99 9780848750053

The Great Cook
Essential Techniques and Inspired Flavors to Make Every Dish Better
James Briscione, The Editors of Cooking Light

Summary
Learn how to cook more than 100 classic, all-time favorite dishes-and learn how to cook them perfectly. This cooking course in a book will show you how to confidently turn out a pie with a flaky, tender crust, make homemade pasta, and master a wow-the-crowd Coq Au Vin.

Chef and culinary instructor James Briscione guides readers through 36 in-depth, recipe-oriented lessons: Roast chicken. Seafood. Layer Cakes. Each lesson is detailed with instructive photos of every step, and variation recipes will help build on newly acquired skills. Briscione also shares essential tips from professional kitchens that home cooks can use to make each dish even better. It's like getting a private, personal lesson from a culinary expert in the comfort of your own home. More than 500 stunning color photographs and 105 essential, easy-to-follow recipes makes this an invaluable kitchen companion for anyone who loves to cook—or wants to learn how.

Contributor Bio
James Briscione is a chef, author, TV personality, and culinary instructor. He started his culinary career working for Frank Stitt in Birmingham, and at age 24 became the Chef de Cuisine at Stitt's flagship restaurant, Highlands Bar and Grill. James moved to New York, where he worked at the renowned Restaurant Daniel and was the winner of the first season of Food Network's Chopped and the Chopped Champions series. He's the co-author of Just Married & Cooking and is the Director of Culinary Development at the Institute for Culinary Education.

Previous Titles
Cooking Light Way to Cook Grilling - Flexibound - 3/6/2012 $24.95 9780848735937
Cooking Light Way to Bake - Hardcover - 10/4/2011 $29.95 9780848734756
Cooking Light Way to Cook Vegetarian - Hardcover - 10/19/2010 $29.95 9780848733667
Cooking Light Way to Cook - Hardcover - 10/20/2009 $29.95 9780848732929
Display
The Hungry Fan's Game Day Cookbook
165 Recipes for Eating, Drinking & Watching Sports
Daina Falk

The only cookbook needed for the ultimate game-day experience!

Summary
The daughter of legendary sports agent David Falk, Daina Falk spent her early years around pro athletes. Today, her love of sports is matched only by her passion for food. As the original Hungry Fan®, Daina celebrates game day cooking at its best, from pulled pork sandwiches at the tailgate to sky-high stadium chili at home.

In The Hungry Fan's Game Day Cookbook, Daina presents more than 100 crowd-pleasing recipes to jazz up your tailgate and score points with any home game-watching guest. Discover fresh takes on classics like Buffalo wings, sliders, and layered dips, alongside delicious dishes inspired by local fan traditions. Daina also enlisted a dream team of athletes including LeBron James, Boomer Esiason, Victoria Azarenka, and Dikembe Mutombo to contribute their signature recipes to the mix.

Featuring tips on planning menus, packing snacks, and finding top stadium eats, plus fun facts, team trivia, and Daina's memories of growing up on the sidelines, this fan-friendly cookbook is an all-access pass to the ultimate game day experience.

Contributor Bio
Daina Falk grew up around professional athletes, who were clients of her sports agent father, David Falk. Daina created Hungry Fan®, Fangating®, and other brands that marry sports and food for the ultimate fan experience. On her website, HungryFan.com, she covers a wide range of topics, including tailgating recipes, athlete spotlights, and more. Daina is also a freelance producer and journalist who has covered major events, including the Super Bowl and the 2012 Summer Olympic Games. A graduate of Duke University and George Washington University (MBA), she lives in New York City.

Valerie's Home Cooking
More than 100 Delicious Recipes to Share with Friends and Family
Valerie Bertinelli

In her newest cookbook, Valerie's Home Cooking, sitcom celebrity and Food Network host Valerie Bertinelli shares over 100 recipes for making comfort food that has a modern and fun twist. With their innovative flavor combinations, these recipes transform traditional comforting classics into crave wor...

Summary
As the current star of her Food Network show, Valerie's Home Cooking, and co-host of the network's Kids Baking Championship, as well as having spent years acting on television, Valerie Bertinelli has made a name for herself in households across America. But to really know Valerie, is to spend time in her kitchen.

Inspired by her family's cooking legacy, Valerie specializes in showing fans how to make dishes their own families will love that are for the heart and soul. As she often says, there's a story behind every recipe and Valerie shares them in this gorgeous cookbook, where home cooks will find more than 100 recipes that are easy to make and innovative---they're just as fresh, vibrant and down to earth as Valerie herself. Many of these classic comforting recipes have an original twist like Bloody Mary Tea Sandwiches, Lobster BLTs, Quick Rotisserie Chicken Gumbo, and S'mores Popcorn. These mouthwatering dishes will become your go-tos, whether you're having breakfast or lunch on your own, friends are joining for last-minute cocktails and small bites, or the whole family is coming tog...

Contributor Bio
Valerie Bertinelli is a television personality, New York Times bestselling author, and passionate home cook. She hosts her own Food Network cooking show called Valerie's Home Cooking, reaching 1.5 million weekly viewers, and co-hosts Kids Baking Championship on the network. Bertinelli is well-known for her starring roles on the shows One Day at a Time and Hot in Cleveland. She currently lives in Los Angeles, CA.
**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.

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**Things We Love**

*A Collection of Recipes and Stories from the Hancock and Kidman Pastoral Properties*

Hancock Agriculture

**Summary**

Every country can be defined by the food they eat, and how they prepare and cook this food. The same is true for different states within many countries, or even down to particular regions. Food can capture the essence of a place and its people’s personalities, whether optimistic, generous, bold, passionate, proud, disciplined, particular, creative, challenging; and the list goes on. **Things We Love** richly captures the unique and powerful personality of those wonderful people who make up Australia’s cattle station region; that vast, rugged and unforgiving wilderness.

The recipes and stories in this book bring alive the optimistic, resilient, sharing, enterprising, self-confident, risk-taking, creative and proud free spirits that characterise cattle station communities. The culinary treats within will tempt your tastebuds, from classic casseroles, curries and stir-fries to salads, pies, sweets and treats, this beautiful book is a treasure trove of flavours and country tales.

**Contributor Bio**

Built on a long and special history of investing and risk taking in Australia, Hancock Prospecting Pty Ltd (HPPL) is an independent, privately owned Australian company that has a proud history with the Pilbara and the iron ore sector, and is one of the longest continuous owners of cattle stations in 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*.

Quick & Healthy
50 Simple Delicious Recipes for Every Day
American Cancer Society

Summary
*Quick and Healthy: 50 Simple Delicious Recipes for Everyday* is a weeknight lifesaver, with fifty main courses that can be ready in thirty minutes or less with limited, easy-to-find ingredients. With recipes ranging from main-course salads, soups, and stews to sandwiches and more traditional mains, this new book will make getting a healthy dinner on the table a snap. With beautiful full-color photos throughout, these recipes will make your mouth water. From Turkey and Red Cabbage Tortillas with Chipotle Sauce to Ginger-Lime Grilled Salmon and Mango, this compact staple of vegetarian, seafood, and poultry-based dishes has something for everyone.

Contributor Bio
The American Cancer Society’s mission is to save lives, celebrate lives, and lead the fight for a world without cancer. They promote healthy lifestyles to prevent cancer, seek out better treatments, fight for lifesaving policy changes, and provide emotional support.
### Pixie's Plates

**70 Plant-Rich Recipes from Pixie Turner**
Plantbased Pixie

**Summary**

An abridged version of The Wellness Rebel featuring Pixie's collection of 70 delicious recipes and beautiful photos in a handy paperback format. In her first book THE WELLNESS REBEL, Pixie Turner explored the aftermath of the ever-expanding 'Wellness Industry', busting diet myths and explaining how we can understand evidence-based basics of nutrition and enjoy eating well. This abridged giftable version of THE WELLNESS REBEL is her collection of 70 delicious recipes and beautiful photos in a handy paperback format, updated with a new introduction from Pixie. With chapters themed around the same common healthy food misconceptions such as 'Alkaline', 'Raw' and 'Superfoods' as the original book, Pixie shares her tips, tricks and tastiest recipes for a truly healthy diet, with no detoxes, no elimination diets, no restrictions – and absolutely no BS.

**Contributor Bio**

Pixie Turner (Plantbased Pixie) is a a food blogger, biochemist (BSc), nutritionist (MSc) (AfN), writer, and speaker. She has also been featured at many events, in various publications and on BBC World News and Channel 5 as a nutritional expert.

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### The Integrative Nutrition Cookbook

**Simple Recipes for Health and Happiness**
Joshua Rosenthal, MScEd

_The Integrative Nutrition Cookbook_ provides 80+ simple recipes spanning multiple dietary restrictions and preferences from diary-free to vegan to grain-free. Published in e-book only format in 2016, this is the first print edition.

Joshua Rosenthal, founder of Institute for Integrative Nutrition (IIN...)

**Summary**

80+ simple recipes spanning multiple dietary restrictions and preferences. Published in e-book only format in 2016, this is the first print edition.

Joshua Rosenthal, founder of Institute for Integrative Nutrition (IIN) teaches that food creates the foundation for vitality. Readers quickly learn to love cooking and feel its health benefits.

Includes sections on organic and local food (including The Dirty Dozen™ and The Clean Fifteen™), a seasonal ingredient guide, and Pantry Basics.

Other features:

- Foreword by Paul Pitchford, author of Healing with Whole Foods.
- Icons designate recipes as Dairy-Free, Vegetarian, Vegan, Grain-Free.
- Index includes recipes listed by ingredient.
- Not associated with a particular diet, emphasis is on natural, whole foods regardless of reader's eating style.
- 50-page Glossary provides reference to benefits of different foods.

Recipe sections:

- Entree/main dishes: Dark Greens, Great Grains, and Perfect Proteins
Fed Up
Sue Dengate

Summary
In this long-awaited, fully updated volume, health specialist Sue Dengate provides sound information about food intolerance and the adverse affect of synthetic additives and natural chemicals in food. Inspiring stories of families overcoming their problems with dietary-based illness are provided along with dozens of recipes for all kinds of occasions. This is an essential tool for parents wanting a calmer, happier—and healthier—family.

Contributor Bio
Sue Dengate is the founder of the Food Intolerance Network.

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.
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 Sisson 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

Summary
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 living, source the best ingredients and ...
**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

**OMG. That's Paleo?**
Juli Bauer

**Summary**
*OMG. That's Paleo?* features 30 new recipes never seen before on author Juli Bauer's blog, paleomg.com, as well as a selection of her best blog recipes. Sections include poultry, beef, pork, fish/seafood, slow cooker, sweet and savory breakfasts, baked goods, 5-ingredient meals, side dishes, snacks and desserts; and each recipe features a color photo. Juli also writes about the paleo diet in general and why it works for her, suggestions for keeping a kitchen well stocked, and recommended resources for further reading. And just like her blog, you can expect plenty of funny stories and awkward moments.

**Contributor Bio**
**Juli Bauer**, the blogger behind PaleOMG.com, wrote “OMG. That's Paleo?” The full-color, soft-cover book features 100 recipes, 30 of which have never been seen before on her blog. The other 70 recipes are her most popular ones, and some include notes on how readers have modified them. Each recipe includes a photo. In true Juli-style, the recipes are paired with funny side stories and pictures, as well as other cooking tips and advice on following a Paleo diet. Recipes are broken into sections, including Poultry, Beef, Pork, Fish/Seafood, Slow Cooker, Baked Goods, Sweet and Savory Breakfasts, Snacks, and Desserts. Juli’s cookbook features 30 new recipes never seen before and a selection of the best recipes from her blog, paleomg.com.
### The All-New Fresh Food Fast

200+ Incredibly Flavorful 5-Ingredient 15-Minute Recipes

The Editors of Cooking Light

The ultimate source for fresh, easy-to-make recipes that are guaranteed to get dinner on the table fast!

**Summary**

From the popular and best-selling Cooking Light Fresh Food Fast series, *The All-New Fresh Food Fast* offers 200 brand-new recipes using 5 ingredients or less, in 15 minutes or less—or both. It is jam-packed with fresh, easy-to-make recipes that are guaranteed to get dinner on the table faster. Every food category is covered, from breakfast, soups, main-dish salads, and sandwiches to fish and shellfish, meats and poultry as well as sides and desserts. Readers will find recipes that are anything but ordinary, such as Cardamom Oatmeal with Honey-Lime Yogurt and Pistachios; Udon Noodle and Mushroom Soup; Flank Steak Panzanella; Southwestern Burrito Bowls; Seared Scallops with Bacon and Oranges; One-Sheet Pork Chops, Brussels Sprouts, and Apples; and Maple-Pecan Minis. The recipes utilize fresh ingredients as well as smart time-saving, store-bought products that provide a healthy, filling meal in minutes. Tips and sidebars throughout give additional advice about ingredients, easy substitutions, and shortcuts to help make dinner prep as streamlined as possible.

**Contributor Bio**

Cooking Light is a long-established health, nutrition and fitness authority that inspires readers to eat smart and live a healthier lifestyle. As a leader in translating cutting-edge nutrition research into recipes and guidance for the home cook, we offer the tools you need to make better choices for everyday healthy living.

### 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...
Blood Sugar: Quinoa and Healthy Living
Michael Moore

Summary
Blood Sugar: Quinoa and Healthy Living is a collection of the best wholegrain recipes from Michael Moore's bestselling Blood Sugar recipe books. Eating healthy has never been easier with this delicious list of recipes and exciting quinoa dishes. With stunning photography and diabetes carb counters, stop eating processed foods and start getting some wholegrain goodness with Michael Moore's easy-to-follow recipes. You'll soon be facing the challenge of living with diabetes and maintaining good health head on.

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.

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.

The Paleo Primer was written by Keris Marsden and Matt Whitmore, a British...

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 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.

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...
The Primal Kitchen Cookbook
Eat Like Your Life Depends On It!
Mark Sisson

Mark Sisson, bestselling author, award-winning blogger, and founder of PRIMAL KITCHEN, teams up with over 50 leading icons in the primal community to amass the ultimate paleo recipe collection.

Learn how to whip up Primal Kitchen’s uncompromisingly delicious, high quality, nutrient dense sauces and dressings at home to pack healthy fats, phytonutrients, and superfoods into every meal.

With recipe contributions from Melissa Hartwig, Robb Wolf, Chris Kresser, Sarah Fragoso, Pete Evans, Tony Horton, Laird Hamilton, Cassy Joy Garcia, George Bryant, and so many more, The PRIMAL KITCHEN™ Cookbook makes cooking with your favorite paleo personalities right in your own primal kitchen a reality!

The PRIMAL KITCHEN Cookbook includes:

- The 5 signature PRIMAL KITCHEN recipes - Classic Mayo, Chipotle Lime Mayo, Greek Vinaigrette, Honey Mustard Vinaigrette, and Wild Ranch dressing
- Nutrient-dense lunches and salads to prep ahead or whip up in minutes, like Spicy Tuna Poke Bowls and 10-Minute Pad Thai Zoodles
- Inspired starters and small bites to please a crowd (or just yourself...)

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.
**Mary Berry Everyday**

**Make Every Meal Special**

Mary Berry

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**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.

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**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.

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**Saison**

Simon Wright

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**Summary**

The famous Auckland restaurant The French Cafe has long been the epitome of excellence, the standard to which others aspire. The service is exemplary, the atmosphere cosseted and refined yet convivial, and the food...well, the food is nothing short of heavenly. Husband and wife team Simon (chef) and Creghan (front of house) Wright have woven magic there ever since they took the restaurant over in 1999. They are never satisfied with resting on the laurels of their numerous awards. Instead they constantly strive for even higher standards and an even richer experience for their guests. Be it their recent garden development or adjustments to the menu, The French Cafe exemplifies perfection. This cookbook showcases Simon Wright's glorious approach to food and his respect for the seasons in which ingredients are at their peak. Lavishly produced and beautifully photographed, it's the next best thing to dinner at The French Cafe.

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**Contributor Bio**

Simon Wright trained as chef at leading restaurants in London, including at Harvey's where he worked with Gordon Ramsay for the legendary Marco Pierre White. He and his wife Creghan Molloy purchased the famous Auckland restaurant The French Cafe in 1999 with business partners Simone Forde and Chris Mackay. They later bought the restaurant outright and went on to win a string of major awards.
A Love of Eating
Recipes from Tart London
Lucy Carr-Ellison, Jemima Jones

Summary
‘Nourishing, delicious, healthy, original food’ Vogue

Lucy Carr-Ellison and Jemima Jones are the inimitable pair behind Tart London – the peerless boutique caterers, pop-up kitchen pros and ES Magazine columnists who have been bringing bold and bright food to the London scene since they first started in 2012. This book is about their approach to cooking and eating – creating colourful, fresh and wholesome meals to share and enjoy, always with a fun and fuss-free attitude.

Whether you’re looking for a weekend one-pot wonder that can bubble away while you get on with a glass of wine, a splendid brunch to surprise your friends, or the perfect menu for a long and lazy lunch, Lucy and Jemima have the key to honest, full-flavoured and effortlessly enjoyable eating.

From deeply spiced Goan baked eggs or home-baked broccoli and taleggio flatbreads to smoky fish tacos or saffron-roasted tomatoes with labneh and crispy chickpeas, it’s easy to have a little of what you fancy, whenever you fancy it. A Love of Eating is all about naturally good food that is a pleasure to make and a pleasure to eat...

Contributor Bio
Lucy Carr-Ellison and Jemima Jones are the founders of Tart London, a boutique-style catering company that provides high-quality, healthy, and delicious on-site cooking for fashion and film shoots and private events. Previous clients include Stella McCartney, Gucci, Lancôme, and Tim Walker, and magazines such as Vogue, GQ, and LOVE. Lucy and Jemima also write a weekly ES Magazine column in which they share some of their best-loved recipes, and are planning the opening of their own restaurant following a successful pop-up.

Classic
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.
**100 Cakes and Bakes**
Mary Berry

**Summary**
Foolproof recipes for every occasion, from the Buttermilk and Honey Cheesecake to Very Best Chocolate Fudge Cake

With recipes for the very best Chocolate Chip Muffins, Vanilla Cupcakes, Devonshire Scones, and Victorian Christmas Cake, this collection will secure a place on every kitchen bookshelf. Together with these eternally popular recipes, Mary also shares recipes for Coffee Fudge Square, Cherry and Almond Traybake, Raspberry Meringue Roulade, and perfect traditional Easter and birthday cakes. Includes dual measurements.

**Contributor Bio**
Mary Berry trained at the Paris Cordon Bleu, often appears on BBC cooking shows, and has written more than 40 cookbooks, including *Cook Now, Eat Later* and *Cook Up a Feast*.

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**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: 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 sensuous 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 $42.95 9781849904636
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.

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.

The Big Book of BBQ
Recipes and Revelations from the Barbecue Belt
The Editors of Southern Living

Summary
They’ve explored every unique Southern barbecue region, debated every barbecue sauce and technique controversy, and sampled the best Q in the country. Now the editors at Southern Living share it all with barbecue connoisseurs nationwide in this definitive book. Big Book of BBQ gives everyone from beginner backyard cooks to competitive pit masters, everything they’ll need but the fire to celebrate the immense world of tantalizing barbecue, including:

- Recipes hailing from such landmarks as the Cradle of American BBQ - the Carolinas; the Pork and Rib Capital of the World - Memphis, TN; to the Beef BBQ Capital - Texas; and Curious White Sauce - Northern Alabama...
- Recipes range from traditional barbecue slow-cooked over a low fire to speed barbecuing over direct high heat. Succulent main attractions like Garlic Jerk Chicken, New-Orleans Style BBQ Shrimp, Molasses Baby Back Ribs, and Blueberry-Chipotle Wings.

Contributor Bio
Southern Living magazine reaches over 16 million readers monthly. Devoted to grilling, barbecue, and outdoor entertaining every Summer since its inception, plus the highly sought-after Southern Living BBQ on Tour, the magazine has come to be known as the source for barbecue expertise.

Display
Cooking Light & Southern Living Mixed Grilling - 12 Copy Mixed Display - Dumpbin – Filled - 3/6/2012 $299.40 9780848737085
The Big Book of BBQ - 6 Copy Counter Display - Dumpbin – Filled - 4/6/2010 $149.70 9781603203517
Ball Canning Back to Basics
A Foolproof Guide to Canning Jams, Jellies, Pickles, and More
Ball Home Canning Test Kitchen

Let the experts at Ball show you just how easy canning can be! This comprehensive guide breaks down every step in water bath canning, perfect for the novice canner or for those looking to improve their putting up techniques.

Summary
Can it, pickle it, and store it with confidence.

If you can boil water, you can make your own delectable jams and jellies, try your hand at fresh-pack pickling, and jar savory sauces. Ball Canning Back to Basics focuses on the building-block techniques and easy, classic recipes every canner should know. The book begins with in-depth information on water bath canning, the equipment you need, and food safety guidance. Each preserving method is thoroughly explained with beginner-friendly tutorials and step-by-step photographs highlighting key steps. Learn to capture the sweet, ripe flavors of your favorite fruits and vegetables with 100 approachable, versatile recipes for the modern pantry. Packed with simple variation ideas for low-sugar and flavor change-ups, and time-tested tips from the most trusted authority in home canning, this handy guide delivers everything you need to successfully master home canning safely and deliciously.

Contributor Bio
Ball Home Canning Products are the gold standard in home preserving supplies, and the trademark jars are on display in stores from coast to coast. As the authority in home food preservation, Newell Brands is committed to continuing the tradition started by the Ball brothers by providing quality products to help preserve freshly prepared foods.

Mr. Food Test Kitchen: The Ultimate Cooking For Two Cookbook
More Than 130 Mouthwatering Recipes
Mr. Food Test Kitchen

Summary
For more than 30 years, folks have enjoyed feeding their families and friends with the Mr. Food Test Kitchen’s quick and easy recipes. While everyone has raved about how much they love cooking for the whole gang, they’ve also asked us for more recipes meant to feed just a few. That’s why we’ve assembled a cookbook with more than 130 mouthwatering recipes designed especially for smaller households. It may seem like all you have to do is cut a recipe in half, but it’s not that simple!

Everyone loves great food, but sometimes you don’t want to cook for an army or eat leftovers for what seems like forever. This cookbook is meant for everyone from the newlywed to the empty nester, the college student to the active senior, or anyone in between! Not only is this cookbook packed with triple-tested recipes with more than 130 mouthwatering recipes designed especially for smaller households. It may seem like all you have to do is cut a recipe in half, but it’s not that simple!

Everyone loves great food, but sometimes you don’t want to cook for an army or eat leftovers for what seems like forever. This cookbook is meant for everyone from the newlywed to the empty nester, the college student to the active senior, or anyone in between! Not only is this cookbook packed with triple-tested recipes that will make you feel like a pro, but it’s brimming with all sorts of tips and tricks to help you make sure every recipe comes out perfect. And if you thought it couldn’t get any better, you’ll find that every recipe features a full page photo to tempt and inspire you.

So, whether you’re ...

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.
The Ultimate Recipes Across America Cookbook
More Than 130 Mouthwatering Recipes
Mr. Food Test Kitchen

Summary
What is your state famous for? Is it Southern fried chicken with a crunch so loud that it can be heard across the room, a Key lime pie that makes you feel like you’re sitting on a dock in Key West, or a Texas beef brisket that’s coated in the perfect rub? When it comes to cooking, every state and region across the country is known for having recipes that are unique to them. That’s why the Mr. Food Test Kitchen scoured the country in search of the most authentic foods from coast to coast. Once we found the best of the best, we recreated those tastes by developing an easy-as-can-be recipe, and then we tasted and tweaked each one to make sure it’ll work flawlessly in your kitchen.

Our recipes make it easy for you to take a culinary road trip across the country without ever having to leave your kitchen. You’ll be able to enjoy a sunny California favorite from your cozy Carolina kitchen. On top of that, we’ve included the stories behind the recipes along with fun anecdotes that’ll make you smile. So, not only will you get to whip up something delicious, but you’ll have plenty to talk abo...

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.

The Basic Cookbook Guide
Classic Recipes for Every Kitchen
Lesley Pagett

Summary
The Basic Cookbook Guide is the essential reference guide for simple home cooking. It features all those timeless recipes you grew up with, as well as the modern classics entering our cuisine.

You’ll learn everything you need to know to get started in the kitchen — from boiling rice and scrambling eggs to making stock and baking the perfect roast with gravy — as well as how to prepare the dishes your mother and grandmother used to make.

With over 300 delicious recipes, The Basic Cookbook Guide covers every meal of the day in an easy to follow format.

Contributor Bio
Lesley Pagett is a passionate home cook who loves making and sharing meals and recipes with family and friends. Her recipes have been handed down by her mother and her grandmother, and there is a recipe to satisfy everyone’s taste. With her years of experience fine-tuning her skills as a member of a gourmet-cooking club, she learned how to cook on a budget and feed a family as a working mother.
Recipe Revival
Southern Classics Reinvented for Modern Cooks
The Editors of Southern Living

Like a walk down a mouthwatering memory lane, 100 vintage Southern Living recipes are juxtaposed with fresh, contemporary spins, totaling more than 200 recipes in all.

Summary
For over 50 years, Southern Living has been the authority on Southern food and cooking, inviting readers to share their beloved, often closely guarded recipes as a way to reflect the rich history and diversity of this unique region that is a bastion of great food. These recipes are like food memories passed down through generations of cooks that tell the story of the South. The trove of reader submissions included in the magazine over the past five decades have run the gamut from company-worthy pot roasts to rose geranium pound cake.

Now, in Recipe Revival, we revisit many of those time-tested recipes and offer you so much more: Over 200 recipes encompassing breakfast and brunch, cocktails, dinner, desserts and more, both old and new. The notion of "recipe revival" is more than just turning up the flavor of an iconic dish by substituting a novel ingredient. A new generation of Southern cooks has become far more inventive with the way Southern ingredients are used today. With a wink to tradition, the rich coastal flavors of traditional Maryland crab cakes reappear as inspired crab-fill...
Mary Berry Quick Cooking
Mary Berry

Summary
Mary shows how being in a rush will never be a problem again. Find brilliant 20- and 30-minute meals and enjoy wonderful dishes that can be swiftly assembled and then left to cook away while you do something else. Mary’s utterly reliable, always delicious fast dishes tempt any tastebuds and her no-fuss expertise means you can cook from scratch and put mouth-watering home-cooked food on your family’s table without compromising on quality or freshness. This stunning cookbook includes over 120 new recipes, plus Mary’s trademark no-nonsense tips and techniques for getting ahead in the kitchen so cooking is always stress-free. Looking for a fast, satisfying supper? There’s Crumble fish pie, Lamb tagine with preserved lemon or Pan-fried spiced falafels. Something special for Sunday lunch or dinner with friends? Roast Venison fillet and peppercorn sauce, 30-minute Beef ragu or Roast fillet pork with sage and mustard sauce followed by Upside-down rhubarb pudding. With Mary’s trusted advice and recipes, discover how easy fantastic fast cooking can be.

Contributor Bio
Mary Berry is the author of over 70 books, including Mary Berry Cooks, Mary Berry’s Absolute Favourites, Mary Berry At Home and Mary Berry’s Baking Bible. She was the much-loved judge on the BBC’s The Great British Bake Off.

Simply Desserts
Over 130 Tried & True Dessert Recipes Worth Sharing
Laura Weathers

Summary
You can bet that Laura Weathers knows a thing or two about baking. After all, she spent 22 years delighting the QVC audience with her fun, KitchenAid demonstrations, and her bits of baking wisdom. In fact, everyone from viewers to hosts loved the cookies, cakes, pies (and more!) that she’d share on set. So, when, just about a year ago, Laura said, “See you later!” to her friends and fans, everyone was curious when they’d see her again...

You can bet that Laura Weathers knows a thing or two about baking. After all, she spent 22 years delighting the QVC audience with her fun, KitchenAid demonstrations, and her bits of baking wisdom. In fact, everyone from viewers to hosts loved the cookies, cakes, pies (and more!) that she’d share on set. So, when, just about a year ago, Laura said, “See you later!” to her friends and fans, everyone was curious when they’d see her again...

This must-have cookbook features over 130 recipes collected after a lifetime of baking. Every recipe is prepared with off-the-shelf ingredients and features easy, step-by-step instructions, along with lots of Laura’s best baking tips and tricks sprinkled in. Oh, and there’s will be plenty of full-page, color photos to tempt your sweet tooth throughout the book.

If you love Laura, love dessert, or love them both, then you’ll love this cookbook. It’s bound to become one of your baking essentials!

Contributor Bio
Never one to be slowed down, Laura Weathers has spent her life in and out of the kitchen, and she’s got some stories to tell. Her career may have started in fashion merchandising, but she’s worked as a consultant and spokesperson for some of the most recognized food brands in the country, including Kraft General Foods, Pepperidge Farms, and Nabisco. Laura is also well-known for her appearances on QVC, where she represented the KitchenAid brand for 22 years. Her spirited personality, charming Southern accent, and down-home authenticity made her a QVC-audience favorite. She has always been passionate about sharing her life's
**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.

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**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.
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.

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.
**Joe's 30-Minute Meals**

*100 Quick and Healthy Recipes*

Joe Wicks

**Summary**

Joe Wicks, aka The Body Coach, presents this gorgeous book featuring more than 100 nutritious recipes that are perfect for sharing. Proving once again that you don’t need loads of time to cook great food, Joe’s 30-Minute Meals is packed with everyday healthy dishes that you’ll want to make, time and time again. Most chapters are simply organized by main ingredient, making it easy to find a recipe for every occasion. Every recipe is labeled as either reduced-carb or carb-refuel, which makes this book a perfect addition for those already familiar with Joe’s popular Lean in 15 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. If you’re looking for a crowd-pleasing lunch like the Bang Bang Chicken Stir-Fry or something tasty to throw in the oven at the end of a long day such as Joe’s Sausage and Mushroom Pie, Joe’s 30-Minute Meals makes it easy to make a fuss-free, tasty plate of food, every single day. Includes metric measures.

** 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: The Shift Plan, Lean in 15: The Shape Plan, Lean in 15: The Sustain Plan, Cooking for Family and Friends and The Fat-Loss Plan. Joe’s books have sold over 3 million copies.

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**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.
Cooking Light 3-Step Express Meals
Easy weeknight recipes for today's home cook
The Editors of Cooking Light

Summary
By using fresh grocery store convenience items like prechopped vegetables, bagged prewashed greens, rotisserie chicken, pizza dough, fresh pasta, peeled cooked shrimp, and refrigerator and freezer-aisle staples and streamlined techniques that save you steps without sacrificing flavor or sabotaging your healthy-eating intentions. Each menu comes with suggestions for simple-to-prepare sides to round out the meal and an easy to follow 1-2-3 game plan to ensure you get everything on the table at once. A helpful grocery store guide show readers how to stock their kitchens with time-saving products-sauces for simmering, spice blends for adding flavor to roasts and sautés, and double-duty bottled vinaigrettes for dressing salads and marinating meats in minutes. Simple Swaps offer easy substitutions you can make to vary the recipe to suit your family's tastes or what you may have on hand. From mouthwatering main dishes to light and refreshing salads and sides, getting meals on the table is as simple as 1-2-3 for today's busy cooks.

Contributor Bio
At 25 years, Cooking Light is the nation's leading epicurean magazine brand with the largest audience and most epicurean editorial. Cooking Light is the only epicurean brand positioned at the intersection of great-tasting food and healthfulness, serving an important and growing consumer need. The brand delivers innovative recipes, nutrition advice, and resources to live a healthful lifestyle via its magazine, Web site, and portfolio of cookbooks; across all tablets; through the highly-acclaimed Cooking Light Quick and Healthy Menu Maker app; and on social media platforms including, Facebook (Facebook.com/CookingLight), Twitter (@Cooking_Light), Pinterest (Pinterest.com/CookingLight) and Instagram. Cooking Light is part of the Time Inc. Lifestyle Group, a division of Time Inc., the largest magazine media company in the U.S.

Display
Cooking Light 3-Step Express Meals - 12 copy floor display - Dumpbin – Filled - 6/17/2014 $191.40 9780848705848
New Year, New You - 10 Copy Mixed Counter Display - Dumpbin – Filled - 12/24/2013 $204.50 9780848744038

Cooking Light The Fresh Food Fast Cookbook
The Ultimate Collection of Top-Rated Everyday Dishes
The Editors of Cooking Light

Summary
Home cooks count on the Fresh Food Fast books to give them fresh food around the clock and this book does not disappoint. It fits a busy lifestyle perfectly with short ingredient lists, straightforward procedures, fresh ingredients, and delicious results. The recipes and meals in this cookbook will be the most requested, often-repeated solutions in your daily repertoire.

This book includes:

- Market to Meal Planners to make shopping and meal planning a breeze
- 750 quick and easy recipes with beautiful full-color photographs
- Ingredient spotlights that explain unusual ingredients
- Feed Four for $10 or Less: Budget-friendly recipes that help you feed your family and save
- A Seasonal Produce Guide that leads you to the best fresh food in the market all year long
- Essential Tools and Gear Guide that shows readers essential kitchen equipment that makes cooking fast and easy

Contributor Bio
At 25 years, Cooking Light is the nation's leading epicurean brand with the largest audience, most epicurean editorial and the most recipes. Cooking Light is the only epicurean brand positioned at the intersection of great-tasting food and healthfulness, serving an important and growing consumer need. The brand delivers innovative recipes, nutrition advice, and resources to live a healthful lifestyle via its magazine, website, and portfolio of cookbooks; across all tablets; through the highly-acclaimed Cooking Light Quick and Healthy Menu Maker app; and on social media platforms including, Facebook (Facebook.com/CookingLight), Twitter (@Cooking_Light) and Pinterest (Pinterest.com/CookingLight).
Damn Delicious

100 Super Easy, Super Fast Recipes
Chungah Rhee

This highly anticipated debut cookbook from the creator of the wildly popular blog Damn Delicious proves that quick and easy doesn't have to mean boring.

Summary

The debut cookbook by the creator of the wildly popular blog Damn Delicious proves that quick and easy doesn't have to mean boring.

Blogger Chungah Rhee has attracted millions of devoted fans with recipes that are undeniable "keepers"—each one so simple, so easy, and so flavor-packed, that you reach for them busy night after busy night. In Damn Delicious, she shares exclusive new recipes as well as her most beloved dishes, all designed to bring fun and excitement into everyday cooking. From five-ingredient Mini Deep Dish Pizzas to no-fuss Sheet Pan Steak & Veggies and 20-minute Spaghetti Carbonara, the recipes will help even the most inexperienced cooks spend less time in the kitchen and more time around the table.

Packed with quickie breakfasts, 30-minute skillet sprints, and speedy takeout copycats, this cookbook is guaranteed to inspire readers to whip up fast, healthy, homemade meals that are truly "damn delicious!"

Contributor Bio

Chungah Rhee is the founder, recipe developer, and photographer of Damn Delicious. What began as a grad school hobby is now a top food blog, with millions of readers coming to her site for easy weeknight recipes and simplified gourmet meals. She lives and continues to cook non-stop in Los Angeles, with her baby corgi, Butters. Visit her at damndelicious.net.

Dinner Made Simple

35 Everyday Ingredients, 350 Easy Recipes
The Editors of Real Simple

Recipe rut no more! Cooking is easier than ever with this visual A-Z guide featuring 10 new ideas for every ingredient.

Summary

Think you'll never win at weeknight cooking? Think again. Your favorite ingredients are deliciously reimagined in Real Simple's latest cookbook that shows you how to spin 35 family staples into hundreds of hassle-free dishes.

Organized from apples to zucchini, Dinner Made Simple is filled with 350 easy, quick dishes—many ready in 30 minutes or less—to help you get out of your recipe rut. With 10 ideas for every ingredient, you'll never look at a box of spaghetti, a bunch of carrots, or a ball of pizza dough the same way again.

With helpful advice on buying and storing ingredients, genius kitchen tips, nutritional information for every recipe, and a complete dessert section (yes!), Dinner Made Simple is your new go-to resource for creating inspiring dishes all week long.

Contributor Bio

Since its launch, in 2000, Real Simple has provided millions of loyal consumers with beautiful, practical ways to make their lives easier and better. Real Simple's previous books—The Real Simple Guide to Real Life; 869 New Uses for Old Things; Cleaning; Celebrations: Meals Made Easy; Solutions; and The Organized Home—are available wherever books are sold.

Ebooks

Dinner Made Simple - E-Book - 4/19/2016 $11.99 9780848747589
Dinner Made Simple - E-Book - 4/19/2016 $11.99 9780848747596
Dinner Made Simple - E-Book - 4/19/2016 $26.99 9780848748234
9780848747602
Siriously Delicious
100 Nutritious (and Not So Nutritious) Simple Recipes for the Real Home Cook
Siri Daly

Summary
A WASHINGTON POST BESTSELLER

Popular food blogger and TODAY food contributor Siri Daly shares her collection of cooking triumphs and mistakes, and delicious recipes for people who love food.

Like many of us trying to feed our families, Siri Daly is a very busy cook. As a mother of three under the age of 10, TODAY food contributor, and wife of a bicoastal traveling man, Carson Daly (“The Voice” host and TODAY show co-host), Siri often doesn’t know which end is up. Siri is not a serious cook, but she is serious about her food—and what she serves her family, friends and loved ones. Siriously Delicious is organized by how a busy mom gets through her day—breakfast, lunch, happy hour (her favorite!), dinner with sides, and dessert. Siri’s recipes are created with three goals in mind: to create food that is delicious and satisfying for both kids and adults, to prepare dishes packed with traditionally comforting flavors and ingredients (think cheese, avocado, chocolate!), and to make each recipe approachable for even a novice cook—no trips to specialty food stores are required.

Whether you’re ...

Contributor Bio
Siri Daly was a television writer and producer before becoming a stay-at-home mom of three young kids. She started her popular food blog, Siriously Delicious, as a place to keep track of the recipes that worked for her continuously busier life. Married to Carson Daly, she is now a regular TODAY food contributor and resident comfort-food expert, often cooking on-air with her husband. They live in the greater New York area. Visit siriouslydelicious.blogspot.com for more of Siri’s wit and humor and a peek into her life as a busy mom.

Mr. Food Test Kitchen
Cook it Slow, Cook it Fast
More Than 150 Easy Recipes For Your Slow Cooker and Pressure Cooker
Mr. Food Test Kitchen

This cookbook from the Mr. Food Test Kitchen contains more than 150 easy to make recipes for your slow cooker (Cook it Slow…) or pressure cooker (…Cook it Fast). Our triple-tested recipes use simple ingredients and include everything from amazing appetizers and mouthwatering main dishes to scrumptio...

Summary
At the Mr. Food Test Kitchen, we understand that your days are busy and getting a decent meal on the table can be a challenge. That’s why we've created Cook it Slow, Cook it Fast, a cookbook featuring more than 150 slow cooker and pressure cooker recipes that will help take the stress out of your time in the kitchen. This cookbook from the Mr. Food Test Kitchen contains an extensive collection of easy to make recipes designed to be cooked either in your slow cooker (Cook it Slow) or in your pressure cooker (Cook it Fast). All of our recipes are triple-tested to make sure that you get the best results every time and we always use simple ingredients that any home cook can easily find at the supermarket. And if you're expecting just soups and stews, then get ready to be surprised ‘cause in this book you'll find everything from amazing appetizers and mouthwatering main dishes to scrumptious sides and, of course, delectable desserts.Doesn't the thought of turning on your slow cooker in the morning and coming home to a house that smells amazing sound great? Dinner's all ready for you in...

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.
**Stock the Crock**

100 Must-Have Slow-Cooker Recipes, 200 Variations for Every Appetite  
Phyllis Good

*From the New York Times* bestselling author of the blockbuster *Fix-It and Forget-It* series, comes an all-new slow-cooker bible that delivers healthier, updated classics for the modern cook.

**Summary**

The ultimate resource for a new generation of slow-cooker fans from the *New York Times* bestselling author who has sold 12 million cookbooks!

Stock the Crock brings together the expertise of America's most popular slow-cooker authority with a fresh collection of 100 essential, innovative, and easy-to-prepare recipes—each with variations allowing readers to customize the dish according to their dietary needs. You'll find beloved classics, as well as dishes you might be surprised can be done successfully in a slow cooker. (Hello, slow-cooker crème brûlée!) Whether you are looking to accommodate gluten-free, paleo, or vegetarian diets, or prefer slow-cooker meals perfectly sized for one or two people, this cookbook provides smart ideas, more than 100 recipe photos, and cooking hacks that will change the way you use your favorite fuss-free cooking appliance. Learn simple make-ahead tricks, convenient baking tips, and how to make two recipes at once using the same cooker, so you can simplify cooking and spend more time enjoying your family and friends around a wonderful, delicious meal.

**Contributor Bio**

Phyllis Good is the *New York Times* bestselling author of *Fix-It and Forget It*. Her cookbooks have sold 12 million copies. Phyllis and her husband, Merle, live in Lancaster, Pennsylvania. Visit her at stockthecrock.com.

**The 8x8 Cookbook**

Square Meals for Weeknight Family Dinners, Desserts and More—In One Perfect 8x8-Inch Dish  
Kathy Strahs

Author Kathy Strahs elevates the simple 8x8-inch square baking dish into a dinnertime secret weapon for busy families. Beyond the usual brownies and casseroles, The 8x8 Cookbook offers 64 recipes for modern "square meals".

**Summary**

This cookbook elevates the simple 8x8-inch square baking dish into a dinnertime secret weapon for busy families. Beyond the usual brownies and casseroles, the book shows 64 modern "square meals": easy weeknight one-dish meals such as Honey-Glazed Chicken with Root Vegetables, Sunday dinner recipes like Spinach-Pesto Lasagna, tasty recipes for sides such as Chard Apple Stuffing that would make a nice addition to the Thanksgiving table, brunch fare including Orange Custard French Toast, and Croissant Bread Pudding with Espresso Butterscotch Sauce for dessert.

**Contributor Bio**

Kathy Strahs is the voice behind the blogs Panini Happy and Cooking on the Side. She is the author of *The Lemonade Stand Cookbook* and *The Ultimate Panini Press Cookbook*. She lives in Los Gatos, California.
The Cook's Dictionary Guide
The Ultimate Reference Tool for Chefs and Home Cooks with Over 3500 Entries of Basic Ingredients, Utensils & Techniques
Denise Greig

Summary
The Cook's Dictionary Guide is the ideal reference tool for anyone with a healthy interest in food. It is the ultimate reference tool for professionals and aspiring chefs alike and explains, in simple terms, the methods, tools and ingredients needed to make every meal special.

Containing over 3500 entries it covers a range of subjects including:

- Basic foodstuffs
- Preparation and storage tips
- Cooking techniques
- Well-known international dishes and food
- Cooking utensils
- Macrobiotic terms
- A variety of beverages

Each entry includes the country of origin as well as detailed description of the item. Ingredients are listed with recommended uses and cooking methods as well as cross references to similar items.

Contributor Bio
Denise Greig is a prolific author and has written an extensive amount of books on a variety of topics. She is also well known for her botanical books such as Ornamental Foliage Plants and Flowering Natives for the

Eating Appalachia
Rediscovering Regional American Flavors
Darrin Nordahl

Summary
Dozens of indigenous fruits, vegetables, nuts, and game animals are waiting to be rediscovered by American epicures, and Appalachia stocks the largest pantry with an abundance of delectable flavors. In Eating Appalachia, Darrin Nordahl looks at the unique foods that are native to the region, including pawpaws, ramps, hickory nuts, American persimmons, and elk, and offers delicious and award-winning recipes for each ingredient, along with sumptuous color photographs. The twenty-three recipes include: Pawpaw Panna Cotta, Pawpaw Whiskey Sour, Chianti-Braised Elk Stew, Pan-Fried Squirrel with Squirrel Gravy, Ramp Linguine, and Wild Ginger Poached Pears, among others. Nordahl also examines some of the business, governmental, and ecological issues that keep these wild, and arguably tastier, foods from reaching our tables.

Eating Appalachia profiles local chefs, hunters, and locavores who champion these native ingredients and describes food festivals—like the Pawpaw Festival in Albany, Ohio; the Feast of the Ramson in Richwood, West Virginia; and Elk Night at Jenny Wiley State Park in Presto...

Contributor Bio
Darrin Nordahl is the author of Public Produce: Cultivating Our Parks, Plazas, and Streets for Healthier Cities. He blogs daily about food at 365wholefoods.com and has written for CNN, the Huffington Post, and Grist.org. He lives in Oakland, California.
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.

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.

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

Martina's Kitchen Mix
My Recipe Playlist for Real Life
Martina McBride

Summary

To country music icon Martina McBride, cooking and singing aren't all that different. When she makes something delicious, she wants to share it, which is a lot like sharing her music with an audience. When she’s not on stage or in the studio, Martina is most likely experimenting in the kitchen and cooking with family and friends. Growing up on a farm in Kansas, Martina began helping her mother in the kitchen at an early age, preparing fresh-from-the-field ingredients. Meals and stories were shared daily around the table. It's a tradition she continues with her own family as often as she can because real life is what's worth celebrating. In this gorgeously photographed cookbook, readers will find more than 100 simple and satisfying recipes filled with fresh, seasonal ingredients and downhome flavor. Martina encourages cooking "outside the lines" and shows you how to make cooking fun with creative "ad-lib" tips for recipe riffs you might consider. Mix things up in the kitchen and create your own delicious memories with her inspired recipes to feed a handful or a houseful. Whip up Marti...
SOUL
A Chef’s Culinary Evolution in 150 Recipes
Todd Richards

Summary
Amazon's Best Cookbooks of 2018
Publishers Weekly Best Books of 2018
Food52 Favorite Cookbooks of 2018
The Atlantic Best Cookbooks of 2018
Grub Street (New York Magazine) Best Cookbooks of 2018

James Beard Award-nominated Chef Todd Richards shares his personal culinary exploration of soul food.

Black American chefs and cooks are often typecast as the experts of only one cuisine—soul food, but Todd Richards’ food is anything but stereotypical. Taste his Hot-Chicken-Style Country-Fried Lamb Steak or Blueberry-Sweet Tea-Brined Chicken Thighs as evidence. While his dishes are rooted in family and the American cuisine known as soul food, he doesn’t let his heritage restrain him. The message of Soul is that cooks can honor tradition yet be liberated to explore. Todd Richards celebrates the restorative wonders of a classic pot of Collard Greens with Ham Hocks, yet doesn’t shy away from building upon that foundational recipe with his Collard Green Ramen, a reinterpretation that incorporates far-flung flavors of cultural influences and exemplifies culinary evolution. Page after page, in more than ...

Contributor Bio
Todd Richards is a self-taught chef who paid his dues in numerous restaurant kitchens before becoming an executive chef who garnered national attention. He has two James Beard nominations for Best Chef in the Southeast, was an Iron Chef competitor, and was named one of “Four New Chefs to Watch” by Esquire.

The Best of Lodge
Our 140+ Most Loved Recipes
The Lodge Company

Summary
Great American comfort food from the cast iron cooking masters! No one knows American cooking better than Lodge. For over a century, home cooks have used Lodge Cast Iron Cookware to make everything from cornbread and chili to fried chicken and apple pie. Whether you’ve cooked with Lodge pots and pans for years or have only just discovered these time-tested pieces, here you’ll find the essential collection of cast iron recipes from Lodge and the chefs, food writers, and others who swear by them.

Contributor Bio
Nestled alongside the Cumberland Plateau of the Appalachian Mountains is the town of South Pittsburg, Tennessee. Founded in 1896 by Joseph Lodge, Lodge Cast Iron® has been manufacturing quality cast-iron cookware for 122 years and is the oldest continuously operating U.S. manufacturer of cast iron cookware. Joseph Lodge created a legacy of quality that continues today with the leadership of his fourth and fifth generation descendants. While many worthy competitors have fallen by the wayside, Lodge Cast Iron’s dedication to quality, technology, and employees have helped it not only survive but flourish.

Ebooks
The Best of Lodge - E-Book - 11/20/2018 $11.99 9780848759315
The Best of Lodge - E-Book - 11/20/2018 $11.99 9780848759322
The Best of Lodge - E-Book - 11/20/2018 $26.99 9780848759339
Display
9780848759896
The Southern Vegetable Book
A Root-to-Stalk Guide to the South's Favorite Produce (Southern Living)
Rebecca Lang

Explore the practical and creative potential of vegetables with 100 modern recipes celebrating Southern-style vegetables.

Summary
An all-new cookbook brings you to the table to celebrate the versatility of vegetables with Southern flair.

As more and more Americans turn to locally-sourced and home-grown ingredients to help create their meals, vegetables have returned to the center of the plate, and there are few people who appreciate vegetables the way that Southerners do. Whether it's the incomparable sweetness of corn fresh from the stalk, a tomato so ripe and ready that you can almost taste the sunshine, or the versatility of the sweet potato — the garden workhorse that can serve as main, side, or dessert — Southerners know the secrets to preparing their favorite vegetables in the most delicious ways.

Now, in The Southern Vegetable Book, the wisdom of years spent in the garden, in the fields, and finally in the kitchen are yours in an accessible cookbook highlighting the Southern ability to create satisfying flavors from the simplest, freshest ingredients. The classic vegetables that we all know and love are represented, but lesser-known but equally-celebrated ones, such as Jerusalem artichokes and ramps, also ...

Contributor Bio
Rebecca Lang is a food writer, cooking instructor, television personality, and a ninth-generation Southerner. Born and raised in South Georgia, she is the author of Around the Southern Table, Quick-Fix Southern, Mary Mac's Tea Room, and Southern Entertaining for a New Generation.

She has appeared on Fox & Friends Weekend, multiple segments on QVC, WGN America's Midday News, and numerous regional and local networks. Rebecca and her cooking have been featured in more than 50 nationally televised Southern Living food segments and in publications such as The Wall Street Journal, The

United Tastes of the South (Southern Living)
Authentic Dishes from Appalachia to the Bayou and Beyond
Jessica Dupuy

Summary
From the Gullah-Geechee rice pilafs of coastal South Carolina to Delta Hot Tamales from Mississippi's alluvial plains, the food of the South is a multicultural melting pot. The dishes of the Lowcountry are far different from what's cooking in the rolling hills of Appalachia or served in the heart of the Delta. In United Tastes of the South, food writer Jessica Dupuy, author of United Tastes Of Texas, looks beyond the Lonestar State to focus on the diverse cuisines of the American South. Her exploration of the regional dishes, cultural traditions, and nuances of cooking styles, spotlights why the South is considered one of the richest destinations on the American culinary landscape.

Contributor Bio
Fourth-generation Texan and freelance writer Jessica Dupuy is co-writer of Uchi: The Cookbook, in conjunction with James Beard Award winning chef Tyson Cole, and The Salt Lick Cookbook: A Story of Land, Family and Love on the iconic Texas barbecue restaurant. She is a certified sommelier and certified specialist of wine, member of Les Dames D'Escoffier of Austin, and is on the advisory board for the Wine and Food Foundation of Texas. Dupuy lives in Austin with her husband, her two duck tolling retrievers, and her son, Gus.

Ebooks
United Tastes of the South (Southern Living) - E-Book - 11/27/2018 $16.99 9780848758998
United Tastes of the South (Southern Living) - E-Book - 11/27/2018 $16.99 9780848759025
United Tastes of the South (Southern Living) - E-Book - 11/27/2018 $37.99 9780848759032
What Can I Bring?
Southern Food for Any Occasion Life Serves Up
Elizabeth Heiskell

Welcome every invitation, fear no feast, and embrace the challenge of bringing something delicious from the heart, no-stress-required. Based on the popular monthly feature "What Can I Bring?" in *Southern Living* magazine, Elizabeth Heiskell (aka The Debutante Farmer) guides readers to greet any occasion...

Summary

Become one of the most sought-after guests in your circle and be asked back time-after-time with a little bit of help from Elizabeth Heiskell.

It is usually the first question you ask after receiving an invitation to a gathering or event: "What can I bring?" Now you'll have the answer! Based on the popular monthly feature "What Can I Bring?" in *Southern Living* magazine, no matter what the occasion, you'll have the perfect dish. From housewarming party to garden party, a new baby, a wake, a wedding, christening or anything in between, Elizabeth delivers over 100 delicious recipes, including appetizers, mains, sandwiches, desserts and more, that are sure to please a crowd, no matter how big or small. Additionally, these are all dishes that can be prepared in advance and travel well.

But let's not forget the most important question: What can I bring to my own table? Whether you're looking for some new ideas for dinners to please a fractious family or want to make Sunday brunch a more special event, *What Can I Bring?* has you covered.

Recipes include Elizabeth's take on Sour Cream Coffee Cake...

Contributor Bio

Elizabeth Heiskell is a regular food contributor to the "Today" show and a seasoned caterer, chef and culinary instructor. Born and raised in the Mississippi Delta, she grew a passion for combining her love of food and the history of the rich agricultural area she was raised in. Under the brand name The Debutante Farmer, she sells Welcome every invitation, fear no feast, and embrace the challenge of bringing something delicious from the heart, no-stress-required. Based on the popular monthly feature "What Can I Bring?" in *Southern Living* magazine, Elizabeth Heiskell (aka The Debutante Farmer) guides readers to greet any occasion...

Summary

Become one of the most sought-after guests in your circle and be asked back time-after-time with a little bit of help from Elizabeth Heiskell.

It is usually the first question you ask after receiving an invitation to a gathering or event: "What can I bring?" Now you'll have the answer! Based on the popular monthly feature "What Can I Bring?" in *Southern Living* magazine, no matter what the occasion, you'll have the perfect dish. From housewarming party to garden party, a new baby, a wake, a wedding, christening or anything in between, Elizabeth delivers over 100 delicious recipes, including appetizers, mains, sandwiches, desserts and more, that are sure to please a crowd, no matter how big or small. Additionally, these are all dishes that can be prepared in advance and travel well.

But let's not forget the most important question: What can I bring to my own table? Whether you're looking for some new ideas for dinners to please a fractious family or want to make Sunday brunch a more special event, *What Can I Bring?* has you covered.

Recipes include Elizabeth's take on Sour Cream Coffee Cake...

Contributor Bio

Elizabeth Heiskell is a regular food contributor to the “Today” show and a seasoned caterer, chef and culinary instructor. Born and raised in the Mississippi Delta, she grew a passion for combining her love of food and the

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.

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.
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.

Whitewater Cooks More Beautiful Food (New edition)
Shelley Adams

Summary
This long awaited fifth book in the bestselling Whitewater Cooks series is full of new recipes to inspire fans and delight newcomers to these fabulous cookbooks. Shelley’s innate flair for creating and developing recipes have made her famous for turning home cooks into culinary rock stars.

Contributor Bio
Shelley is the chef and driving force behind the best selling Whitewatercookss series. She is passionate about creating easy to follow delicious recipes from fresh ingredients and about sharing her love of food with others. Shelley is a force of nature who thrives on non-stop activity and on creating amazing meals for friends and family.
Ainsley's Caribbean Kitchen
Delicious, Feelgood Home Cooking From the Sunshine Islands
Ainsley Harriott

Summary
Ainsley Harriott is going back to his roots to uncover the best-kept secrets and simple dishes of Caribbean home cooking in this ultimate feel-good cookbook. Among the brand new, mouthwatering recipes, there are more than 80 dishes inspired by the diverse culture and the rich food heritage of these much-loved islands. You’ll find light dishes and snacks such as crab and chili cornbread muffins and chickpea and plantain patties; flavorsome main meals including a grilled chicken roti wrap with mango dressing and grilled lamb cutlets with green herb yogurt; not forgetting indulgent desserts and cocktails including white chocolate, rum, and raspberry crème brûlée and a lazy man’s long island iced tea. This stunning cookbook will bring exciting new meals to your family table and transport you to the real Caribbean in your own kitchen.

Contributor Bio
Ainsley Harriott is nothing short of a cookery legend—a pioneer in quick and easy home cooking, he has hosted some of the UK’s most popular culinary series. His love of food and people, together with his natural curiosity and accessible recipes, makes him the quintessential traveling gastronome and the perfect person to go back to his roots and explore the Caribbean. Ainsley is best known for his BBC cooking shows Can’t Cook, Won’t Cook and Ready Steady Cook.

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 Ratatouille, 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.
Artisan Bristol
Sophie Rees

Ceramicists, glass blowers, upholsterers ... Bristol is the hub of the South West England and a city that thrives on creativity.

Summary
Ceramicists, glass blowers, upholsterers ... Bristol is the hub of the South West England and a city that thrives on creativity. Often hailed as the UK’s best place to live, Bristol is a dynamic city and is seeing a surge of designer/ makers choosing to live and work there. Artisan Bristol is the culmination of interviews and studio visits with 25 of Bristols finest makers and reveals their personal relationship to the city and how it influences their work. Each profile contains a selection of beautiful images capturing the the wares and offers an intimate portrait of the makers at work in their studio. The profiles look at artists using ceramics, weaving, furniture design, leatherwork, jewellery and many more.

Contributor Bio
Sophie Rees is the director of Designers Makers, an agency for contemporary design based throughout the UK, she also runs the successful Bristol Artisan and London Artisan, hosting an array of fantastic designers and makers of artisanal produce. Sophie has a fine arts degree from the University of Brighton.

The Bordeaux Kitchen
An Immersion into French Food and Wine, Inspired by Ancestral Traditions
Tania Teschke

More than a cookbook, The Bordeaux Kitchen merges of French cuisine, wine, and culture with the primal/paleo/ancestral eating style. Enjoy an assortment of delicious recipes with wine pairing guidance, as well as a comprehensive education on how ancestral eating can improve your health and enjoyment...

Summary
More than a cookbook, this is a comprehensive cultural and culinary journey into the world of traditional French cuisine and French wine (adapted for paleo enthusiasts), and tips for ancestral living. Author Tania Teschke, food and wine gourmet, photographer, and lifelong student of French culture, brings you over 160 sumptuous and easy-to-follow recipes for seasonal and traditional French dishes that deliver not only the nutrition, but also the satisfaction we have been missing in our modern diet. Tania takes you on a French culinary journey to reclaim your primal connections to food and health and to each other through personal stories, striking photography and colorful tutorials.

From classics like rich Beef Burgundy and succulent slow-cooked leg of lamb, to modern takes on nutrient-dense organ meats, the recipes from The Bordeaux Kitchen will bring the timeless wisdom of past generations to your cooking and meal planning. You’ll experience the beautiful simplicity of authentic French cuisine, gain a practical education about French wine (including wine pairing guidelines for each...

Contributor Bio
Tania Teschke is a writer and photographer with a passion for French cuisine and wine. American-born and globe-traveled, Tania lived for an extended period in France four separate times, for undergraduate and graduate studies, and immersions into French language and literature, and traditional French cooking from French chefs and friends. She apprenticed with an award-winning Basque butcher, and earned a diploma in wine science from the University of Bordeaux. Inspired by her French experiences, Tania began recording her French food and wine travels in her first book, French Wine Tasting.
**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.

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**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*.

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**Keto Passport (New edition)**
Layla McGowan, Lindsay Taylor

**Summary**
From the best-selling authors of The *Keto Reset Instant Pot Cookbook* comes *Keto Passport*--an adventure into the most interesting and flavorful cuisine from across the world, all made keto-friendly! Emerging science validates the idea that the low-carb, high-fat ketogenic diet has passed the fad phase and become the single best eating strategy to reduce excess body fat ever discovered. Keto also delivers profound benefits for cognitive function, disease protection, and athletic performance. However, to succeed with keto you have to do it the right way: consuming nutrient-dense foods, including plenty of colorful vegetables, that support hormone and gut health. This book is keto done better than ever—no “bacon and butter” diet here, but rather 110 nutritious, flavor-packed recipes featuring an array of vegetables, meats, and healthy fats. You also learn the why’s and how’s of keto with primers and factoids sprinkled throughout, honoring the principles of Mark Sisson’s *New York Times* bestseller, *The Keto Reset Diet* and the hands-on coaching strategies that Taylor and McGowan offer to th...

**Contributor Bio**
Layla McGowan began cooking at an early age as her mother introduced her to the Korean recipes that had been passed down orally through her family for generations. In her mother's kitchen she grew to appreciate that food can simultaneously provide bodily healing, give daily nourishment, and be an expression of true joy. From those roots, Layla has evolved into a lifestyle of diverse culinary, health, and fitness practices, motivating and inspiring others in and out of the kitchen. She is an avid weightlifter and is known to her neighbors as the strange woman who practices yoga on the lawn. Layla lives in Alabama with her husband Ryan. Get inspired for both fitness goals and kitchen creations on her Instagram @strong.and.wellfed. Lindsay Taylor, Ph.D., is the Senior Writer and Researcher at Primal Blueprint Publishing. An ultrarunner and Ironman triathlon finisher, Lindsay is an expert in preparing low-carb, nutrient-dense food to fuel her on and off the racecourse. She has been the lead consultant, editor, and recipe tester for several of Mark Sisson's bestselling books. A social/per...
**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, bimibap, 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 Jae Lee 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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**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.
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 entranced 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.
**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.

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**Sugared Orange**

*Recipes & Stories from a Winter in Poland*

Beata Zatorska, Simon Target

**Summary**

The seasonal focus of this stunning memoir cookbook brings to life the food, festivals, and traditions of the long, cold winters spent through a rural Polish childhood. From St. Nicholas’ Day to the vigil of Christmas Eve and the mid-winter revelry of a Sylwester New Year’s Eve Ball, the touching story picks up where its predecessor, the award-winning *Rose Petal Jam*, leaves off. Featuring 47 new recipes, the lush design and lavish visuals provide inspiration and nostalgia along a winter journey that takes in the cities of Lublin, Warsaw, Kraków, and Łódz, as well as some of Europe’s oldest forests and the frozen Mazury Lakes. Part armchair travel but mostly a sumptuous personal narrative enhanced by many well-known romantic paintings and poems, this glorious cookbook demonstrates a deep love for Poland on every page.

**Contributor Bio**

**Beata Zatorska** was raised in a remote village in rural Poland and emigrated to Australia when she was 19. She is the author of *Rose Petal Jam* and 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. They both live in Sydney.
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.

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.
**Sabor**

**Flavours from a Spanish Kitchen**  
Nieves Barragan 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 Ispic 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.

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**Spring Recipes**

**Angela Gray, Huw Jones**

**Summary**
The fifth and final title in this series of seasonal cook books, *Spring Recipes* by Angela Gray contains 30 recipes celebrating the best of the fresh new flavours and colours spring has to offer. Angela lends her extensive experience and best practices to allow you to create stunning dishes at home utilising all that the new season has to offer. Beautifully photographed by leading food photographer Huw Jones. • Written by top chef Angela Gray, who has featured on BBC and UKTV Food • Featured in the Top 10 UK Cookery Schools • Includes starters, mains and desserts, all featuring the finest seasonal ingredients • Photography by Huw Jones, leading food specialist with ‘the best equipped food photography studio in the UK’

**Contributor Bio**  
*Angela Gray* opened the doors to her cookery school at Llanerch Vineyard in April 2010. She has been voted into the Top 10 UK Cookery Schools. She has made several television programs for the BBC and for UKTV Food, including *Hot Stuff* and *More Hot Stuff*. **Huw Jones** is a food photography specialist. His specifically designed studio is among the best equipped in the UK, with all dishes prepared and photographed on site using the highest standard industry equipment. His stunning images complement Gilli’s recipes in Graffeg’s *Flavours of Wales* series, and the range of seasonal cookbooks from Angela Gray’s Cookery School.
How to Build a Gingerbread House
A Step-by-Step Guide to Sweet Results
Christina Banner

Summary
This book will show you how a few easy recipes, everyday ingredients, and basic kitchen equipment are all you need to create a beautiful gingerbread house. Learn how to bake and build a gingerbread house from start to finish, and then find creative ideas for decorating your house, from butterscotch windows to candy-covered trees, helping you create a gingerbread house of your very own design. Whether you decide to recreate one of the designs provided, or choose to create your own work of art, this book will help you have a fun and memorable experience, and a gingerbread house to be proud of.

Contributor Bio
Christina Banner has been making gingerbread houses competitively since 1999. In 2004 she was the Grand Prize Winner of the National Gingerbread House Competition at the Grove Park Inn Resort & Spa in Asheville, North Carolina. In 2005 she won Food Network's Gingerbread Challenge. She lives in Newland, North Carolina.

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.
Top 100 Coffee Recipes
A Cookbook for Coffee Lovers
Mary Vard

Summary
As coffee drinks have risen in status to "state of the art" designer beverages, this book provides a unique selection of innovative culinary delights culled from a broad range of cultures and beverage drinkers around the world. In this beautifully illustrated book you will find one hundred recipe secrets to creating the best tasting, most relaxing and healthiest cup of "black gold". Includes nutritional and caffeine analysis of these popular and irresistible recipes so that you can appropriately select the coffee that best meets your dietary needs. You are sure to enjoy creating, serving and drinking the best coffees in just a matter of minutes from the leisurely comfort of your own home.

Contributor Bio
Mary Ward's search for the perfect cup of coffee began on her farm near Upper Sandusky, Ohio, and has taken her to English coffee houses, French cafes, Italian espresso bars, manufacturing facilities in Holland, and coffee farms in Costa Rica. Mary has taught millions of Americans how to brew the perfect cup of coffee on such television programs as "Live! with Regis and Kathie Lee". As a home economist, 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 coffee recipes.

Wild Delicious
Nourishing Simple Satisfying
Amber Rose

Summary
Amber Rose believes a well nourished life is one filled with wholesome, delicious food that is thoughtfully prepared and eaten with delight. In Wild Delicious she returns to her roots, preparing simple, nutritious recipes with ingredients gathered from the gardens, orchards, farms and ocean of her homeland, New Zealand. After several years living in the UK, Amber revels in rediscovering the natural foods that she grew up with and combining them with flavours gathered on her travels. Her fuss-free yet impactful recipes make the most of heritage ingredients and seasonal variations to create dishes that are truly irresistible.

Contributor Bio
Amber Rose is a food writer and cook who grew up in rural New Zealand surrounded by organic gardens and heritage produce. She has traveled the world cooking and working in cafes and restaurants, and spent several years in the UK where she was a private chef to Sadie Frost and Jude Law before becoming a doula, giving nutritional advice and cooking for new moms. She is the author of two cookbooks, Love Bake Nourish and The Wholefood Pantry.
Primal Blueprint Quick and Easy Meals

Delicious, Primal-approved meals you can make in under 30 minutes
Jennifer Meier, Mark Sisson

Summary
Since its 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 glycemic...

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.

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.

SuperNatural

100 Easy Plant-Based Recipes
Tobie Puttock, Jamie Oliver

Summary
Whatever your reason for doing it, removing or reducing animal products from your diet doesn’t have to mean sacrificing convenience or flavor, nor does it require obscure, expensive ingredients or meat substitutes. By making best use of fresh produce and unlocking the versatility of plants, you can create simple and delicious dishes while knowing that your food choices are helping your health and the planet. Drawing on years of expertise as a professional chef, Tobie Puttock turns to plant-based cooking to bring you 100 recipes for a reliable repertoire of weekday and weekend meals that are free of meat, fish, dairy and eggs. Easy and satisfying, this is naturally healthy food that just happens to be vegan—from adaptations of classic favorites such as banana bread, shepherd’s pie and chocolate brownies, to recipes inspired by Tobie’s travels and clever new ways of using everyday ingredients. Special symbols highlight when a recipe can be easily doubled, will freeze well, is quick to make, or can be made gluten-free. Includes dual measures.

Contributor Bio
Tobie Puttock was head chef of Jamie Oliver’s first Fifteen restaurant in London and established the Australian branch of the restaurant and charitable foundation upon his return to Melbourne. At the beginning of 2018, Tobie proudly accepted the role of Creative Director of Jamie’s Ministry of Food Australia. SuperNatural is Tobie’s fifth cookbook, based on his huge love of quality plant-based cooking.
Jazzy Vegetarian's Deliciously Vegan
Plant-Powered Recipes for the Modern, Mindful Kitchen
Laura Theodore

**Delicious vegan meals** are fun to prepare in your own home kitchen with Laura Theodore’s newest cookbook, *Jazzy Vegetarian’s Deliciously Vegan*, a modern guide to vegan eating. This full color, 320-page cookbook features over 175 plant-based recipes and beautiful full color photos on nearly every page...

**Summary**

**Delicious vegan meals** are fun to prepare in your own home kitchen with Laura Theodore’s newest cookbook, *Jazzy Vegetarian’s Deliciously Vegan: Plant-Powered Recipes for the Modern, Mindful Kitchen*. This modern guide to vegan eating is a full color, 320-page cookbook with beautiful full-color photos on nearly every page.

In addition to over 175 plant-based recipes, Laura helps readers learn what it takes to stock and cook in a well-equipped vegan kitchen, with these essential Top Ten lists:

- Ingredients to have on hand at all times in your pantry
- Effective egg substitutions for baking
- Delicious options for making vegan cheese and cream
- Two-ingredient recipes
- Herbs and spices to always keep in your kitchen

From simple snack ideas to enticing entrées to mouthwatering desserts, this cookbook features delectable main dish recipes like Teriyaki Kebabs, Sunny Black Bean Burgers and Gingered Portobello Steaks. Crowd-pleasing party foods include Guacamole Mini Peppers, Chili-Maple Almonds and Miso Hummus. Vegan Burritos with Tofu Queso Fresca, Golden Cashew Milk and Seitan Fajitas round out diverse d...

**Contributor Bio**

Laura Theodore is a recognized public television personality, award-winning celebrity vegan chef, radio host,
**Good Food: Vegan Meals**

**110 Delicious Plant-Based Dishes**

Good Food Guides

**Summary**

**Fresh and inspiring vegan recipes that make eating a plant-based diet delicious and easy.**

Whether fully committed to a vegan diet or wanting to introduce more plant-based recipes into your repertoire, this book delivers vegan food that is simple to make, tastes incredible and allows you to eat well every day of the week.

With genius combinations of veggies, fruits, pulses, grains and nuts, this recipe collection takes the pressure off plant-based cooking and will help you serve up versatile meals that will have the whole family happy to eat vegan – from fresh and fun layered salads, to hearty mains and tempting treats.

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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**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 lifestyle...

**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
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.

Fruit Belly
A 4-Day Quick Fix To Relieve Bloating Caused By High Carb, High Fruit Diets
Romy Dollé

In Fruit Belly, health expert Romy Dolle presents a "4-Day Quick Fix“ to eliminate the digestive distress and health problems resulting from weight loss diets featuring large amounts of fruit, salad, and low fat dairy products. Participants in these low-fat diets often experience significant pain an...

Summary
The title of Swiss author Romy Dollé's, Fruit Belly, refers to abdominal bloat often accompanied by digestive distress; a common result of some basic dietary misconceptions in many fast-track, low-fat, weight loss plans. With well-defined, easy to ingest information about how the body actually breaks down and distributes fats and nutrients, Fruit Belly provides a clear 4-Day Quick Fix plan to not only relieve any existing abdominal distress, but help re-set the metabolism and reawaken the body's natural desire for the kinds of real food it wants and needs to function at its best - while still losing unwanted pounds.

Fruit Belly outlines the fundamental advantages of combining a Primal/paleo style diet with a well-rounded exercise routine for a balanced, non-aggressive approach to weight loss that's suitable to even the busiest modern lifestyle. The book's 4-Day Quick Fix program provides menu guidelines for breakfast, lunch, and dinner (including between meal snacks!) and lots of quick and tasty recipes with affordable and easily accessible ingredients. Common misconceptions about the ...

Contributor Bio
Romy Dollé is an entrepreneur, author, devoted mother, and MBA wielding, Swiss-certified banking specialist. She grew up in a small mountain village in Switzerland, where the food was picked fresh, collected locally, and left entirely un-adulterated. Growing up, she dreamed of traveling the world and sought the financial freedom to do so. This brought her to the city, where she excelled in a high-power career that helped make her dreams a reality. But during all the hustle and bustle of city life, she noticed a marked decline in her health, mood, and overall wellbeing. This prompted her to re-explore her childhood roots, which provided
Common Herbs for Natural Health
Juliette de Bairacli Levy

Summary
Common Herbs for Natural Health is an essential herbal for the newcomer to the expert. Juliette de Bairacli utilizes her Gypsy wisdom and decades of studying herbs and healing to create a book filled with natural remedies and recipes. What a treasure! Her respect and love for the plants, the earth, and the medicinal knowledge garnered from people of all ethnic origins is powerful, practical, and sensible. My gardens and personal health are already benefiting from this intelligent and tender book.

Contributor Bio
Juliette de Bairacli Levy is a world renowned herbalist, author, breeder of Afghan hounds, friend of the Gypsies, traveller in search of herbal wisdom, and the pioneer of holistic veterinary medicine. Juliette has a long record of spectacular cures to her credit and the books she has written have been a vital inspiration for the present day herbal renaissance.

Juliette was born on the 11th hour of the 11th day of the 11 month, almost in 1911 (actually 1912) in Manchester, England. Her parents were Jewish - her mother from Egypt and her father from Turkey. Juliette was raised in a household with three sisters and two brothers, a nanny, chauffeur, maid and gardener. She was educated at Lowther College, one of the best girls schools in Britain, and went on to study veterinary medicine at the Universities of Manchester and Liverpool. However, Juliette did not approve of the vivisection and animal experimentation that was going on in the universities in the name of science and health. So she left university after two years and went to study with the Gypsies and peasants of the world.

For ...

Healing Wise
Susun S. Weed

Summary
Healing Wise sets forth the foundations of the Wise Woman Tradition, contrasting them with the Heroic and Scientific views of healing. "Weeds draw us into ancient wisdom in a clear and refreshing way," says herbalist Rosemary Gladstar.

I see the Wise Woman. She carries a blanket of compassion. She wears a robe of wisdom. From her shoulders, a mantle of power flows. She ties the threads of our lives together. I see the Wise Woman. And she sees me.

Seven herbs -- burdock, chickweed, dandelion, nettle, oatstraw, seaweed, and violet -- are explored in depth. Each monograph includes the "voice" of the herb, a weed walk to encounter the herb in its environment, detailed instructions for harvesting and preparation, properties and uses for every part of the herb, pertinent facts, fun folklore, and recipes for gourmet foodstuffs, wines, beers, cosmetics, and more.

Contributor Bio
Susun S. Weed is the voice of the Wise Woman tradition, where healing is nourishing. She is known internationally as an extraordinary teacher with a joyous spirit, a powerful presence, and an encyclopedic knowledge of herbs and health. For more than thirty years she has opened hearts to the magic and medicine of the green nations, restoring herbs as women's common medicine, and empowering women to care for themselves.

Susun is founder of the Wise Woman Center, editor-in-chief of Ash Tree Publishing, a high priestess of Dianic Wicca, a member of the Sisterhood of the Shields, a Peace Elder, and happy herder of her dairy goats.

Her five books: Healing Wise; New Menopausal Years the Wise Woman Way; Breast Cancer? Breast Health! the Wise Woman Way; Wise Woman Herbal for the Childbearing Year; and Down There: Sexual and Reproductive Health the Wise Woman Way are used by more than a million women throughout the world. She writes a regular herbal column for SageWoman Magazine and hosts the Wise Woman website and forum.
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.

Belinda Brown

David McKee

Summary

David McKee has created a new modern classic with the story of Belinda, a banana-obsessed young girl. Her whole family thinks it’s a phase, except for Grandma Brown: she worries, and worry is hard to keep down. She asks Belinda to give up her favorite fruit before she gets a banana-shaped body, but Belinda has other ideas.

Contributor Bio

David McKee is the creator of several well-known characters including King Rollo and Mr. Benn. His most famous creation is Elmer the Patchwork Elephant which is now published in more than 50 languages.
**A Patch from Scratch**  
Megan Forward

**Summary**  
An engaging picture book showing through delightful illustrations and informed text, the joys of home-grown veggies and fruit.

**Contributor Bio**  
Megan is an award-winning illustrator, author, painter, and printmaker who has had her work exhibited in galleries around Brisbane. She was awarded first prize in 2002 by the Queensland University of Technology in the category of Children's and Young Adult Literature for Illustrated Picture Book, as well as first and second place at the CYA Conference in 2012 and 2013 in the Illustration Picture Book category.

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**The Noodle Shop**  
Xun Liu

**Summary**  
Yi is a hardworking boy just like his busy parents, who run their own noodle shop. The morning commute to the shop requires them to wake up early, and they only return home when it's late at night. On the weekends too, Yi accompanies his parents to the shop. Although he's a typical young child who dislikes homework and wants to play with friends, Yi is also devoted to helping his parents be successful. This is a simple story of a day in the life of Yi.

**Contributor Bio**  
Xun Liu, who resides in Nanjing, China, studied craft design and worked as a designer and animator. She went on to study classical painting techniques and began creating children’s picture books after her daughter was born.
**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.

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**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.

Geometry Is as Easy as Pie
Katie Coppens

Summary
With scrumptious-looking photos, easy recipes, and a variety of pies to bake or just ogle, this book provides a fun and memorable approach to thinking and learning about circles, polygons, angles, parallel and perpendicular lines, tessellation, symmetry, area, volume, and more. This book will leave the reader with a taste for geometry!

Contributor Bio
Katie Coppens, an award-winning middle school teacher, authors books that use creative approaches (and food!) to help children learn difficult concepts. Previous books include Geology is a Piece of Cake and The Acadia Files chapter book series. Katie has also written a teacher guide for the National Science Teachers Association (NSTA) entitled Creative Writing in Science: Activities that Inspire, and she writes a recurring column for NSTA's Science Scope magazine entitled "Interdisciplinary Ideas." She speaks widely on integrating literacy and science.
**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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**Incredible Wild Edibles**  
Samuel Thayer

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...

**Summary**  
Incredible Wild Edibles covers 36 of the best edible wild plants in North America: fruits, berries, nuts, shoots, leafy greens, root vegetables, culinary herbs, teas, and syrups that boast exceptional flavor and nutrition. The plants chosen represent every habitat and every region in North America, from the northern forests to the southwest deserts, from the largest cities to the wildest mountains. Rather than cover hundreds of species in brief accounts that leave the reader unsure of how to proceed, Samuel Thayer encourages readers to thoroughly learn one plant at a time. Each of these traditional foods has a rich culinary and cultural history—a wholesome past that is still relevant for our health and happiness today. The text is fully accessible to the novice, but remains botanically accurate and has the in-depth information that seasoned foragers crave.

Sharing the wisdom of a lifetime of daily foraging, the author answers all of the reader’s questions about each plant: How do I identify it? What might I confuse it with? Where can I find it? What part do I use, and when is it ...

**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.
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 bread-maker, 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.

Keto Cooking for Cool Dudes
Quick, Easy, and Delicious Keto-Friendly Meals That Will Make You Smarter, More Athletic, and More Attractive
Brad Kearns, Brian McAndrew

Summary
A hilarious and irreverent cookbook written just for dudes (like Brad and Brian) who are interesting, successful, confident, and extremely good looking; dudes who like to eat healthy, colorful, creative keto-friendly creations, but are too busy and important to stress over time-consuming, complex recipes. Co-authors Brad Kearns and Brian McAndrew pose as experts to help you swagger into the low carb, moderate protein, high fat ketogenic diet the right way, without the stress and frustration of ordinary keto cookbooks.

While naysayers may criticize keto as a "bacon and butter“ fat-fest, and disparage Brad and Brian as a couple of posers trafficking on their sex appeal and athletic prowess instead of their cooking skills, this book emphasizes an incredible array of genius or near-genius level recipes featuring nutritious natural animal foods, colorful vegetables, and other nutrient-dense ingredients that will help optimize gut health, boost immune function, and improve performance on the athletic field, in the bedroom, and at work by three to four levels. You will be amazed at the creati...

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