



Hardie Grant Books

Spring 2023

Hardie Grant

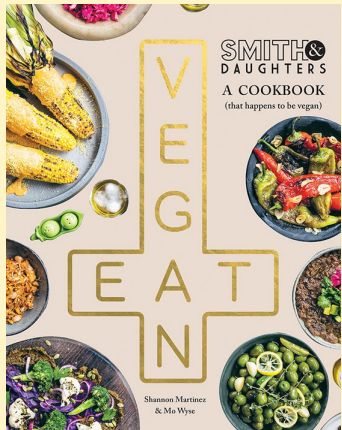
BOOKS

Contents

Food & Drink	3
Gardening	25
Art, Craft & Design	32
Wellness & Empowerment	43
Travel	58
Children's	61
Sales Representation	65
Export Sales	65



Food & Drink



Smith & Daughters: A Cookbook (That Happens to be Vegan)

Shannon Martinez and Mo Wyse

5 January 2023
 9781743799086
 £20.00 | Flexibound
 208 Pages
 228 x 203 mm
 Full-colour Photography

Based on the landmark Melbourne restaurant of the same name—dubbed "one of the coolest vegan restaurants in the world" by *Condé Nast Traveler*—*Smith & Daughters: A Cookbook (That Happens to be Vegan)* is a modern classic that will challenge your preconceptions of vegan food.

In this refreshed edition, featuring a collector's cover and new introduction from groundbreaking chef Shannon Martinez, you'll be guided through meat-free innovation with 80 delicious Spanish-influenced recipes, from chorizo, meatballs and cheese to tuna and prawns, plus tantalising desserts and drinks. Party friendly, plant-based recipes everyone can enjoy.

A veritable tour de force in vegetarian and vegan cooking, **Shannon Martinez** has been a chef in Melbourne kitchens for over 20 years. She is best known as the owner of Australia's most prolific plant-based business, Smith & Daughters.

Mo Wyse is a Seattle and NY expat who launched the original Smith & Daughters with Shannon on Brunswick Street, Fitzroy in 2014.

- Refreshed edition of the 2017 original hardback (50k copies sold globally)
- It is not outwardly 'vegan' but instead aims to prove that food can be just as inspiring - if not more so! - without reliance on animal products
- Appeals to vegetarians and vegans as well as carnivores (Shannon estimates 70-80% of their customers eat meat)



[View on Edelweiss](#)



Vegan With Bite
 9781743796245
 £17.99 | Hardcover



SOPA DE TORTILLA

Tortilla Soup

The key to most traditional tortilla soups is chicken—meat, stock, fat, etc. But Shannon's managed to make a perfectly perfect version with plants that tastes just as big, bold and delicious. It's almost like you can never get enough, it's just that good.

Heat the olive oil in a large saucepan over medium heat. Add the capsicum, onion, jalapeno and a large pinch of salt and cook until soft.

Add the garlic, cumin seeds, cinnamon stick, dried chipotle or smoked paprika and cook for around 30 seconds.

Add the tomatoes, stock, corn, beans, herbs, orange peel and lime zest. Stir well to combine and simmer over low heat for 20 minutes.

To finish, remove the bay leaves, cinnamon stick and chipotle chili (if it hasn't already dissolved) and add the lime juice and fresh coriander. Season with salt and pepper, to taste.

Cut the bottom of a frying pan with vegetable oil and place over medium heat. Add the tortilla strips in batches and fry for 2-4 minutes until crisp. Drain on paper towel.

Divide half of the tortilla strips among the serving bowls and pour the soup over the top.

Top with the remaining tortilla strips and garnish with chopped avocado, sliced radish and a drizzle of coriander cashew cream, if using.

Tip: Perhaps don't make this recipe first because you may suffer from not making anything in the book. This soup is mega addictive and flavourful, and the more it sits in the fridge the better it gets, you will just eat it all day in Sunday. Promise you'll make other things!

Serves 4-6
 60 ml (2 fl oz) olive oil
 1 green capsicum (bell pepper), sliced
 1 onion, chopped
 1 jalapeno, finely sliced (seeds removed for a milder soup)
 2 tablespoons crushed garlic
 1 tablespoon cumin seeds
 1 cinnamon stick
 1 dried chipotle, warmed through over an open flame until soft, light and seeds removed (or substitute: 1 teaspoon smoked paprika)
 400 g (14 oz) tinned diced tomatoes or freshly chopped tomatoes
 2 litres (68 fl oz) veggie chicken or vegetable stock
 2 corn cobs, kernels stripped
 500 g (1 lb 2 oz) cupped tinned black beans
 1 teaspoon dried oregano
 2 fresh bay leaves
 2 strips of orange peel
 zest and juice of 1 lime
 ½ bunch coriander (cilantro), chopped
 vegetable oil, for shallow frying
 4 corn tortillas, sliced into 1 cm (½ in) strips (this is a good recipe to use up your stale tortillas)

Garnishes
 chopped avocado
 sliced radish
 Coriander Cashew Cream (page 151) (optional)



[View on Edelweiss](#)

Halliday Pocket Wine Companion 2023

The 2023 Guide to Australia's Best Value Wines
James Halliday

19 January 2023
9781743799208
£12.99 | Hardcover
192 Pages
181 x 111 mm
Text-only

Compact and easy-to-navigate, the *Halliday Pocket Wine Companion 2023* distills the key elements of the bestselling annual guide, curating the best-of-the-best both by value and rating across Australia's key wine regions.

For almost 40 years, James Halliday has been the most trusted name in Australian wine, and his celebrated annual is the ultimate guide to what to drink now. The *Halliday Pocket Wine Companion* gives wine lovers access to his expert knowledge in a small package that is convenient to read, use and carry. You'll never drink a bad wine again.

James Halliday is an unmatched authority on the Australian wine industry. His winemaking has led him to sojourns in Bordeaux and Burgundy, and he has had a long career as an international wine judge. In 1995 he received the Maurice O'Shea Award, and in 2010 he was made a Member of the Order of Australia. For the 2023 guides, James has worked alongside **Tyson Stelzer**, in the role of chief editor, and an expanded team of tasters, who each focus on specific wine regions.

- *The Halliday Wine Companion* is the bible for devotees of Australian wine
- Covers each of the key wine regions, including overview of the year, and listed alphabetically. Includes James Halliday's renowned 5-star rating system
- Travel friendly in size and content with an emphasis on best value wines



Big Rivers

Murray Darling

Trentham Estate ★★★★★

6931 Stuart Highway, Trentham 3137s, NSW 2738 | (03) 5024 9888 www.trenthamestate.com.au
 Own 7, age 15-5 **WINEMAKER** Anthony Murphy, Shane Kerr, Kerry Morrison **EST.** 1989 **BOOKS** 70000 **VINTAGE** 1989

Remarkably consistent tasting notes across all wine styles from all vineages attest to the expertise of ex-Mildara winemaker Tony Murphy, a well known and highly regarded producer. The value for money is unfailingly excellent. In 2018 Trentham Estate, with its estate vineyards situated on the Murray Darling, celebrated its 30th anniversary.

94 Family Reserve Coonawarra Cabernet Sauvignon 2018 This is a very good cabernet, exhibiting none of the green astringency and cooked fruit too often a postage stamp. The flow of blackcurrant, mint and bitter chocolate is transparent, clarified by refined gentle sage-brushed tannins and impeccably appointed oak. Highly refined. Will age. However the smooth tannin management facilitates immediate enjoyment. **Score** 100 | **10/2023** | **98** | **100**

95 Miroc Road, Yenda, NSW 2881 | (02) 6988 9600 www.bertonvineyards.com.au
OWNERS Fr 12-4, S&B 11-4 **WINEMAKER** James Coocato, Bill Gumberton, Glen Snelgrove **EST.** 2001 **BOOKS** 120000 **VINTAGE** 1982

The Berton Vineyards partners have almost 100 years' combined experience in winemaking, viticulture, finance, production and marketing. The 30ha property in the Eden Valley was acquired in 1996. Wines are released under various labels: Berton Vineyards Reserve, Winemakers Reserve, Metal Label, Foundation, Outback, Jack and Head Over Heels.

90 Reserve Coonawarra Cabernet Sauvignon 2017 Enticing dark ruby hue. A range of regional flavours from blackberries and licorice hints to freshly cut herbs. In the medium-bodied spectrum, yet firm. Given walnut-like tannins add some lift. **Score** 100 | **10/2023** | **98** | **100**

Calabria Family Wines ★★★★★

1283 Bryane Road, Griffith, NSW 2862 | (02) 6969 0800 www.calabrialwines.com.au **OWNERS** Mon-Fri 8-5, Sat 9-4 **WINEMAKER** Bill Calabrese, Emma Norblantz, Tony Steffanica, Jeremy MacIntosh, Sam Mitchell **EST.** 1945 **BOOKS** N/A **VINTAGE** 1000s

Calabria Family Wines (until 2014 known as Westend Estate) is moving with the times, increasing its plantings of durif and introducing aglianico, nero d'Avola and St Macaire (once grown in Bordeaux, and on the verge of extinction, this 2ha is the largest planting in the world). It is also casting its net over the Barossa Valley, Hillsops and King Valley premium regions, acquiring a vineyard in the Barossa Valley and opening a cellar door/restaurant.

96 Museum Release Three Bridges Reserve Semillon 2012 Wow! Why have we been drinking so many sweet semillons from Riverina when the region is clearly able to also present aged, dry semillons such as 1947 Bricche and buttered toast notes mingle with honeysuckle, apple blossom and an intense lemon meringue. Young (yes, 8 years young), fresh with great balance and vigorous acidity, this is a beauty. **Score** 100 | **10/2023** | **100** | **100**

95 Calabria Bros, Eden Valley Riesling 2018 Showing all the style of a classic Eden Valley riesling and a joy to drink. Bristle with citrus blossom, pearine, lemons and lime cordal. Compact and firm with that fine Eden Valley line and length, the juicy feeling fruit is the star. And it's just getting out. **Score** 100 | **10/2023** | **100** | **100**

Calabria Private Bin Riviera Montepulciano 2018 Bill Calabrese and winemaker Emma Norblantz moved into the hillsides a while back and each year their knowledge and aptitude for these alternative grapes grows impressively. Montepulciano is a case in point. It's solid and serious red wine at a \$35 price tag. Immediately deep red garnet. Strawberry, black cherry, pomegranate, earth, dried herbs with a thread of roasty road chocolate unning loose. Merges beautifully on the palate with

black and red cherry intensity, chocolate-coated cranberry and licorice blackstrap. Outstanding value. **Score** 100 | **10/2023** | **100** | **100**

94 Albarola D'Avola Durif Nero d'Avola Montepulciano 2017 Co-fermented, 50% whole bunches, a mix of tank (50%) and barrel (70%) maturation. These cocktail blends often fall flat, but not here. It is vibrant fresh and juicy, red fruits to the fore. **Score** 100 | **10/2023** | **100**

3 Bridges Barossa Valley Grenache 2018 Grenache and Calabrese are proving to be a good fit producing some well composed and elegant examples. Winemaker Emma Norblantz resists the temptation to go bold with Barossa fruit and seeks another more temperate road, one made to highlight the grape's pretty florals, violets, confectionery and fresh, macerated cherries and spice. It is medium-bodied, aged with savoury tannins and the right mix of fruit versus oak. **Score** 100 | **10/2023** | **100** | **100**

3 Bridges Cabernet Sauvignon 2018 Purple garnet. Sour, black bean sauce, pretty cabernet floral, blackberry, apple. It's a complete deal and more follows with the help of a gentle green malic acid tannin and expressive blackberry, chocolate, spice, Aussie bush flavours. So much to love at such an attractive price point. **Score** 100 | **10/2023** | **100** | **100**

De Bortoli ★★★★★

De Bortoli Road, Binalua, NSW 2880 | (02) 6968 0100 www.debortoli.com.au **OWNERS** Mon-Fri 9-5, Sat 9-4 **WINEMAKER** Darren De Bortoli, Julie McInnes, John Goughlan **EST.** 1928 **BOOKS** N/A **VINTAGE** 1967s

Famous among the cognoscenti for its superb Noble One, which in fact accounts for only a tiny part of its total production, De Bortoli turns out low-priced varietal wines that are invariably competently made. A founding member of Australia's First Families of Wine.

94 Regional Classic Tumbarumba Chardonnay 2018 From the Minello Vineyard, planted '81. The sheer quality of the fruit - and its clearly articulated varietal character - leaves no room for argument; this is priced well below its value. The flavours are ripe even though framed by pink grapefruit, green apple and white peach. Oa? Don't know/care. **Score** 100 | **10/2023** | **100** | **100**

Lillypilly Estate ★★★★★

47 Lillypilly Road, Linton, NSW 2708 | (02) 6963 4069 www.lillypilly.com.au **OWNERS** Mon-Sat 10-5, 30, Sat by appt **WINEMAKER** Robert Flanagan **EST.** 1982 **BOOKS** 10000 **VINTAGE** 20s

Botrytised white wines are by far the best offering from Lillypilly, with the Noble Muscat of Alexandria unique to the winery. These wines have both style and intensity of flavour and can age well. A prime example of not fixing what is not broken.

95 Noble Blend 2018 Sauvignon blanc and muscat of Alexandria morph into a mid-gold amber. Beautifully fresh with apricot dusted with preserved ginger, glaze lemon, saffron cream and truffled honey. Fresh acidity ensuring this soars. 375ml. **Score** 100 | **10/2023** | **100** | **100**

Angelo Bend Flanagan 74V Tannay with a red shawl. Very fresh and heady with gingerbread and pistachio, hazelnut toffee, coconut cream and baking spice. A lovely flavour to the spirit, the palate is warm, warming and this is a delight to drink. 375ml. **Score** 100 | **10/2023** | **100** | **100**

Mino & Co Wines ★★★★★

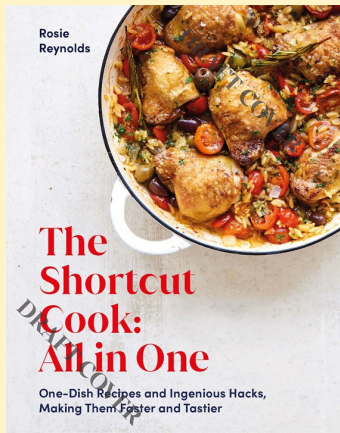
113 Hamwood Avenue, Hammond, NSW 2880 | (02) 6963 0200 www.minosandco.com.au **OWNERS** Mon-Fri 8-5, Sat by appt **WINEMAKER** Sam Trindell **EST.** 1997 **BOOKS** 20000

The Guglielmino family founded Mino & Co in 1997. From the outset they realised that their surname could cause problems of pronunciation, so they simply took the last four letters for the name of their business. Mino & Co has created two brands, Signor Vini and A Growers Touch.

91 Signor Vini Pinot Grigio 2018 This is a fine expression of undiluted, sassy grigio. The core of fruit is easily guided to balanced apple acids. The acidity really is not obtrusive. A good call. **Score** 100 | **10/2023** | **100** | **100**

A Growers Touch Durif 2018 A whiff of reductive tension soon soaks the clutch, attesting this rich red into a world of purple fruit sprays, licorice, root spice and fice aromas. Well crafted, testing as for a far cooler climate than the Riverina. The tannins and acidity, a little grating. **Score** 100 | **10/2023** | **100** | **100**

A Growers Touch Durif 2018 A series featuring the farmer of each block/variety on the label. A really nice touch. Good as a while back and each year their knowledge and aptitude for these alternative grapes grows impressively. Montepulciano is a case in point. It's solid and serious red wine at a \$35 price tag. Immediately deep red garnet. Strawberry, black cherry, pomegranate, earth, dried herbs with a thread of roasty road chocolate unning loose. Merges beautifully on the palate with



The Shortcut Cook All in One

One-Dish Recipes and
Ingenious Hacks to
Make Faster and Tastier
Food

2 February 2023
9781784885571
£16.99 | Hardcover
160 Pages
225 x 175 mm
Full-colour Illustrations
and Photographs

A cookbook that makes recipes, faster, easier, tastier, and simpler through cooking in one pot, pan, or tray.

The second title in Rosie Reynolds' *The Shortcut Cook* series, *All in One* shows people how to cook the food and flavors that they love, but without being tied to the oven – or sink – for hours longer than they want to be.

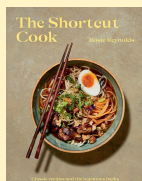
Recipes include Spiced Potatoes with Cracked Eggs, No-fuss Chicken Kiev with Crunchy Roast Potatoes, Beef Stew with Cheesy Dumplings, Easy Peasy Spaghetti Bolognese, Gooy Lemon Bars, Big Batch Chocolate Chip Cookies, and more, all made in one cooking vessel.

Cooking crowd-pleasing meals has never been so easy.

As a recipe writer, developer, and food stylist who has styled hundreds of books and written even more recipes, **Rosie Reynolds'** job depends on getting great food ready as fast as possible. She has authored six cookbooks: *Doughnuts Reinvented* (Pavillion), *Scone with the Wind* (Virgin Books), *The Kitchen Shelf* (Phaidon), *Posh Kebabs* (Quadrille) and *Posh Sandwiches* (Quadrille) and most recently *The Shortcut Cook* (Hardie Grant).

- Includes clever hacks, make ahead tips, and time stamps
- Covers everything from breakfast and brunch to weeknight meals and speedy desserts
- Authored by one of the most respected writers and food stylists in the UK

[View on Edelweiss](#)



The Shortcut Cook
9781784883515
£15.00 | Hardcover

Spiced potatoes with cracked eggs

Serves 4 | Prep 15 minutes | Cook 30 minutes

The Shortcut

Don't bother peeling the potatoes as the skin adds a lovely texture and nutty flavour. I love cracking eggs straight into the potatoes, as they get covered in some of the spices, and you are not using lots of pans so there's less to wash up. If there are only two of us for brunch, then I serve it straight from the tray (pan).

2 tablespoons light flavoured oil
4 potatoes, cut into 2 cm (¾ in) cubes
2 red onions, cut into wedges through the root
½ teaspoon turmeric
1 teaspoon cumin seeds
1 teaspoon paprika
1 teaspoon garlic granules
4 large eggs
30 g (1 oz) coriander (cilantro) sprigs, stems finely chopped, leaves whole
1 green chilli, finely chopped
4 tablespoons plain yoghurt
4 tablespoons mango chutney
salt and freshly ground black pepper
soft white naan bread or toast, to serve

I absolutely love these crunchy potatoes with soft, fluffy centres with eggs. It's reminiscent of Indian chaat with its multiple textures and sweet, spicy, sour flavour notes and, of course, a delicious potato hash. Feel free to add sausage or halloumi, chopped bacon or even a tin of chickpeas – anything goes in this delicious recipe.

Preheat the oven to 200°C fan (400°F/gas 6).
Pour the oil into a large 38 x 27 x 2 cm (15½ x 10½ x ¼ in) baking tray (pan) and heat in the oven for 3 minutes. Remove the tray and carefully add the potatoes and three-quarters of the onion wedges (reserve the final quarter for later). Sprinkle with the turmeric, cumin, paprika, garlic granules and plenty of seasoning and toss to coat. Roast in the oven for 25 minutes, turning the potatoes halfway through with a spatula.
Remove the tray from the oven and make 4 wells in the potatoes. Crack an egg into each well. Return to the oven and cook for 3–5 minutes until the eggs are cooked to your liking. Check after 3 minutes as the eggs cook quickly.
Gently stir the chopped coriander stems and chilli through the crisp potatoes, dollop yoghurt and chutney over the top and scatter over the coriander leaves. Serve with soft white naan bread or toast.

30 BREAKFAST AND BRUNCH



Shredded chicken salad with spicy peanut dressing

Serves 4 | Prep 15 minutes | Cook 15 minutes

The Shortcut

I just love using rotisserie chicken as part of a recipe, as they're so easy and tasty. If you have a good, quality bird you can use the carcass to make a quick stock – don't forget to throw in any trimmings from the vegetables into the stock too!

1 rotisserie chicken
100 g (3½ oz) bean sprouts
1 red (bell) pepper, thinly sliced
4 spring onions (scallions), thinly sliced into matchsticks
2 large carrots, thinly sliced into matchsticks (use a julienne peeler if you have one)
1 Chinese leaf lettuce, halved and thinly shredded
30 g (1 oz) bunch of coriander (cilantro)
handful of salted peanuts, roughly chopped

For the dressing
6 tablespoons peanut butter (I use crunchy)
3 tablespoons soy sauce
2 tablespoons maple syrup
1 tablespoon sriracha chilli sauce (if you like a kick)
1 tablespoon rice vinegar
juice of ½ lime, other ½ cut into wedges to serve

This is one of our all-time favourite salads – influenced by gado gado and bang bang chicken salad. We eat it often; I sometimes change the protein and serve juicy prawns (shrimp) instead of chicken, but it also works well with firm smoked tofu or a combination of both. If you're trying to cut down on your meat consumption, you can also add any vegetables you want to the salad base, just keep texture in mind when throwing the ingredients into the bowl and you can't go wrong – there are not many things I wouldn't enjoy coated in this spicy peanut dressing!

Preheat the oven to 200°C fan (400°F/gas 6) and line a large baking sheet with baking parchment.
Pull the skin off the chicken and lay in a single layer on the prepared sheet. Cook in the oven for 15 minutes, or until crisp. Leave to cool, then chop or break into shards.
For the dressing, mix all the ingredients together in a bowl. Taste for seasoning and add a little more of any of the ingredients to taste. Set aside.
Put the bean sprouts into a sieve (fine mesh strainer) or colander, then pour boiling water over the top of them to remove their rawness. Leave to cool.
Pull the meat from the chicken carcass (save this for stock) and pile into your biggest salad bowl. Shred the meat with a couple of forks or with clean hands (you can also use the roasting tin/pan now it's cooled), add the vegetables, the bean sprouts and coriander, then pour the dressing over the top and toss to coat. Scatter over the chopped peanuts and crispy chicken skin and serve immediately.

Tip This salad can be made in advance and kept chilled, so keep all of the components separate and dress just before serving.

SALADS AND VEGETABLES 65



Bao & Dim Sum

60 Easy Bun and Dumpling Recipes

Orathay Souksisavanh

2 February 2023
9781784885748
£16.99 | Hardcover
160 Pages
228 x 171 mm
Full-colour Photography

Bao & Dim Sum reveals the secrets of how to create bao and dim sum at home.

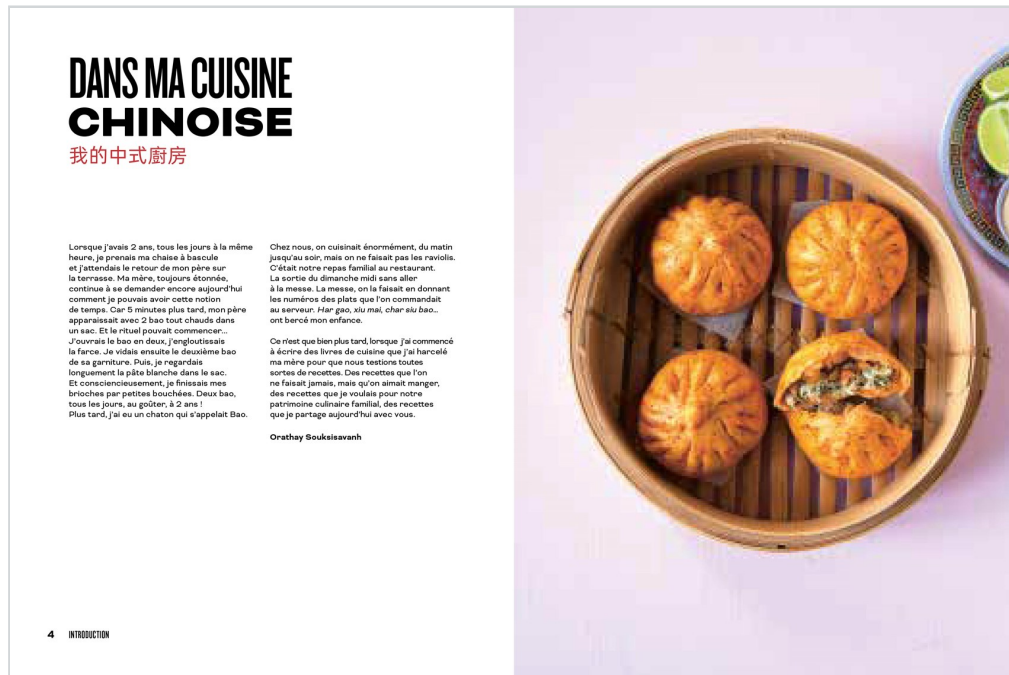
In *Bao & Dim Sum*, Orathay Souksisavanh walks you through how you can create a huge range of bao and dim sum. Try your hand at mushroom dim sum and braised pork bao, as well as sides such as cucumber salad and braised aubergines, and even a selection of sauces.

With easy-to-follow instructions, *Bao & Dim Sum* is perfect for even the novice cook.

Orathay Souksisavanh is a food stylist and cookbook author.

- Includes step-by-step instructions for folding the bao
- Contains vibrant photography for each recipe
- Bao and dim sum are particularly popular among millennials

[View on Edelweiss](#)



DANS MA CUISINE CHINOISE

我的中式厨房

Lorsque j'avais 2 ans, tous les jours à la même heure, je prenais ma chaise à bascule et j'attendais le retour de mon père sur la terrasse. Ma mère, toujours étonnée, continuait à se demander encore aujourd'hui comment je pouvais avoir cette notion de temps. Car 5 minutes plus tard, mon père apparaissait avec 2 bao tout chauds dans un sac. Et le rituel pouvait commencer. J'ouvrais le bao en deux, j'engloutissais la farce. Je vidais ensuite le deuxième bao de sa garniture. Puis, je regardais longuement la pâte blanche dans le sac. Et consciencieusement, je finissais mes brioches par petites bouchées. Deux bao, tous les jours, au goûter, à 2 ans ! Plus tard, j'ai eu un chaton qui s'appelait Bao.

Chez nous, on cuisinait énormément, du matin jusqu'au soir, mais on ne faisait pas les raviolis. C'était notre repas familial au restaurant. La sortie du dimanche midi sans aller à la messe. La messe, on la faisait en donnant les numéros des plats que l'on commandait au serveur. Har gao, xiu mai, char xiu bao... ont bercé mon enfance. Ce n'est que bien plus tard, lorsque j'ai commencé à écrire des livres de cuisine que j'ai harcelé ma mère pour que nous testions toutes sortes de recettes. Des recettes que l'on ne faisait jamais, mais qu'on aimait manger, des recettes que je voulais pour notre patrimoine culinaire familial, des recettes que je partage aujourd'hui avec vous.

Orathay Souksisavanh

4 INTRODUCTION



BAO DE MAMA PORC HACHÉ & PETITS LÉGUMES

媽媽的包

Pour 12 bao
Trempage 40 minutes
Préparation 1 h 30
Levée 2 heures
Cuisson 15 minutes

Farce
500 g de porc haché
50 g d'oignon (1/2 petit)
80 g de carotte (1 moyenne)
10 g de shitake secs (3 petits)
10 g de champignons noirs secs
50 g de châtaignes d'eau
en conserve (facultatif)
1 gousse d'ail pressée
1/2 botte de coriandre
1 c. à s. bombe de féculé
de pomme de terre
1 œuf
3 c. à s. de sauce soja
6 cl d'eau
15 g de sucre (1 c. à s. bombe)
1 c. à s. d'huile végétale
1 c. à c. rasé de sel
Poivre du moulin

Pâte ultra moelleuse
Mélange 1
285 g de farine T55 tamisée
10 g de levure boulangère sèche
225 g d'eau tiède (55 °C)
Mélange 2
100 g de farine T55 tamisée
16,5 g de levure chimique
(1,5 sachet)
75 g de sucre brun ou semoule
40 g de beurre fondu

Conservation
Vous pouvez conserver
les brioches au frais 5 jours.
Réchauffez-les 10 minutes
à la vapeur.

16 BAO FAITS MAISON

Farce

Faites tremper les shitake et les champignons noirs dans un grand récipient d'eau chaude pendant 40 minutes. Coupez l'oignon, coupez la carotte et les châtaignes d'eau en petits dés. Lavez les champignons noirs soigneusement. Égouttez-les. Hachez grossièrement les champignons noirs. Coupez les shitake en petits dés. Chauffez l'huile végétale dans une petite casserole. Faites revenir l'ail et les shitake 2 minutes, ajoutez 1 cuillère à soupe de sauce soja et 6 cl d'eau. Poursuivez la cuisson 5 minutes jusqu'à ce que l'eau se soit évaporée. Laissez refroidir. Hachez les tiges et les feuilles de coriandre. Mélangez tous les ingrédients de la farce, poivrez généreusement. Vous pouvez cuire un peu de farce 15 secondes au micro-ondes pour goûter l'assaisonnement, rectifiez si nécessaire. Pesez la farce et divisez-la en 12 boules. Réservez au frais. Vous pouvez réaliser la farce la veille.

Pâte

Préchauffez le four à 200 °C. Mélangez la farine et la levure. Versez l'eau tiède en remuant avec un fouet. Couvrez d'un torchon et laissez reposer 1 heure dans le four éteint. La pâte doit bouillir et doubler de volume. Découpez 12 carrés de papier sulfurisé de 18 x 17 cm de côté. Mélangez la farine, la levure chimique et le sucre du mélange 2. Versez petit à petit dans le mélange 1, en remuant avec la main. Ajoutez le beurre fondu, continuez à mélanger. Lorsque la pâte est homogène, versez sur le plan de travail fariné et pétrissez avec la pumme jusqu'à ce que la pâte ne colle plus aux mains. Ajoutez de la farine si nécessaire. Pesez la pâte. Roulez-la en boudin et divisez-la en 12 boules.

Pliage & cuisson

Farinez le plan de travail et étalez chaque boule de pâte en prenant soin d'avoir le centre de la pâte plus épais que les bords. Réalisez les bao (voir page 16). Dessus chaque bao sur un carré de papier sulfurisé car elles vont gonfler à la cuisson. Disposez les bao bien espacés dans des paniers vapeur et laissez lever 1 heure sous un torchon. Versez une bonne quantité d'eau dans un bol vapeur. Lorsque l'eau bout, baissez légèrement le feu et déposez les paniers. Faites cuire 15 minutes. Retirez les brioches cuites avec une spatule et répétez l'opération pour les brioches restantes. Dégustez chaud.





[View on Edelweiss](#)

In Love with New York

Recipes and Stories from the City That Never Sleeps
Lisa Nieschlag and Lars Wentrup

2 February 2023
 9781784885946
 £16.99 | Hardcover
 176 Pages
 265 x 200 mm
 Full-colour Illustrations and Photographs

***In Love with New York* is an irresistible combination of 50 delicious sweet and savory recipes and stories of epic romance.**

Take a carriage ride through Central Park or hail a yellow taxi and discover all the culinary delights that New York has to offer, from classic pastrami sandwiches and indulgent brunch dishes to the quintessential Cosmopolitan cocktail.

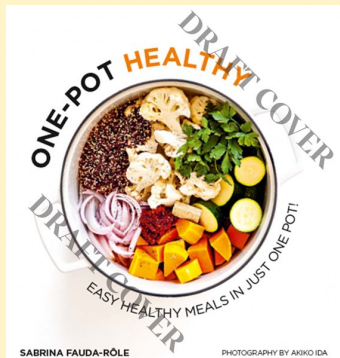
Be inspired by the city that never sleeps and relive moments from classic films and TV series such as *When Harry Met Sally* and *Sex and the City*.

In Love with New York will make you fall head over heels for the Big Apple.

Lisa Nieschlag is a cookery writer, designer and food photographer. With more than 18 cookbooks to her name, Lisa loves recipe writing and adores bringing that passion to the page. In addition to hosting food photography workshops, she also co-runs the award-winning design agency Nieschlag + Wentrup.

- Recipes and iconic moments from the silver, and small, screen come together in this celebration of New York City
- Quintessential delights like pastrami sandwiches sit alongside boozy highlights such as the cosmopolitan
- New York looms large in the popular imagination and with the *Sex and the City* reboot, *And Just Like That...*, that status remains assured





One-pot Healthy

Easy Healthy Meals in Just One Pot

Sabrina Fauda-Rôle

16 February 2023
 9781784886165
 £14.99 | Paperback - with flaps
 192 Pages
 220 x 205 mm
 Full-colour Photography

Bringing together classic dishes and fresh recipe ideas, *One-pot Healthy* teaches you how to cook 80 delicious and hearty meals in just one pot.

From weeknight essentials to gatherings and celebrations, there's something for every occasion. Start your day with a Tomato and Herb Omelette, try your hand at a speedy Chicken and Butternut Broth, ready in just 15 minutes and cook up a rather impressive Aubergine and Fig Casserole.

Filled with inspiration for simple, healthy and delicious meals, *One-pot Healthy* contains a wide variety of ingenious recipes, perfect for any night of the week. If you are time-poor, stuck in a food rut, but want a meal that makes you feel good – or simply hate doing the dishes – *One-pot Healthy* is the book for you.

Other titles in the *One-pot* series include: *One-pot Pasta*, *One-pot Vegetarian*, and *One-pot Vegan*.

Sabrina Fauda-Rôle is an author and food stylist. She has written *One-pot Pasta*, *One-pot Vegetarian* and *One-pot Vegan*.

- Over 80 recipes that are all super-straightforward and guarantee you a delicious, healthy meal in record time – some from pot to plate in as little as 10 minutes
- Fuss-free, weeknight dishes with minimal washing up
- *One-pot Vegetarian* has sold 11k copies in the UK

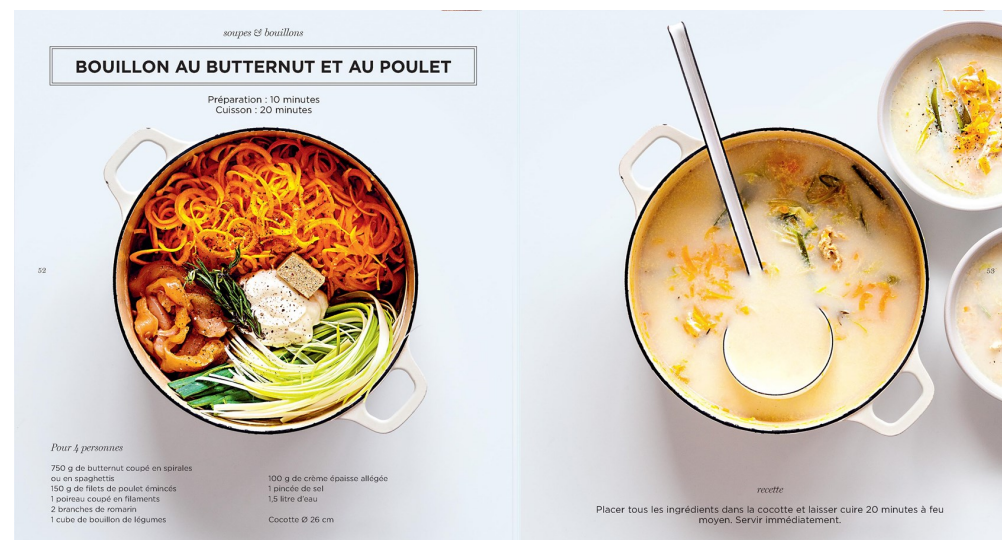
[View on Edelweiss](#)

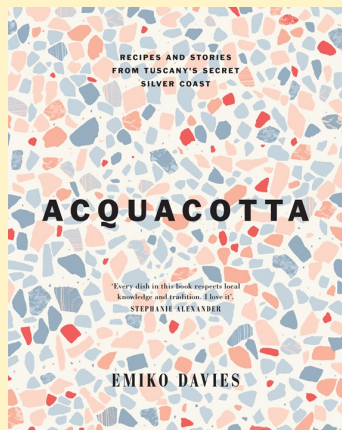


One-pot Vegetarian
 9781784882570
 £12.99 | Paperback - with flaps



One-pot Vegan
 9781784884833
 £12.99 | Paperback - with flaps





Acquacotta

Recipes and Stories from Tuscany's Secret Silver Coast

Emiko Davies

16 February 2023
9781743799253
£26.00 | Hardcover
272 Pages
246 x 195 mm
Full-colour Photography

Discover the cuisine of a secret part of southernmost Tuscany, known as La Costa D'Argento — the silver coast, in the second edition of *Acquacotta*.

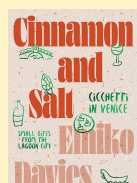
In this cookbook, Tuscan-based, Australian-born writer and photographer Emiko Davies has compiled and adapted her Italian family's best-loved recipes from Capalbio, Monte Argentario, Giglio Island and inland to the hot springs of Saturnia and the ancient Pitigliano.

Acquacotta is a celebration of the region that's named for the shimmering salt-and-pepper sand along this part of the Tyrrhenian Sea, its rolling hills, long beaches, overgrown fig trees, rambling vineyards – and rich culinary history.

Emiko Davies lives in Florence with her husband and two daughters. She writes about regional Italian food and travel on her blog, as well as for publications such as *Gourmet Traveller*, *Condé Nast Traveler*, *Food52* and Italian newspaper *Corriere della Sera*. Her beautiful Italian cookbooks include *Florentine*, *Acquacotta*, *Tortellini at Midnight*, *Torta della Nonna* and *Cinnamon and Salt*.

- Includes a new vegetarian and gluten-free index at the back of the book
- A beautiful take on one of Italy's last undiscovered food regions. *Acquacotta* is for those who want to learn more about the food, wild natural beauty, idyllic coastline and winding, sometimes crumbling, hilltop villages of Maremma

[View on Edelweiss](#)



Cinnamon and Salt: Cicchetti in Venice
9781743797310
£22.00 | Hardcover



Florentine
9781743796764
£22.00 | Hardcover



INTRODUCTION

This book is an ode to a beautiful sliver of the Maremma, in the southernmost part of Tuscany, where I lived for six months in 2015 with my daughter and my Tuscan husband, Marco, while he was working as Head Sommelier of Il Palicciano's renowned restaurant. We made our home in the pretty little fishing village of Porto Ercole, the smaller but more ancient of the two towns on the rugged, island-like promontory of Monte Argentario. A few kilometres away is Orbetello, with its lagoon and its strong Spanish history. The island of Giglio is a short ferry ride away. And a quick drive down the road is the beautiful town of Capalbio, the last Tuscan town on the border of Lazio.

It's a little corner of paradise known locally as *la Costa d'Argento*, the Silver Coast, supposedly named for the silvery shimmer of the salt and pepper sand that you find in these parts, along the Tyrrhenian Sea. A little further inland are the towns of Saturnia, with its pummeling natural hot springs; and Pitigliano, a stunning and ancient town seemingly carved out of the tuff rock it sits on, with a long and significant Jewish heritage.

This is a region of wide open spaces, swaying wheat fields, hills polka-dotted with olive trees, rambling vineyards bearing native grapes, overgrown fig trees and rampant prickly pears, long beaches and wild animals. Little villages sit perched, relatively undisturbed, on their hilltops with views of the sea – their roots stretching back to the most ancient of all Tuscans (the Etruscans). Closer to Rome than Florence, this stunning corner of the Maremma has a cuisine influenced largely by fishermen, hunters, farmers and *tutturi* (cowboys). Straightforward, thrifty and fully dependent upon its landscape of sea and hills, it's rich with history and flavour. And it is unlike any other in Tuscany.

One-pot dishes are a preferred way of cooking in the area, and whether it's a seafood or lamb stew or a soup of vegetables and a poached egg, it is food that I love to eat and love to cook – comforting, low-maintenance and easy to prepare. Much of it is born out of poverty, which means there also happens to be

a surprising selection of vegan and gluten-free dishes. It's also food that calls for sharing with friends or family, gathered around a big table with plenty of local wine and good conversation, perhaps finishing with a homemade digestif made from foraged herbs. Like most peasant cuisine, it's about getting the best out of a few ingredients and providing a belly-filling and nutritious meal that not only doesn't cost the earth but is simply delicious.



INTRODUCTION 9



Cult Sando

Classic and modern recipes for the popular Japanese sandwich



Jimmy Callaway

Cult Sando Classic and Modern Recipes for the Popular Japanese Sandwich Jimmy Callaway

30 March 2023
9781784886028
£12.99 | Hardcover
112 Pages
210 x 160 mm
Full-colour Photography

Cult Sando brings 30 recipes for the showstopping Japanese sandwich.

'Sando' are sandwiches that – in typical Japanese creativity – have undergone a makeover. With their slightly sweet, pillow bread and adventurous filling, they take the humble sandwich to new heights.

Jimmy Callaway explores the 'sando' in all its forms, from the classic tonkatsu sando to an inventive aubergine version. Also included are sweet treats like a strawberry sando and crème caramel sando.

In *Cult Sando* there is a sandwich perfect for any time of day.

Jimmy Callaway is a food stylist and recipe writer.

- Sando have long been an institution in Japan, and they continue to have growing popularity around the rest of the world
- The recipes are simple enough for any home cook to recreate
- Contains stunning photography of every sandwich

[View on Edelweiss](#)



Swordfish Katsu with Shichimi Tonkatsu Sauce

This simple and neat swordfish sando may look understated, but it will leave you returning for another fierce, fiery mouthful.

Makes 2

4 slices shokupan
1 L (2 pints) canola (rapeseed) oil, for frying
½ cup (75 g/2½ oz) plain (all-purpose) flour
2 eggs, whisked
2 cups (100 g/3½ oz) fresh panko
½ cup (125 ml/4 fl oz) tonkatsu sauce (see page 102)
¼ cup (25 g/1 oz) shichimi tenguuchi (see page 97)
2 x 200 g (7 oz) swordfish cutlets, cut into 9 cm x 12 cm (3½ inch x 4½ inch) pieces, skin and bloodline removed
2 tablespoons salted butter, softened

//

PREP/COOK TIME 30 minutes
PRESS TIME 5 minutes

1. Place oil in deep fryer and set to 190°C (375°F).
2. Set up a crumbing station (see page 12) in three consecutive trays, place plain flour first, eggs second and panko third.
3. In a small bowl, add tonkatsu sauce and shichimi togarashi and set aside.
4. Dust swordfish outlets in flour, dust off excess, followed by the egg-wash and panko. Cover thoroughly.
5. Gently place both outlets in fryer and fry until golden brown, about 1 minute.
6. Remove from fryer and allow to drain on a wire rack, about 3 minutes.
7. Evenly butter four slices of shokupan. Lightly dip both sides of swordfish outlet in tonkatsu mixture. Place on bottom slices and top with remaining slices.
8. Press unwrapped (between two pieces of baking/parchment paper) for 5 minutes.
9. To serve, trim crusts and cut widthways.

カジキフライ七味トンカツ
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Seafood

55



Strawberry and Sake Cream

This is a slightly boozier adaptation of a long-standing member of the sando family, with a delicate sake and strawberry perfume.

Makes 2

4 slices shokupan
250 ml (9 fl oz) double(thick) cream
3½ tablespoons caster (granulated) sugar
85 ml (3 fl oz) sake
18 strawberries

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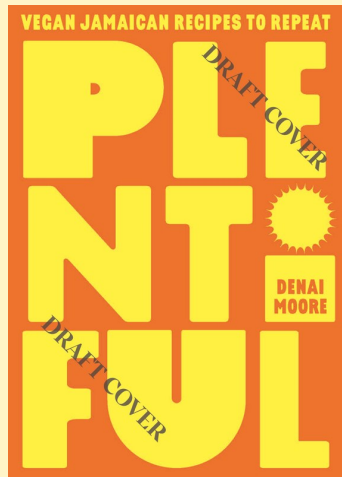
PREP/COOK TIME 20 minutes
PRESS TIME 30 minutes

1. Combine double cream, sugar and sake. Whisk until medium stiff peaks form, being careful not to over-whip.
2. Wash strawberries and pat dry on paper towels (kitchen paper). Slice off green tops, creating a flat surface.
3. Evenly distribute sake cream across four slices of shokupan. Lay strawberries across bottom slices and top with remaining slices, cream side down.
4. Wrap in cling film (plastic wrap) and press for 30 minutes in the fridge.
5. To serve, trim crusts and cut into four cubes.

イチゴ酒クリーム

Sweet

81



Plentiful

A Vegan Jamaican Guide to Nyammin' Good

Denai Moore

13 April 2023
 9781784885496
 £24.00 | Hardcover
 224 Pages
 247 x 173 mm
 Full-colour Illustrations and Photographs

Plentiful is a Jamaican cookbook with a vegan twist.

In this first-of-its-kind book, Denai Moore pays homage to flavours and authentic dishes from her Jamaican roots whilst firmly planting them within a modern-day context. From her convenient Rice & Peas Arancini to her comforting 'Oxtail' Gravy & Roasted Garlic Spring Onion Mash, the recipes are approachable, engaging and downright delicious.

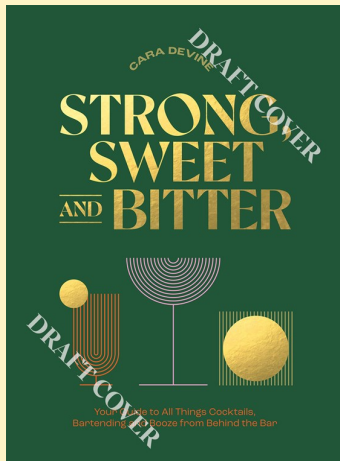
Jamaican food is often misrepresented, simplified and reduced to being really spicy – and MEAT heavy. Denai is a Jamaican chef who loves to make vegan food and in *Plentiful* she debunks this taboo about Jamaican food. With this book, she shows how exciting, diverse, and vibrant vegan flavours and Jamaican food truly are.

Denai Moore is an acclaimed British-Jamaican musician turned chef. Denai's pop-up, *Dee's Table*, has received a lot of praise from the *Metro*, *Vice*, *Dojo*, and was featured on Jamie Oliver's television series *Jamie's Meat-Free Meals*. As a recipe developer, Denai has written for the *Guardian*, and has held cooking demonstrations for *Time Out*.

- A soulful, modern, and expressive exploration of delicious-tasting, vegan Jamaican food
- Speaks to this generation of cooks and restaurant goers, to people trying to reconnect through their roots in a new interesting way
- Recipes are accessible, flavours are fresh and Denai focuses on what makes food delicious in an uncomplicated way

[View on Edelweiss](#)





Strong, Sweet and Bitter

Your Guide to All Things Cocktails, Bartending and Booze from Behind the Bar

Cara Devine

13 April 2023
9781743798539
£18.99 | Hardcover
224 Pages
230 x 170 mm
Full-colour Illustrations

Strong, Sweet and Bitter is the debut cocktail recipe book by hostess of popular YouTube series *Behind the Bar*, Cara Devine.

Diving into the Flavour Triangle, Cara shows us how the fundamentals of flavour can craft a drink from just about anything on hand, from classic cocktails to their lesser-known but equally delicious counterparts.

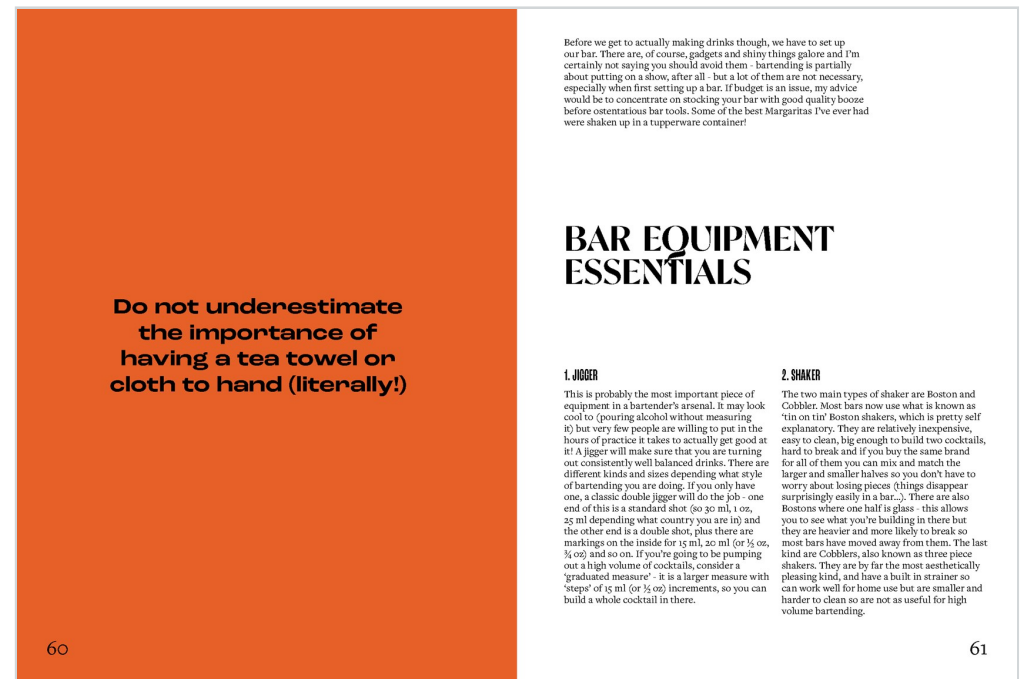
It's never too late to learn the basics of cocktail-making, and this guide will help even the most experienced bartenders learn how to make a base from scratch, providing insight into the science of ingredients and mixology to the essentials in equipment.

Sectioned by cocktail-type, this book has a drink to match all moods and tastes.

Cara Devine is the manager at Melbourne restaurant, Bomba Rooftop, and host of the hugely popular web series Behind the Bar. Behind the Bar, launched in 2019, shows professional bartenders, as well as viewers at home, how to make Penicillins, Daiquiris and more, with other episodes featuring product comparisons or deep-dives on topics like Japanese whisky, vermouth and bartending tools.

- More than 60 recipes included
- Behind the Bar has over 132k followers (with approx 49% from the US) and more than 6.8m views
- Packaged in a luxe 70s glam design style and a striking gold-foiled cover

[View on Edelweiss](#)



Do not underestimate the importance of having a tea towel or cloth to hand (literally!)

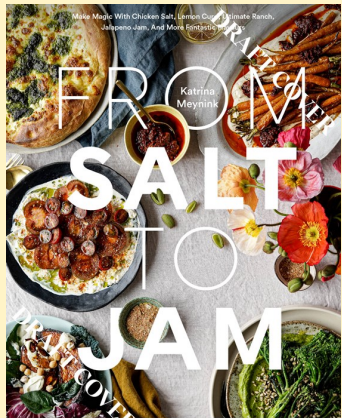
BAR EQUIPMENT ESSENTIALS

1. JIGGER

This is probably the most important piece of equipment in a bartender's arsenal. It may look cool to (pouring alcohol without measuring it) but very few people are willing to put in the hours of practice it takes to actually get good at it. A jigger will make sure that you are turning out consistently well balanced drinks. There are different kinds and sizes depending what style of bartending you are doing. If you only have one, a classic double jigger will do the job - one end of this is a standard shot (50 ml, 1.7 oz, 25 ml depending what country you are in) and the other end is a double shot, plus there are markings on the inside for 15 ml, 20 ml (or 1/2 oz, 1/3 oz) and so on. If you're going to be pumping out a high volume of cocktails, consider a 'graduated measure' - it is a larger measure with 'steps' of 15 ml (or 1/2 oz) increments, so you can build a whole cocktail in there.

2. SHAKER

The two main types of shaker are Boston and Cobbler. Most bars now use what is known as 'tin on tin' Boston shakers, which is pretty self explanatory. They are relatively inexpensive, easy to clean, big enough to build two cocktails, hard to break and if you buy the same brand for all of them you can mix and match the larger and smaller halves so you don't have to worry about losing pieces (things disappear surprisingly easily in a bar...). There are also Boston where one half is glass - this allows you to see what you're building in there but they are heavier and more likely to break so most bars have moved away from them. The last kind are Cobblers, also known as three piece shakers. They are by far the most aesthetically pleasing kind, and have a built in strainer so can work well for home use but are smaller and harder to clean so are not as useful for high volume bartending.



From Salt to Jam

Make Kitchen Magic
With Sauces,
Seasonings And More
Flavour Sensations
Katrina Meynink

13 April 2023
9781743798904
£24.00 | Flexibound
240 Pages
248 x 190 mm
Full-colour Photography

Recipe queen **Katrina Meynink** supercharges your kitchen with 20 flavour bomb sauces, spices, relishes, and jams that unlock 100 fantastic dinner ideas in her brilliant new cookbook *From Salt to Jam*.

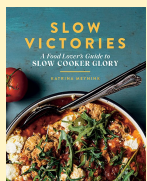
Featuring easy and delicious recipes based on bang-for-buck condiments – from harissa to chermoula, chicken salt to chocolate fudge sauce – this family-friendly, beautifully-photographed book will elevate your everyday cooking with ease. Turn a lively lemon curd into an oozy raspberry, lemon and meringue tart, or make a meal out of crisp cauliflower hash browns with a dollop of tahini yoghurt.

It's colourful guide full of saucy new ideas for your next delicious dinner, with the help of everything *From Salt to Jam*.

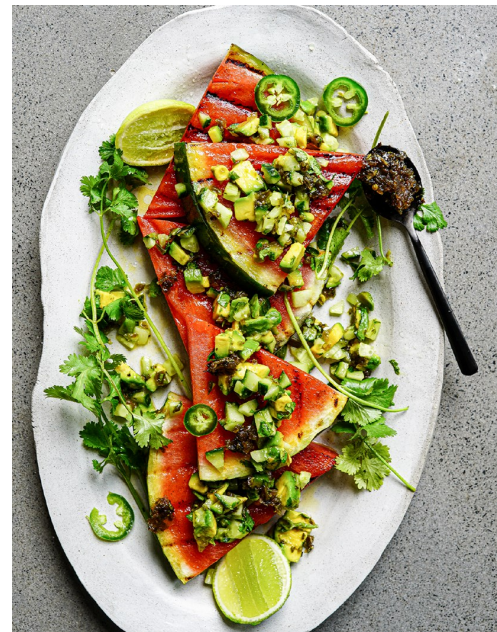
Australian food writer and recipe columnist **Katrina Meynink** has published three cookbooks: *Slow Victories*, *Bistronomy: French Food Unbound*, *Kitchen Coquette*; and the picture book *Lulu le Baby Chef*. The mum of three embraces fast, slow and in-between food, and regularly contributes to national and international food magazines with delicious meal ideas you want to cook.

- Offers simple and delicious solutions for hard-working, time-poor people
- Bright, arresting photography and clean, stylish design
- Many cookbooks with midweek recipes aimed at families are bland and uninspiring – this is full of big flavours and new ideas

[View on Edelweiss](#)



Slow Victories
9781743796412
£17.99 | Flexibound



Jalapeno Jam

Tuna, Jalapeno and guzu with tostadas
Late summer nights Grilled watermelon with jalapeno jam salsa
Cheese sticks for adults
Mescal marinated steaks with charred pineapple and Jalapeno jam
Egg burger, caramelised jalapeno jam onions
Corn, avocado and chickpea salad with jalapeno, miso and tahini dressing
Jalapeno Jam added fish tacos

Liquorice Jam

Chocolate liquorice thumb prints
Caramelised White chocolate, licorice and raspberry tart
Slow cooked liquorice short ribs, Asian salad and rice
Have a heart chocolate caramel ice creams
Liquorice loaf cake
Pavlova with liquorice jam and passionfruit

Quince Jam

Quince roast chook with saffron, olives and potatoes
Pear and quince crumble
Quince added Persian love cakes
Quince and pistachio buckwheat gallettes
Slow roasted Moroccan quince lamb with harag couscous
Quince Jam, yoghurt panna cotta with rye crumb and lemon thyme

Well I'll be jammed

Jalapeno Jam
Jalapeno Jam

Cheese sticks for adults

This is ridiculously good with smoked eggs. I can't even begin to explain. These are often available at the supermarket these days, but if unavailable just use normal eggs.

I've incorporated the jalapeno jam at every turn here. In the onions, in the mayo and its breakfast sandwich glory. It's messy, it's ugly and it's unashamedly delicious.

For the jalapeno onions, place a large frying pan over medium heat. Add the oil and butter and once the butter has melted, add the onions. Turn the heat to low and sweat the onions until completely soft, about 15 minutes. Season generously with salt. Add the jalapeno jam and stir to incorporate.

Combine the kewpie and jalapeno jam to a small bowl and use a fork to roughly combine.

Preheat the oven to 180C.

Add the slices of cheese to brioche bun halves and top with a dollop of the onion mixture. Pop in the oven to lightly toast and for the cheese to melt.

While the buns are warming, whisk the eggs until a uniform mixture. Pour into a cold frying pan and add the butter. Cook over low heat, using a spatula to turn the eggs to create a deliciously velvety texture.

When mixing your eggs, scrape the bottom of the pan to fold your eggs over almost as though you're creating layers. When the egg mixture is no longer loose, and looks just set, they are ready. Immediately take off the heat. Add the eggs to the burgers on top of the onions. Dollop over some jalapeno mayo and douse with salt and pepper. Top with the brioche bun top and eat immediately.

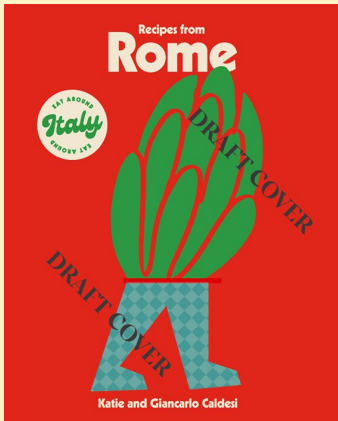
Serves 4-6

Ingredients
4 smoked eggs
Very bloody generous knob of butter
4 brioche rolls
4 slices of Cheddar cheese

Jalapeno onions
4 onions, sliced
3 tbsp olive oil
1 tbsp butter
Salt and pepper
4 tbsp jalapeno jam

Kewpie mayo
½ cup kewpie mayo
3-4 tbsp jalapeno jam

Jalapeno Jam
Jalapeno Jam



Recipes from Rome

Katie Caldesi and Giancarlo Caldesi

27 April 2023
9781784886288
£16.99 | Hardcover
272 Pages
222 x 179 mm
Full-colour Photography

Recipes from Rome is a culinary exploration of Rome, Italy's capital and one of the world's most loved cities, with its iconic landmarks and neighbourhood trattorias.

Unearth Rome's hidden gem recipes that have been handed down through generations, and discover new, exciting dishes inspired by Romans from all walks of life.

The Caldesis present their interpretations of classic dishes, like Spicy Cheese and Pepper Pasta, alongside family favourites, such as Sea Bass with Parma Ham and Sage. Collaborating with Rome's best chefs, they also share modern recipes like Fiery Hot Chilli Sorbet that reflect the heat and colour of this bustling city.

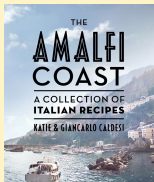
Recipes from Rome is a beautiful keepsake that provides an impressive, fresh look at the city's cuisine that is sure to inspire and surprise.

Recipes from Rome is the first volume in Hardie Grant's *Eat Around Italy* series, celebrating Italian cuisine at its best.

Owners of London's Caldesi in Marylebone, Caldesi in Campagna and La Cucina Caldesi cooking school, **Katie and Giancarlo Caldesi** have a passion for Italian food. They have taught alongside some of the biggest names in Italian cuisine and are the authors of seventeen cookbooks.

- Italy remains one of the most popular destinations for tourists, attracting millions every year

[View on Edelweiss](#)



The Amalfi Coast
9781784885021
£16.99 | Hardcover



Introduction

03

Welcome to our compilation album



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Section 1

03

Antipasti & vegetables

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Recipes from Andalusia

José Pizarro

27 April 2023
 9781784886325
 £16.99 | Hardcover
 256 Pages
 223 x 171 mm
 Full-colour Photography

Recipes from Andalusia is a culinary exploration of Andalusia, a place where the past and modernity blend together to form a rather magical destination.

Not just a feast for the eyes, Andalusia is also a food-lover's paradise. In *Recipes from Andalusia*, award-winning chef José Pizarro takes readers on a journey through it's most delicious dishes. Many of the dishes go back to Moorish times – or earlier – and each of the eight provinces has their own special dish.

Try your hand at Pork loin with pear and hazelnuts, Prawns baked in salt with mango, chilli, coriander salsa, and a rather boozy Barbary fig margarita. Written in José's signature fuss-free style, this is genuine, bold-tasting Spanish food, easily made at home.

A beautiful keepsake that provides an impressive, fresh look at the region's cuisine and set to the backdrop of beautiful location shots, *Recipes from Andalusia* is a must for anyone who loves authentic, simple Spanish food.

José Pizarro is an award-winning chef and bestselling author. He runs tapas and sherry bar José and restaurant Pizarro as well as restaurant José Pizarro, in London, The Swan in Surrey and two restaurants at The Royal Academy of Arts.

- Easy, accessible recipes the whole family will love
- Spain remains one of the most popular destinations for tourists, attracting millions every year
- Keeping the same content as *Andalusia*, we are revisiting the design to give it a new lease of life

[View on Edelweiss](#)



The Spanish Home Kitchen
 9781784884475
 £27.00 | Hardcover

Tuna tartar

Serves 4

½ small red onion, very finely chopped
 400 g (14 oz) sushi grade albacore or yellow fin tuna, cut into 2 cm (¾ in) dice
 1 serrano or jalapeño chilli, deseeded and finely chopped
 1 tablespoon capers, rinsed and chopped
 1 avocado, peeled, stone removed and cut into 1 cm (½ in) dice
 juice of 1–2 limes
 sea salt and freshly ground black pepper
 2 tablespoons extra-virgin olive oil
 handful of coriander (cilantro) leaves, chopped

The tuna caught off the Cádiz coast is some of the best in the world, and the fishing technique used is called *almadraba*. An age-old Phoenician method, it creates a maze of nets that the tuna swim into, taking advantage of their migration from the Atlantic to the Mediterranean for mating season. If you are in Andalusia, the best restaurant to eat tuna tartar is called La Carboná in Jerez. It's also a good place to try a wine called Parajete, apparently a favourite of Shakespeare's.

Place the red onion in a small bowl and cover with cold water. Soak for 5 minutes to remove some of the harsh flavour. Drain well.

In a medium bowl, mix the tuna with the onion, chilli, capers, avocado and lime juice to taste. Season well, drizzle over the extra-virgin olive oil and toss with the coriander. Serve immediately.

Fish

126



Chickpea & spinach stew

Serves 4

olive oil, for frying
 100 g (3½ oz) stale bread, cut into chunks
 60 g (2 oz) blanched almonds
 2 teaspoons cumin seeds
 good pinch of cayenne pepper
 5 black peppercorns
 1 onion, finely sliced
 3 garlic cloves, crushed
 600 g (1 lb 5 oz) ripe tomatoes, chopped
 sea salt and freshly ground black pepper
 700 g (1 lb 8½ oz) jar chickpeas (garbanzo beans)
 2 large handfuls of baby spinach
 4 slices of bread
 100 g (3½ oz) manchego, grated

To serve
 extra-virgin olive oil

Vegetables

Before and during Easter, Catholic people don't eat meat on Fridays, so this vegetarian stew, traditionally eaten during this period, has a long history, with distinct roots to the Moorish culture that predated Catholicism. According to some historians, this religious prohibition was merely a way for the church to control the consumption of an essential product by the masses, as meat was still on the table for the rich. Regardless, this stew is warming, filling, and wonderful to eat at any time of the year.

Pour a little oil into a frying pan over a medium heat and fry the stale bread chunks for 2–4 minutes, until lightly browned. Add the almonds and spices and toast for 2 minutes, then tip into a food processor and whizz with a splash of water to form a paste.

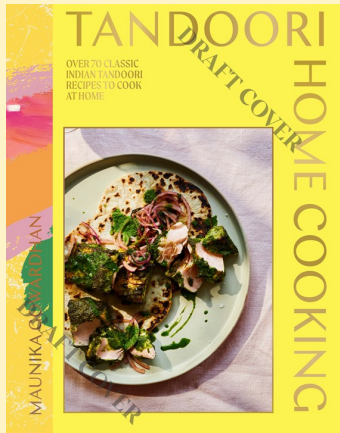
Heat a little more oil in the pan and gently cook the onion for 10 minutes, until softened. Add the garlic and tomatoes and season well. Bubble for 20 minutes, then add the chickpeas along with their liquid from the jar. Add the bread and almond paste and bring to the boil, then simmer for a few minutes to thicken before adding the spinach and letting it wilt. Check the seasoning and keep warm.

Heat the grill to medium-high. Drizzle the bread with oil and toast on one side, then flip over and lightly toast the other side. Top with the cheese and return to the grill to melt.

Spoon the stew into individual bowls and serve with the cheese toasts and a drizzle of extra-virgin olive oil.

126





Tandoori Home Cooking

Over 80 Classic Indian Tandoori Recipes to Cook at Home

Maunika Gowardhan

27 April 2023
9781784885786
£24.00 | Hardcover
224 Pages
248 x 190 mm
Full-colour Illustrations and Photographs

Tandoori Home Cooking is an approachable, vibrant and flavourful celebration of Indian tandoori cooking.

Maunika Gowardhan takes you on a tour of tandoori flavours across the streets and restaurants of India, with dishes that can be made in conventional ovens and grills in your home all year round.

From Aslam Butter Chicken and Zafrani Paneer Tikka, along with Apple, Beetroot and Mooli Salad and Garlic and Ghee Naan, to Mango and Pistachio Kulfi Lollies and Jal Jeera, there is a dynamic selection of classic recipes.

With meal planners to guide you, *Tandoori Home Cooking* arms home cooks with everything you need to bring tandoori cooking into your own home.

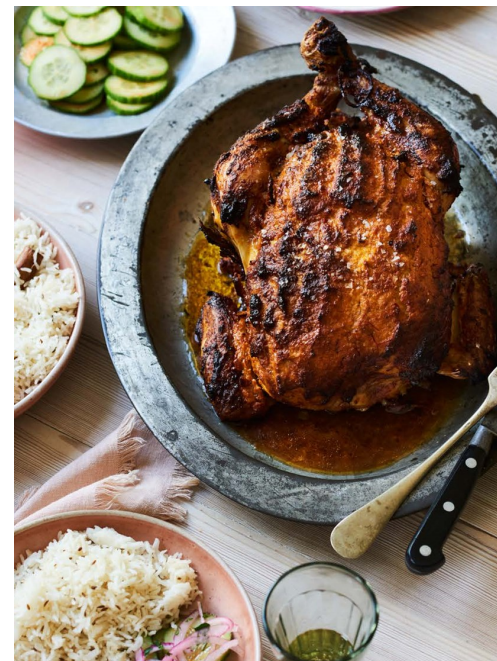
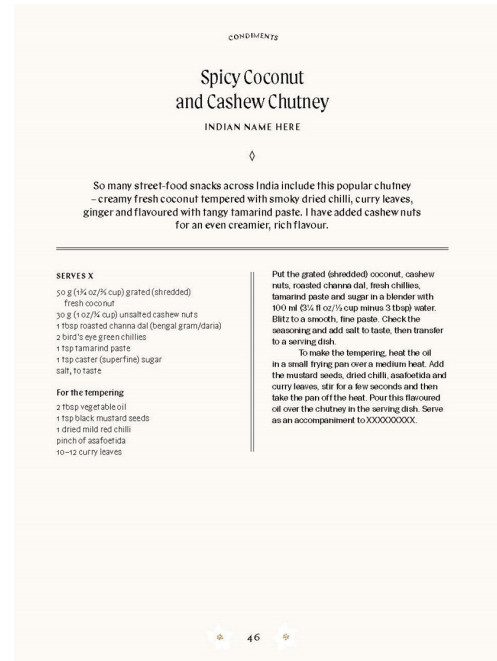
Maunika Gowardhan is an Indian chef and author, born and raised in Mumbai, India. She regularly contributes to publications including *BBC Food*, *Sunday Times*, *Telegraph* and is the contributing editor for *Vogue India*.

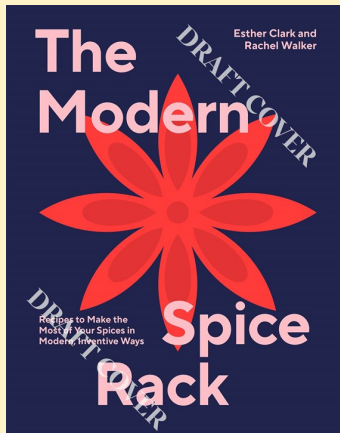
- Maunika's previous book, *Thali*, was a *Times* Bestseller and described by the *New York Times* as "a trove of dead easy, spur-of-the-moment weeknight meal ideas"
- Takes advantage of the fact that there isn't anything modern and up-to-date out there in this area for Indian food
- You don't need a tandoor oven – or even a barbecue – just an oven and a grill

[View on Edelweiss](#)



Thali (The Times Bestseller)
9781784884581
£22.00 | Hardcover





The Modern Spice Rack

Making the Most of Your Spices in Modern, Inventive Ways
Rachel Walker and Esther Clark

13 April 2023
 9781784885793
 £22.00 | Hardcover
 224 Pages
 225 x 175 mm
 Full-colour Photography

The Modern Spice Rack is an insightful guide to the most common spices, and offers up how best to use them in delicious recipes.

Spices have, historically, been a tricky ingredient. They're prevalent in everyone's kitchens, but too often are underused, and kept years beyond their 'best before date'. This cookbook encourages liberal, creative and everyday use – a well-timed pinch to elevate a dish, with a focus on great taste.

Colourful introductions give context to lesser-known spices and provide new insights into more familiar varieties, and the global, taste-led recipes will have readers cooking more confidently with spices.

Rachel Walker was working on the food desk at *The Sunday Times* when she founded the award-winning Rooted Spices in 2018, which sells single-origin and ethically-sourced spices.

Esther Clark trained and worked as a chef in Italy and Northern India. She then joined *BBC Good Food* as deputy food editor. Her clients include: *Guardian Feast*, *Waitrose Food Magazine*, the *Telegraph*, and the *Sunday Times*.

- Easy, accessible recipes that are suitable for weeknight dinners and less confident cooks
- Information about how and why flavour profiles work, so readers understand what to cook as well as how to cook it

[View on Edelweiss](#)

Za'atar Fried Fish with Preserved Lemon Tartare

Za'atar (Page XX)

Serves 4

Takes: 1 hr
 Effort level: A little effort

- 600g sustainable skinless and boneless white fish fillets - hake, haddock or dover sole work well
- 2 tbsp za'atar
- 50g plain flour
- 2 eggs, beaten
- 100g dried panko breadcrumbs
- Rapeseed or sunflower oil, for frying
- Chips, brioche buns or white bread, to serve
- Baby gem lettuce, shredded
- For the tartare
 - 150g mayonnaise
 - ¼ lemon, juiced
 - 1 preserved lemon, inside scooped out and skin finely chopped
 - 1 tbsp baby capers
 - 3 corianders, chopped
 - ½ banana shallot, finely chopped
 - 1 small bunch dill, finely chopped
 - 1 tsp za'atar

With za'atar's citrus profile it was bound to work well with fish. I like to add it to panko breadcrumbs and fry the fish in them until golden then eat them alongside chips or piled into buns with tartare sauce. It has an element of nostalgia and it's easier than you think to make a crackling homemade fish and chips. I add a chopped preserved lemon to my tartare because I like the intensely lemony flavour but you can omit this for a zested lemon if you like.

1. Cut the fish into 8 chunky fingers, about 4cm in width. Place the flour, eggs and panko into separate shallow bowls. Mix 1 tbsp of za'atar into the flour and one into the panko. Dip each finger into the flour, followed by egg then panko. Set aside on a tray, in the fridge covered until ready to use (these will now keep for up to 24 hrs).
2. Mix the mayonnaise, lemon juice, preserved lemon, capers, corianders, shallot and dill together. Season gently with a little salt and black pepper.
3. Heat 3 cm of oil in a large, non-stick frying pan over a medium heat. Get yourself a tray read and lined with kitchen towel. Fry each finger for 5 mins, turning half way until crispy and a deep golden brown. Set aside on a plate and sprinkle with a little salt.
4. Serve your fish fingers with the tartare and lettuce sandwiched between soft buns or with a pile of chips.

Quick Tip

- Sprinkle za'atar on literally any fish and it will be delicious. Try baking salmon or trout in paper with za'atar and oil or cook prawns in za'atar butter.



22 Weekend Feasts

Za'atar 23

Turkish Eggs (Cilbir)

Pul Biber (Aleppo/Urfa) (Page XX)

Serves 2

Takes: 15 mins
 Effort level: Easy

- 300g full fat thick Greek yoghurt
- 1 small garlic clove, finely grated
- ½ tsp flaky sea salt
- 40g unsalted butter
- 1 tsp Aleppo pepper
- 4 medium, fridge cold, free-range eggs
- 1 tbsp white wine vinegar
- Handful torn dill
- Handful torn parsley
- Lots of toasted sourdough, to serve

I am not the first, nor will I be the last to promote my love for Turkish eggs but they really need to be shouted about and celebrated in as many pages of books as possible because they are truly exceptional. Poached eggs sit on a bed of thick, creamy garlicky yoghurt before being drizzled with warm chilli butter. I'd never have guessed that hot poached eggs on a bed of yoghurt would be so good but paired with a chilli spiked butter and a crunchy hunk of toast, they are one of the best egg dishes around and I will cook them, order them and talk about them for as long as I can.

1. Mix the yoghurt with the garlic and salt. Chill until needed.
2. Heat the butter in a frying pan until foaming then then add the Aleppo pepper and fry for 2 mins. Add a pinch of salt.
3. Bring a deep pan of salted water to the simmer. Coat an egg cup or small ramekin with some of the vinegar. Crack an egg into the cup. Turn the water down to a simmer, swirl the water vigorously to create a vortex. When the vortex is almost subsided, drop the egg into it. Cook for 3 mins undisturbed, then scoop out the egg and set aside on a plate. Repeat with the remaining eggs.
4. Spoon the yoghurt into 4 bowls. Top with the eggs, butter and herbs. Serve with lots of thick, toasted sourdough for dunking.

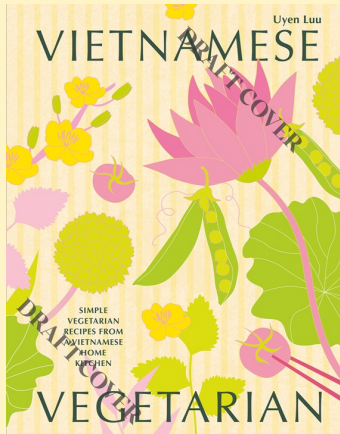
Quick Tip

- **Aleppo butter corn** - mix 1 tbsp Aleppo pepper with 80g butter, 30g grated parmesan and a pinch of salt. Par boil 6 corn on the cob for 10 mins then grill and brush with the butter.
- **Aleppo fried eggs** - fry eggs in oil over a high heat until crispy then sprinkle with Aleppo pepper and lots of salt.



12 Breakfast and Brunch

Pul Biber (Aleppo/Urfa) 13



Vietnamese Vegetarian

Simple Vegetarian Recipes from a Vietnamese Home Kitchen
Uyen Luu

25 May 2023
9781784885519
£24.00 | Hardcover
224 Pages
248 x 190 mm
Full-colour Photography

Vietnamese Vegetarian showcases over 80 of the tastiest vegetarian Vietnamese recipes from Uyen Luu.

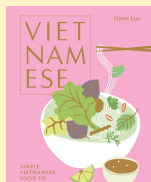
From quick dishes such as Sweet Potato Noodles with Roasted Fennel and Sweetheart Cabbage and Grilled Vegetable Banh Mi, to dishes fit for a feast such as Mushroom and Tofu Phở and Rice Paper Pizza, as well as sweet treats like Rainbow Dessert and Lotus and Sweet Potato Rice Pudding, there is a vast array of dishes for any occasion.

With tips and tricks on how to adapt the recipes to use alternative ingredients, this is bound to be everyone's go-to book on vegetarian Vietnamese food.

Uyen Luu is a food photographer. She has run a Vietnamese supper club, as well as cooking classes. Uyen grew up in Hackney, London, since her family moved there in the 80s as refugees. This is her third book.

- The next in the best-selling *Vietnamese* series
- Full of stunning photography from Uyen Luu
- Vietnamese food is one of the most popular amongst vegetarians, offering up an abundance of delicious dishes

[View on Edelweiss](#)



Vietnamese
9781784884239
£22.00 | Hardcover



NO CHICKEN WINGS TOFU KNOTS

BÁNH CHUỐI NƯỚNG

These are delicious starter party snacks which are also fantastic on vermicelli noodle salad bowls complimented by lovely fruit preserves and play on the perfect Vietnamese balance of sweet, sour, umami and heat.

Serves 2
Prep — 15 mins
Soak — 1 hour
Cook — 20-30 mins

Batter
12 – 16 tofu knots, soaked in hot water for 1 hour
60g cornflour
¼ tsp ground turmeric
¼ tsp ground ginger
¼ tsp caster sugar
Pinch of sea salt
4 tbsp oil for cooking

Sauce
1 tbsp ghee
1 garlic clove, finely chopped
2 birdseye chillies, finely chopped
1 tbsp apricot jam
1 tbsp fish sauce

Garnish
¼ lime juice, plus zest
Toasted sesame seeds
10g coriander, chopped
2 sprigs spring onion, sliced

After soaking the tofu knots, leave them in a colander to drain for 10 mins. Meanwhile, mix the batter ingredients together (except the oil) on a large plate. Then add the tofu knots to the plate and even coat in the flour mix. Get into all the nooks and crannies.

In a shallow frying pan with medium heat and 2 tbsp of cooking oil, gently fry place the tofu knots and fry for about 5 minutes on one side until golden. Turn on the other side, add the last 2 tbsp of oil and continue frying for another 5 minutes. Then drain off on a kitchen towel. To keep them warm, leave in a 70c oven for (no longer than an hour).

To make the sauce, use a small saucepan, add the ghee and garlic, cook until slightly golden then add the chillies, apricot jam and fish sauce. Mix well together and cook until the jam has dissolved and it is bubbling for a couple of minutes.

To serve, place the knots onto a plate and pour the sauce all over the knots. Squeeze over with fresh lime juice, sprinkle with toasted sesame seeds, coriander, spring onion and lime zest.

Note:
Try using any jams you have going but I find that the more citrusy ones like marmalade and grapefruit jams work well.

33
CHAPTER

33 VEGAN BANH KHOT

BÁNH KHOT CHAY

These serve as great starters, snacks or make lots for a salad feast. They are such delicious little bites, each one a teaser for all the goodness of vegetables. The combination here plays with crunch and softness. Serve on little gems and lots of herbs.

Serves 2
Prep — 10 mins
Cook — 35 mins

Batter
135g white Asian rice flour
40g cornstarch
¼ tsp turmeric
¼ tsp garlic powder
Generous pinch of sea salt
260ml coconut milk
260ml sparkling water
3 spring onions, all parts, thinly sliced
20 tsp cooking oil

Filling
60g split mung beans, soaked 30–60 mins
60g okra, sliced 5mm circles
100g fine green beans, sliced into 5mm circles
60g oyster mushrooms, sliced 5mm
3 chestnut mushrooms, sliced 5mm
3 garlic cloves, sliced
1 tbsp cooking oil
1 tbsp soy sauce
1 tbsp ponzu or rice vinegar
1 tbsp maple syrup

Dressing
4 tbsp unpasteurised soy sauce or light soy sauce
1 tbsp tahini
¼ lime or lemon juice
1 tsp maple syrup

Topplings
Almond flakes
Nori flakes

Garnish
Little gems and/or chiorio
Coriander, mint, Thai Basil – an option or all.
Any variety of Vietnamese herbs (optional)

Equipment
Takoyaki Grill Pan or fairy cake tin

In a mixing bowl, add the rice flour, cornstarch, turmeric, garlic powder, a pinch of salt and coconut milk. Whisk well together until there are no more lumps then rest for about an hour.

Soak the mung beans, when ready, rinse and drain then slice the okra and set both aside separately. Slice the fine green beans, mushrooms and garlic.

In a hot wok or frying pan, add the cooking oil and garlic. When the garlic starts to take colour, add the mung beans and green beans, stir fry for about 3 minutes then add the mushrooms, soy sauce, ponzu or rice vinegar and maple syrup. Stir fry for another 2 minutes until the mushrooms have wilted and set aside.

To make the dressing, mix the soy sauce, tahini and lime or lemon juice and maple syrup together and serve into individual dipping bowls.

After an hour of resting, add sparkling water and spring onions to the batter and mix well together and pour into a jug.

On medium high heat, heat a takoyaki grill pan over the stove, (after a couple of minutes, hover your hand 10cm over it. If it feels too hot to stay, it is ready). Add 1/4 tsp of cooking oil into each hole. Mix the batter, because the flour tends to fall to the bottom before pouring it into the wells, leaving about 5mm at the top. Finish each cake with a small teaspoon of the mung bean and mushroom filling and decorate with a slice or two of okra on top.

Cover the takoyaki grill pan with a lid. If you don't have a square one that fits, fashion a piece of foil paper to cover. Cook for 6–8 minutes depending on how hot your stove is. You can check if the bottoms are brown and crispy.

Remove from the pan with a spoon onto serving plates and repeat with the rest of the batter and filling.

To serve, sprinkle flaked almonds and nori flakes or feel free to use nuts, seeds and condiments you have in the store cupboard, make sure contents are sliced, small to the bite and crunchy. If you have flaked almonds, these are the perfect texture.

To eat, place a lettuce onto the palm of your hand, layer it with plenty of herbs and a piece of banh khot. Spoon over a little dressing and enjoy.



33
CHAPTER



[View on Edelweiss](#)

Yiayia

Regional Recipes and
Stories from Greece's
Grandmothers
Anastasia Miari

30 May 2023
9781784886127
£27.00 | Hardcover
256 Pages
248 x 190 mm
Full-colour Photography

Yiayia: Regional Recipes and Stories from Greece's Grandmothers showcases Greek cookery and features sharing dishes, mainly vegetarian, from the kitchens of grandmothers across Greece.

Think stuffed courgettes from Lesvos. A Tinian fourtalia. Corfiot spicy bourdeto stew. Ionian pasta dishes. Cretan Dakos salad. Watermelon cake from Milos. Despite its popularity, people's knowledge of Greek cuisine is still fairly limited when considering the diversity of dishes you can find across its 6,000 islands and mainland.

With stunning location photography and heartwarming interviews, you can discover the true food of Greece and the characterful grandmothers behind it.

Founder of Matriarch Eats, **Anastasia Miari** has been cooking with and interviewing the world's grandmothers for six years. She holds a Guild of Food Writer's Award, freelances for Lonely Planet Guides, *Monocle Magazine*, *Konfekt Magazine*, the *Guardian*, the *Sunday Times* and is *Courier* magazine's Athens-based correspondent.

- Stunning location photography matched with heartwarming stories
- Distinct regional dishes, exploring lesser known parts of Greece
- Written by a Greek-British food and travel writer with excellent connections in the UK and US





[View on Edelweiss](#)

Time & Tide

Recipes from a Coastal Kitchen
Emily Scott

8 June 2023
9781784885755
£27.00 | Hardcover
256 Pages
247 x 173 mm
Full-colour Photography

In *Time & Tide*, Emily Scott weaves together all the strands that influence and inspire her cooking; from the salt-scented air to the ever-changing shades of the water and the shapes and textures of the wild fennel and tamarisk plants that crowd in on the coastal path. These elements make for incredible dishes infused with creativity and a sense of place.

Emily's recipes reflect the ebb and flow of daily life during the year; from breakfasts of overnight oats and buttery crumpets to lunches of sea-herb focaccia, and from suppers of Cornish bouillabaisse to desserts of treacle tart and bramble and peach crumble. Each dish evokes something inherently special to Emily and the culinary delights of Cornwall.

Be welcomed into her coastal world with more than 80 recipes alongside stunning photography to help you discover this most-magical of places.

Emily Scott is a chef, restaurateur and the author of *Sea & Shore*. Her restaurant, Emily Scott Food, is in Watergate Bay and she was selected as one of the host chefs for the 2021 G7 summit in Cornwall.

- Emily is a well-respected chef and restaurateur, who has an infectious enthusiasm for the cuisine of Cornwall
- Cornwall remains an incredibly popular staycation destination post-lockdown
- Emily was selected as one of the chefs to cater the G7 summit with world leaders in 2021



Sea & Shore
9781784883997
£26.00 | Hardcover



cornish scallops, beurre blanc, chives, fennel

SERVES 4 (ALLOWING 3 SCALLOPS EACH)
12 scallops (see on, see off, entirely up to you – personally, I prefer no sea) sunflower oil, for brushing
2 shallots
1 tsp chives
juice of 1 lemon
1 fennel bulb, fronds and all, finely sliced (fennel is so versatile and delicious raw or cooked)
75ml white wine
75ml dry white wine vinegar
80ml water
150g cold unsalted butter, cut into cubes
pinch of sea salt
a splash of Pernod, if you are feeling over-eccited
Cornish sea salt and white pepper

Prepare the scallops: pull off the pale white frill and any other pieces around the scallop to leave you with a sweet, plump, clean-looking scallop (or ask your fishmonger).
Place the scallops on a plate, brush with sunflower oil, season lightly with sea salt, and set aside.
Finely chop the shallots, finely chop the chives and squeeze the juice of a lemon into a bowl. Finely slice the fennel keeping the feathery fronds and toss in the lemon juice.
Place the shallots, vinegar and white wine in a pan with the water. Bring to a gentle simmer and reduce until almost all the liquid has gone. Turn the heat down and whisk in the cubes of cold butter, one piece at a time. Once all the butter has been added, the sauce should resemble a thin oyster. Turn off the heat and set aside.
Heat a heavy based frying pan and pan fry the scallops for 2 minutes until they are caramelised in colour, turn and cook for another minute. Time for adding that splash of Pernod if you are feeling it. Add the chopped chives to the butter sauce and taste.
Divide the butter sauce among warm serving plates. Place 3 scallops on each plate and garnish each scallop with fine shards of fennel. Eat with happiness and mop up any butter left on the plate with some bread.

COOK'S NOTE A quick supper that I sometimes do for my family: use beurre blanc to finish off spaghetti with chilli and sage.



SIMON
BAJADA



MALTA

Flavours of the Mediterranean

[View on Edelweiss](#)

Malta Flavours of the Mediterranean Simon Bajada

22 June 2023
9781743798812
£26.00 | Hardcover
224 Pages
248 x 190 mm
Full-colour Photography

Malta takes you to the captivating archipelago between Sicily and the North African coast, with 70 recipes showcasing the country's vibrant Mediterranean cuisine.

In this beautiful ode to Maltese cooking, Simon Bajada captures the everyday food of Malta for the home cook, including dishes such as Ftira, a flattened sourdough bread loaf drenched in tomato with tuna capers and olives; Aljotta, a hearty fish stew; and Bigilla, a broad bean paste used as a delicious dip.

Malta is a one-way ticket into the heart of one of Europe's most captivating hidden gems.

Simon Bajada has authored three cookbooks – *The New Nordic*, *Nordic Light*, and *Baltic*. He has worked as a chef, food stylist, recipe developer and photographer and has a Diploma in International Hotel Management and a Diploma in Le Cordon Bleu cookery.

- A contemporary look at one of Europe's most beautiful "hidden gems"
- Featuring 70 original recipes for the home cook from a lesser-explored country
- An armchair travel/cooking guide celebrating the untapped beauty of Malta
- Australian-born, Swedish-based writer/photographer Simon Bajada explores his Maltese family heritage
- One of the few illustrated titles about Maltese cuisine



Crackers galette

INGREDIENTS

2 small fish
2 medium aubergine finely
2 medium onion finely chopped finely
2 onions sliced
1 head of garlic
5 tomatoes sliced
1 tablespoon tomato paste
3 tablespoons oil
3 tablespoons chopped mint
1 tablespoon oregano
15 grams salt
15 grams olive oil
1 fish stock cube
olive oil
salt
pepper
herbs

HOW TO

1. Preheat oven to 200°C. Cut the aubergine into small cubes and the onion into small cubes. Fry the aubergine and onion in oil for 10 minutes until soft.

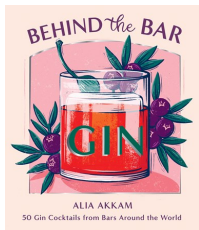
2. Heat the oil in a pan and fry the fish for 5 minutes until cooked. Add the aubergine and onion and cook for 5 minutes until soft.

3. Add the aubergine and onion to the fish and cook for 5 minutes until soft.

4. Add the aubergine and onion to the fish and cook for 5 minutes until soft.

SUNT ETUR SEQUAS de eod occupat occidit volentibus unius utatur enim inna a ped ulpa qui odili excozo missecam ipsam, que nonsequi cuncta a samer seque auctatus.



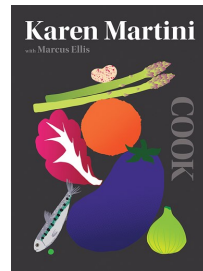


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£12.99 | Hardcover
176 Pages
180 x 160 mm

Behind the Bar: Gin

50 Gin Cocktails from Bars Around the World

Alia Akkam

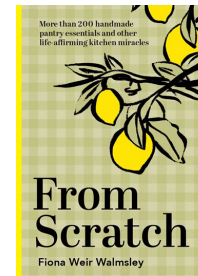


Out now
9781743794494
£55.00 | Hardcover
912 Pages
245 x 190 mm

COOK

The Only Book You Need in the Kitchen

Karen Martini



Out now
9781743798072
£24.00 | Hardcover
320 Pages
240 x 180 mm

From Scratch

More than 200 handmade pantry essentials and other life-affirming kitchen miracles

Fiona Weir Walmsley

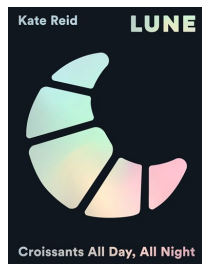


Out now
9781784885694
£25.00 | Hardcover
224 Pages
248 x 190 mm

JapanEasy Bowls & Bento

Simple and Satisfying Japanese Recipes for All Day, Every Day

Tim Anderson

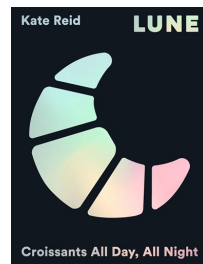


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272 Pages
283 x 216 mm

Lune

Croissants All Day, All Night

Kate Reid

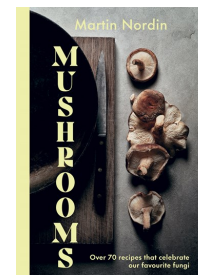


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Lune (Special Edition)

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Kate Reid

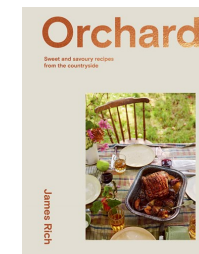


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Mushrooms

Over 70 Recipes That Celebrate Our Favourite Fungi

Martin Nordin

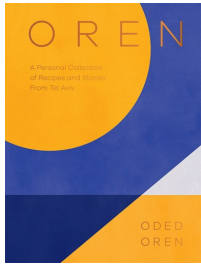


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James Rich



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Oded Oren



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256 Pages
248 x 190 mm

Pasta Grannies: Comfort Cooking

Traditional Family Recipes From Italy's Best Home Cooks

Vicky Bennison



Out now
9781784885335
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176 Pages
248 x 187 mm

Simply Chinese

Recipes from a Chinese Home Kitchen

Suzie Lee

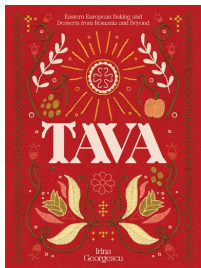


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224 Pages
247 x 173 mm

Supper

Recipes Worth Staying in For

Flora Shedden

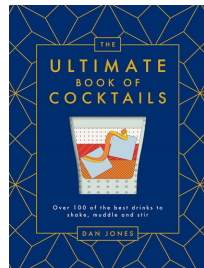


Out now
9781784885441
£27.00 | Hardcover
272 Pages
248 x 190 mm

Tava

Eastern European Baking and Desserts From Romania & Beyond

Irina Georgescu

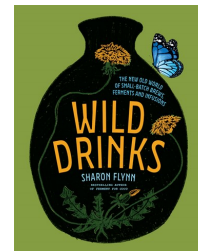


Out now
9781784883478
£18.00 | Hardcover
256 Pages
225 x 175 mm

The Ultimate Book of Cocktails

Over 100 of the Best Drinks to Shake, Muddle and Stir

Dan Jones



Out now
9781743796115
£18.99 | Hardcover
224 Pages
230 x 190 mm

Wild Drinks

The New Old World of Small-Batch Brews, Ferments and Infusions

Sharon Flynn



Out now
9781741177954
£15.00 | Hardcover
176 Pages
185 x 148 mm

World Cocktail Adventures

40 Destination-inspired Drinks

Loni Carr and Brett Gramse



Gardening



Home Harvest

Your Pocket Card Guide
to Kitchen Gardening
**Bridie Cotter and Tom
Gaunt**

2 March 2023
9781743798188
£15.00 | Cards
65 Pages
155 x 102 mm
Full-colour Illustrations

Home Harvest: Your Pocket Guide to Kitchen Gardening is a practical, fun and easy-to-read deck of cards that will help you plant and grow your own kitchen garden.

Growing vegetables sounds like a daunting task if you've never done it before, but it's actually very simple. Including gardening 101 tips plus instructions for growing vegetables, herbs and flowers, *Home Harvest* breaks down the basics of growing your own food.

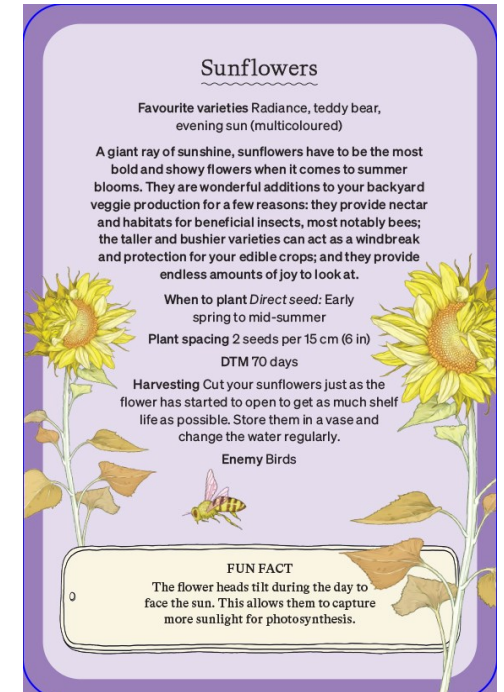
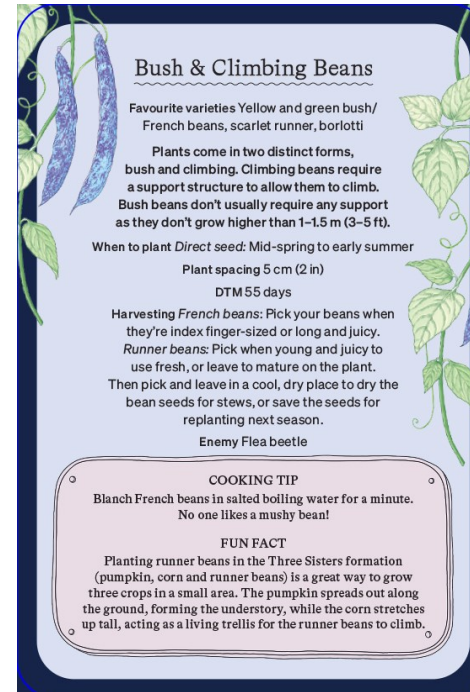
Divided into four sections (Gardening 101, Veggies, Herbs and Flowers), these cards will help you start your garden from scratch, offering helping guidance and advice on everything from plant health to common pest management.

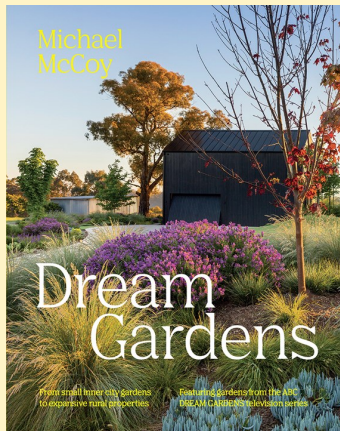
Each card is beautifully illustrated by the phenomenal Edith Rewa, making this a stunning gift for every gardener in your life.

Bridie Cotter and **Tom Gaunt** are organic veggie farmers from Australia. They are regenerative farmers, farming on leased land, focusing on soil health and structure their business to produce the most nutritious and delicious vegetables possible.

- Features 61 cards covering veggies, herbs, flowers and gardening 101, so you can choose the ones you need and take them out into the garden without having to lug around a book
- Simple, easy-to-follow instructions and helpful advice to get beginners started
- A perfect gift for a novice gardener, ideal for Christmas, Mother's Day, and Father's Day

[View on Edelweiss](#)





Dream Gardens Michael McCoy

16 March 2023
9781743798881
£40.00 | Hardcover
288 Pages
290 x 225 mm
Full-colour Photography

***Dream Gardens* explores twelve gardens in challenging spaces, from tiny plots in the inner city, suburban blocks, sandy seaside properties to expansive country acreages.**

Michael McCoy, garden designer and host of popular Australian TV series *Dream Gardens* shows us the challenges and the solutions for creating beautiful functional gardens. By drawing on great garden design each garden finds the perfect solution. In each challenging case, a beautiful garden is created to meet their owners' needs.

Dream Gardens illustrates, with stunning photography, how we can use design to make simple changes to our gardens to enjoy beautiful and functional living spaces.

The book also features interviews with well-known garden designers, including Fiona Brockhoff and Paul Bangay.

Michael McCoy is a garden designer, author, and host of the three season ABC TV series *Dream Gardens*. Michael has designed gardens all over Australia as well as overseas. His design work has featured in *Gardens Illustrated* (UK), *Garden Design* (USA), and bestselling international garden design books including *Dreamscapes* and *Wild*.

- Filled with beautiful photographs and inspirational advice
- Includes interviews with well-known garden designers including Fiona Brockhoff and Paul Bangay



'Understanding what a plant will look like once it is fully grown is very important in small gardens.'

A SUBURBAN RUSH DREAM

13



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[View on Edelweiss](#)

The Herb Gardening Handbook

A Beginners' Guide to Growing and Harvesting Herbs No Matter Your Space

Andrew Perry

30 March 2023
9781784885762
£14.99 | Hardcover
144 Pages
185 x 135 mm
Full-colour Illustrations and Photographs

The Herb Gardening Handbook gives you the know-how of what herbs to buy, what to plant them with, how to use them, no matter the space available.

Beginning with a simple guide of how to get started and the best growing conditions for herbs, *The Herb Gardening Handbook* is a stylish guide to 12 herb projects that will suit everything from indoor window ledges to balconies and gardens. From the Cocktail Herb Garden, that will make summer drinks all the more fragrant to the Pizza Pantry Garden where readers will grow everything needed to create delicious pizza toppings. There are also projects to make a positive impact on the environment, such as the Bee Buffet which will help attract pollinators.

Using widely accessible herbs as well as suggestions for more interesting varieties and including stunning photography, this book is perfect for gardening beginners, as well as seasoned pros looking to learn some new tips and tricks on how to make the most of herbs.

Andrew Perry is the brain behind Urban Herbs, which sells herbs online, at regional markets and BBC Good Food Shows. Andrew works with local charities to create herb gardens, emphasising the benefits of sensory gardens in schools and uses social media to promote the joy of growing.

- Low price point, gift format to sit well at tills and displays in gift shops, garden centres and lifestyle stores
- Globally accessible plants used



Project 08

The Winter Herb Garden

How difficult is this to do?

This is a project that will provide you with beautiful vibrant flavour throughout the colder months of the year and it is a fun and easy way to plant up herbs for the winter; a perfect activity for a late summer or early autumn day.

What will you need?

- + Several planters with drainage.
- + Horticultural grit to aid drainage
- + Multipurpose compost

Suggested plants for this project

- + Golden Thyme
- + BBQ Rosemary
- + Variegated Lemon Thyme
- + Winter Savory

Notes over page.

23

Caring for The Bee Buffet

- + Ensure that the bee buffet is watered during prolonged spells of warm weather.
- + Often when growing herbs, it is suggested that you prune to avoid the herbs flowering and the plant diverting energies to the blooms. However, the purpose of the bee buffet is to generate as many flowers as possible so allow your herbs to flower.
- + As the flowers fade, remove spent flowers to encourage further flowering.
- + The plants within the bee buffet have been chosen to provide flowering throughout the length of the growing season. The Chives will flower in early spring, providing a much needed early source of pollen. The Chamomile will flower in early summer, while the Hyssop and Lavender will provide late summer sources of pollen. Often, the Lavender will flower into early autumn.
- + As the bee buffet begins to tire ahead of the colder months, why not, add some seasonal bedding for additional interest and a source of pollen for any bees bravely venturing out into the colder months.

Chapter — Project Title

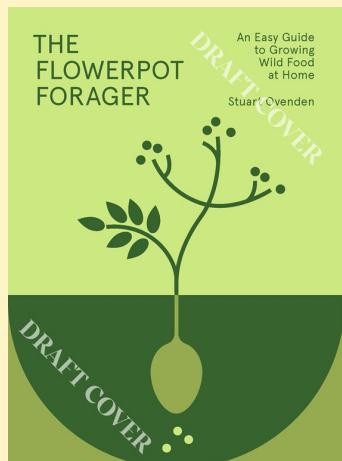
The Plants

Early Summer

Roman Chamomile

Lush, thick vibrant foliage with such a distinctive aroma. I absolutely love to run my hands through the foliage of this plant, there is something so soothing about it. Distinctive daisy like chamomile flowers will emerge in early summer and you will be delighted to see the bees busily working around these flowers as the summer weather arrives.





[View on Edelweiss](#)

The Flowerpot Forager

An Easy Guide to Growing Wild Food at Home
Stuart Ovenden

27 April 2023
9781784886257
£14.99 | Hardcover
160 Pages
185 x 135 mm
Full-colour Photography

***The Flowerpot Forager* is a beginners' guide to growing wild food in pots, making foraging easy.**

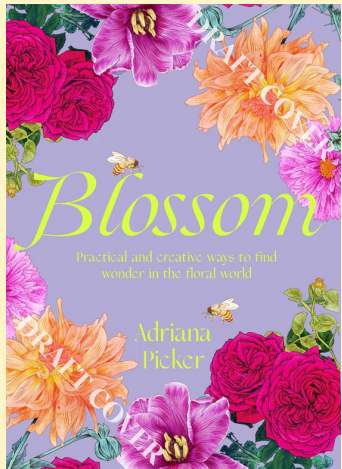
The Flowerpot Forager details 30 wild edible plants that can be grown at home in containers with as much effort as you would put into your tending your herb pot from the supermarket, plus a very simple recipe or two on how to use them—think pink clover lemonade, water mint pesto, and dandelion salad.

Foraging is a perennially aspirational hobby for gardeners and cooks alike, but it's now entering the mainstream; from supermarkets stocking wild garlic to Fever Tree spiking their tonics with elderflower, wild food is everywhere. Historically, location has hampered the accessibility of foraging—if you don't live near a wood, riverbed or meadow, it can be difficult to find those lusted-after ingredients in cookbooks and on TV shows. But *The Flowerpot Forager* is here to solve that.

Stuart Ovenden is a food photographer and passionate forager. His collaborations include Waitrose, BBC Good Food, Condé Nast, and Tesco.

- All seeds for plants are readily available online around the world
- Includes 2–3 recipes per plant, so you can learn how to use them
- A selection of plants that can be grown throughout the seasons





[View on Edelweiss](#)



Petal
9781743795040
£30.00 | Hardcover



The Cocktail Garden
9781743792858
£14.99 | Hardcover

Blossom

Practical and Creative
Ways to Find Wonder in
the Floral World
Adriana Picker

25 May 2023
9781743798638
£20.00 | Hardcover
288 Pages
229 x 164 mm
Full-colour Illustrations

In *Blossom*, botanical illustrator and lifelong flower lover Adriana Picker takes you through a year of flowers and the ways to live with and learn from them, with beautiful artwork as well as recipes and activities to encourage a slower life through the seasons.

Telling the stories of flowers from around the world, this enchanting collection also provides mindful and practical ideas for reconnecting with nature and the blooms around us. From making natural oils and perfumes, to tips for sustainable floral arrangements, this book is an invitation to find beauty in the everyday.

Adriana Picker is an Australian-born illustrator with a lifelong passion for flowers, which is at the heart of her work. As an illustrator, artist and designer, her work encompasses the diverse fields of publishing, fine arts, film and advertising. Adriana's previous titles include *Petal*, *The Cocktail Garden*, *Where the Wildflowers Grow* and *The Garden of Earthly Delights*.

- Botanical illustrations supported by practical ideas for seasonal things to do with flowers, making this a totally unique book on the market
- A diverse mix of projects, including: flower arranging, infusing in food, understanding floral anatomy, drawing projects
- Beautiful book with lots of special features, including foil and sprayed book block
- Adriana's books have collectively sold almost 120k copies worldwide



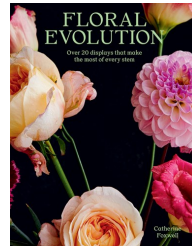


Out now
9781784885250
£16.99 | Hardcover
144 Pages
230 x 190 mm

Cut Flower Growing

A Beginner's Guide to Planning, Planting and Styling Cut Flowers, No Matter Your Space

Marianne Slater



Out now
9781784884369
£16.99 | Paperback -
with flaps
160 Pages
253 x 201 mm

Floral Evolution

Over 20 Displays That Make the Most Of Every Stem

Catherine Foxwell



Out now
9781784883928
£16.99 | Hardcover
160 Pages
230 x 190 mm

Get Up and Grow

Herb, Vegetable and Fruit Growing Projects for Both Indoors and Outdoors, from She Grows Veg

Lucy Hutchings

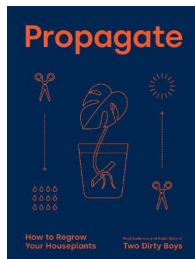


Out now
9781784885007
£16.99 | Hardcover
176 Pages
220 x 165 mm

Living Green in the City

50 Actions to Make Your Surroundings Greener

Ophelie Damblié

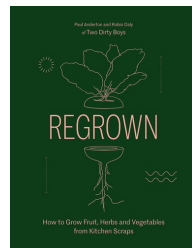


Out now
9781784884925
£12.99 | Hardcover
160 Pages
210 x 160 mm

Propagate

How to Regrow your Houseplants

Paul Anderton and Robin Daly

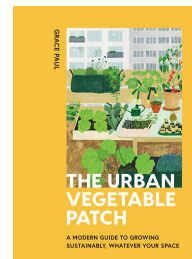


Out now
9781784884031
£16.99 | Hardcover
160 Pages
230 x 190 mm

Regrown

How to Grow Fruit, Herbs and Vegetables from Kitchen Scraps

Paul Anderton and Robin Daly

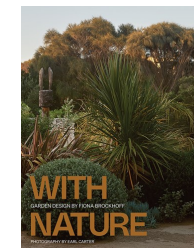


Out now
9781784884277
£12.99 | Hardcover
176 Pages
185 x 135 mm

The Urban Vegetable Patch

A Modern Guide to Growing Sustainably, Whatever Your Space

Grace Paul



Out now
9781743796856
£35.00 | Hardcover
312 Pages
285 x 230 mm

With Nature

The Landscapes of Fiona Brockhoff

Fiona Brockhoff



Art, Craft & Design



Crochet Crush

Creative Projects for
Home and Life
Molla Mills and Laine

2 February 2023
9781743798980
£18.99 | Paperback -
with flaps
224 Pages
270 x 215 mm
Full-colour photography

From craft sensation Molla Mills and Laine Publishing, *Crochet Crush* features 23 contemporary patterns for incredible home decor and accessory pieces that you will use, wear and love for years to come.

In this amazing collection, Molla Mills brings together the best in modern crochet design, with projects including a duffel bag, cushion, sun visor and picnic blanket. The colourful designs incorporate modern practicality and unique style, inspired by flowers, nostalgic summers and Brooklyn neighbourhoods.

Featuring the beautiful photography and design that Laine are known for, *Crochet Crush* will be loved by new and experienced crocheters alike.

Molla Mills is an internationally recognised Finnish pattern designer. She has studied fashion, marketing and art, and has written several crochet books. Molla also designs pattern collections for different yarn brands and travels around the world teaching crochet workshops.

- Molla Mills has over 110k followers on Instagram and is a cult favourite in the craft community
- Each project includes detailed instructions, clear patterns and lots of photos
- Something a bit different from the crafting masterminds at Laine – crochet and colour, to appeal to a whole new audience as well as their huge fanbase (including over 130k followers on Instagram)



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52 Weeks of Socks
9781743797563
£16.99 | Paperback - with flaps

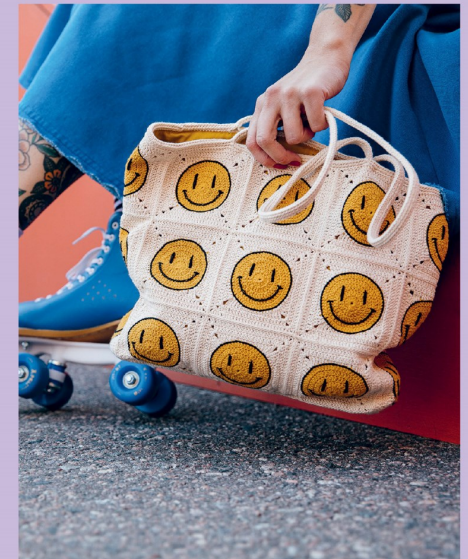


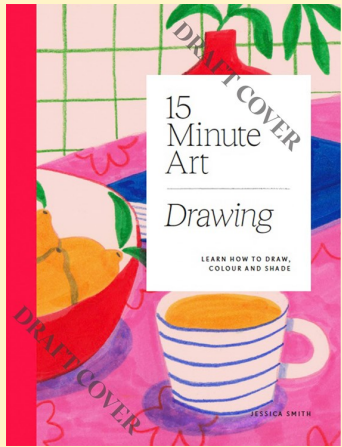
52 Weeks of Scarves
9781743798515
£16.99 | Paperback - with flaps

Smile

The iconic yellow smiley face that we all know so well and use every day on social media was originally designed as a logo for an insurance company in the 1960s. The symbol is a depiction of the smile the other person would be able to see if the discussion was happening face to face. A smile is contagious – it illuminates your whole body from head to toe, and sometimes you can even hear it in a person's voice during a phone call.

The Smile shoulder bag is worked in squares, and while it takes some time, all the hours spent crocheting will definitely be worth it when you throw the bag over your shoulder. With this bag, you will brighten the day of every passer-by.





15-minute Art Drawing

Learn How to Draw, Colour and Shade
Jessica Smith

16 February 2023
 9781784885717
 £16.99 | Flexibound
 240 Pages
 210 x 160 mm
 4-colour Illustrations
 Throughout

How do you find time in your busy day to get creative? Why, with 15-minute Art Drawing, of course!

Explore the pure joy of colouring pencils and markers with 15-minute projects that encourage you to explore drawing, colouring and shading in a relaxing, free and fun way. Each project can be completed in no more than six steps and will include practice pages, colour swatches and helpful hints to make light work of the artwork.

With sections including Patterns, Nature, Food and Characters, you can try your hand at drawing flowers, fruit, faces and more. Plus at the end of each chapter, Jess will show you how to put all of the objects together to create a beautiful still life scene.

Jessica Smith is an illustrator living in Bath, UK. Her work is fantastically cute and colourful. She is the author of *Get Up and Gouache*.

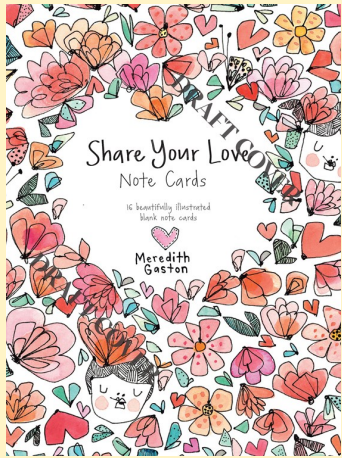
- This is a quick and easy hobby that provides people with creative fuel in their chaotic and busy lives
- Each project can be completed in no more than six steps
- Jessica's Instagram following has grown by 21k in the past year alone and continues to grow

[View on Edelweiss](#)



15-minute Art Painting
 9781784884994
 £12.99 | Flexibound





Share Your Love Note Cards

16 Beautifully
Illustrated Blank Note
Cards

**Meredith Gaston
Masnata**

16 February 2023
9781743799376
£15.00 | Cards
16 Pages
165 x 125 mm
Full-colour Illustrations

Presented in a beautiful gift box, *Share Your Love Note Cards* includes 16 blank cards and envelopes featuring Meredith Gaston Masnata's enchanting illustrations that celebrate love.

Reflecting on the loving message in the bestselling book, *Choosing Love*, this gift card set is the perfect gift or self-purchase for anyone looking to send a thoughtful message of love, joy, encouragement and gratitude.

Meredith Gaston Masnata is an internationally acclaimed Australian artist, best-selling author and passionate wellness advocate. Meredith's playfully sophisticated signature style and inspirational words bring comfort and joy to many. Her lovingly illustrated books are translated into foreign languages, and her original artworks and limited edition prints collected worldwide.

- These love themed blank cards are perfect for Valentines Day or just a special message to those you care about
- Beautifully boxed set with 16 different cards
- A set to keep on hand for that perfect card to show you care



[View on Edelweiss](#)



This Old Van

Plan, Renovate and Style Your Own Vintage Caravan

Carlene Duffy and Michael Duffy

13 April 2023
 9781741178043
 £22.00 | Hardcover
 240 Pages
 248 x 187 mm
 Full-colour Illustrations

This Old Van is the complete how-to guide to plan, renovate and style your own vintage van to give it a second life.

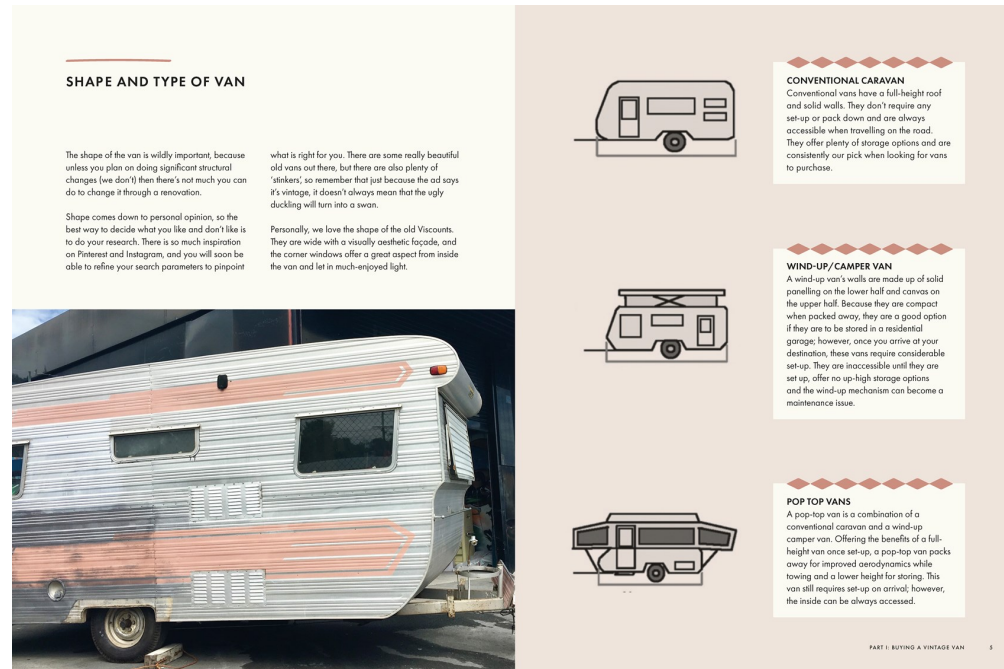
Much-loved couple from Australian TV show, *The Block*, Carlene and Michael Duffy, have received countless emails from keen renovators around the world asking for advice on refitting a vintage van or RV. They have compiled their tips, tricks, and the wisdom.

Learn what to look for when purchasing a second-hand van, follow detailed information on planning and construction, and discover plenty of design and styling tips, alongside beautiful photos of Carlene and Michael's many van conversions to help provide further inspiration.

Carlene and Michael Duffy are a husband-and-wife team who side-doored their way into the design and renovation space after their 2014 appearance on renovation reality show, *The Block (Glasshouse)*. Michael is a qualified carpenter, licensed builder and now also a commercial pilot (he's busy), while Carlene owns and runs interior design studio Cedar and Suede. Together, they are hosts on the Nine Network's renovation and design channel, 9Life.

- Covers everything so you can refit and style your own second-hand van from purchasing, planning and construction, through to options for soft furnishings and styling
- Beautiful coffee table book at a competitive price
- The #vanlife hashtag now has more than 10.6 million posts on Instagram

[View on Edelweiss](#)



SHAPE AND TYPE OF VAN

The shape of the van is wildly important, because unless you plan on doing significant structural changes (we don't) then there's not much you can do to change it through a renovation.

Shape comes down to personal opinion, so the best way to decide what you like and don't like is to do your research. There is so much inspiration on Pinterest and Instagram, and you will soon be able to refine your search parameters to pinpoint

what is right for you. There are some really beautiful old vans out there, but there are also plenty of 'stinkers', so remember that just because the ad says it's vintage, it doesn't always mean that the ugly duckling will turn into a swan.

Personally, we love the shape of the old Viscounts. They are wide with a visually aesthetic facade, and the corner windows offer a great aspect from inside the van and let in much-enjoyed light.



CONVENTIONAL CARAVAN

Conventional vans have a full-height roof and solid walls. They don't require any set-up or pack down and are always accessible when travelling on the road. They offer plenty of storage options and are consistently our pick when looking for vans to purchase.



WIND-UP/CAMPER VAN

A wind-up van's walls are made up of solid panelling on the lower half and canvas on the upper half. Because they are compact when packed away, they are a good option if they are to be stored in a residential garage; however, once you arrive at your destination, these vans require considerable set-up. They are inaccessible until they are set up, offer no up-high storage options, and the wind-up mechanism can become a maintenance issue.



POP-UP VANS

A pop-top van is a combination of a conventional caravan and a wind-up camper van. Offering the benefits of a full-height van once set-up, a pop-top van packs away for improved aerodynamics while towing and a lower height for storing. This van still requires set-up on arrival; however, the inside can be always accessed.



WINDOWS

Be sure to check that all existing window frames are intact. It is common for owners to pull out windows to install the old "window rattler" air conditioner. This can pose a potential problem because vintage van window frames can be hard, if not impossible, to source. The glass is easily replaced and a lot of owners opt to replace the glass with perspex of the same thickness, which we discuss in more detail on page xx. Many suppliers will cut to size if you can provide them with a template. Window stays and locks are readily available online, and my bet is that most will need restoring or replacing.

VAN PANNELING

Depending on your plans for the exterior, the cladding can make or break your project. You will be very lucky to find a 50-year-old van that doesn't have a mark on it; however, too many holes, dents, bumps and scrapes will mean a lot of work down the track, and may not be worth the time or cost of fixing them. Some caravan profiles have been discontinued, meaning you will be unable to buy replacement panels.

HARDWARE AND MECHANICS

During the pre-purchase inspection, Michael always checks to ensure that the van is, at a minimum, safe to tow home. Inspect wheels, brakes, bearings and the hitch, and ensure there are no loose items that might blow off. Check the requirements for towing unregistered vehicles in your state or country with local transportation authorities, as the regulations can differ considerably. If the van does not have working lights, a trailer lightboard can be attached.

Australian Regulations

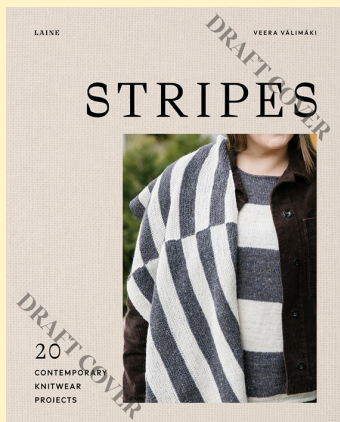
- Vans up to 750 kg (1650 lb) do not require brakes.
- Vans over 750 kg (1650 lb) require mechanical brakes.
- Vans over 2 tonnes (4400 lb) require electric brakes and a breakaway that applies the vans brakes in case the van becomes detached from the vehicle.

United Kingdom Regulations

- Vans up to 750 kg (1650 lb) do not require brakes but should not weigh more than 50 per cent of your car's weight.
- Vans over 750 kg (1650 lb) must use a breakaway cable or secondary coupling in case the trailer becomes detached from your car, and the car and loaded van must not weigh over the second weight shown on the car manufacturer's plates.

United States regulations

In the US, each state has its own regulations around the size of van and the types of brakes they require. The regulation needs to be observed not only where the van is registered but also in the states in which you'll be travelling.



Stripes: 20 Contemporary Knitwear Projects

Veera Välimäki and Laine

11 April 2023
9781743799017
£18.99 | Paperback - with flaps
208 Pages
270 x 215 mm
Full-colour photography

Stripes is a beautiful collection of 20 striped knitwear projects from leading designer Veera Välimäki and knitting experts Laine, exploring the world's favourite pattern.

For years, Veera Välimäki has been fascinated by playing with colours and textures – and striping with them. In *Stripes*, she encourages you to discover the endless possibilities, incredible techniques and stunning effects of striped knitwear, with patterns including sweaters, cardigans and shawls, as well as a relaxed dress, a beanie and your new favourite pair of socks.

Featuring beautiful photography, this book – and its knits – are an ode to contemporary design, exuding a sense of quiet, timeless confidence.

Veera Välimäki is one of the world's leading knitwear designers. Her designs are known for their simple, clean lines with modern details.

- Stunning design, photography and Nordic cottage-core styling
- Complex patterns allow seasoned knitters to extend their skills and try new things, supported by detailed information in the book and supporting material on the Laine website
- Laine have a loyal fanbase for their knitting and lifestyle magazine, including over 130k followers on Instagram, and author Veera has almost 50k herself



[View on Edelweiss](#)



52 Weeks of Socks
9781743797563
£16.99 | Paperback - with flaps



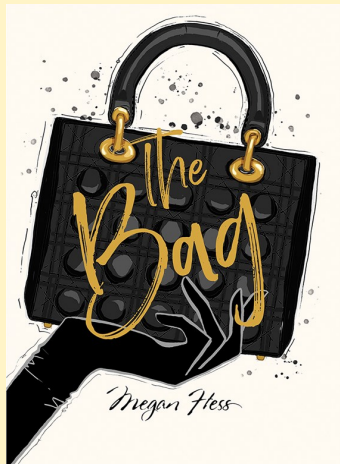
52 Weeks of Scarves
9781743798515
£16.99 | Paperback - with flaps



Varpu

Finding comfort inside your home is a privilege that you do not always think about before something stirs the balance. Whenever I have moved house, I have always struggled with the change. Where would that sense of safety come from next?

The VARPU shawl has a traditional triangle shape, but plays with textures, short rows and two-coloured brioche after the single-coloured beginning. Subtle heathery colours make this shawl and the stripes very delicate and understated. It is something you will enjoy knitting and wearing. This shawl resembles that safe place, that comfort, something you can carry with you wherever you go.



Megan Hess: The Bag Megan Hess

16 March 2023
9781743797372
£12.99 | Hardcover
144 Pages
165 x 115 mm
Full-colour illustrations

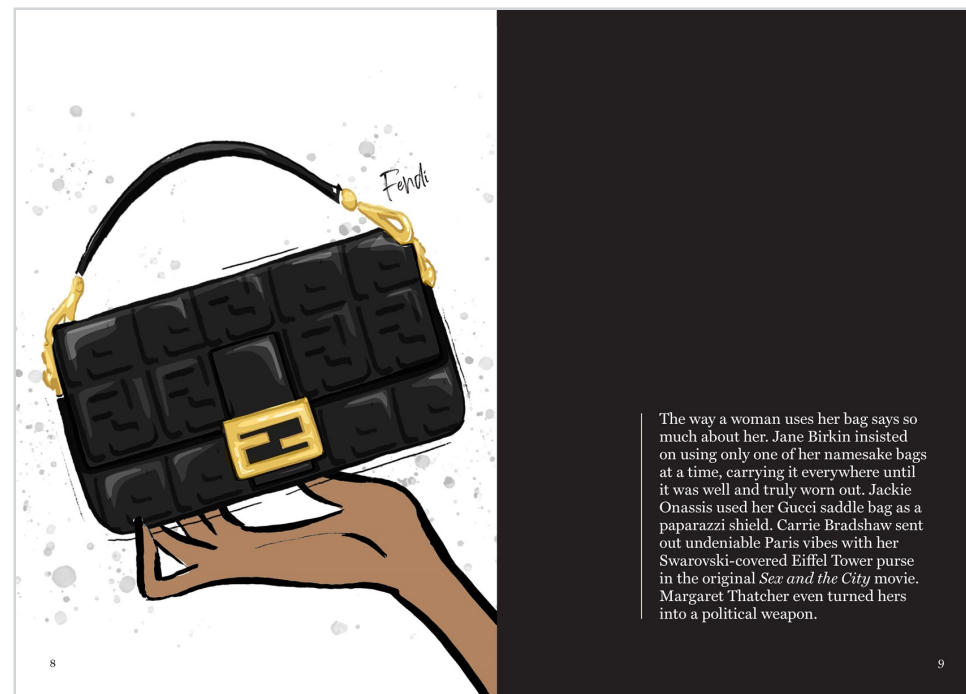
Megan Hess: *The Bag* is an illustrated love story about the most timeless and useful of accessories, from internationally renowned fashion illustrator Megan Hess.

A beautiful bag is the ultimate fashion investment. From the Hermès Birkin to the Chanel Classic, the Lady Dior to the Louis Vuitton Trunk, the Valentino Rockstud to the Fendi Baguette, these iconic bags are not just the perfect way to carry your lipstick and book – and complete your outfit. They are works of art and craftsmanship.

Megan Hess: The Bag is the latest in the *Ultimate Fashion Wardrobe* series, filled with fascinating information and stunning illustrations.

Megan Hess is an internationally acclaimed fashion illustrator. Her prestigious clients include *Vogue*, *Vanity Fair*, *Harper's Bazaar*, *The New York Times*, Chanel, Dior, Cartier, Prada, Fendi, Louis Vuitton and Tiffany & Co. Her bestselling fashion books and beloved Claris series for children have sold over a million copies worldwide.

- The next in a new series from Megan Hess, the *Ultimate Fashion Wardrobe*
- A beautiful small package with a foiled cover and black book block
- Megan has sold over a million books across ten languages
- Megan's profile continues to grow, with over 400k followers across platforms, and another 30k for Claris the Chicest Mouse in Paris



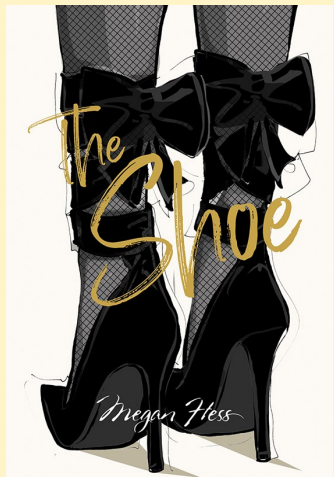
The way a woman uses her bag says so much about her. Jane Birkin insisted on using only one of her namesake bags at a time, carrying it everywhere until it was well and truly worn out. Jackie Onassis used her Gucci saddle bag as a paparazzi shield. Carrie Bradshaw sent out undeniable Paris vibes with her Swarovski-covered Eiffel Tower purse in the original *Sex and the City* movie. Margaret Thatcher even turned hers into a political weapon.



Megan Hess: The Little Black Dress
9781743797358
£12.99 | Hardcover



Coco Chanel Special Edition
9781743797440
£22.00 | Hardcover



Megan Hess: The Shoe Megan Hess

16 March 2023
9781743797389
£12.99 | Hardcover
144 Pages
165 x 115 mm
Full-colour illustrations

Megan Hess: *The Shoe* is an illustrated love story about the most coveted accessory of any designer wardrobe, from internationally renowned fashion illustrator Megan Hess.

Nothing quite says style like an incredible pair of shoes. The red sole of a Louboutin, the jewelled buckle of a Manolo Blahnik, the simple perfection of a Chanel slingback, or the incredible finishes on a Jimmy Choo – these are the details that complete an outfit and define timeless elegance.

Megan Hess: The Shoe is the latest in the *Ultimate Fashion Wardrobe* series, filled with fascinating information and stunning illustrations.

Megan Hess is an internationally acclaimed fashion illustrator. Her prestigious clients include *Vogue*, *Vanity Fair*, *Harper's Bazaar*, *The New York Times*, Chanel, Dior, Cartier, Prada, Fendi, Louis Vuitton and Tiffany & Co. Her bestselling fashion books and beloved Claris series for children have sold over a million copies worldwide.

- The next in a new series from Megan Hess, the *Ultimate Fashion Wardrobe*
- A beautiful small package with a foiled cover and black book block
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[View on Edelweiss](#)



Megan Hess: The Little Black Dress
9781743797358
£12.99 | Hardcover

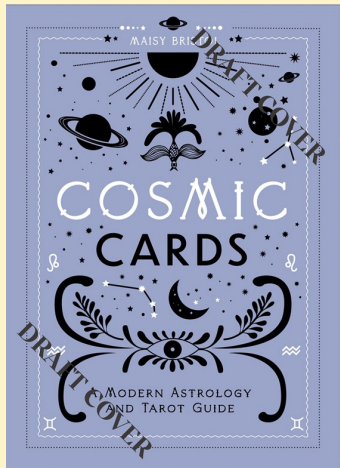


Coco Chanel Special Edition
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Shoes inspire more emotion than just about anything else in our wardrobes.

Whether you want to look fierce, playful or practical, shoes can express an attitude like no other accessory can. At their most basic, shoes are objects designed to take us from one place to the next, yet they hold such symbolism and power. From a vintage heel to a classic loafer or the latest sneaker, what you choose to put on your feet says a lot about who you are.





Cosmic Cards

A Modern Astrology and Tarot Guide

Maisy Bristol

30 March 2023
 9781784885731
 £22.00 | Flexibound
 160 Pages
 180 x 130 mm
 Full-colour Illustrations

In *Cosmic Cards*, sought-after tarot teacher and astrologer Maisy Bristol shows us how to read and interpret the star signs and tarot in one combined practice to give us a fresh outlook on life.

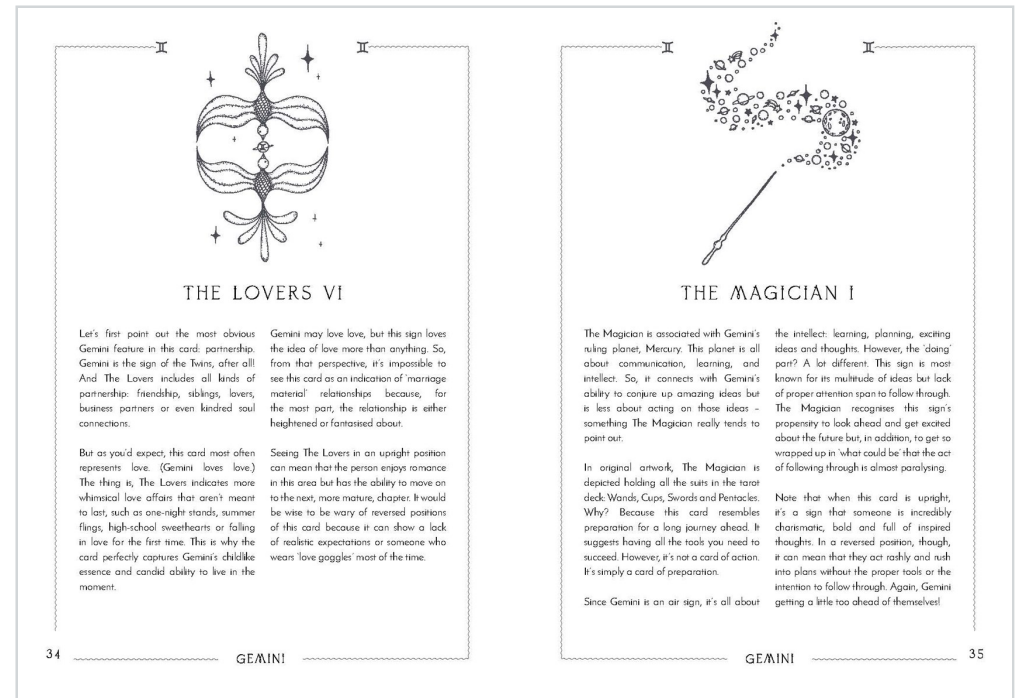
By reading astrology through the lens of the tarot, we can uncover how to broaden our minds, smash stereotypes and discover the different facets of each sign's personality to reveal a deeper insight into us, our family, friends and lovers.

Accompanied by a beautifully illustrated 78-strong deck, *Cosmic Cards* is a modern mystical toolkit that enhances our understanding of ourselves and others through the wisdom of astrology and tarot.

Maisy Bristol is the founder of Tarot by Maisy and is a sought-after tarot teacher and astrologer who specialises in one-on-one readings. She has been featured in *Refinery29*, *Bustle*, *Girlboss*, *Well + Good*, *mindbodygreen* and *New York Magazine*.

- *Cosmic Cards* is perfect for those who have already bought books on tarot, crystals and witchcraft but want to delve that little bit deeper
- The modern mystics and magic seekers won't be able to resist this beautiful yet approachable guidebook and tarot deck

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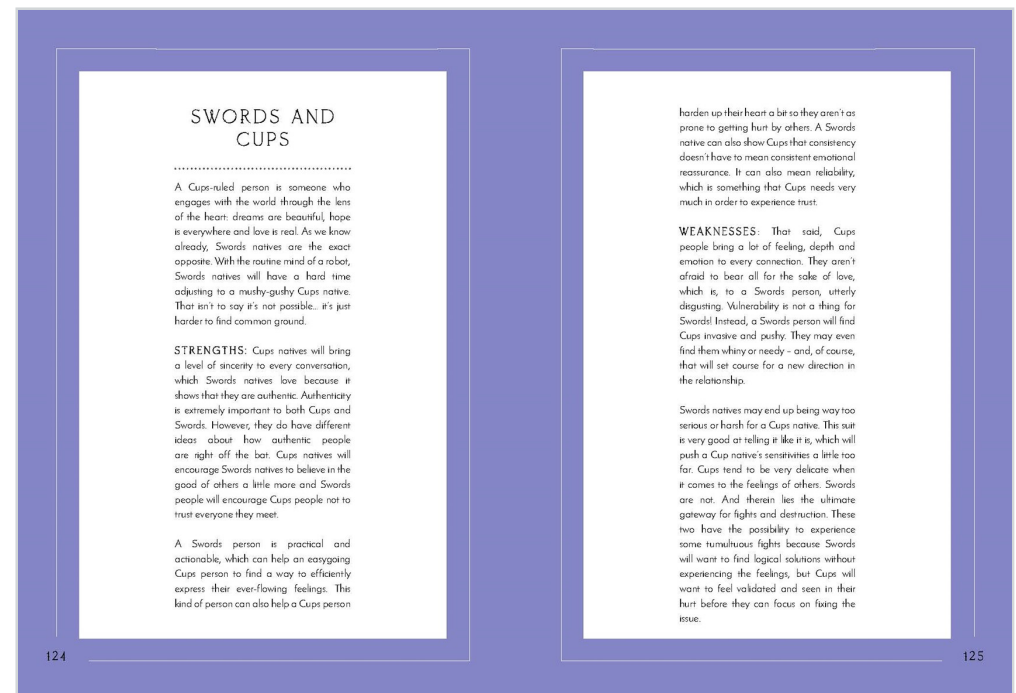


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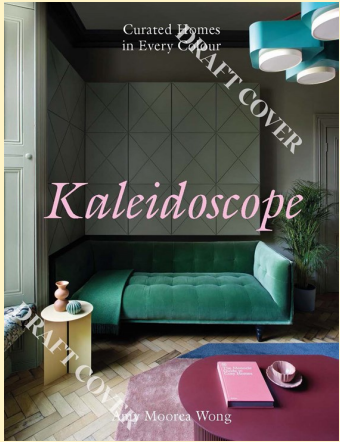
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GEMINI



124

125



[View on Edelweiss](#)

Kaleidoscope

Curated Homes in Every Colour

Amy Moorea Wong

27 April 2023
 9781784885465
 £32.00 | Hardcover
 256 Pages
 283 x 216 mm
 Full-colour Photography

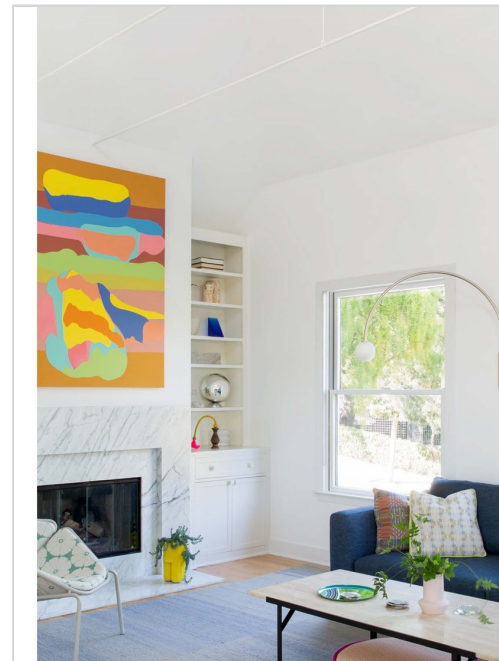
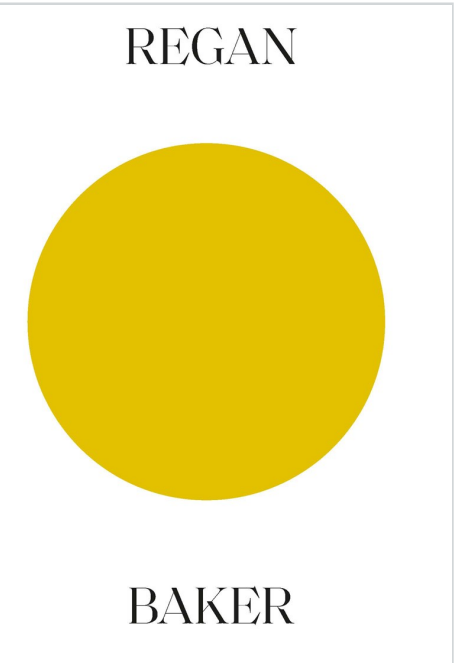
Joyful case studies of homes that range from lightly speckled to heavily doused in colour with interviews from the renowned designers that created them, *Kaleidoscope* explores ways to use colour in the home, enticing readers into the world of the happy hued house.

By covering 20 of the world's most inspiring, colourful homes and talking to the interior designers, stylists and creatives behind them, interiors journalist Amy Moorea Wong explores how to incorporate pigment into interiors projects, the easy steps to embracing colour indoors and the modern twists to make every room pop.

Banish the beige, the greys and the creams! The colour movement is here, welcoming colour into the home whether it be brilliantly bright and bold, or soothing, subtle and subdued. The cool, contemporary home is a space filled with happy, life-affirming hues that create both a relaxing sanctuary and a space that is fizzing with life, joy, creativity and surprise.

Amy Moorea Wong is an interior design journalist with a decade of experience writing on a range of design topics, previously Features Editor at *ELLE Decoration* and News Editor at *Livingetc* magazine.

- Exclusive interviews with world-renowned designers
- Homes from around the globe, including the US, UK and Australia
- Case studies of stunning homes with novel approaches to colour and pattern



I started with a tin of canary yellow paint. For this compact San Francisco home, the brief was 'bring in colour', and interior designer Regan Baker, founder of eponymous firm Regan Baker Design, didn't waste any time fulfilling it. After a simple yet adventurous makeover, a standard set of not-very-friendly steel stairs was transformed into something akin to a fairground ride. Now the swirling sculptural twist of fawn sets the tone for the home was formed around it, creating a powerful first impression for the cheerful-yet-calm interior as well as a statement way to transition between upstairs and down.

Considered colour is Regan's calling card, tones that dial between the natural – a lot of timber to back up the indoor-outdoor feel of the gentle blues and greens she is drawn to – and the extravagant, which are often taken from a peek into her client's wardrobes. 'I'm ever-inspired by nature, it's calming and trying, as well as a good base for additional shades,' Regan explains. 'Fashion is also a starting point for me. I like to ask clients if I can take a picture of what's in their wardrobes, as that says a lot about who they are and how much colour and pattern resonates with them.'

The tones here are an understated balance of peaceful pastels and wow-factor brights, living somewhat surprisingly harmoniously together. While the explosion of yellow initially enters the eye, there's a tranquil undercurrent in the softness in the timber, the outdoor sky and stain-hues and the light-capturing white walls (so all-encompassing yet so easily unnoticed) that permeate the home. A pop of colour with a more muted palette allows that bold brilliance to really 'fizz', while the calming, more grounded environment around it means you can't overstimulate,' says Regan. 'It creates an amazing contrast, like happiness shining through.'

While Regan's approach to building a palette bounces off nature, the contents of wardrobes, and also of course her client's existing pieces (namely art), she also incorporates a 'tone-on-tone' rule to govern her approach to interior colouring. 'It's an important trick to guide you and keep the room from becoming too overwhelming,' she explains. 'It's a reminder to repeat a colour, or a shade of a colour, throughout a room, or to help maintain balance in a cohesive, soothing and cheerful way.' Thus, the gleeful yellow of the stairs also finds itself in the vivid living room art work by Jerry Sheaf (which was commissioned to incorporate the exact hues found throughout the space) and on smaller accessories, while various varieties of blue dance around the entire home, inconspicuously pulling it all together.



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365 Days of Feel-good Art

For Self-Care and Joy, Every Day of the Year

Lorna Scobie



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52 Weeks of Scarves

Beautiful Patterns for Year-round Knitting: Shawls. Wraps. Collars. Cowls.

Laine



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The Art of Gifting Naturally

Simple, Handmade Projects to Create for Friends and Family

Angela Maynard

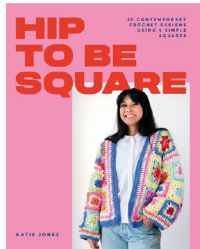


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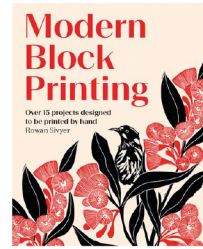


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Daisy Braid



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Strands of Joy

20 Colourwork Knitting Patterns for Calm

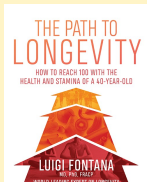
Laine and Anna Johanna



Wellness & Empowerment



[View on Edelweiss](#)



The Path to Longevity
9781743795965
£17.99 | Paperback

Manual of Healthy Longevity & Wellbeing

A Three Step Plan

Luigi Fontana

2 February 2023
9781743796825
£18.99 | Paperback
224 Pages
234 x 180 mm
Full-colour Photography

The *Manual of Healthy Longevity & Wellbeing* is your easy-to-follow, practical guide to maximising your chance of living a long, happy life in good health.

Skilled physician and world expert on longevity, Professor Luigi Fontana, has drawn upon the latest science to give you three keys to longevity: more than 80 Mediterranean-style recipes for a healthy diet, a simple exercise plan and a wellbeing guide.

With strategies to aid your progress, this complete program draws on evidence-based principles of eliminating empty calories and enhancing nutritional value; an exercise that is simple and achievable; and tools to improve your emotional wellbeing.

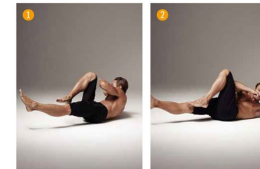
Professor Luigi Fontana, M.D., Ph.D. is a highly skilled physician scientist who is recognised as the leading world expert on longevity. Professor Fontana recently joined the University of Sydney as the Leonard Ullmann Chair of Translational Metabolic Health and Director of the Healthy Longevity Research and Clinical Program at the Charles Perkins Centre.

- An easy-to-follow, practical guide to healthy longevity
- Professor Luigi Fontana is a world expert on longevity and this guide builds from his previous book, *The Path to Longevity*



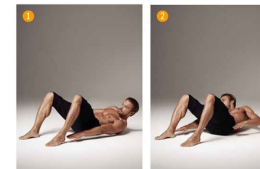
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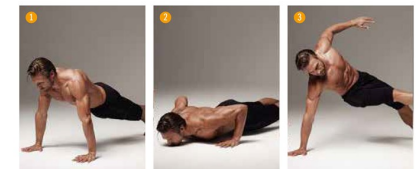
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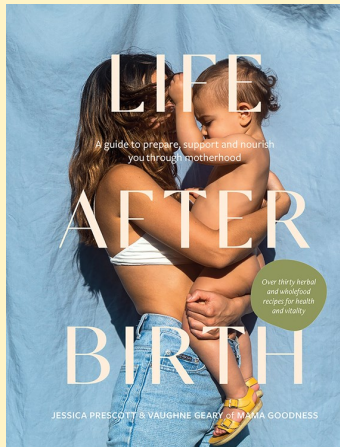
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PRESS UP TO KICK OUT

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Life After Birth

A Guide to Prepare, Support and Nourish You Through Motherhood

Jessica Prescott and Vaughne Geary

19 January 2023
 9781743798195
 £20.00 | Hardcover
 240 Pages
 230 x 170 mm
 Full-colour Photography

Life After Birth is your essential guide to the wide and diverse spectrum of motherhood.

The authors share their evidence-based approach to the lost but ever important art of caring for yourself as a mother, including recipes from their postpartum food delivery service Mama Goodness. They cover everything from herbal wisdom and nutritional support, to sleep and breastfeeding tips, communication tools, managing siblings, how to nourish your body, parent on your period, and so much more.

Life After Birth will help you prepare, not just for the first six weeks following your birth, but for the months and years that follow. By celebrating your body and honoring the cyclical nature of womanhood, this book will help you thrive in your new role as a mother.

Jessica Prescott is a mother of two, cookbook author and postpartum doula. She has written three books with Hardie Grant London: *Vegan Goodness*, *Vegan Goodness Feasts* and *Vegan One-Pot Wonders*.

Vaughne Geary is a qualified Naturopath and full-spectrum Doula with a dedication to educating and supporting women and families from preconception to the postpartum and beyond.

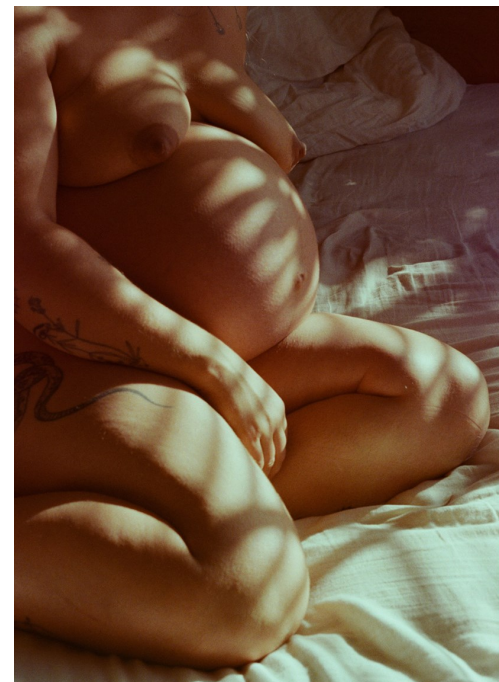
- Written from a naturopathic lens with expert consultation to ensure it is evidence-based and trusted information

[View on Edelweiss](#)



Contents

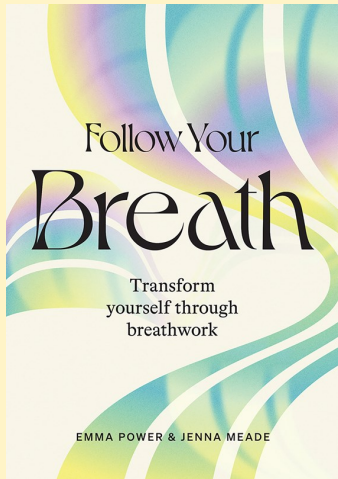
Introduction	p x	4. Postpartum Nutrition & Herbal Support	p x
What is a Doula & What Do They Do?	p x	Postpartum Health Assessments	p x
The Postpartum Pillars	p x	Postpartum Nutrients	p x
		Plant Medicine For Motherhood	p x
		Herbal Recipes	p x
1. Preparing For Your Postpartum	p x	5. Postpartum Is Forever	p x
Your Brain	p x	Your New Self	p x
Your Self	p x	Parenting On Your Period	p x
Your Relationships	p x	Sleep, Or Lack Thereof	p x
Love Languages	p x	Mood Shifters	p x
Your Nest	p x	Navigating Family Life	p x
Your Baby	p x	Let's Talk About Sex After Baby	p x
		Finding Your Village	p x
2. A Brief Guide To Breastfeeding	p x	Beyond The Baby Phase	p x
A Typical Breastfeeding Timeline	p x	Practical Tips For Getting Through The Day	p x
Tips for Common Breastfeeding Challenges	p x		
Galactagogues	p x	6. Recipes	p x
Weaning	p x	References	p x
		Contributor Note	p x
		Author Bio	p x
3. The Fourth Trimester	p x		
There Will Be Blood, Sweat & Tears	p x		
Mental Health & Other Big Feels	p x		
Unconventional Postpartum	p x		
Practical Birth Recovery Tips	p x		
Postpartum Recovery Timeline	p x		
Honouring Your Body	p x		
Co-Sleeping & Bed Sharing	p x		
Baby Wearing	p x		
Dads and Co-Parents	p x		



PREPARING FOR

CHAPTER ONE

YOUR POSTPARTUM



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Follow Your Breath

Transform Yourself
Through Breathwork

Emma Power and
Jenna Meade

19 January 2023
9781743797952
£14.99 | Hardcover
176 Pages
182 x 130 mm
Full-colour Illustrations

***Follow Your Breath* is a practical introduction to life-changing breathing techniques, offering a 'breathwork menu' so you can turn to the page according to what you need at any given time and access this incredible life hack.**

Whether it's calming down, sparking up, preparing for physical activity, settling in for meditation, focusing for a test, managing insomnia or wanting to get a natural euphoric high, *Follow Your Breath* has you covered. Here you are offered a range of easy-to-follow practices with step-by-step instructions, diagrams and post-practice notes so you can start shifting your mental state today – no complicated equipment needed.

Emma Power is a relationships educator, author and speaker. She is the author of books *How to Have Meaningful Relationships* and *When Love Goes South*, and the founder of Tantra Is Love and The Awaken School.

Jenna Meade is a wellness and travel journalist. She began her career as a writer and editor with News Corp, before exploring the world as a digital nomad and unearthing the latest in mind, body and spirit.

- Benefits health, longevity and happiness
- The practical structure and tools offer an accessible entry point and a simple way for readers to document their experience and transformation
- A small-format hardback with a gorgeous and calming design – the perfect pocket-sized handbook to have on the go

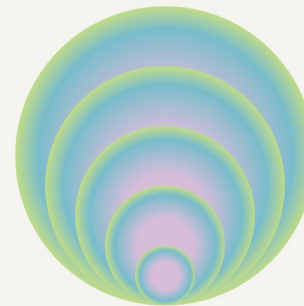


Contents

DIVING IN	4
Shift	10
Commit	50
Expand	92
Awaken	158
GO WELL	162
PRECAUTIONS	164
INDEX	170
WITH GRATITUDE	172
ABOUT THE AUTHORS	174

4

Diving in



*Our breath bookends our lives.
We enter the world with an inhale,
and leave on an exhale. What happens
in between depends on how willing
we are to do the breathwork.*

FOLLOW YOUR BREATH

5

Breathing is something many of us don't think about – our subconscious keeps it on cruise control. But although it's automatic, it's the only automatic function in the body that we have absolute control over. By bringing awareness to our breath and learning how to manipulate it, we access one of the best ways to calm and heal our body.

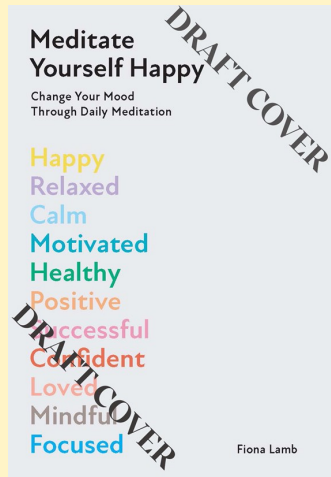
Using breathwork techniques, you can shift your state by retraining your responses. You can grow your emotional agility and flex your mental musculature by establishing a grounding practice, and set your senses soaring as you expand beyond your everyday level of consciousness.

Consider this book your guide to growth. Your body is your home, your mind your garden. Breath is your tool to tend to them. Together we'll learn how we can lower stress and anxiety, boost vitality, productivity and sleep, increase creativity and improve cardiovascular health. We'll uncover techniques to alter perception and consciousness in seconds, discover how to be guided by intuition rather than misled by our fears, amplify heartbursting moments and make sex feel really, *really* good.

Breathing is my superpower. I breathe when I feel stuck, and a creative solution reveals itself. I breathe before a challenging meeting, and centre myself into harmony. I breathe before I speak, and I don't know where the wisdom comes from. By focusing on my breathing, I transport myself to a higher state, and my higher self delivers.

Nadi Shodhana ('alternate nostril breathing') was my introductory experience to breathwork at my first yoga class about twenty years ago. It opened – then calmed – my mind. I was instantly intrigued. I spent the next decade gathering

DIVING IN



[View on Edelweiss](#)

Meditate Yourself Happy

Change Your Mood with 10 Minutes of Daily Meditation

Fiona Lamb

19 January 2023
 9781784886073
 £14.99 | Hardcover
 160 Pages
 185 x 135 mm
 Full-colour Illustrations

With *Meditate Yourself Happy*, learn to choose the thoughts you pay attention to. Because by changing the way you think, you can change the way you feel and subsequently change your life.

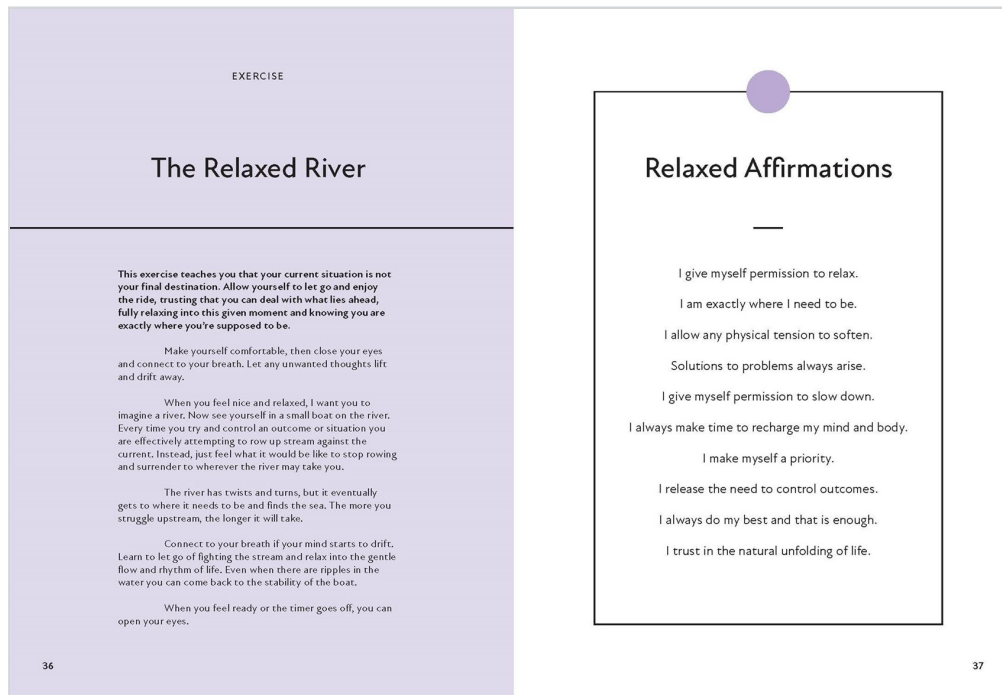
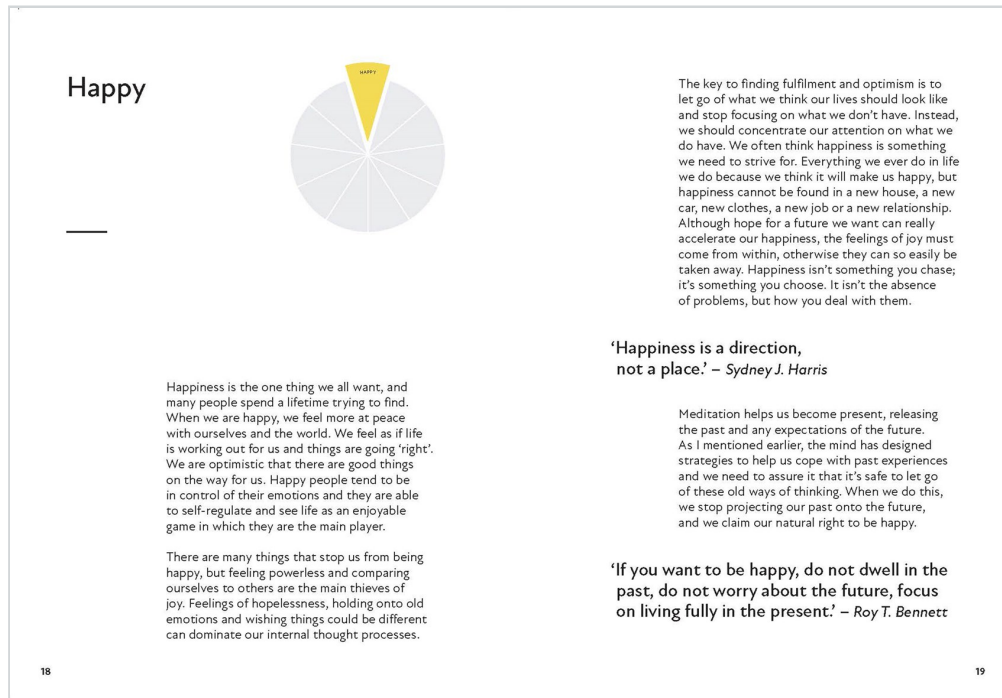
Meditation is not an unachievable state; this book will teach you how to harness its transformative power to heal your body and mind by reducing stress, controlling anxiety, promoting emotional health, enhancing self-awareness and improving your overall wellbeing.

Through easy and accessible exercises that are organised by mood and range from 5–10 minutes, discover how small shifts can lead to big changes.

So many people don't think they can meditate. But certified hypnotherapist Fiona Lamb is here to tell them otherwise.

Fiona Lamb is a critically acclaimed advanced clinical hypnotherapist, trainer and meditation expert at Harley Street, London. She has treated over 1,000 clients, including high profile actors and singers, TV personalities, magazine editors and influencers. Fiona has won Hypnotherapist of the Year 2020/2021 and 2021/2022 at London's Prestige Awards.

- Explores the scientifically proven benefits of meditation, without the scientific jargon
- The popularity of meditation apps like Headspace continues to grow





I AM FEARLESS

Hardie Grant Books

16 March 2023
9781784886271
£8.99 | Hardcover
96 Pages
132 x 110 mm
Text-only

Power Positivity: I AM FEARLESS helps you find the confidence to be yourself and reminds you that you can get through anything with empowering quotes, thoughts, kind words and little pick-me-ups when you need them most.

The right words at the right time can do wonders to lift your mood, raise your confidence, control negative feelings and improve your self-esteem.

Featuring wise words from some of our favourite celebrities, this pocket-sized book is guaranteed to brighten your day, remind you that life is good and that you've most definitely got this.

Conceived and edited by **Hardie Grant Books**.

- Powerful and positive affirmations in a pretty, pocket-sized package
- Perfect for carrying around with you and dipping into any time you need a pep talk or pick-me-up
- A great 'just-because' gift as well as the perfect stocking filler for Christmas

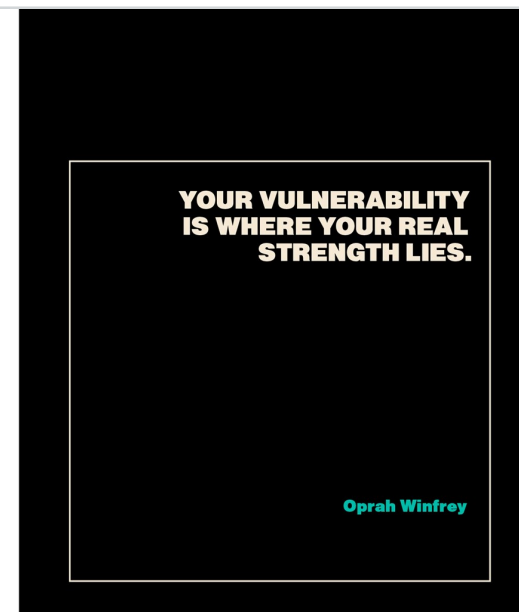
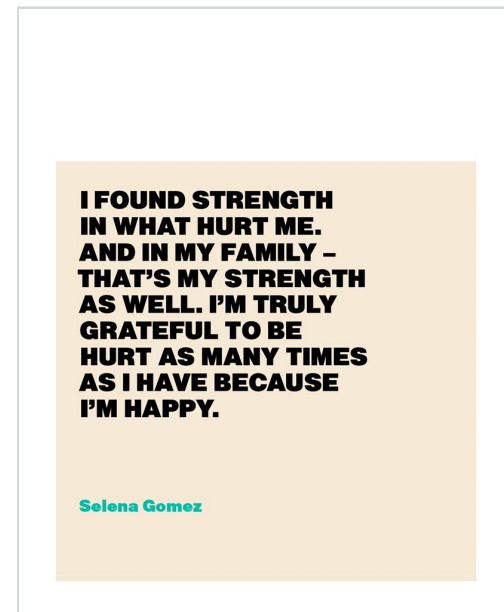
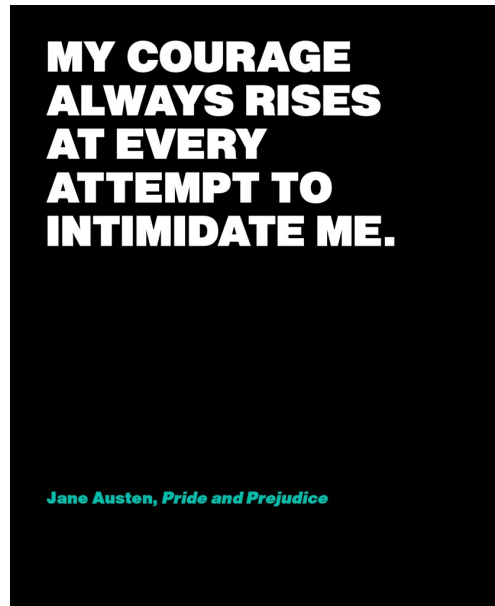
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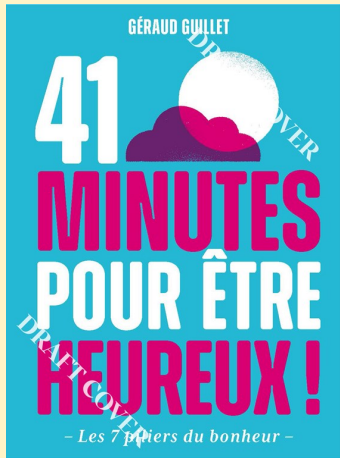


I AM STRONG
9781784885328
£8.99 | Hardcover



I AM ENOUGH
9781784885656
£8.99 | Hardcover





[View on Edelweiss](#)

41 Minutes to Be Happy

The 7 Pillars of Happiness
Géraud Guillet

16 March 2023
9781784886301
£12.99 | Hardcover
128 Pages
195 x 130 mm
Full-colour Illustrations

41 Minutes to Be Happy is a simple and innovative guide to finding happiness... in just 41 minutes.

Each of the chapters is based on one of the fundamental pillars of happiness: meaning, truth, strategy, love, body, mind and trust, and features incredible testimonials, and references to literature, philosophy and film, as well as practical tips and suggestions.

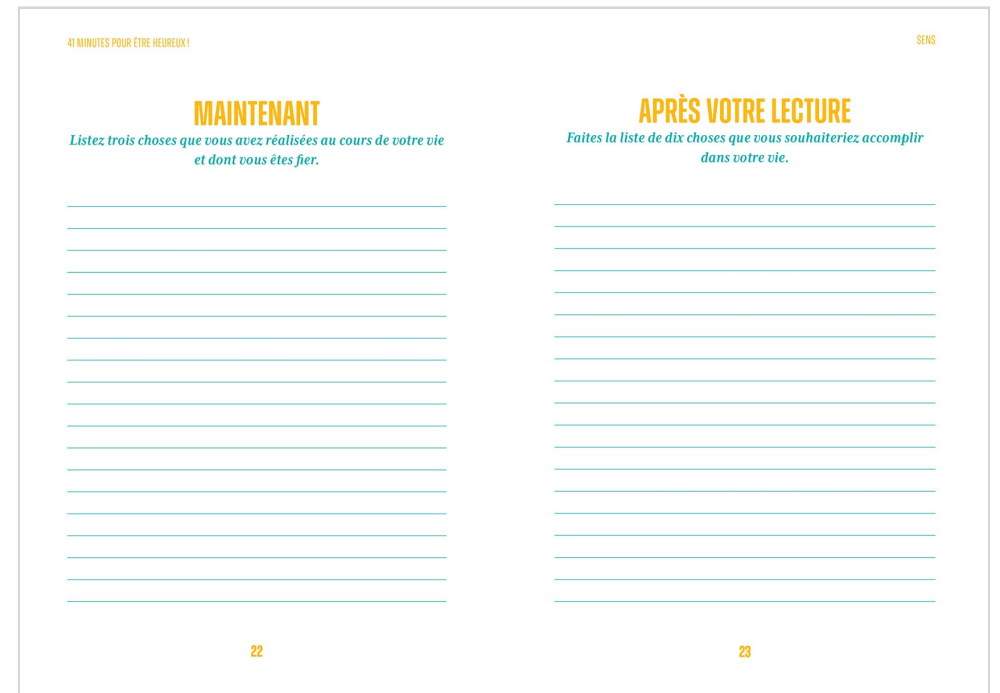
This deep process will help you identify the source of your unhappiness, and the key elements to gain happiness.

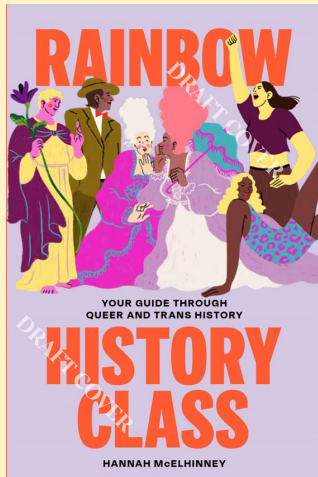
41 Minutes to Be Happy is for those who want to find, regain or keep their happiness, but struggle to get in the right frame of mind.

Do you want to be happy? Do you have 41 minutes? Then read this book!

Géraud Guillet is an expert in innovation and business strategy, and he is a graduate in economics and international management.

- Happiness has been a major issue in recent years, and it has been made even more critical with the lockdowns that we have all been facing over the past few years
- Full of practical tips and suggestions that are easily to implement
- It has an accessible structure, making it very clear to use





[View on Edelweiss](#)

Rainbow History Class

Your Guide Through Queer and Trans History

Hannah McElhinney

16 March 2023
9781743798348
£16.99 | Hardcover
216 Pages
216 x 138 mm
Full-colour Illustrations

Rainbow History Class is your entry into LGBTQ+ history, sharing queer and trans stories from Ancient civilisations all the way up to the internet.

So much of queer and trans history and culture has been erased, but Hannah McElhinney, writer and creator of Rainbow History Class (as seen on TikTok), is here to help us all with this crash course. This history lesson isn't dry and academic, nor is it glitter-soaked and reductive. It's a comprehensive and entertaining romp through queer and trans history, full of secret queer codes, gender-bending icons, pop-culture knowledge and incredible activists.

This illustrated hardback book is a celebration for all LGBTQ+ people, and an invitation to the newly out that says, 'Welcome to the club, let's get you caught up!'

Hannah McElhinney (she/her) is the writer and creator of Rainbow History Class, a space for sharing the queer and trans history we so rarely have the opportunity to learn. Their stories aim to inspire, educate, bring gratitude, build bridges, make you laugh, make you mad and maybe even help you win an argument.

- Not just a collection of icons and stories – it is an interwoven story of LGBTQ+ people, politics, struggles and celebration through the centuries. Includes beautiful illustrations as well as historical photographs.
- The Rainbow History Class TikTok account has over 440k followers and 10m likes for their content - 10% of their following is from the UK.

KNOW YOUR ICONS Sappho

The word 'lesbian' really just means 'person from Lesbos', an island just off the coast of Turkey. And on the island of Lesbos, right at the edge of Ancient Greece, lived a poet named Sappho.

Most historians place Sappho's birth somewhere between 640 and 610 BCE. Sappho was a very prolific poet, admired by many in her time, but only fragments of her work remain. Sappho wrote playfully and exquisitely about love and desire between women – hence the use of the words 'lesbian' and 'sapphic' to describe women who experience queer attraction. Despite being written thousands of years ago, the dramatic feelings Sappho describes in her poetry echo our experiences of love today. These next lines could easily be found in the messaging app of any modern lesbian.

*I have had not one word from her
Frankly I wish I were dead
When she left, she wept
A great deal, she said to
Me, 'This parting must be
Endured, Sappho. I go unwillingly.'*



RAINBOW HISTORY CLASS

18

19

THE ANCIENT WORLD

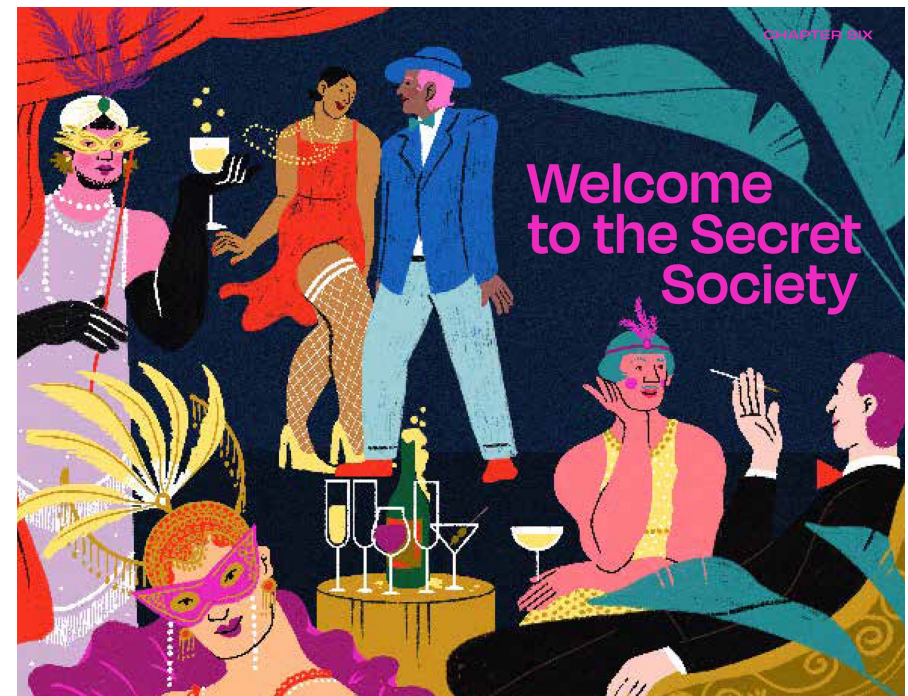
We still can't really say that Sappho herself was a lesbian in the modern sense. All we know about her life is what her poetry belies, and poetry isn't necessarily non-fiction.

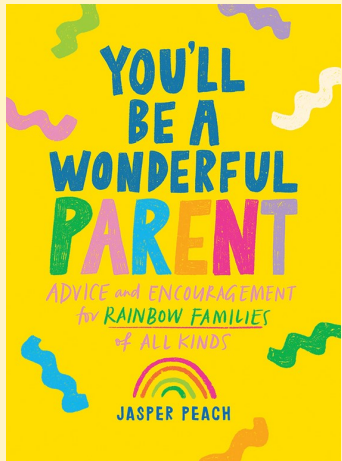
It's probably worth stating the fairly obvious but still mind-bending fact that the Ancient Greeks lived a really long time ago. So long ago that there were historians of Ancient Greece who lived in Ancient Greece. The popular culture idea of Ancient Greece, with its sun-bleached stone pillars and wandering philosophers, is actually just one particular time period, known as the Classical Age. Sappho lived close to a century before this, in a period called the Archaic Era.

Greeks during the Classical Age were enamoured with Sappho. They wrote plays about her and documented her, but they were as close to sitting down and getting to know her as today's historians are to hanging out with Thomas Edison. They projected their Classical Era biases onto her, devaluing her work because she was female, sexualising her and perhaps even deliberately distorting her. This all helps explain why so much literature surrounding Sappho is relegated to interpretation.

In the many centuries since Sappho wrote of women wearing garlands of violets, every discovery made about her has thrown up more questions. Historians agree that her poetry would have been sung and accompanied by a lyre (a u-shaped stringed instrument). Beyond that, however, there are controversies surrounding almost every aspect of her life, including whether her work was ever performed in public and whether she had a daughter. But there is nothing more hotly debated than Sappho's sexuality. It's been suggested that she was a teacher or leader trusted with educating a collective of young women, and that Sappho's desire for these students was expressed in her poetry.

The truth is, we'll never know the truth. Arguing about the sexuality of a person who existed so long ago is pretty redundant, but for better or worse, Sappho has become a symbol. And it's easy to believe poetry that so viscerally describes desire between women could only have been written by a woman who'd felt it herself.





You'll Be a Wonderful Parent

Advice and Encouragement for Rainbow Families of All Kinds

Jasper Peach

16 March 2023
9781743798614
£14.99 | Hardcover
120 Pages
182 x 130 mm
Black and White Illustrations

In *You'll Be a Wonderful Parent*, Jasper Peach provides a practical and emotional guide for LGBTQIA+ families around the arrival of a new baby.

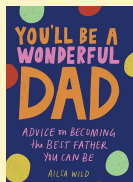
This little book holds the reader's hand through the journeys of both birth and non-birth parents, with advice on everything from to dealing with other's definitions of your family, to finding the right medical care and communities, and of course making sure that you take a lot of naps before the baby is born.

A beautifully illustrated hardback full of warmth and personality, *You'll Be a Wonderful Parent* is unlike any other book on the market in its inclusive and celebratory approach to queer parenting, and there is something for everyone to learn from the values and experiences of rainbow families. It is the perfect book for new or expecting parents of all descriptions.

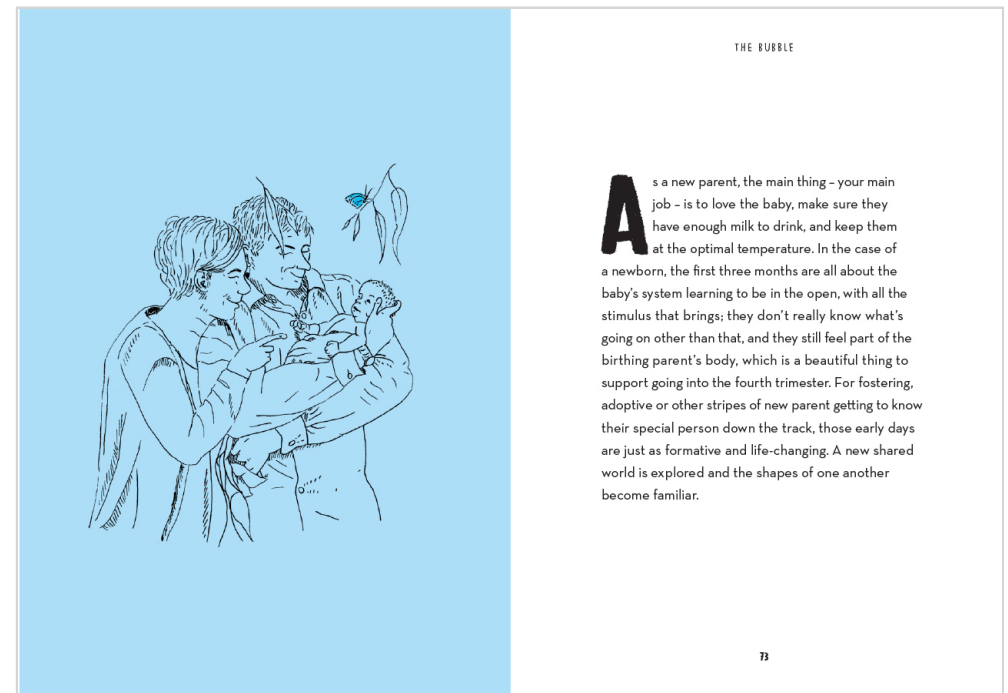
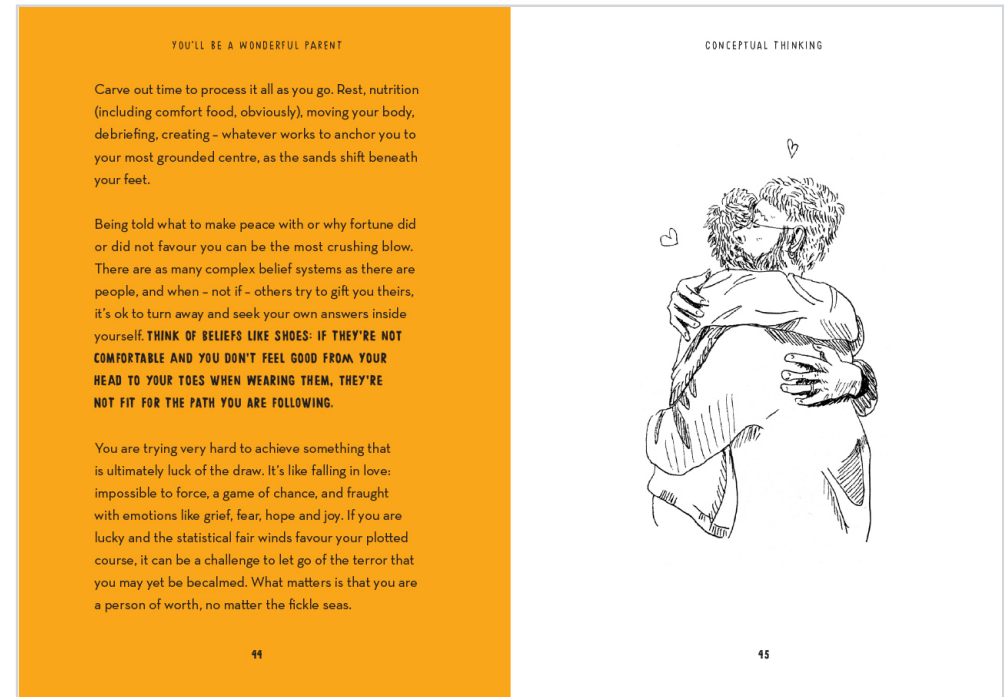
Jasper Peach lives on stolen Dja Dja Wurrung Country, Australia, with their wife and two children. They are a trans, non-binary and disabled writer, editor, civil celebrant and broadcaster. Jasper served as guest co-editor for *Archer Magazine's* 16th edition, and their work appears in *HireUp*, the *Sydney Morning Herald*, *SBS Voices* and *We've Got This*, a book about parenting with a disability.

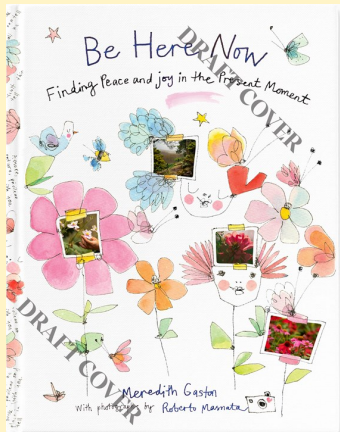
- There is really no book like this on the market that speaks to queer parents in this way
- The ideas are simple and practical, and informed by case studies on all different queer parenting experiences

[View on Edelweiss](#)



You'll Be a Wonderful Dad
9781743798485
£10.00 | Hardcover





Be Here Now

Finding Peace and Joy in the Present Moment

Meredith Gaston Masnata

13 April 2023
9781743799109
£18.99 | Hardcover
192 Pages
248 x 187 mm
Full-colour Illustrations
and Photographs

***Be Here Now* will show you how to discover your 'now', building resilience and nurturing your own inner sanctuary by treasuring the world, just as it is now, in all its simplicity and authenticity.**

Beautifully written and illustrated by acclaimed artist Meredith Gaston Masnata with photographs by Roberto Massimo, *Be Here Now* shows you how easy it is to reconnect with the moment, pushing aside life's challenges to rediscover the simple things in life.

This inspiring book will assist you to relax and enjoy the moment, a skill that should never be forgotten.

Meredith Gaston Masnata is an internationally acclaimed Australian artist, best-selling author and passionate wellness advocate. Meredith's playfully sophisticated signature style and inspirational words bring comfort and joy to many. Her lovingly illustrated books are translated into foreign languages, and her original artworks and limited edition prints collected worldwide.

- Stunning, creative illustrations and photographs bring the wellbeing concepts to life
- A delightful way to reconnect with nature and find peace
- Simple and accessible ideas to help be in the moment and grateful for the present

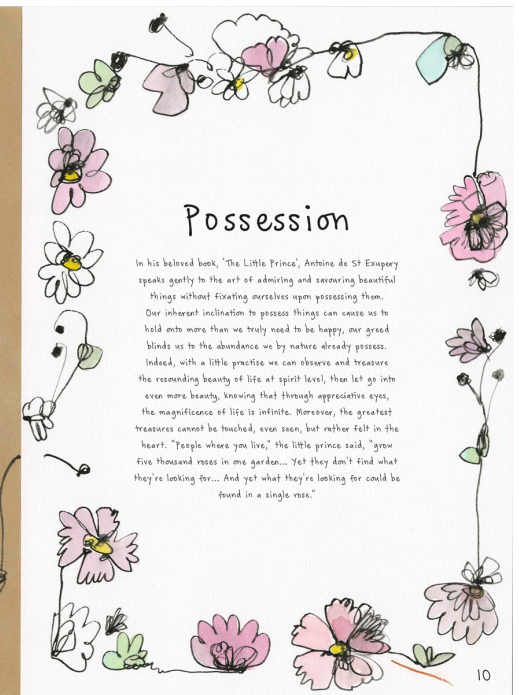
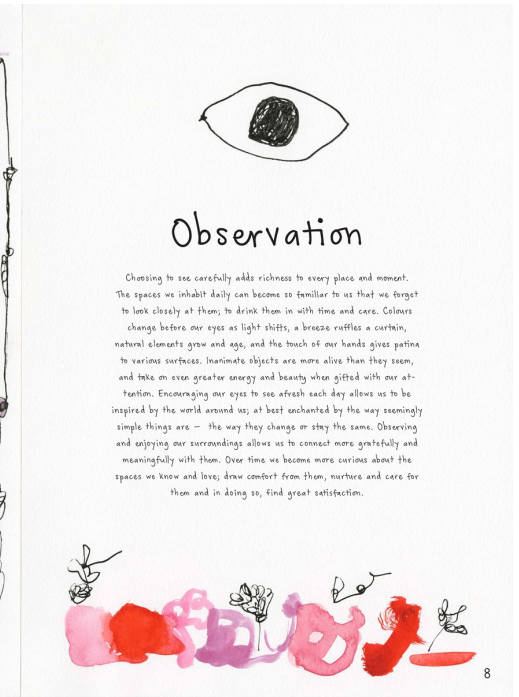
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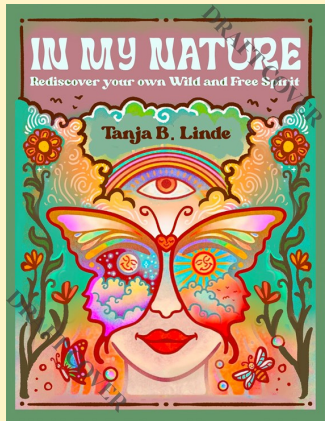


Choosing Love
9781743797433
£16.00 | Hardcover



Relax
9781743797426
£14.99 | Hardcover





In My Nature

Rediscover Your Own
Wild and Free Spirit
Tanja B. Linde

13 April 2023
9781741178203
£15.00 | Hardcover
192 Pages
210 x 160 mm
Full-colour Illustrations

A magical book featuring Tanja B. Linde's illustrations, *In My Nature* will help you realise your own potential by unearthing your connection to the natural world.

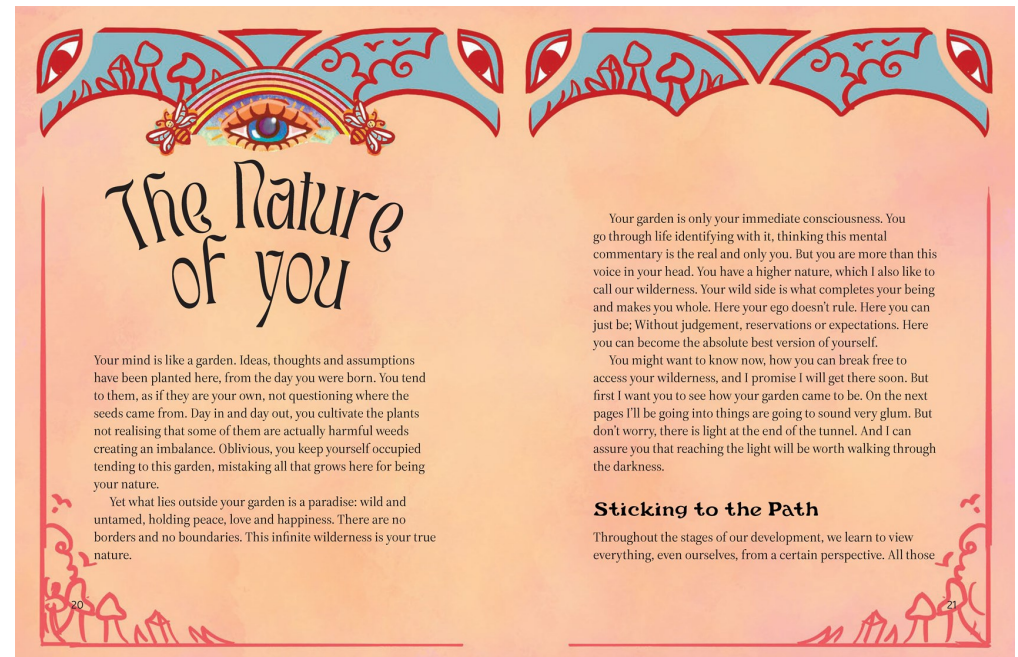
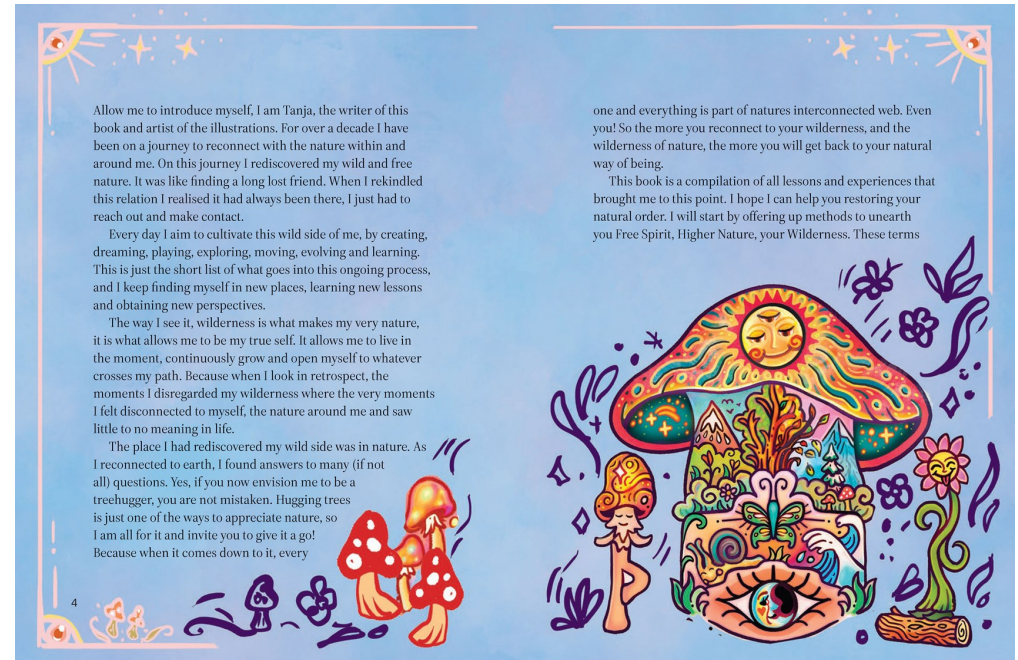
Having lived nomadically for the past decade, Tanja has found ways to make the most out of every experience. She believes that if we choose to listen to our higher nature and live life on our own terms, we can turn the ordinary into the extraordinary. Divided into three sections – Venture Inward, Go Explore and Journey Beyond – *In My Nature* guides your journey on a free-spirited path.

Throughout the book you will be offered up inspiration and ideas for activities that let you reconnect with nature, which are bound to enrich your body, soul and spirit. Find encouragement to go beyond your limits, set intentions and venture out into a world full of adventure.

Tanja B. Linde is an artist, digital nomad and self-proclaimed free spirit. She and her fiancé Lenny are two creatives roaming around Europe in their converted sprinter-van, recording their adventures on their blog, *The Breakaways*. Tanja's art language is groovy, trippy and magical, and aims to make onlookers feel revitalised, inspired and uplifted. Her illustrations have gained a global following.

- Features projects, meditations and affirmations for mindful, joyous living
- Through her groovy illustrations and online shop Seek & Revel, Tanja has amassed a sizeable following (54.8k Instagram followers)

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The Witch's Home

Rituals and Crafts for Protection and Harmony

Jo Cauldrick

11 May 2023
 9781784885779
 £12.99 | Hardcover
 160 Pages
 177 x 140 mm
 Full-colour Illustrations
 and Photographs

In *The Witch's Home*, Jo Cauldrick shares 25 soothing rituals, crafts, meditations and magical practices for you and your home, to encourage a more magical, harmonious way of living.

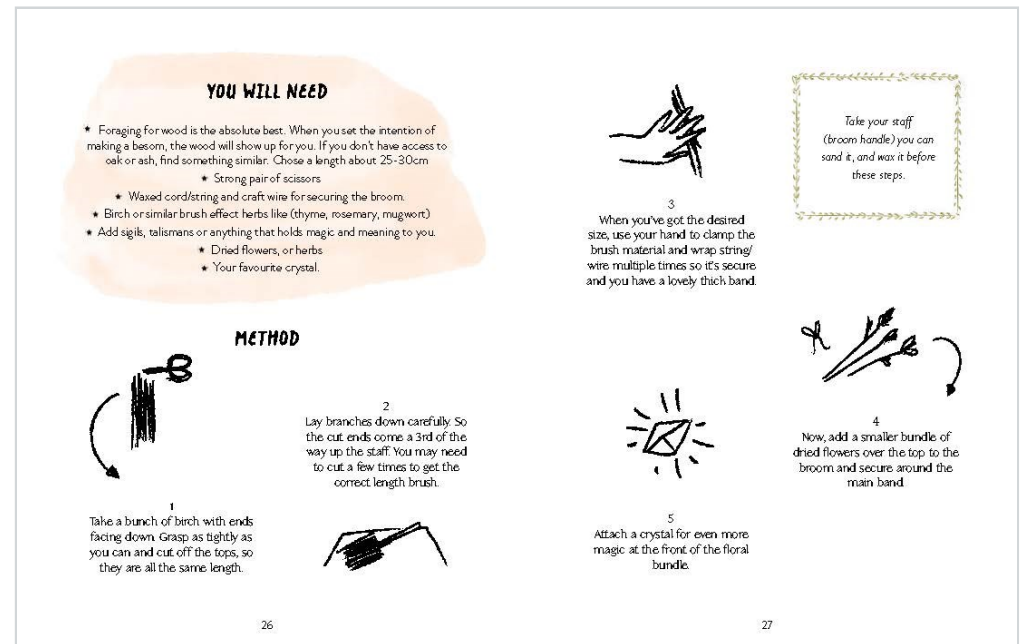
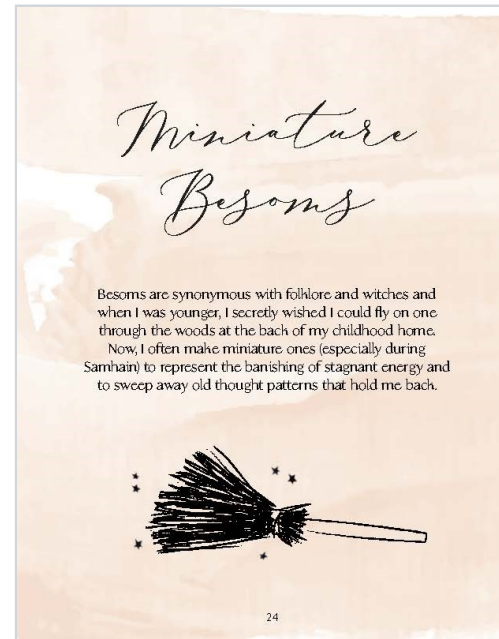
Broken down into five chapters, witchcraft-inspired activities blending homemade crafts, potion-making and spells will help you become the best version of yourself and make your home a haven. With guidance on how to build your own altar space, create a spell bag as well as candle magic and manifesting, you will be able to slow down, connect to the earth and enhance your own spiritual practices.

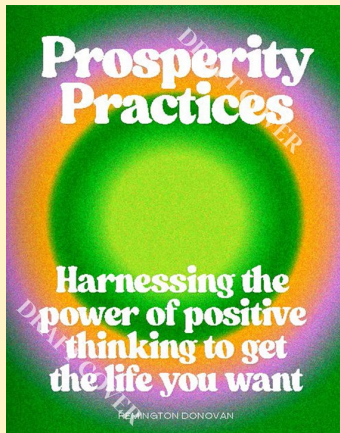
Designed to encourage you to become more in tune with the cycles of nature, *The Witch's Home* is a wonderful, practical guide to making the most of your magical potential.

Jo Cauldrick is a Portugal-based artist and creator of tarot decks, journal packs and colouring sheets to support positive spiritual practice. She is the face behind the successful site The Moon Journal and the author of *Muse with the Moon*, an interactive journal inspired by the phases of the moon.

- This gentle approach to witchcraft is great for those wanting to transform their homes into magical spaces
- Practical ways to enjoy a magical connection to nature and channel it into everyday life
- Craft projects range from cleansing wands for each season of the year to garlands connected to phases of the moon

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Prosperity Practices

Harnessing the Power of Positive Thinking to Get the Life You Want

Remington Donovan

Prosperity Practices shows how subtle differences in your attitude, turns of phrase, and interactions with others can make changes in your life.

It is divided into four chapters—Attitude of Gratitude, The Power of the Word, The Gift of Giving, and Let Grow—and includes a broad scale of practical applications that can help you to live a better life, from manifesting financial prosperity, and realizing your self-worth, to letting go of negative energy and improving your engagement with others.

Exercises range from 10-second mantras and simple rituals that will easily fit into your daily routine, to more ambitious 40-day practices.

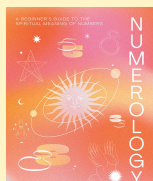
Through his own lived experiences, Remington Donovan shows how easy it can be to switch your mindset into something prosperous for your mind, body, and soul.

Remington Donovan is a teacher and author, trained in the spiritual wisdom of the ancients. He was quite literally born into the traditions of mysticism, spirituality, and meditation, which naturally evolved into his now over 30 years of experience practicing with tarot and numerology. Remington lives in Vermont with his wife and son, where he unironically believes in the infinite possibilities of the universe.

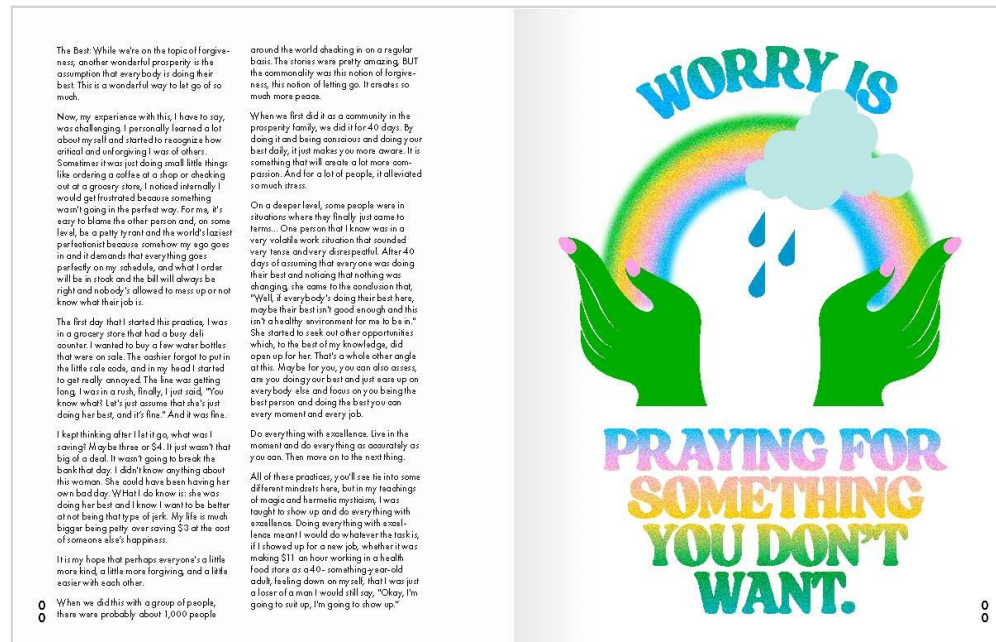
- Taps into the #bekind movement that is going nowhere fast
- A practical guide that is accessible for everyone
- Written in a fun, relatable tone with real-life examples

11 May 2023
9781784886103
£12.99 | Hardcover
160 Pages
177 x 140 mm
Full-colour Illustrations

[View on Edelweiss](#)



Numerology
9781784884635
£12.99 | Hardcover



The Best. While we're on the topic of forgiveness, another wonderful prosperity is the assumption that everybody is doing their best. This is a wonderful way to let go of so much.

Now, my experience with this, I have to say, was challenging. I personally learned a lot about myself and started to recognize how critical and unforgiving I was of others. Sometimes it was just doing small little things like ordering a coffee at a shop or checking out at a grocery store, I noticed internally I would get frustrated because something wasn't going in the perfect way. For me, it's easy to blame the other person and, on some level, be a petty tyrant and the world's strictest perfectionist because somehow my ego goes in and it demands that everything goes perfectly on my schedule, and what I order will be in stock and the bill will always be right and nobody's allowed to mess up or not know what their job is.

The first day that I started this practice, I was in a grocery store that had a busy deli counter. I wanted to buy a few water bottles that were on sale. The cashier forgot to put in the links sale code, and in my head I started to get really annoyed. The line was getting long. I was in a rush, finally, I just said, "You know what? Let's just assume that she's just doing her best, and it's fine." And it was fine.

I kept thinking after I let it go, what was I saving? Maybe three or \$4. It just wasn't that big of a deal. It wasn't going to break the bank that day. I didn't know anything about this woman. She could have been having her own bad day. What I do know is: she was doing her best and I knew I want to be better at not being that type of jerk. My life is much bigger being petty over saving \$3 at the cost of someone else's happiness.

If it is my hope that perhaps everyone's a little more kind, a little more forgiving, and a little easier with each other.

When we did this with a group of people, there were probably about 1,000 people

around the world checking in on a regular basis. The stories were pretty amazing. BUT the commonality was this notion of forgiveness, this notion of letting go. It creates so much more peace.

When we first did it as a community in the prosperity family, we did it for 40 days. By doing it and being conscious and doing our best daily, it just makes you more aware. It is something that will create a lot more compassion. And for a lot of people, it alleviated so much stress.

On a deeper level, some people were in situations where they finally just came to terms... One person that I know was in a very volatile work situation that sounded very tense and very disrespectful. After 40 days of assuming that everyone was doing their best and nothing that nothing was changing, she came to the conclusion that, "Well, if everybody's doing their best here, maybe their best isn't good enough and this isn't a healthy environment for me to be in." She started to seek out other opportunities which, to the best of my knowledge, did open up for her. That's a whole other angle at this. Maybe for you, you can also assess, are you doing your best and just see up on everybody else and focus on you being the best person and doing the best you can every moment and every job.

Do everything with excellence. Live in the moment and do everything as optimally as you can. Then move on to the next thing.

All of these practices, you'll see it into some different mindsets here, but in my head of magic and hermetic mysticism, I was taught to show up and do everything with excellence. Doing everything with excellence means I would do whatever the task is, if I showed up for a new job, whether it was making \$11 an hour working in a health food store or doing something as an old adult, feeling down on myself, that I was just a loser or a man I would still say, "Okay, I'm going to step up, I'm going to show up."



Future tripping

Some years ago, a friend of mine from Hawaii taught me this beautiful little practice.

I was feeling really upset. I was feeling really concerned. I was future tripping, as we call it, and regretting all of my past decisions because I liked to be hard on myself for all of the mistakes and all of the things I could have and should have done. Then I was feeling a lot of fear about what's next, what's in the future. I didn't have enough. I wouldn't, I wasn't going to make it.

My Hawaiian friend asked me to sit with my eyes closed and put my left hand over my heart center, which is the center of your upper chest, not your biological heart. With my right hand over my left I closed my eyes and I took a deep breath. I just said, "I'm sorry. Please forgive me. Thank you. I love you."

I took a breath and she had me say it again. "I'm sorry. Please forgive me. Thank you. I love you. I'm sorry. Please forgive me. Thank you. I love you. I'm sorry. Please forgive me. Thank you. I love you."

I said that over and over again for probably what was maybe five minutes. She didn't say any time of length. I opened my eyes and that was it.

It was a beautiful practice. Forgiveness is a huge part of prosperity, whether you forgive yourself and it all comes down to being in the moment, being here and being now. If you can really forgive, you can be much more free and freedom creates opportunity which creates prosperity.



[View on Edelweiss](#)

Every Question You've Ever Wanted to Ask about Sex

A Feminist Discussion of Sexual Empowerment
Olympe de G and Stéphanie Estournet

22 June 2023
9781784884420
£14.99 | Hardcover
176 Pages
215 x 145 mm
Full-colour Illustrations

***Every Question You've Ever Wanted to Ask about Sex* shows how opening up discussions on bodies, sexuality and pleasure can lead to much, much better sex and self-esteem.**

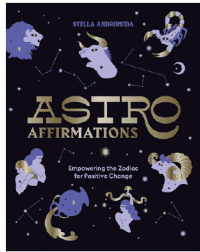
The book takes the reader on a journey of self discovery through nine chapters, discussing everything from self-stimulation, sexual orientation, communicating wants and desires, staying safe online when sexting, exploring erotica and porn and creating private content.

A straight-talking manifesto for sex positivity that every womxn should read; it's accessible, and most importantly, focuses on what we should be asking ourselves, as opposed to reinforcing the damaging, age-old stereotypes and constructs surrounding sex that detract from personal pleasure.

Olympe de G. is a feminist pornographer, hailing from Paris. With several films to her name, she is also the creator of *VOXXX* and *COXXX*, sex positive podcasts.

Stéphanie Estournet is a journalist and author based in Paris. She co-authored *Pleasure is a Contact Sport* (Larousse, 2021) with Olympe de G, and is the founder of the podcast *Ctrlxfr*.

- Set in a conversational tone that feels accessible and applicable to readers' everyday lives
- Interviews with prominent voices in the field, such as Buck Angel and Paul Preciado

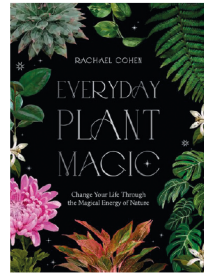


Out now
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384 Pages
155 x 120 mm

AstroAffirmations

Empowering the Zodiac for Positive Change

Stella Andromeda

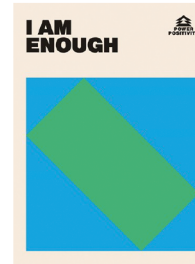


Out now
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160 Pages
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Everyday Plant Magic

Change Your Life Through the Magical Energy of Nature

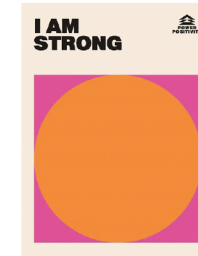
Rachael Cohen



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96 Pages
132 x 110 mm

I AM ENOUGH

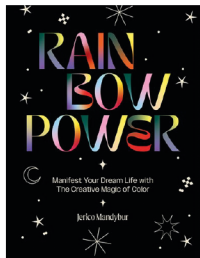
Hardie Grant Books



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96 Pages
132 x 110 mm

I AM STRONG

Hardie Grant Books

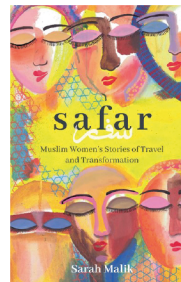


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Rainbow Power

Manifest Your Dream Life with the Creative Magic of Color

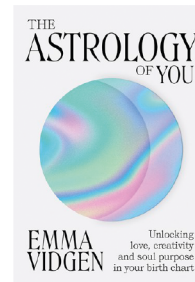
Jerico Mandybur



Out now
9781741177763
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168 Pages
216 x 138 mm

Safar: Muslim Women's Stories of Travel and Transformation

Sarah Malik

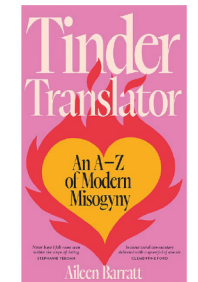


Out now
9781743798003
£14.99 | Hardcover
176 Pages
182 x 130 mm

The Astrology of You

Unlocking Love, Creativity and Soul Purpose in Your Birth Chart

Emma Vidgen



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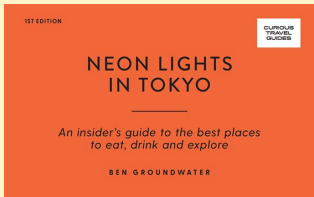
Tinder Translator

An A-Z of Modern Misogyny

Aileen Barratt



Travel



[View on Edelweiss](#)

Neon Lights in Tokyo

An Insider's Guide to the Best Places to Eat, Drink and Explore

2 February 2023
9781741177015
£16.00 | Paperback
240 Pages
230 x 150 mm
Full-colour Photography

Neon Lights in Tokyo is your guide to navigating the colossal world within a world that is Tokyo.

Japan's capital is big, bold, and often highly intimidating to the uninitiated. But this needn't be the case. *Neon Lights in Tokyo* will not only introduce travelers to the heart of this densely packed and buzzing metropolis but also the village-like atmosphere of its smaller suburbs, helping you to find the best restaurants, the best bars, the best shops and the best attractions hidden within the urban jungle.

Tokyo is the most exciting city in the world – and it's time to dive in.

Ben Groundwater is an award-winning Australian travel writer and broadcaster, and the author of *Go Your Own Way*. Ben first visited Tokyo in 2005, and became immediately obsessed. He's since returned to the Japanese capital almost every year, drawn by a city that's always changing, and always amazing.

- The *Curious Travel Guides* highlight the best of coffee, culture and good food from an insider's perspective
- Detailed reviews of selected temples, shops, cafes, restaurants, bars and izakaya, museums and open-air spaces
- Other titles in the series: *Sundays in Paris*, *Lost in Florence*, *Art and Fiesta in Mexico City*, *Wanderlust in Berlin* and *Marrakesh*, *Explore the Magic of the Red City* and *California Travel Dreaming*



Lost in Florence
9781741176360
£16.00 | Paperback



Art and Fiesta in Mexico City
9781741176452
£16.00 | Paperback



NOTABLE NEIGHBOURHOODS

Tokyo is a city of villages, a place that may at first seem huge and intimidating, but is actually a network of easily digestible neighbourhoods that are all connected and yet culturally distinct. These areas are known as chos – a Japanese delineation similar to a suburb – and the trick is to focus on just one or two a day, to allow time to wander and discover in each of them, to enjoy everything the city has to offer without needing to jump on a train and immediately go somewhere else.

It's easy to spot a theme to most of Tokyo's chos, to know what you'll be getting when you choose each neighbourhood as your destination. It might be nightlife, it might be vintage stores, it might be high fashion, it might be electronics. It might be something completely different. But it will always be interesting.

AKASAKA

This central Tokyo district is about as upscale as the city gets, a haven for politicians and high-flying businesspeople, a place filled with expensive restaurants – such as the lovely Elgetsu (see p45) – and luxury hotels.

AKIHABARA

The sheen might have faded slightly from Tokyo's famed electronics town, but Akihabara is still a neighbourhood that is obsessed with technology. This is the place to come for all gadgets and machines, but it's also a hub of gaming and geek culture, with plenty of manga stores and arcade parlours in among the electronics shops.



Artisanal crafts

SHOKUNIN

There's a long history in Japan of artisanal passion and brilliance, a culture that stretches back centuries to ceramics supplied to royalty, to swords made for samurai, and to food perfected by obsessives nationwide. What sets Tokyo apart is the incredible dedication of its shokunin, its craftsmen and tomen, their relentless pursuit of perfection, their drive to innovate and yet preserve tradition in their chosen fields.

If you're chasing works of artisanal beauty to bring home as keepsakes, this is the city for you. In most suburbs you will find at least a few artisans who have come close to perfecting their craft, whether they deal in fabrics or pottery, in metalware or food. For the highest concentration, however, stroll around Karamae, or check out Gakugei-Daigaku.

Regardless of where you are, you will notice a similar dedication among the artisans involved: a knife isn't just a tool in Japan – it's a work of art; a meal isn't mere sustenance – it's performance; a bowl isn't just something to eat from – it's a statement of origin and of ideas. This quest for perfection makes for excellent shopping, and amazing eating. Enjoy.



Plant-based USA: A Travel Guide to Eating Animal-free in America

A Guidebook for Vegan,
Vegetarian and
Flexitarian Foodies
Veronica Fil

25 May 2023
9781741177336
£22.00 | Paperback
304 Pages
210 x 170 mm
Full-colour Photography

Plant-based USA is a food guidebook for anyone looking for vegan-friendly travel experiences throughout the United States.

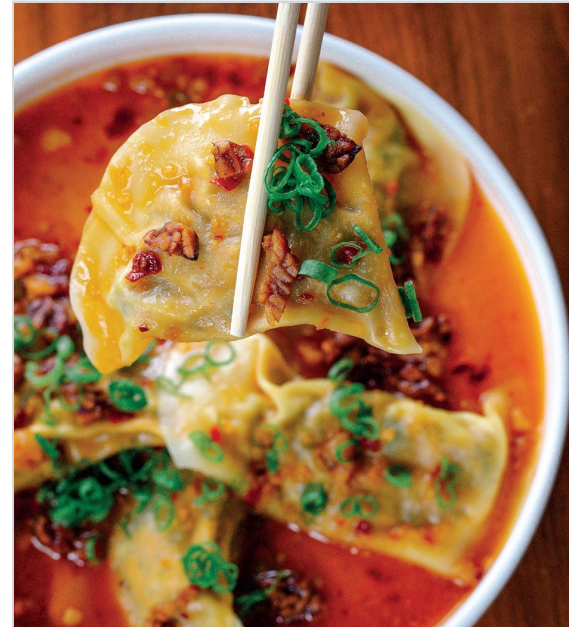
Following a plant-based diet can be challenging at the best of times, but it becomes even trickier when travel is involved. This guidebook and directory helps plant-based enthusiasts and climate-conscious eaters to identify “vegan-approved” places to eat and “safe” dishes to order.

Organised by city, *Plant-based USA* covers everything from restaurants to festivals and accomodation, while interweaving short reviews and personal travel tips and recipes from leading chefs on the American plant-based scene.

Veronica Fil is an Australian writer now based in the US. In 2019, Veronica and her partner, award-winning chef Shaun Quade, sold out of their internationally recognised restaurant Lume in Melbourne, Australia, to launch their plant-based cheese company Grounded Foods.

- Helps readers identify ‘vegan-approved’ places to eat and ‘safe’ dishes to order
- Uncovers exciting new developments in plant-based cuisine, such as ‘mushroom meat’ and pumpkin seed milk, as well as exploring unique local cuisines

[View on Edelweiss](#)



Push with greenery in the summer, serene ski slopes in the winter and nestled at the base of the Rocky Mountains, Denver is the antithesis of New York's bustling greyscale metropolis. Its picturesque urban landscape makes Denver a popular destination for outdoorsy folk, who seek their thrills hiking, biking and camping. Basically all of the activities that I don't like because they involve natural elements that mess up my hair.

Situated 5,000 feet above sea level (which incidentally gives Colorado the name Mile High City—just in case you thought the nickname referred to something else), it may take time for your body to adjust to the altitude and air quality. For that reason, first time visitors should take time to relax and acclimatize before hitting the nature trails. Maybe start with some snacks instead. Or even better, a brew; there's around 100 local tap houses and brewing companies located in Denver, so allocate your designated driver now or book a hosted tour. That's the kind of trail I can get behind.

I highly recommend a stop at Denver Beer Co. due to the fact that their facility is 100% fuelled by solar power. Their forward-thinking sustainability plan also involves carbon dioxide capture technology, allowing the brewery to capture over 100,000 lbs of CO2 per year which can then be reused by other industries (rather than be emitted into the environment). If you need further reason to feel good about indulging in some brews, you can join their regular run club. Again, a fitness regime that speaks my language right there. I like how Denver operates.

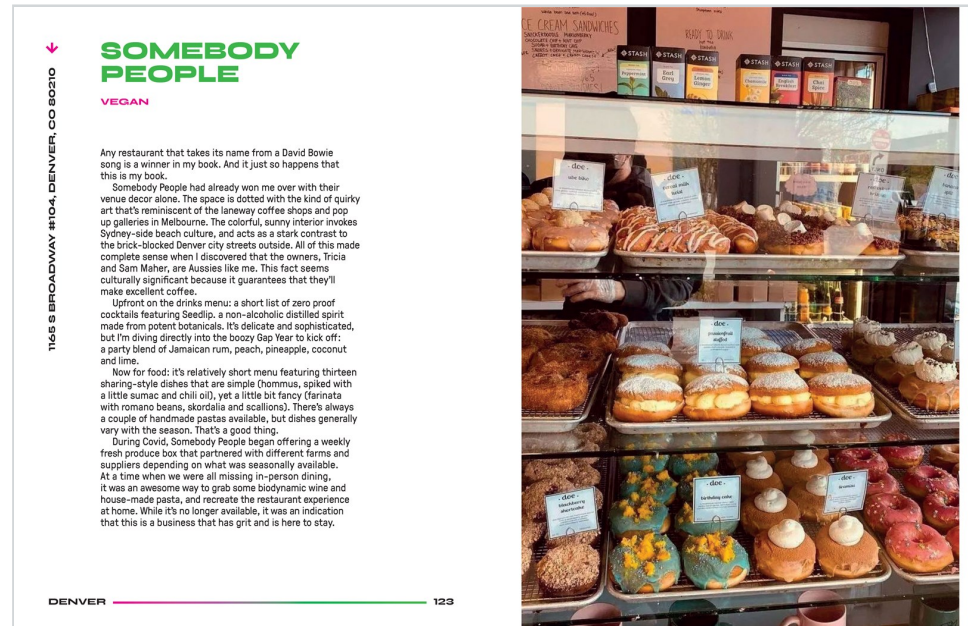
For those with kids to entertain, skip the zoo (the captivity of animals has no place in this book) and head to an animal sanctuary instead. Luvin Arms is located a short drive from Denver in Erie, Colorado, and is home to a manager of rescued farm animals including pigs, goats, horses and lil' duckies.

Denver Beer Company
denverbeerc.com

Luvin Arms
luvinarms.org

123

DENVER



DENVER

123



Children's



Caviar: The Hollywood Star

World of Claris
Megan Hess

16 March 2023
9781761210860
£12.99 | Hardcover
40 Pages
280 x 240 mm
Full-colour Illustrations

Caviar: The Hollywood Star is the third *World of Claris* adventure from beloved children's author Megan Hess, destined to delight fashion-obsessed readers of all ages!

*Caviar isn't naughty or badly behaving.
She just gets excited when things are amazing!*

*Her feelings are big and so hard to shrink down,
But any small outburst makes her owner frown...*

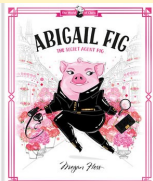
Caviar is a charismatic Californian chihuahua with a flair for the dramatic. But her owner just wants her to be a perfect, polished socialite.

Can Caviar play the role of a lifetime **and** stay true to herself?

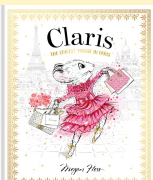
Megan Hess is an acclaimed art director and illustrator who works with some of the most prestigious designers and luxury brands around the world, such as Chanel, Dior, Cartier, Prada, Fendi, Louis Vuitton and Tiffany & Co. Her beloved *Claris* series for children has grown to include the *World of Claris* picture books.

- The third *World of Claris* adventure from beloved children's author Megan Hess - this time I set in LA!
- With half a million books in print, Megan Hess's *Claris* series is already a modern classic and a favourite among children and fashion-aficionados alike. Now beloved author Megan Hess is introducing readers to Claris's most stylish friends

[View on Edelweiss](#)



Abigail Fig: The Secret Agent Pig
9781760507725
£12.99 | Hardcover



Claris: The Chicest Mouse in Paris
9781760502591
£12.99 | Hardcover

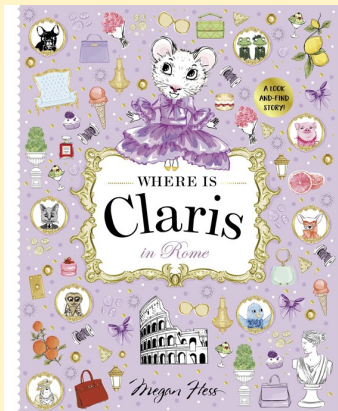


In the Hollywood Hills lived the cutest canine.
Her name? Caviar, and she was DIVINE.



She lived with a lady who liked to dress up,
whose favourite accessory was always her pup.

The lady matched Caviar from outfit to bag,
and Caviar's costumes made her tail wag!



Where is Claris in Rome!

Claris: A Look-and-find Story!

Megan Hess

8 June 2023
9781760509521
£12.99 | Hardcover
32 Pages
280 x 230 mm
Full-colour Illustrations

Claris, the chicest mouse in Paris, is setting off on an exciting adventure through Rome!

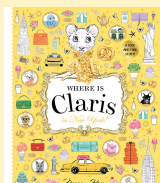
Can you find Claris and her friends in historic places such as the Colosseum, the Trevi Fountain and St Peter's Basilica?

Look inside to find out!

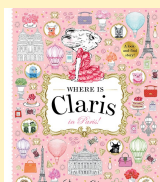
Megan Hess is an acclaimed art director and illustrator who works with some of the most prestigious designers and luxury brands around the world, such as Chanel, Dior, Cartier, Prada, Fendi, Louis Vuitton and Tiffany & Co. Her beloved *Claris* series for children has grown to include the *World of Claris* picture books.

- Italian cityscapes, covetable fashion, and recurring characters in every spread
- Perfectly pitched for a picture book reader, with varying levels of difficulty!
- The *Claris* series continues to grow with six picture books and three look-and-find adventures available, as well as a spinoff character series in the *World of Claris*
- Megan Hess's books have sold over 1 million copies worldwide

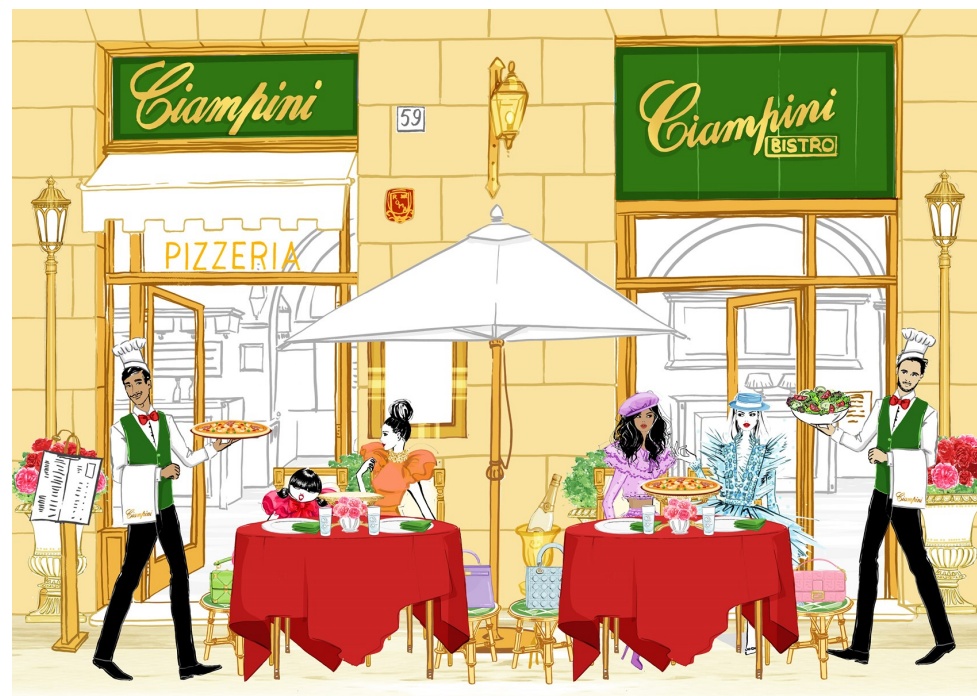
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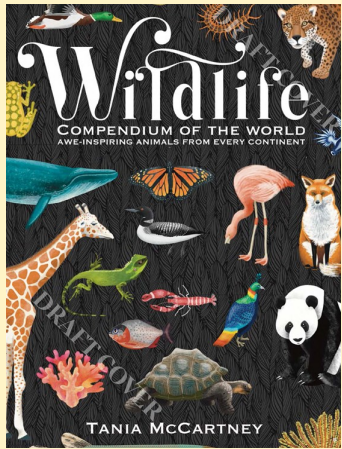


Where is Claris in New York
9781760504960
£10.00 | Hardcover



Where is Claris in Paris
9781760504946
£10.00 | Hardcover





Wildlife Compendium of the World

Awe-inspiring Animals from Every Continent

Tania McCartney

25 May 2023
 9781741177473
 £15.00 | Hardcover
 88 Pages
 280 x 220 mm
 Full-colour Illustrations

From amphibians and reptiles to monotremes and pilosa, discover our world of enchanting fauna in this stunning, illustrated book, *Wildlife Compendium of the World*.

Divided by continent, and with a handy map opener, you can explore some of the wildest, weirdest, and cutest animals that call Earth home. Each animal profile includes the Latin name, type, diet, size, weight, conservation status, curious facts about the species, and either the collective noun or baby name for that animal.

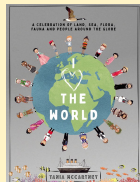
Meet a slug that resembles a banana, and a fuzzball mammal with 90 strands of hair per follicle. Marvel at an ant that burns like fire, a pig-beaver-hippo-cow-camel hybrid that eats its own poop, and a creature with the shortest lifespan on Earth (five minutes!). Discover that a group of bears is called a sloth and a baby lizard is called a hatchling.

With a lustrous textured cover, this book is a wonderful resource and the perfect gift for children and adults alike.

Tania McCartney is a book creator. She has made over 60 books for children and adults, and has illustrated, edited and designed many of them, too. Her works have shortlisted and won an array of awards, and have reached the hands of children in more than 20 countries around the globe.

- The bite-size pieces of content and the engaging writing style make this book ideal for children and adults alike

[View on Edelweiss](#)



I Love the World
 9781741177398
 Hardcover



Plume: World Explorer
 9781741177664
 £14.99 | Hardcover



North America

From soaring eagles to fire ants, coyotes to road runners, alligators and polar bears, North America is a continent of extremes. Habitats vary from the polar regions of Greenland to the Great Lakes wedged between Canada and the USA. Migrate south for warmer climes – the tropical islands of the Caribbean and the blazing deserts of Mexico.

Animals here range from the largest bear on the planet to tiny butterflies that flutter in great orange clouds from Mexico to Canada and back again – one of the world's most spectacular migrations.

North America has six major biomes: tundra, desert, prairie, coniferous forest, deciduous forest and tropical rainforest.

- Yellowjacket
- Bald eagle
- Moose
- Monarch butterfly
- Banana slug
- Grizzly bear
- Roadrunner
- Gila monster
- Fire ant
- Rattlesnake
- Cactus wren
- Coyote
- Painted turtle
- American coot
- Mayfly
- Alligator gar
- Mudpuppy
- North American nearctic
- Arctic woolly bear moth
- Wood frog
- Little auk
- Polar bear
- Northern cod
- Walrus



Mountains

- WOOD LIZARD**
Urosaurus
 TYPE -> reptile DIET -> omnivore
 SIZE -> up to 40cm (16in)
- SPECTACLED BEAR**
Tremarctos ornatus
 TYPE -> mammal DIET -> omnivore SIZE -> up to 1.8m (5.9ft) WEIGHT -> up to 150kg (340lb)
- LLAMA**
Lama glama
 TYPE -> mammal DIET -> herbivore SIZE -> up to 1.8m (5.9ft) WEIGHT -> up to 200kg (440lb)
- CHINCHILLA**
Chinchilla chinchilla
 TYPE -> mammal DIET -> omnivore SIZE -> up to 40cm (16in) WEIGHT -> 40-90g (1.2-3oz)
- MOUNTAIN TAPIR**
Tapirus pantherae
 TYPE -> mammal DIET -> herbivore SIZE -> up to 1.8m (5.9ft) WEIGHT -> up to 250kg (550lb)
- ANDEAN CONDOR**
Vultur gryphus
 TYPE -> bird DIET -> carnivore SIZE -> up to 3.2m (10ft 6in) wingspan WEIGHT -> up to 15kg (33lb)

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