



Hardie Grant Books

Autumn 2023

Hardie Grant

PUBLISHING

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Food & Drink



Time & Tide

Recipes and Stories
from My Coastal
Kitchen
Emily Scott

6 July 2023
9781784885755
£28.00 | Hardcover
256 Pages
246 x 172 mm
Full-colour Photography

"A beautiful and soul-comforting book for anyone who loves to cook." - Stanley Tucci

"The gentle warmth and charm of this Cornish idyll pleases mightily." - Jeremy Lee

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.

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 passionate about food and loves nothing more than delighting others through cooking.

- Cornwall remains an incredibly popular staycation destination post-lockdown

[View on Edelweiss](#)



Sea & Shore
9781784883997
£26.00 | Hardcover



Salt-Baked Sea Bass, Herbs, Tarragon Mayo

A recipe inspired by the sea. This salt-baked bass is simple to make and will shine at any table. Sea bass has delicious depth of flavour and encasing it in Cornish sea salt gently wraps the fish up and locks in all the moisture and fragrance of the herbs and lemon as it cooks. Accompanied by tarragon mayo, fennel gratin and Cornish earlises, this will transport you to the coast – a fish supper like no other.

SERVES 4

2 egg whites
100 ml (3 1/2 oz/1/2 cup) milk
1 kg (2 lb 4 oz/2 1/2 cups) coarse Cornish sea salt
1 x 1.5-2 kg (3 lb 5 oz-4 lb 8 oz) sea bass (from a sustainable source), gutted, gills removed, scales left on
1 bunch of fresh flat leaf parsley
1 bunch of fresh dill
1 bunch of fresh tarragon
1 fennel bulb with fronds, finely sliced
1 lemon, thinly sliced

FOR THE TARRAGON MAYO:

3 egg yolks
1 tablespoon Dijon mustard
juice of 1 lemon
250 ml (9 oz/1 cup) sunflower oil
a handful of tarragon sea salt and freshly ground black pepper

TO SERVE:

4 baked new potatoes
Green salad (see page 200) or watercress

Preheat the oven to 200°C (390°F/Gas 6).
In a large bowl, whisk the egg whites until gently foaming. Combine with the measured water, then add the sea salt and mix. Evenly spread one-third of the salt mixture over a large baking sheet or tray.
Stuff the herbs, fennel and lemon slices into the cavity of the fish, then lay the fish on top of the salt. Be careful not to get the salt inside the cavity – you don't want to make the fish too salty. Encase everything but the head and tail of the fish in the salt, tucking it in tightly.
Bake in the oven for 35-40 minutes. To test if the bass is ready, push a skewer through the salt into the thickest part of the fish. If the skewer is warm and almost hot, it is ready. Remove from the oven and allow to rest for 15 minutes.

Meanwhile, make the tarragon mayo. Combine the egg yolks, mustard, lemon juice and a good pinch of sea salt in a food processor and blitz until just combined. With the motor still running, slowly pour the oil through the funnel in a fine, slow stream until it is all incorporated and has emulsified. Remove the tarragon leaves from their stalks and roughly chop (as you chop, the delicious fragrance will be released). Fold through the mayo and taste, adjusting the seasoning as needed.
Gently crack the salt casing and pull it away from the fish, brushing any excess salt from the top. Gently loosen and carefully transfer the fish to a large plate. Pull the skin away and use a round-ended knife to scrape away any darker fish, leaving you with beautifully cooked and tender sea bass.
Serve with tarragon mayo, new potatoes and a green salad or some watercress.

COOK'S NOTES: I always use Cornish sea salt – so pure and natural. Those beautiful, microscopic, pyramid-shaped flakes are essential in my cooking. For a citrus version of the mayo, omit the tarragon and add the zest of 1 lemon and 1 lime.



Recipes from Andalusia José Pizarro

13 July 2023
9781784886325
£18.99 | 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

Plato de los monter

Serves 4

500 g (1 lb 2 oz) potatoes, peeled and diced
2 tablespoons extra-virgin olive oil
150 g (5 oz) cooking chorizo, sliced
150 g (5 oz) morcilla, sliced
1 green (bell) pepper, deseeded and sliced
2 thick pieces Lomo en Manteca (see page 35)
4 free-range eggs

To me, this is the Spanish equivalent of an English breakfast – a big plate of deliciousness that will keep you going all day. It's served in ventas, or roadside cafés, on the mountain roads around Málaga (by the road between Málaga and Colmenar), in days gone by, it would have been eaten daily, but now it's more of a family breakfast treat on a Sunday.

Place the potatoes in a saucepan of cold salted water, bring to a boil and simmer for 5 minutes, until tender. Drain well, then return the potatoes to the pan over a very low heat to dry out. Set aside.

Pour the oil into a large frying pan (skillet) over a medium heat. Add the chorizo and morcilla, and fry until crisp and the fat has been released, for about 2–3 minutes. Remove with a slotted spoon and keep warm.

Fry the pepper in the chorizo and morcilla fat for 3–4 minutes, until softened. Remove and set aside with the chorizo and morcilla.

Add a little more oil to the pan and fry the potatoes over a medium-high heat until golden and crisp, about 5 minutes. Push to one side and add the slices of lomo en manteca to the pan and warm through. Remove and set aside with the meats and pepper.

Finally, fry the eggs in the remaining oil, until the whites are cooked but the yolks are still runny, or however you would prefer. Serve the crispy potatoes and lomo en manteca with the chorizo, morcilla and sliced pepper on individual plates with an egg on top of each portion.



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The Spanish Home Kitchen
9781784884475
£27.00 | Hardcover



Churros

Serves 20–25

250 g (9 oz/2 cups) plain (all-purpose) flour
1 teaspoon baking powder
pinch of sea salt
320–350 ml (11–12 fl oz / 1 1/2 cups) water
50 g (2 1/4 oz) unsalted butter, melted
1 litre (3 1/2 cups) olive oil or sunflower oil for frying
50 g (2 1/4 cup) caster (superfine) sugar
1 teaspoon ground cinnamon

Churros are well known all over the world, but they are absolutely everywhere in Andalusia. Apparently it was originally a Chinese dish, brought to Spain by shipping merchants. Almost like a fried bread, they provided an alternative to fresh bread for shepherds when they were away in the mountains with their flocks of sheep. In fact, the name churros came from this, as the shape of them is very similar to churo sheep horns. It's common to serve these either early in the morning, or just before going to bed, as a final celebration for New Year's Eve or fiestas, after dancing the night away.

Sift the flour, baking powder and salt into a mixing bowl. Put the butter and water in a saucepan and bring to the boil. Pour over the flour and beat until you have a thick but pipeable batter. Cover with cling film (plastic wrap) and chill for 20 minutes.

Heat the oil in a deep saucepan to 180°C (350°F) – or until a cube of bread browns in about 20 seconds. Fit a star nozzle to a large disposable piping bag and spoon the mixture into it. Once the oil is hot enough, pipe the mixture into the pan in long lines, using scissors to cut the batter when each churro is about 12 cm (4 1/2 in) long. Fry about three or four at a time for 3 minutes, until golden brown. Drain on some paper towel.

Mix the sugar and cinnamon together in a shallow bowl and scatter over the top of the churros, or use to dip the ends into as you eat.

219



Eat More Greens

Eat More Plants with Over 65 Quick and Easy Recipes

Fern Green

3 August 2023
 9781784886394
 £14.99 | Paperback
 160 Pages
 234 x 175.5 mm
 Full-colour Photography and Illustrations

Introduce more plants into every meal with over 65 quick, easy and exciting recipes.

We all know that we need to eat more fruit and veg as part of a varied diet, but how many of us get stuck in a rut steaming broccoli or frying up some peppers for the same, old, boring meals? With *Eat More Greens*, learn how to incorporate fruit and vegetables into breakfast, lunch and dinner in new and exciting ways.

Dishes include a Matcha Smoothie, Korean-inspired Kimchi Rice, Rocky Road and even Lamb Meatballs, proving healthy meals don't have to be boring.

Featuring family favourites, one-pot suppers, tasty traybakes and super smoothies, *Eat More Greens* isn't about turning you into a vegetarian, but just making sure that you eat enough plants to improve your overall health.

Fern Green is a food stylist, writer and experienced chef. She has many years' experience writing and styling for magazines and works with various high-profile brands for editorial, packaging, advertising and video content.

- More and more people are becoming flexitarians not just for environmental reasons, but for health reasons, too, and many are realising the importance of Symprove and other probiotics in their diets
- This book will teach readers (in a very non-preachy way) how, by incorporating more greens in their meals, they can achieve great gut health without the need for supplements

[View on Edelweiss](#)

WHY THE BIG 30?

We can be creatures of habit. When we visit our local supermarket or shop online we have a tendency to choose the same foods regularly. To increase our plant diversity, we don't need to make our meals more complicated or expensive; simple recipes are the best and increasing your plant intake is a lot easier than you think.

5-A-DAY RULE
 When thinking about increasing plants and essentially fibre into your diet, the 5-a-day rule is a good place to start. However, this rule does not take into account the trillions of microbes that are living in the gut. These microbes need different types of plant foods to flourish, so varying your recipes and working with the seasons can help you change up your plant diversity.

WHAT ARE THE BENEFITS OF FIBRE?
 Within our gut microbiome, limiting our diet limits our bacteria, which in turn, restricts our health. Our food is their food. If we cut out a whole food group, microbes that thrive on that food will starve into extinction. They procreate so quickly that the food choices we make in 24 hours will alter the evolution of 50 generations of microbes. It doesn't take days or even weeks to change our microbes, it takes just one bite.

Did you know that 90 per cent of us are not getting enough fibre in our diet? We need to consume 30g per day as part of a healthy diet, which can be a hard number to hit when you think a medium apple is only 2.1g. Luckily, nature has packaged both soluble and insoluble fibres into lots of plant-based foods, so variety is key.

TOP TEN PLANT FOODS THAT ARE HIGH IN FIBRE

Some of these foods may come as a surprise. Use this list when shopping, as it is always good to have a few of these in your weekly meal plan.

- 1. Beans**
Lentils and other beans are an easy way to add fibre to your diet. Add them to soups, stews and salads. They also contain a good source of plant protein, which helps keep you feeling fuller for longer.
- 2. Broccoli**
Broccoli is from the brassica family along with cauliflower, cabbage and kale. They are all rich in fibre. Studies have shown that broccoli's 2.8g fibre per 100g may support gut bacteria to help you stay healthy.
- 3. Berries**
Berries are high in antioxidants and fibre - 80g blueberries contain 1.2g fibre and there is nearly the same in 80g frozen blueberries. Blackberries, strawberries and raspberries are also great sources of fibre.
- 4. Avocados**
As well as having a big dose of healthy fats, avocados are also high in fibre - half an average avocado contains 2.5g fibre. They are great to use in salad dressings as well as making ice creams very creamy.
- 5. Wholegrains**
These consist of wholemeal bread, wholemeal pasta and grains, such as millet, quinoa and buckwheat. Don't forget that oats, popular for breakfast, are also full of fibre - 50g oats contains 4g fibre.
- 6. Apples**
This delicious fruit comes in all sorts of varieties, so they are great as a snack and can increase your fibre amount - there's 2.4g fibre in 1 medium apple.
- 7. Dried Fruits**
Figs, prunes and dates are all good at increasing your fibre intake and they are a popular choice for those struggling with constipation. Just don't eat too many in one sitting as it may have the opposite effect!
- 8. Potatoes**
Sweet, red, purple or plain potatoes are all good sources of fibre. Keep the skins on to reach your fibre goals at 3g per potato.
- 9. Nuts & Seeds**
These are a super source of fibre, protein and healthy fats. Sunflower seeds and almonds provide nearly 3g fibre in a serving. Nut butter packs a punch too - try to avoid salted varieties.
- 10. Popcorn**
This is definitely surprising! There is a generous amount of fibre hiding in these airy, light, popped kernels. It is great for snacking on and simple to make.

SPICED COD

This tasty supper is so simple, packed full of plants and big on flavour. It uses green pesto, but you can use red pesto too, if you prefer.

7
plant count

INGREDIENTS:

- 120 g (4.2 oz) basmati rice
- 200 ml (7 fl oz) stock
- 1 cup vegetable stock
- 100 g (3.5 oz) frozen spinach
- 2 large rainbow chard leaves
- 1 roasted jarred red bell pepper
- 80 g (2.8 oz) frozen peas
- 200 g (7 oz) skin-on black-eyed beans
- salt and black pepper
- 2 shallots, finely cut (fin)
- 15 tablespoons green pesto
- 140 g (5 oz) mixed cherry tomatoes
- 1 tablespoon olive oil
- 10 g (1/2 oz) basil leaves
- 6 tomatoes high in vit C & A & potassium
- 7 basil leaves high in vit A & potassium

SERVES: 2 **PREP:** 5 minutes
COOK: 45 minutes

- METHOD:**
- 1 Add the rice to a wide ovenproof saucepan, add the stock and bring to the boil.
 - 2 Reduce the heat, cover and simmer for 20-25 minutes until the rice is tender and the liquid has been absorbed.
 - 3 Meanwhile, preheat the oven to 220°C (425°F).
 - 4 Stir the thawed spinach, chard, stalks removed, sliced red peppers, peas and drained beans through the rice.
 - 5 Season the fish and arrange over the rice.
 - 6 Brush the fish with the pesto, scatter with the tomatoes and drizzle with the oil.
 - 7 Bake for 12-15 minutes, uncovered, until the fish is cooked. Sprinkle with torn basil.





The Dinner Party

A Chef's Guide to Home Entertaining
Martin Benn and Vicki Wild

10 August 2023
9781743798966
£30.00 | Hardcover
240 Pages
283 x 216 mm
Full-colour Photography

The Dinner Party is the ultimate guide to sophisticated home entertaining from fine dining chef Martin Benn, featuring nine expert menus for memorable feasts from relaxed gatherings to glamorous celebrations.

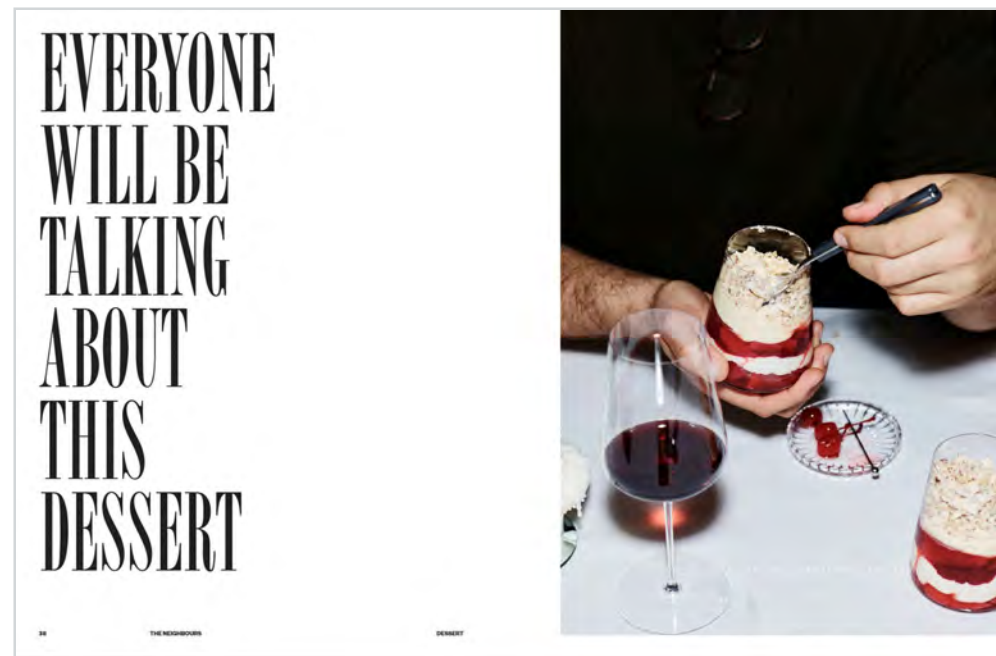
Martin Benn (Sepia, Society) is one of Australia's most accomplished chefs, but his passion is hosting impressive meals at home with his wife and creative collaborator Vicki Wild. In this beautifully photographed and designed cookbook, Benn applies a lifetime of culinary knowledge and technique to the Saturday night supper, offering over 70 recipes for show-stopping starters, memorable main courses, stunning sides and dazzling desserts.

Dress up, casual: anything goes! *The Dinner Party* will help you create a fabulous night to remember.

Fine dining chef **Martin Benn** was born in Hastings, England and began his career under the tutelage of Marco Pierre White. Moving to Australia in 1996, he became head chef of the legendary Tetsuya's before opening Sepia restaurant in 2009 with his wife and partner, front-of-house star Vicki Wild, to widespread acclaim. Most recently the "culinary power couple" (*The Age*) opened the luxurious Society in Melbourne with Chris Lucas. They live in Sydney.

- Includes instructions on the perfect music playlists, wine matches, cocktails, and what to prepare in advance
- This stunning design-led book is a covetable object or a beautiful gift for the cookbook aficionado

[View on Edelweiss](#)

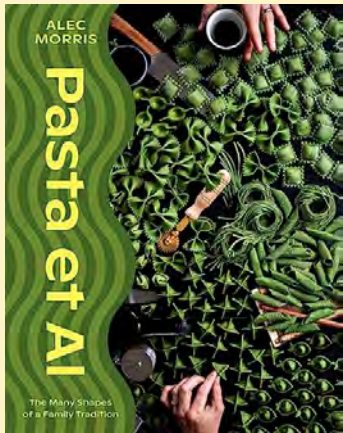


TO SERVE

Lamb shanks (page 73)
Smoking liquid (page 73)
Marinated orange cayenne peppers (page 73)
extra-virgin olive oil, to serve

Heat the oven to 170°C (340°F). — Bake the covered shanks for around 15 minutes. — Remove the foil, then bake the shanks for a further 5–8 minutes to brown slightly. — Remove and set aside for 5 minutes to cool. — Drain the cayenne peppers from the oil (reserve the oil for future use), place on a roasting tray and warm in the oven for 1 minute. — Serve the shanks on a warm platter with plenty of the sauce. — Place the warmed peppers on top of the shanks, season well, and drizzle with olive oil. — Serve immediately.





Pasta et Al

The Many Shapes Of A Family Tradition

Alec Morris

17 August 2023
 9781743799000
 £26.00 | Hardcover
 240 Pages
 253 x 201 mm
 Full-colour Photography

Celebrate one of life's simplest pleasures in *Pasta et Al*, a joyous cookbook featuring sixty re-created classic Italian recipes for handmade pasta.

Alec Morris was taught how to cook fresh pasta by his Nonna as a child, and now carries on the tradition every Sunday with his young sons, Aldo and Elio. Join Al, Al and El and discover how to make over thirty different pasta doughs and forty-two different pasta shapes – spanning long, short, big and flat, small and squishy, and filled – with step-by-step tutorials and a range of delicious recipes from wild olive busiate to rigatoni al forno, green lasagne to spiralled cappellacci.

This vividly photographed, brilliantly written guide is a snapshot of love and loss, old traditions and new beginnings, and treasured Italian cooking.

Alec Morris and his young sons, Aldo and Elio, are a team of playful pasta-makers bringing their favourite Sunday tradition to your table. Alec has degrees in languages, international relations, history, and photography, and has called Canberra home for the past fifteen years. He documents his family's pasta recipes and traditions at pastaet.al.com and [@pastaet.al](https://www.instagram.com/pastaet.al).

- A celebration of family and nostalgia around traditional pasta making.
- Over 60 recipes included for pastas as well as sauces and sides.
- Connected with Al's popular blog and instagram of the same name.
- Beautifully designed package.

[View on Edelweiss](#)





Happiness in a Mug Cake

30 Microwave Cakes to Make in Minutes

Katie Calder

17 August 2023
9781784886547
£12.99 | Hardcover
92 Pages
210 x 170 mm
Full-colour Photography

***Happiness in a Mug Cake* is exactly that – mug cakes built to satisfy your cake cravings, all ready in your microwave in an instant.**

With fun flavours like mint chocolate or white chocolate and blueberry, and staple classics like carrot cake or apple crumble, whatever mood you're in, we have the cake for you.

No mess, no fuss, no waste, no expense. Just add your ingredients, mix, then wait for the ping and tuck in.

Katie Calder is the author of *Three Ingredient Cocktails*, and a Leiths-trained recipe writer and food stylist who has worked with *BBC GoodFood*, *Waitrose*, *Good Housekeeping*, *Ocado Life*, *Delicious* and more.

- Mug Cake books are ever-popular, providing people with an easy, speedy way to satisfy cake cravings
- Using a microwave instead of your oven is more energy-efficient
- Mug cakes are affordable—often mostly using store-cupboard ingredients and fridge essentials
- By just cooking one portion instead of a large cake, you are reducing chances of food waste

[View on Edelweiss](#)





Recipes from Venice

Katie Caldesi and Giancarlo Caldesi

17 August 2023
9781784886622
£18.99 | Hardcover
272 Pages
222 x 179 mm
Full-colour Photography

Recipes from Venice is a culinary exploration of this well-loved Italian city.

Husband and wife team Giancarlo and Katie Caldesi have dodged the tourists, drawing inspiration from less obvious areas of Italy's magical city, to unearth the most delicious and authentic recipes.

Try some hot *polpette* (salty pork rissoles) or *sarde in saor* (marinated sardines) with a glass of wine with friends. The traditional Venetian pasta, *bigoli*, served with a delicious fresh fish salsa is a signature dish that you'll cook time and time again. And the sweet *frittelle*, fried dumplings filled with custard, are bound to become an instant hit.

Set against the backdrop of breathtaking photographs of the city and Katie's anecdotes of their travels, *Recipes from Venice* is a beautiful cookbook and keepsake that will transport you to Italy with every page turned.

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
- Keeping the same content as *Venice*, we are revisiting the design to give it a new lease of life, creating a strong series style

[View on Edelweiss](#)



Recipes from Rome
9781784886288
£18.99 | Hardcover



The Amalfi Coast
9781784885021
£16.99 | Hardcover



At The Pasta Bar

Marco Polo is one of Venice's most famous characters, and I would love to credit him with bringing pasta from China to Italy but, as we now know from many sources, although he ate various forms of Asian rice noodles, these are actually not native to Italy from as early as 1278, sixteen years before Marco Polo returned home. A legal document dated to this time, found in the possession of a Genoese soldier, mentioned *una barascella piena de macaronis* – a beautiful french accent.

Ravioli was a favourite in medieval cooking, often containing herbs and spices, mixed with cheese and eggs, then cooked in the oil, and finished with more spices and sometimes sugar. Let's get too would be coated with sugar and spice.

This sweetness carries through into Venetian *gnocchetti*, made with pumpkin, which prove to be the perfect foil for a rich Lamb. Eggs with Spinach (see page 107) or a simple dressing of butter and sage.





A New Way to Bake

Re-imagined Plant-based Recipes for Cakes, Bakes and Desserts
Philip Khoury

31 August 2023
 9781784885922
 £27.00 | Hardcover
 256 Pages
 247 x 173 mm
 Full-colour Photography

A New Way to Bake reinvents and reimagines cakes, bakes and desserts, using whole, plant-based ingredients that are available globally.

Chef Philip Khoury has delved deep into patisserie in an attempt to make desserts that are 'cleaner', and that present finer flavours and textures.


A New Way to Bake uncovers a brief history of baking before setting out the Plantry, where the main ingredients and their functionalities are explained. From Apple Pie to Lamingtons, there are sweet treats for any occasion. Plus, there are even QR codes to help navigate through the recipes.

A New Way to Bake is a comprehensive guide that arms readers with a new outlook and tools to bake a better future.

Philip Khoury is a world-renowned pastry chef, who currently heads up the brigade of pastry chefs at Harrods. He has worked at the legendary Quay in Sydney and for Adriano Zumbo.

- Over 80 recipes for plant-based cakes, pastries and desserts, using natural ingredients
- Simplified recipes, with QR codes, to achieve simple, and build to showstopping, bakes

[View on Edelweiss](#)



PECAN PIE

Make a QR code to your preferred recipe

This is a classic American pie. A rich and creamy filling surrounds toasted pecans for an autumnal (fall) flavour. I used unsweetened flaky pastry for this recipe as there's plenty of sugary goodness in the filling. Don't be alarmed by the sugar - the original has even more!

RECIPES

- 1 Preheat the oven to 180°C fan (350°F/gas 4) with an oven shelf in the middle of the oven. Make the pastry following the instructions on page 201 and use to line a 23-cm (9-in) tart case.
- 2 Roll out the pastry between two sheets of baking parchment into a large 30-cm (12-in) disc, about 3-4 mm (1/4-1/2 in) thick.
- 3 You can remove the top sheet of baking parchment and use the bottom sheet to help fit it over into the dish, if you like. Gently press the pastry into a 23-cm (9-in) pie or quiche dish with a tiny overhang.
- 4 Scrunch up one of the sheets of baking parchment and press it over the pastry, then fill with rice or baking beans to weigh down the pastry.
- 5 Bake in the oven for 18-20 minutes until cooked through. Remove the paper and rice and bake for another 10 minutes, or until the pastry is golden and cooked through. If the edges brown too quickly cover with kitchen foil.
- 6 Remove from the oven and leave to cool slightly while you prepare the filling.

INGREDIENTS

- 7 Reduce the oven temperature to 160°C fan (325°F/gas 3). Spread the pecans out on a large baking sheet and roast in the oven for 10 minutes, or until they crisp up and take on some colour (and flavour). Remove from the oven and set aside.
- 8 Add all the filling ingredients, except the roasted pecans, to a blender or use a hand-held blender in a large bowl to pulse together until smooth. Fold in the pecans, then pour the filling into the prebaked pie crust. Bake in the oven for 30-35 minutes until the centre is just set.
- 9 Remove from the oven and leave to cool completely.
- 10 Place concentric rounds of toasted pecans on top of the pie for decoration and extra crunch.
- 11 Melt the clear glaze in the microwave in short bursts or in a small saucepan over a low heat until liquid, then brush over the pecans to fix them to the top of the pie.
- 12 Dust icing sugar around the edges, if you like. Serve once cooled to room temperature with vanilla ice cream, or gently warm, if you like. This pie keeps well in a sealed container in the refrigerator for up to 4 days.

TIPS

Toast the pecans to the decoration at the same time as for the filling. You can toast them at the same time.

PLANTRY

flaky pastry (page 201)	400 g	14 oz
pecans	500 g	2 lb
caster sugar	225 g	8 oz
cornflour (cornstarch)	15 g	1/2 oz
plain (all-purpose) flour	5 g	1 tsp
unsweetened (dairy-free) milk	15 g	1/2 oz
softened (unsalted) butter	80 g	5 1/2 oz
maple syrup	60 g	2 oz
sea salt	1 g	1/4 tsp
vanilla extract	1 g	1/4 tsp
clear glaze	100 g	3 1/2 oz
icing sugar	60 g	2 oz
vanilla ice cream	100 g	3 1/2 oz

NUT GELATO

Make a QR code to your preferred recipe

This intense ice cream has the texture and creaminess of a gelato, but are made of three to four ingredients. Pioneered in Italy, this formulation is essentially a 'nut sorbet' but with the right mix of fats, sugar and water to get a beautifully textured ice cream. Substitute any type of nut or pure nut paste you like.

RECIPES

- 1 Depending on your ice-cream machine, there are models where you need to freeze the bowl or container and others that are self-freezing, so prepare according to the model you are using.
- 2 Preheat the oven to 150°C fan (300°F/gas 2). Spread the hazelnuts out onto a roasting tray and roast for 15 minutes. Remove them from the oven and leave to cool completely.
- 3 Add the cooled nuts to the blender with the rest of the ingredients and leave them to stand for 30 minutes to let the nuts soften. Blend for 1 minute until any particles are very fine. Pass the mixture through a nut milk bag or muslin (cheesecloth) into a large shallow dish.
- 4 Add the nut paste or butter with the rest of the ingredients to a high-powered blender and blend for 1 minute, then pour into a large shallow dish.

TO FINISH


- 5 Cover the surface of the mixture with cling film (plastic wrap) and leave to chill in the refrigerator for 9 hours.
- 6 Churn in an ice-cream machine according to the manufacturer's instructions and serve.

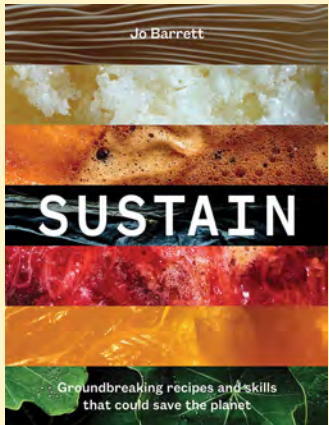
TIP

You can toast your nuts to your preference. I prefer a lower temperature to penetrate deeper into the nut to better flavour, otherwise the outside gets too toasty and the inside tastes raw.

PLANTRY

nut oil/asmooth nut paste/butter	200 g	7 oz
maple to swirl	60 g	2 1/4 oz
maple to swirl	60 g	2 1/4 oz
sea salt, crushed	1 g	





Sustain

Groundbreaking Recipes And Skills That Could Save The Planet

Jo Barrett

14 September 2023
 9781743798843
 £30.00 | Hardcover
 272 Pages
 248 x 190 mm
 Full-colour Photography

Discover how changing the way you cook and eat can make a difference to the world around us with *Sustain: Groundbreaking Recipes That Will Save The Planet*.

Featuring 30 complete dishes, this inspiring, beautifully photographed cookbook shows how mastering simple “skill builders” such as fermenting, preserving, brining and pickling can lead to a more sustainable kitchen. Cooking simple dishes such as glazed mushroom skewers, stuffed potato cakes, red pepper pasta and venison pie will not only taste delicious but have a long-lasting impact for future generations.

Written by chef and sustainability champion Jo Barrett, *Sustain* provides innovative, achievable solutions to empower readers to be creative with their cooking, connect with their food system, and help save the planet.

Jo Barrett is one of Australia’s most inventive and highly regarded chefs, specialising in sustainability and low waste recipes. Jo made her name at Oakridge Winery in the Yarra Valley in Australia, with partner Matt Stone, and helped create the ground-breaking FutureFoodSystem with innovator Joost Bakker.

- Teaches urban readers how to cook more sustainably at home
- Jo Barrett’s revolutionary take on sustainable cooking has positioned her as one of the best-regarded young chefs in Australia, and a notable ‘eco-pioneer’
- Jo Barrett and the FutureFoodSystem is featured on Zac Efron’s *Down to Earth* Netflix series in the *Waste* episode

[View on Edelweiss](#)

These potato cakes also work well stuffed with leftovers, such as vegetables, smoked fish, fresh curds or bolognese. They can be quick snacks, a key dinner served with a salad or even eaten for breakfast. The potato flour and egg yolk are what holds the potato cakes together and make them easy to fry.

MAKES 14 POTATO CAKES
 4 potatoes (about 850–900 g) / 16 to 14 oz (2 lb), cut into 3 cm (1 1/4 in) cubes
 1 egg yolk
 50 g (1 1/4 oz) potato flour, plus extra for dusting
 1 teaspoon potato flour, plus extra for frying
 1 tablespoon olive oil, plus extra for frying
 salt and pepper, to season

FILLING
 3 tablespoons olive oil
 1 onion, finely diced
 3 garlic cloves, sliced
 1 bunch silverbeet, leaves and stems roughly sliced
 3 spring onions (scallions), green and white parts, sliced
 100 g (3 1/2 oz) flaked white wine, optional
 1 handful dill, roughly chopped
 1 handful flat-leaf (Italian) parsley, roughly chopped
 1 teaspoon ground allspice
 pinch of nutmeg
 salt and pepper, to season
 zest of 1/2 lemon

1. For the filling, heat the oil in a medium pot over a medium heat. Cook the onion and garlic until tender, about 10 minutes. Add the silverbeet and spring onion and stir to coat with the oil. Deglaze the pot with the white wine, if using.
2. Turn the heat down to low, and cook the greens for 20 minutes, or until tender. Add the herbs and spices, season with salt and pepper, and cook for a further 5–10 minutes. Add the lemon zest, transfer to a bowl and let the mixture cool.
3. For the potato cakes, place the potatoes into a pot with 2 cm (3/4 in) of water, bring it to a simmer, and cook for 15 minutes, or until tender.
4. Drain the potatoes then push them through a potato ricer, or mash them using a potato masher or a fork. Allow them to cool slightly then add the egg yolk, potato flour, oil, salt and pepper. Mix to form a smooth ‘dough’.
5. Line a tray with baking paper. Using your hands, take 3 tablespoons of the potato dough and press it to form a disc. Place 1 tablespoon of the filling in the centre of the disc, fold the potato dough over the filling and press it into a puck shape. Repeat with remaining dough and filling.
6. Heat oil in a frying pan over a medium heat. Cook the potato cakes for 4–8 minutes, turning once, until golden on both sides. Serving with tomato–chili relish (page 89).



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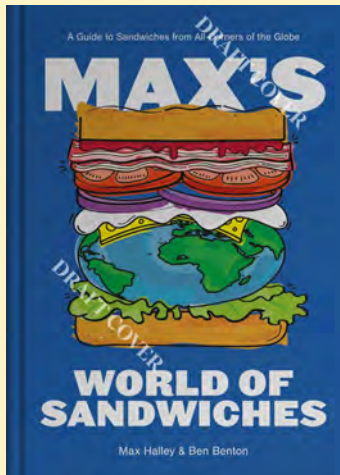
In this recipe large chard leaves are used like cannoli wrappers to encase flavoured rice and then baked with bottled summer tomatoes. Adding the preserved fruits seasons and brightens the dish.

SERVES 4
 1 cup short grain rice
 olive oil, for frying and drizzling
 1 onion, roughly chopped
 4 garlic cloves, roughly chopped
 5–8 large rainbow chard leaves
 100 g (3 1/2 oz) (1/2 cup) pitted green olives, roughly chopped
 1 tablespoon capers, roughly chopped
 50 g (1 1/4 oz) (1/2 cup) whole roasted almonds, roughly chopped
 handful of basil leaves, roughly chopped
 1/2 teaspoon dried oregano
 1 teaspoon dried zest of preserved lemons (see page 181)
 juice of 1 lemon
 1/2 cup (120 ml) (1/2 cup) Tomato soup (see page 181)
 parmesan or mozzarella (optional)

1. Rinse the rice under cold running water and place it in a small pot with 200 ml (7 1/2 fl oz) (1 1/2 cups) of water. Bring to a simmer over a medium–high heat, cover the pot and turn the heat down to the lowest setting. Cook for 14 minutes without removing the lid. Fluff the rice with a fork and leave it in the fridge to cool.
2. Preheat the oven to 180°C (360°F).
3. Heat a small amount of olive oil over a low–medium heat and gently cook the onion and garlic for 10 minutes, or until tender. Set aside.
4. Boil a medium pot of water and blanch the chard for 1 minute, then refresh in ice water. Squeeze the leaves dry then spread them flat, stem-side down, on a chopping board or kitchen bench.
5. Combine the olives, capers, almonds and basil in a bowl. Add the cooled rice, onion mix, oregano, preserved lemon, lemon juice and a drizzle of olive oil. Stir to combine.
6. Place a large spoon of the rice mix at the base of a blanched leaf, closest to the stem, and roll the leaf over the mix, folding in the overhanging edges and rolling down the length of the leaf to form a sealed parcel. Place the parcel in a baking dish, seam-side down, and repeat with the remaining leaves and filling.
7. Cover the parcels with the tomato soup and top with cheese, if using. Bake for 30–40 minutes, or until the leaves are tender and the filling is hot. Serve with a side salad.



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Max's World of Sandwiches

A Guide to Sandwiches from All Corners of the Globe

Max Halley and Benjamin Benton

April 2024
 9781784886004
 £22.00 | Hardcover
 272 Pages
 247 x 173 mm
 Full-colour Photography and Illustrations

Looking for the ultimate guide to sandwiches? Look no further!

Max's World of Sandwiches celebrates sandwiches from around the world.

It is broken into two sections: sandwiches and components. The sandwich recipes marry the elements in the components section, putting every tip and trick available into world-class sandwiches. The components section will include the key tenets of any sandwich – think bread, sauces, fillings and adornments.

Recipes include Coleslaw with Cream, Bombay Nuts and Spiderman Garlic Bread.

Max's World of Sandwiches enables home cooks to learn all the tips and tricks of sandwiches, and ultimately to create the sandwich of their dreams.

Max Halley is the name behind Max's Sandwich Shop in London. He regularly appears on *Sunday Brunch*, *This Morning*, BBC Radio Two and Vice and writes for *The Guardian*, *The Sunday Times* and *Evening Standard*.

Benjamin Benton is a restaurateur and chef who has worked at Rochelle Canteen, The Dock Kitchen and Le Coq in London.

- Sandwiches are popular around the world
- An accessible format that enables everyone to create sandwiches to their liking

[View on Edelweiss](#)



Max's Picnic Book
 9781784884215
 £16.99 | Hardcover

VIETNAM **BANH MI**

You can't not love meat and p0M. What a joyful way to use up leftover Sunday roast meat. This is an absolute joy. Whatever you've had, pork, beef, lamb, chicken or a fucking nut roast, banh mi it. One trip to the shop and you've got a lovely sprightly end to your weekend and an easy Sunday dinner for everyone.

If you're in the supermarket on Saturday, grab those dinky packs of mint and coriander, a jar of pecky looking pickles and a pack of whichever cheap p0M seems most appealing. Perhaps the one that matches your roast? And a bag of Pork Scratchings.

MAKES 1 SANDWICH

1 mini baguette	1 carrot
20g Cheap p0M	1 red chilli pepper
Leftover Sunday roast meat	Fresh herbs (ideally coriander and mint), left in whole leaves
5-7 Pickles (I had gurdillas aka kebap shop chillies and some lime pickled onions)	Sriracha Mayo p.124
1 packet of pork scratchings, bashed up	

Cut the bread in half lengthways but not all the way through (if you go all the way, it's not the end of the world). Scrape out the soft bread inside and smear a thick layer of p0M on the bottom. Put your leftover meat on top, then the pickles and bashed-up scratchings. Next comes the veg salad and herbs, mixed together and massaged. Lastly, the lid, which should be completely covered in the bright red mayo you've made.

This loves a cheeky beer. Put your feet up, close your eyes, can you hear the waves? You're on a beach in Vietnam. Pull a sickie and you can still be there tomorrow. Having another banh mi for lunch.

ASIA 34 SANDWICHES

ITALY **PORK TONNATO**

This is. Amazing. That is all.

MAKES 1 SANDWICH

1 big splash white-wine vinegar	250g tinned tuna (drained weight)
1 tsp peppercorns	ice from about 2 x 145g cans)
1 huge pinch of salt	6-8 tbsp mayonnaise
1/2 onion, thinly sliced	Juice of 1 lemon
1 garlic clove	1 ciabatta, cut in half lengthways
2 bay leaves	3 seven-minute boiled eggs
1 tbsp fresh marjoram or oregano leaves	1 tsp little capers (soaked, if salted)
1 large pork tenderloin, trimmed of sinew and cut in half	12 anchovy fillets in oil, drained
	Ready-salted crisps

Put the vinegar, peppercorns, salt, onion, garlic, bay and herb stalks into a large saucepan and lay the two pieces of pork on top. Fill the pan with water to cover, and bring to a boil. The second it boils, take the pan off the heat, skim off any foam that rises to the top of the liquid, cover the pan and don't touch it for 90 minutes.

Meanwhile, mix the tuna, mayonnaise and lemon juice in a small bowl, until well combined. Once the 90 minutes is up, lift the pork from the liquid and cut it into 5-6mm slices.

Now, build the sandwich. Spread all the tuna mayo generously over the two cut sides of the ciabatta (save any leftovers in the fridge for more sandwiches tomorrow). Lay the slices of pork evenly over the bottom half of the sandwich and top these with the sliced egg. Sprinkle the capers, followed by the marjoram/oregano leaves, and top with the anchovies. Crush enough crisps to cover the base of the sandwich and sprinkle over the top. Pop on the lid, give it a bit of a squish, wrap in foil, head for the park, then decide if you're willing to share.

EUROPE 85 SANDWICHES



Slow Drinks

A Field Guide to Foraging and Fermenting Seasonal Sodas, Botanical Cocktails, Homemade Wines, and More

Danny Childs

14 September 2023
9781958417300
£22.00 | Hardcover
320 Pages
225 x 175 mm
Full-colour Photography

Slow Drinks teaches home cooks, industry pros, homebrewers and foragers how to transform botanical ingredients - whether foraged or purchased from the store - into incredibly unique beverages and cocktails.

Organized by season, *Slow Drinks* demonstrates how to make drinks that tell a story of botany, history, culture and terroir, while honouring beverage traditions both old and new. Each season will highlight eight new ingredients with recipes that build on a basics chapter and teach readers how to make their own alcoholic and non-alcoholic drinks.

Beautifully photographed by the author's wife, Katie Childs, and illustrated by Molly Reader, *Slow Drinks* will be the definitive botanist's guide to mixology that can live in your basket on a foraging trip, or on the coffee table as a conversation piece.

Danny Childs trained as an anthropologist and ethnobotanist studying the traditional medicinal uses of plants in the Amazon rainforest. Back home in Southern New Jersey, he now runs the standard-setting beverage program at the Farm and the Fisherman, a locavore restaurant in the Philadelphia suburb of Cherry Hill.

- Author credentials: Danny has both serious academic training in ethnobotany with professional experience running a bar program at a highly regarded restaurant
- Evergreen topics: Blends the ever-popular foraging, preserving and cocktail making into one book

[View on Edelweiss](#)



CHAPTER 4 SPRING

Walnuts | Elder | Stone Fruit | Blueberries | Watermelon | Tomato
Hot Peppers | Sweet Peppers | Summer "Carciofo" Amaro

Whenever they find us the Farm and Fisherman once again, that March was the first day we'll have a chance to be outdoors. All the things that have quietly made their way out of the ground in the February are still too short and cold for anything to grow. Come April, though, signs of the start to happen. The tulip flowers, many larger to emerge from the Easter of leaves on the forest floor, and the first blueberries. In the garden, the seasonal herbs return one by one. Chives and rosemary, and a cluster of green strawberries start to form, using the ground. Flower buds begin to open, and before you know it nature's own cups appear and bloom.

This is the most beautiful, optimistic part of the year. Green is necessary in the landscape, fresh vegetation comes back, into the fields, and the ground or plants break up for the year ahead. All we will try. The first few weeks of the season are a mix of waiting and waiting. The ground is still too cold to grow, but the plants are starting to grow. The ground is still too cold to grow, but the plants are starting to grow. The ground is still too cold to grow, but the plants are starting to grow.

It's never as easy as it seems. It's a lot of work to do, and it's a lot of work to do. It's a lot of work to do, and it's a lot of work to do. It's a lot of work to do, and it's a lot of work to do. It's a lot of work to do, and it's a lot of work to do. It's a lot of work to do, and it's a lot of work to do.



STRAWBERRIES | *Fragaria*

For me, the official start to fruit season begins the moment I sink my teeth into my first sun-ripened strawberry that's so juicy and sweet, it feels like eating nature's equivalent of candy. Although they can be purchased year-round in the grocery store, tasting them at peak ripeness is a revelation that will make you never want to eat off-season strawberries again. Equally as enjoyable during this period is the act of eating wild strawberries on walks through the woods. Although the flavor and aroma of wild strawberries are often more intense than cultured varieties, their biggest drawback is that I can't devour them as quickly due to their small size and sparsely on the vine. Whenever I find myself feeling annoyed about this, I remind myself that there are nearly two dozen known strawberry varieties for thousands of years: wild, semi, and scented.

People began to try and change this as early as the fourteenth century when Europeans attempted to cultivate a better strawberry from their endemic wild varieties, the wild Alpine strawberry (*F. vesca*), the creamy strawberry (*F. vesca*), and wild strawberry (*F. virginiana*), to name a few. Their solution, instead, was to plant them in areas in order to get a substantial harvest. Charles V is said to have had over five thousand strawberry plants in his gardens at the Louvre. When Europeans began sending expeditions to the Americas, some of the first plants they brought back were the equally small wild Virginia strawberries, *F. virginiana*, in hopes of breeding a new variety of strawberry with the native European species. However, these North American

strawberries wouldn't hybridize with European varieties. While the American berries provided a novel variety for European palates, they exhibited none of the same in terms of size and abundance.

So how did we go from the tiny wild types to the plump strawberries we've grown accustomed to eating today? The answer can be traced back to the early 1700s when a French spy named Anselme-François Frézier traveled to Chile to collect intelligence on the then-Spanish colony. While in the port city of Concepción, Frézier was surprised to discover strawberries much different from those he was accustomed to seeing in Europe in that they were large and, even more remarkably, entirely white! This variety in the Chilean white strawberry (*F. chiloensis*), known locally as the *frutilla blanca*, which has been cultivated by the indigenous Mapuche people in the region since long before the Spanish arrived.

Frézier brought five of these plants on his return voyage to France, keeping one for himself and gifting the rest. One of the recipients was Antoine de Jussieu, the head of the Royal Gardens in Paris, who distributed clones of Frézier's specimens to his colleagues. However, they came to find out that Frézier brought only male plants, which didn't bear any fruit.





Fish Butchery

Mastering The Catch, Cut, And Craft

Josh Niland

21 September 2023
 9781743799192
 £32.00 | Hardcover
 272 Pages
 283 x 216 mm
 Full colour photography

James Beard award-winning author and culinary game-changer Josh Niland returns with the ultimate guide to the art of *Fish Butchery*, with expert techniques and groundbreaking recipes that are an urgent call for action on culinary sustainability.

Presented in three stunning sections – Catch, Cut and Craft – it’s both a challenge to the food industry to do things differently and a dazzling manual to the eye-popping potential in each and every fish.

Featuring detailed instructions on how to prepare fish – from reverse butterfly to double saddle – as well as over 40 brilliant recipes for everything from fish sticks to pies, sausage and chorizo, *Fish Butchery* will disrupt, challenge and inspire the next generation.

Chef **Josh Niland** has transformed the way we cook, transport, age and store fish. His ethical, sustainable and revolutionary approach has received global recognition. Josh's pioneering approach, including his revolutionary dry-ageing philosophy, is covered in his first book, *The Whole Fish Cookbook*. It garnered a swag of chef endorsements and international awards, including James Beard Book of the Year 2020, and was soon followed by the award-winning sequel, *Take One Fish*.

- Split into three sections, Catch (featuring Josh on the water), Cut (visionary techniques on butchering fish) and Craft (40 recipes for hit dishes)

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1. Position the fish on the cutting board with the head to your left and tail to the right. Using a short sharp knife, cut from the anal vent of the fish in a straight line towards the collar, being careful not to cut through the rib bones that sit immediately below. Like a rack of lamb, the idea here is to remove the belly from half of the ribs to expose

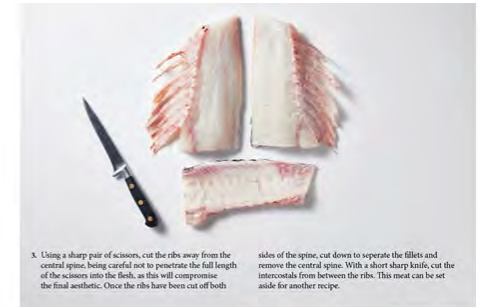
them. Work your knife up and around to remove the collar and belly, then turn the fish over so that the cavity is still away from you but now the tail is on your left and head on the right. Repeat the same cut again to ensure that the two ends you have made marry up in a straight line at the top of the fish.



2. Using a cleaver or large chef's knife, slice through the soft vertebrae and then find the spinal vertebrae to cut in between, allowing you to then cut off the tail end of the fish, which can be set aside for another purpose. Draw the blade down in a diagonal line from the nape behind the head of the fish, past the pectoral fin and

finishing on the tail side of the pelvic fin. Repeat this on the other side ensuring the two cuts marry up at the top, allowing you to cut the head off the fish. Set the head and collar aside for a separate application. What's remaining now is both fillets on the bone with the rib bones still in place.

106 FISH BUTCHERY



3. Using a sharp pair of scissors, cut the ribs away from the central spine, being careful not to penetrate the full length of the scissors into the flesh, as this will compromise the final aesthetic. Once the ribs have been cut off both

sides of the spine, cut down to separate the fillets and remove the central spine. With a short sharp knife, cut the intercostals from between the ribs. This meat can be set aside for another recipe.



4. With a chef's knife now, cut between each frenched rib bone. This will create individualised cutlets and allow pin bones to be removed from the flesh. Repeat on the other side. To clean the flesh fully off these exposed rib bones,

bring a pot of water to the boil and carefully dip the bones into the water. Once the bones have been briefly dipped into the hot water, use a tissue or towel to rub away the cooked flesh from the bone.

CUT 107



PÂTÉ EN CRÔTE

I'm always one for a challenge and, in this case, I don't feel it gets much more challenging than a pâté en croûte, let alone a pâté en croûte of fish! Fish Butchery executive chef Rebecca Lara's mastery of both classical technique and modern thinking has brought this exceptional slice of wonder to life.

MAKES 1
FILLING
 2.5 kg (5 lb) 80 bones, skinless whole fish trim
 75 g (2½ oz) fish bacon (page 176), sliced into 5 mm (¼ in) cubes
 250 g (9 oz) Carol fish fat (page 250), sliced into 5 mm (¼ in) cubes
 75 g (2½ oz) cured lemons, split into halves, finely diced
 300 g (10½ oz) brown onions, peeled and finely chopped
 10 g (¼ oz) thyme, picked and finely chopped
 10 g (¼ oz) rosemary, picked and finely chopped
 10 g (¼ oz) finely ground white pepper
 25 ml (1 fl oz) brandy
 75 g (2½ oz) toasted pistachios
 12 g (¼ oz) sea salt
 sea salt, to taste

PASTRY
 866 g (1 lb 14 oz) plain (all purpose) flour, plus extra for dusting
 22 g (¾ oz) fine sea salt
 300 g (10½ oz) unbleached butter, diced into 1.5 cm (½ in) cubes
 350 ml (11 fl oz) water
 12 egg yolks, beaten, for egg wash

EELS
 300 ml (10 fl oz) port
 340 gne sprigs, washed
 3 rosemary sprigs, washed
 1 teaspoon white peppercorns, cracked
 8 g (¼ oz) titanium grade gelatine leaves
 ice-cold water, for soaking

Begin by placing the fish trim in the freezer to reach a temperature of 0°C (32°F) before you mince. Meanwhile, prepare the rest of the ingredients for the filling and set up a meat grinder with a 10 mm (¾ in) plate.

Once the fish has chilled enough, pass it through the grinder into a large mixing bowl. Combine the mince with the rest of the filling ingredients and mix well. Taste and season with sea salt as needed then set aside in the refrigerator.

To make the pastry, place the flour and salt into a Robot Coupe food processor. Melt the butter gently in a small saucepan over a low heat. Add the water and immediately turn up to the highest heat. You want the water to come to a boil quickly so it doesn't evaporate too much and alter the result. Remove the hot butter and water as soon as it has come to a boil and, with the Robot Coupe running, slowly pour into the flour and salt. Continue processing for another couple of seconds until the dough begins to form into a ball, then tip it out onto a clean bench. Knead by hand for another 2–3 minutes. Cover the dough with plastic wrap and allow to rest for 30 minutes to cool only slightly.

Once the dough has briefly rested, place it onto a lightly floured bench and roll it out to a large sheet 7 mm (¼ in) in thickness. You will be cutting the pastry into pieces to fit into the size of your mould – we use a traditional rectangular pâté en croûte mould that measures 30 x 8 x 6 cm (12 x 3 x 3 in). From your rolled pastry, cut the following pieces: 1 x large rectangle to line the base and the two long sides of the mould, with an approximately 2.5 cm (1 in) overhang; 2 x small rectangles to line the shorter, smaller edges with a 2.5 cm (1 in) overhang; 1 x long rectangle cut to the same size of the mould for the top; and, from the trim, any decorative shapes you'd like. From the long rectangle for the top, punch out three 1.5 cm (½ in) holes that will allow the steam to escape while cooking.

Once the pastry has been cut, you are ready to assemble. Working quickly, because the pastry becomes less pliable the more it cooks, lightly spray or brush the mould with a neutral-flavoured oil. Drape the largest rectangle across the base and the longer sides, gently pressing the pastry into the corners and edges of the mould. With the yolks, brush a little egg as glue, then press in the two smaller rectangles to line the short sides.

Remove your filling from the fridge and begin to press into the pastry-lined mould. Fill the mould little by little, making sure no air pockets are forming and being gentle so as not to damage the pastry lining. Once all the filling has been packed into the pastry, cover with the top, hole-punched piece of pastry. Brush the edges of this top pastry with egg yolk as glue then crimp over the overhanging pastry, ensuring the filling is completely sealed off. Use the yolks as a glue to stick on any decorative pieces you have cut.

With a pastry brush, paint the top with a thin, even layer of egg yolks, avoiding any thick clumping, then place in the refrigerator. Repeat this process until the pâté en croûte is glazed with a total of three layers of egg yolks, placing in the refrigerator for approximately 30 minutes between glazes to dry before layering on the next.

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There's Always Room for Cheese
A guide to cheesemaking at home

Colin Wood



There's Always Room for Cheese

A Guide to Cheesemaking

Colin Wood

28 September 2023
9781743798768
£28.00 | Hardcover
224 Pages
248 x 190 mm
Full-colour Photography

Learn how to make cheese at home from scratch and create your own delicious sweet and savoury cheese-based recipes with *There's Always Room for Cheese*.

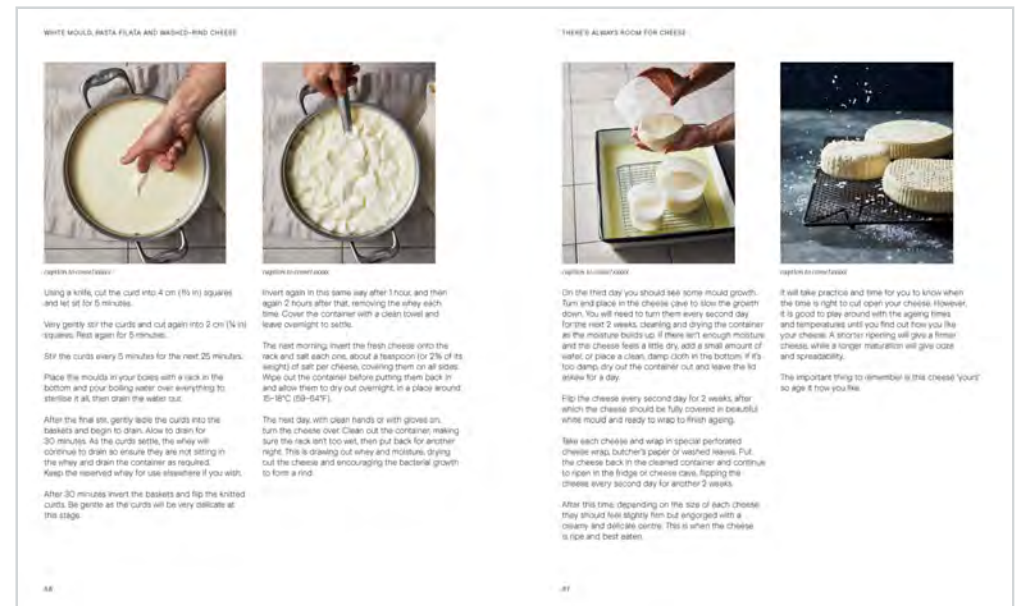
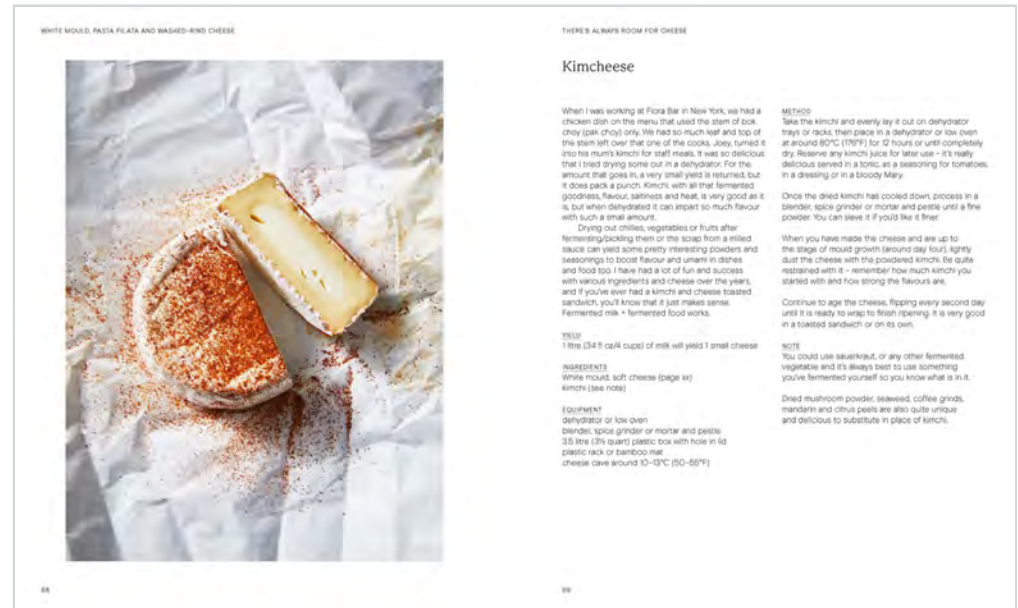
Expert cheesemaker Colin Wood will take you back to the basics to create your favourite types of cheese, from the equipment and ingredients you'll need right through to concocting the perfect cheeseboard to impress your guests. *There's Always Room for Cheese* also features a range of cheesy dishes – fromage blanc and strawberry doughnut, anyone? Each chapter is divided into different types of cheese from white mould to semi-hard and there's even a chapter on whey and what to do with your waste.

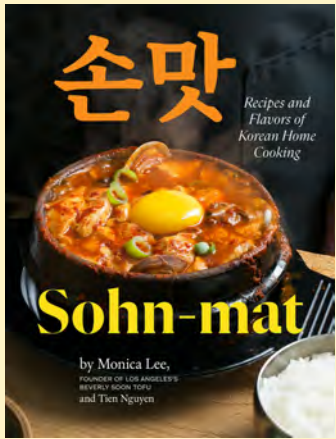
This is the perfect opportunity for budding and experienced cheesemakers to have fun with their food at home and to explore the world of cheese with the help of an expert. It's easy to make cheese at home – all you need to know is how!

Labelled as one of Sydney's emerging hospitality stars, chef **Colin Wood** makes his own cheese every Monday at Mat Lindsay's Surry Hills wine bar, Poly. Wood, who calls himself the restaurant's 'casual cheese guy', has a hefty resume under his belt. He spent 10 years working for restaurateur Andrew McConnell's Trader House group in Melbourne and time in New York as Ignacio Mattos' culinary director (Estela, Altro Paradiso).

- A must for all aspiring cheesemakers. Not many books in the market cover cheesemaking from scratch geared towards the home cook
- Includes recipes so that you can use the cheese you've made

[View on Edelweiss](#)





Sohn-mat

Recipes and Flavors of Korean Home Cooking

Monica Lee, With Tien Nguyen

21 September 2023
 9781958417034
 £25.00 | Hardcover
 256 Pages
 253 x 201 mm
 Full-colour Photography

In *Sohn-mat*, which translates to “hand taste” and refers to intuitive cooking, Chef Monica Lee showcases recipes for soon tofu, the iconic Korean soup made with soft tofu, from her beloved LA Koreatown restaurant Beverly Soon Tofu.

Sohn-mat is a master class in how to make this exceptional tofu soup at home, as well recipes for all of the other dishes you need to complete the meal, from banchan, to kimchi, to large-format dishes like bibimbap.

Blending the technical expertise of a chef with the practical know-how of a home cook, *Sohn-mat* offers what no other Korean book on the market does: a level of sophistication that is still geared toward the home kitchen, and an opportunity for readers to cultivate their own intuitive cooking skills.

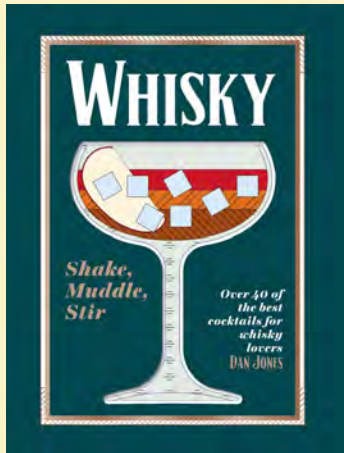
Monica Lee opened Beverly Soon Tofu in 1986. It was the first restaurant of its kind in LA, a pioneer serving soon tofu stew to residents and visitors of Koreatown for over thirty years.

Tien Nguyen is the co-author of New York Times bestseller *L.A. Son: My Life, My City, My Food* with chef Roy Choi, and *The Red Boat Fish Sauce Cookbook*, one of NPR’s 2021 Books We Love.

- Blends the technical expertise of a chef with the practical know-how of a home cook
- With interest in Korean food at an all-time high, readers are ready for a deeper dive into one of the most popular Korean dishes - soon tofu soup
- *Sohn-mat* tells the story of life as an immigrant and small business owner in Los Angeles’ Koreatown



[View on Edelweiss](#)



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The Ultimate Book of Cocktails
9781784883478
£18.00 | Hardcover

Whisky: Shake, Muddle, Stir

Over 40 of the Best Cocktails for Whisky Lovers

Dan Jones

28 September 2023
9781784886561
£12.99 | Hardcover
144 Pages
185 x 135 mm
Full-colour Illustrations

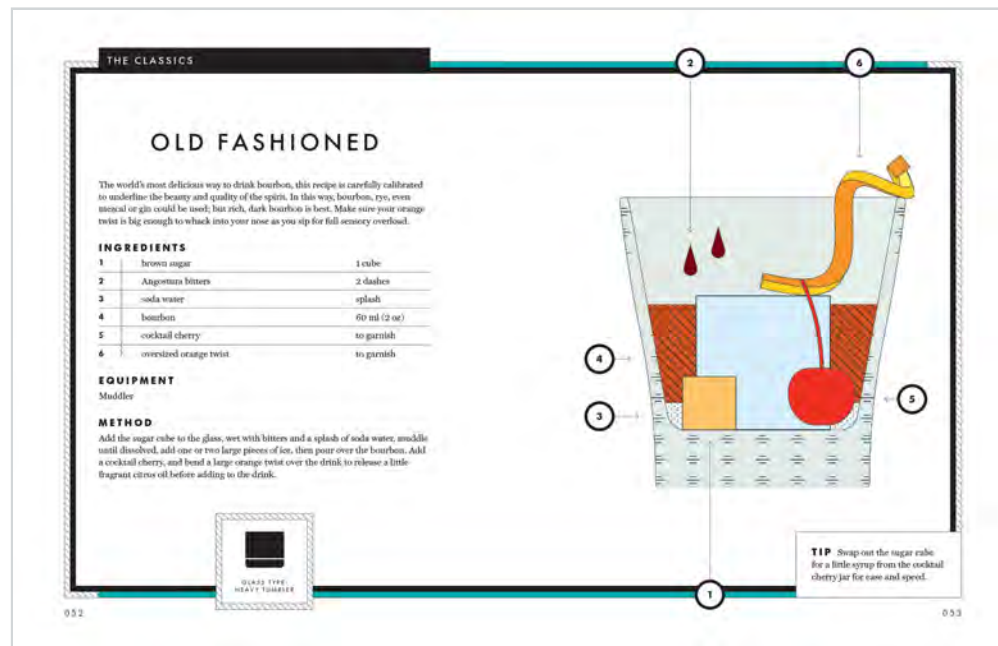
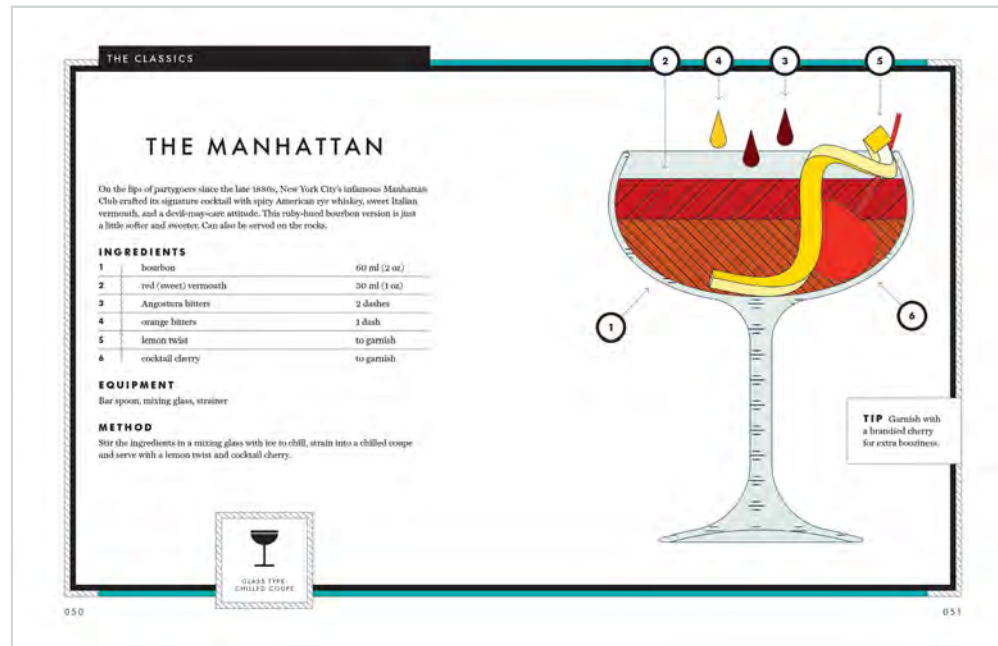
Whisky: Shake, Muddle, Stir is a beginner's guide to whisky and bourbon.

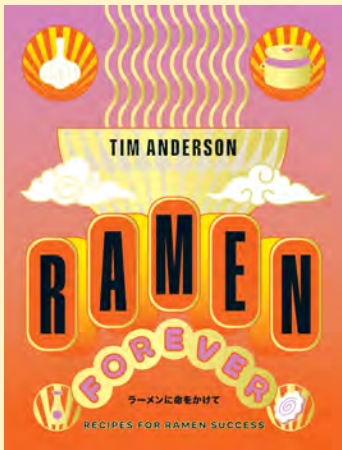
Dan Jones teaches you how to stock your home bar, pick some of the world's best whiskies and pull together your own infusions and syrups. Try your hand at classics like an Old Fashioned or The Sazerac, or modern hits like Bourbon Smash or The Rattlesnake.

With over 40 whisky recipes, *Whisky: Shake, Muddle, Stir* shows you just how versatile whisky is.

Dan Jones is a writer, editor and drinker living in New York. Formerly the shopping editor at *i-D* magazine, *Time Out's* Style Editor and Senior Men's Editor at ASOS; he's an expert in style, grooming and booze. A dedicated home-mixer, Dan constantly researches his cocktail craft, honing his drinking credentials. He is the author of a number of books including *The Mixer's Manual*, *Man Made* and *Gin: Shake, Muddle, Stir*.

- Next in the wildly popular *Shake, Muddle, Stir* series
- Gift format makes it the perfect impulse buy
- Whisky consumption by 18–25-year-olds has seen an increase each year, with a 25 per cent increase in 2022 versus 2021





Ramen Forever

Recipes for Ramen Success

Tim Anderson

28 September 2023
 9781784886608
 £26.00 | Hardcover
 224 Pages
 248 x 190 mm
 Full-colour Photography and Illustrations

Ramen Forever showcases the world's most perfect food: ramen.

Tim Anderson shows you the way to enjoy delicious homemade ramen on a regular basis, and gives you the tools to build your own ramen, just the way you like it!

It is broken into five sections – Broth, Seasoning, Aromatic Oils and Fats, Noodles and Toppings – to enable you to mix and match to create your own ramen to suit your taste. Alternatively, you can choose to follow one of several complete ramen recipes provided.

With recipes for beginners and casual cooks as well as serious noodle nerds, you can enjoy this superlative Japanese comfort food at home, regardless of your skill level.

Tim Anderson is a chef, writer, and *MasterChef* champion. Born and raised in Wisconsin, Tim has been studying Japanese food culture for more than two decades, first as a hobby, then as a profession.

- Ramen is a globally popular comfort food
- Its mix-and-match format affords readers the flexibility to make ramen exactly how they like it!
- Tim breaks down the components of ramen to allow home cooks of any ability to cook ramen at home

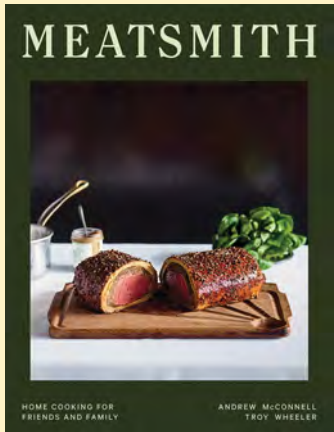


JapanEasy
 9781784881146
 £22.00 | Hardcover



Your Home Izakaya
 9781784883850
 £25.00 | Hardcover





MeatSmith

Home Cooking From Butcher To Table

Andrew McConnell and Troy Wheeler

16 November 2023
 9781743799024
 £35.00 | Hardcover
 240 Pages
 270 x 215 mm
 Full-colour Photography

Born from the partnership between celebrated Australian chef Andrew McConnell and world class butcher Troy Wheeler, *MeatSmith* is a tribute to the omnivore's table, with over 100 brilliant recipes to inspire charcuterie cravings, long lunches, dazzling dinners and sensational sides that could steal the show.

More than another meat cookbook, this is an essential lifestyle companion for cooking widely and creating meals and moments to be remembered. The beautifully designed compendium offers achievable, delicious recipes and gorgeous photography, including **recipes for salads, vegetables and sauces; as well as anecdotes, advice and asides**. Discover a range of menus for seasonal occasions, from a fiery butcher's picnic to lunch in the garden, a duck dinner party to the ultimate steak, and One Great Dessert.

One of Australia's most successful chef/restaurateurs, **Andrew McConnell** brings exceptional attention to detail, trend-setting style and good taste to everything he does. His groundbreaking restaurant group Trader House operates critically acclaimed fine diners such as Cutler and Co and Gimlet. **Troy Wheeler** is one of Melbourne's best butchers. In 2015, he launched MeatSmith with McConnell, creating one of Australia's best bespoke butcher and grocery stores focusing on quality heritage meats, sauces, charcuterie and meals.

- Andrew McConnell is one of the most respected chef/restaurateurs in Australia
- Like Andrew's restaurants *MeatSmith* will be a supremely elegant, stylish, covetable package

Mussel salad with cucumber and 'nduja

1 kg (2 lb 3 oz) mussels, cleaned, debearded and rinsed
 60 ml (2 fl oz/¼ cup) dry white wine
 100 g (3½ oz) 'nduja
 2 thick slices sourdough bread
 1 tablespoon extra-virgin olive oil
 1 tablespoon white wine vinegar
 1 tablespoon lemon juice
 6 small cucumbers (Coleslaw), sliced
 1 tablespoon shredded mint
 1 tablespoon shredded dill
 4 tablespoons Aioli (page 242)
 4 tablespoons Lovage Oil (see below)

LOVAGE OIL

MAKES 60 ML (2½ FL OZ/¼ CUP)
 50 g (1½ oz) lovage leaves (see Glossary, page 247)
 80 ml (2½ fl oz/¼ cup) grapeseed oil

Blanch the lovage leaves for 1 minute in a saucapan of salted boiling water and refresh in a bowl of iced water. Squeeze out excess water, then roughly chop and pound the lovage leaves in a mortar and pestle, slowly adding the oil. Alternatively you could blend with the oil using a stick blender in a small container.

Once the oil is a bright green colour, strain through a fine sieve or muslin cloth and store in the fridge until you are ready to use.

We first started serving a version of this dish at Marlon and it has evolved over the years. To this day it's still one of our favourite ways to eat mussels. And, obviously, 'nduja makes everything better.

Preheat the oven to 180°C (360°F).

Heat a stockpot or large saucapan over a high heat. Add mussels and white wine, cover with a lid and cook for 2–3 minutes, or until the mussels open. Drain, reserving the mussel juice, and set aside to cool.

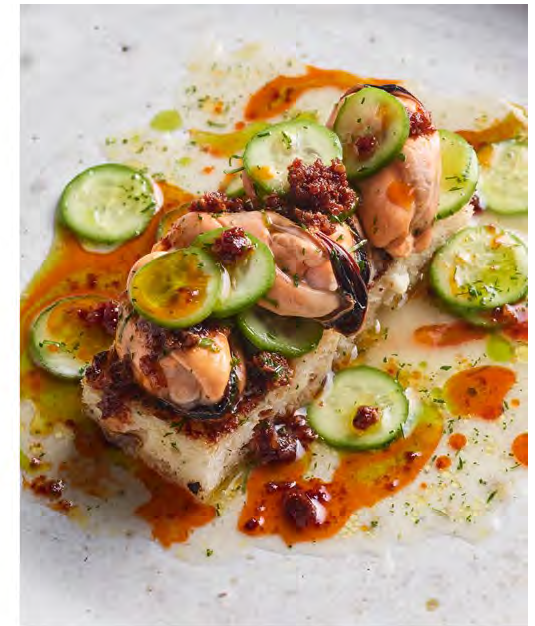
Remove the mussels from the shells, discarding any unopened mussels, and check again for beards. Strain the mussel juice through a sieve and pour over the mussels. The mussels can keep for a few days stored like this in an airtight container in the refrigerator.

Remove the skin from the 'nduja, break into small pieces and cook in a saucapan over medium heat until the oil releases and the 'nduja is lightly coloured and aromatic. Drain and set aside on paper towel to cool to room temperature.

Remove crusts from the bread and cut each slice of bread in half. Coat each slice in the olive oil and place on a baking tray lined with baking paper. Bake in the oven until crispy and golden brown.

To serve, strain the mussels from the juice, reserving the juice, and place mussels in a bowl. Dress with four tablespoons of the reserved mussel juice, vinegar and lemon juice.

Add the cucumber and herbs and toss to combine. Place 1 slice of toasted bread on each of 4 serving plates or bowls. Spoon a tablespoon of the aioli onto each piece of bread and top each with the mussels, dressing and cucumber salad. Drizzle each plate with 1 tablespoon of the lovage oil and sprinkle with the cooked 'nduja to serve.



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SOMETHING CASUAL



Lamb oyster chops in house marinade

SERVES 4

2 rosemary sprigs, leaves picked and chopped
 ½ bunch oregano, chopped
 30 g (1 oz/1 cup) flat-leaf (Italian) parsley leaves
 zest of ½ lemon
 2 garlic cloves, sliced
 50 ml (1½ fl oz) fish sauce
 50 ml (1½ fl oz) olive oil
 8 lamb oyster chops
 mustard, to serve
 lemon wedges, to serve

Lamb oyster chops are a cut from the shoulder. They contain terrific intermuscular fat which makes them perfect for barbecuing. To get the full umami romance of fish sauce, marinate the chops the day before you wish to serve them.

To make the marinade, add herbs, lemon zest, garlic, fish sauce and oil to a food processor and blend for about 2 minutes to form a paste.

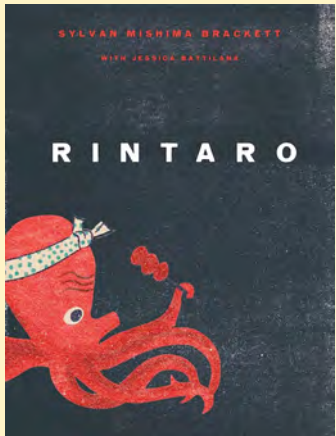
Put the lamb in a large dish and cover with the marinade, making sure the lamb is coated all over. Cover the dish and leave in the fridge to marinate overnight.

You can cook these in a frying pan, but we think it's best over charcoal. Heat enough charcoal to cook your chops (or heat your frying pan over a high heat), grill (or pan fry) for 4–5 minutes on each side until well caramelised and cooked to medium-well. Set aside in a warm spot to rest for 5 minutes.

Arrange the lamb on a serving platter and serve with the mustard and lemon wedges.

COMFORT FOOD

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Rintaro

Food and Stories from a Japanese Izakaya in California

Sylvan Mishima Brackett and Jessica Battilana

12 October 2023
9781958417003
£26.00 | Hardcover
304 Pages
283 x 216 mm
Full-colour Photography

RINTARO, the debut cookbook from one of San Francisco's most acclaimed restaurants, will translate the experience of a Tokyo izakaya to the home kitchen.

Through clear instruction, photography and delicious recipes, RINTARO demystifies Japanese food with over 70 recipes for rice, simmered dishes, homemade udon and grilled dishes. Crowd-pleasing foods like curry rice, tonkatsu and yakitori, eaten most often at lunch counters and in home kitchens, live alongside sashimi, fresh bamboo shoots and other dishes usually considered part of a more elevated Japanese cooking tradition. Exciting but simple foods that taste like what you'd expect if the Bay Area were a region of Japan.

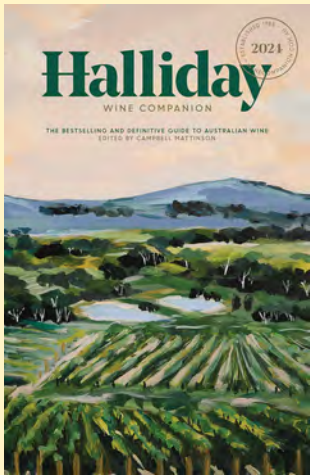
Sylvan Mishima Brackett is the chef/owner of Rintaro in San Francisco, which was named one of *Bon Appétit's* Top 10 New Restaurants six months after opening in 2015. Sylvan is the former creative director at Chez Panisse, and trained at Soba Ro in Saitama, and at a Ryotei in Aoyama, Tokyo.

Jessica Battilana is a food writer, recipe developer, author of *Repertoire: All the Recipes You Need*, and the co-author of over 6 cookbooks.

- Brings clarity to a misunderstood cuisine: Japanese food is seen as too refined or too complicated for home cooking
- Highly-anticipated: fans of Rintaro have been asking for the book for years and will clamour for it on publication
- Beautiful package that will be equally at home in the kitchen or on the coffee table

[View on Edelweiss](#)





Halliday Wine Companion 2024

James Halliday

12 October 2023
 9781761450037
 £22.00 | Paperback
 752 Pages
 234 x 153 mm
 Text only

When you think of Australian wine, you think of James Halliday. The legendary winemaker and critic has been the most trusted name in the industry for 40 years, and his celebrated *Halliday Wine Companion* is the final word in what to drink now.

This bestselling annual sets the benchmark for winemakers, collectors and wine lovers alike, and the 2024 edition has been revised and updated, featuring all new scores, notes, wineries and the latest information on 'exceptional', 'outstanding' and 'highly recommended' wines.

Inside, a team of Halliday experts share their extensive knowledge of wine with detailed tasting notes offering advice on great value wines, as well as key wine regions, winemakers, and even vineyard sizes.

James Halliday is an unmatched authority on every aspect of the Australian wine industry and can be compared to the likes of Hugh Johnson, Robert Parker and Jancis Robinson. In 1995 he received the Australian wine industry's ultimate accolade, the Maurice O'Shea Award, and in 2010 he was made a Member of the Order of Australia. For the 2024 guide, James works alongside **Campbell Mattinson**, in the role of chief editor, and an experienced team of tasters, who each focus on specific wine regions for the first time.

- Includes a comprehensive list of the best Australian wines and wineries, and their history
- Reviews follow James Halliday's famous 5-star rating system, used by wineries to market their products

[View on Edelweiss](#)

Australia's geographical indications

Regions and subregions marked with an asterisk are not registered but are in common usage.

NEW SOUTH WALES	ACT	VICTORIA
NEW SOUTH WALES	ACT	VICTORIA
Blue Mountains	Canberra	Ballarat
Central Ranges	Canberra	Geelong
... (many more rows) (many more rows) (many more rows) ...
SOUTH AUSTRALIA		WESTERN AUSTRALIA
Barossa Valley		Great Southern
... (many more rows) (many more rows) ...
QUEENSLAND		TASMANIA
Central Queensland		Hobart
... (many more rows) (many more rows) ...
NORTHERN TERRITORY		
McDonnell Ranges		

How to use this book

The number at the end of each rating below notes the number of wineries in that category in this year's edition, and the percentage is taken from the total number of wineries who submitted wines this year.

Where no wines were submitted by a well-rated winery with a reliable track record of providing samples, we may not list their rating; those wineries can be found on www.winecompanion.com.au. Only wineries who submitted wines for review this year are in this edition.

★★★★★ Outstanding winery regularly producing wines of exemplary quality and typicity. Will have at least two wines rated at 95 points or above, and has typically held a 5-star rating for the previous three years. 192 wineries, 5.7%.

Where the winery name itself is printed in red, it is a winery generally acknowledged to have had a long track record of excellence, typically having held a 5-star rating for the previous nine years. Truly the best of the best. 161 wineries, 14.3%.

★★★★☆ Outstanding winery capable of producing wines of very high quality, and did so this year. Will have at least two wines rated at 95 points or above. 117 wineries, 11.0%.

★★★★☆ Excellent winery able to produce wines of high to very high quality, knocking on the door of a 5-star rating. Will have one wine rated at 95 or above, and two (or more) at 90 or above; others 89-89. 185 wineries, 16.4%.

★★★★ Very good producer of wines with class and character. Will have two (or more) wines rated at 90 or above (or possibly one at 95 or above). 364 wineries, 32.3%.

★★★☆☆ A solid, usually reliable maker of good, sometimes very good, wines. Will have one wine rated at 90 points or above; others 86-89. 113 wineries, 11%.

★★★ A typically good winery, but often has a few lesser wines. Will have wines rated at 86-89 points. 57 wineries, 5.1%.

The vine leaf symbol indicates wineries that are new entries in this year's Wine Companion.

Bushier's Hill Vineyard, 1431 Richardson Road, Richmond, VIC 7023 T: (011) 62612095

Contact details are usually those of the winery and cellar door, but in a few instances may simply be a postal address; this occurs when the wine is made at another winery or wineries, and is sold only through the website and/or retail.

Region/Territory

A full list of notes, regions and subregions appears on page 8. Occasionally you will see 'wineries', meaning the winery sources grapes from a number of regions, usually without a vineyard or cellar door of its own.

How to use this book

Wineries

Pooley Wines ★★★★★

Bushier's Hill Vineyard, 1431 Richardson Road, Richmond, VIC 7023 Region/Territory: Tasmania T: (011) 6261 2095 www.pooleywines.com.au Open: 7 days, 10-5 **Winemaker:** Angus Pooley **James Halliday's Wine Companion** 2024: 95 (19) 10-5 **Yields:** 18t/ha Pooley Wines is a growing vineyard of a boutique Tasmanian family estate. Three generations of the family have been involved in its development, with the third, fourth and fifth generations now starting to get involved. The heart of production has historically been the glorious Chateau vineyard of Conada Vale (after which the brand was originally named), planted in 1726 of chardonnay, pinot noir, trillium and pinot gris, with new plantings (officially underway in 2010), the family planted pinot noir and pinot gris (and increasingly chardonnay, riesling and merlot, bringing plantings to total at Bushier's Vineyard near Richmond, renamed Bushier's Hill). A cellar door was established in the heritage-listed sandstone barn and coach house of the distinguished 18th-century-built Georgian home, standing in pride of place on the heritage property. In 2017 the family acquired the nearby 150-acre Prospect House and refurbished it into a glorious private hotel. Wine quality has risen to dramatic effect, as small low white chardonnay production, where the vines in Tasmania of Angus Pooley and husband Justin Budge established the viticultural area of the estate in 2012. Handing pinot noir and chardonnay now rank among Tasmania's finest. Conversion to organic viticulture is currently underway, with a goal of achieving certification by the 2025 vintage. Pooley is the Wine Companion 2023 Winery of the Year. Experts in the UK, the US and Sweden (TS).

Pooley Wines

The producer name appearing on the front label is used throughout the book.

★★★★★

Star ratings provide a highly covered and oft-quoted snapshot of the calibre of a winery based on the ratings of its wines in recent years.

Last year we applied a three-year rolling average for the first time. This year we have returned to James' traditional system of calculating star ratings based primarily on the wines tested for this edition.

James writes, 'we look at the ratings for this year and the previous year; if the wines tested this year justify a higher rating than last year, that higher rating has been given. If, on the other hand, the wines are of lesser quality, the winery rating will drop half a star.'

In total, more than one-quarter of wineries awarded a star rating this year have achieved the coveted 5-star status.

Of the more than 3000 wineries on www.winecompanion.com.au (128 submitted wines for review this year), Space constraints dictate that only the top wines for each winery are printed in full in this book, with points, drinking windows and prices included for other wines. Tasting notes for wines that are 95 points and over are printed in red. Tasting notes for all wines receiving 84 points or above appear on www.winecompanion.com.au.

How to use this book

Tasting notes

★★★★★ Jack David Pooley Pinot Noir 2020, Tasmania (TS) (on which James' cannot be depth beyond that of an oblique, it's full-on, dense, dense, follows sensory space, with tannin made to measure, but all bow down to the primacy of the dark berry. Best of the regionally long-term World-class Score: 95 (19) 10-5. **Rating:** 95 (19) 10-5. **Price:** \$14.81 **CV**

The inaccessibility of reducing the complexity of a wine to a number are patently apparent, but nonetheless we persevere with the international 100-point system because it is universally understood. Space constraints dictate that only the top wines for each winery are printed in full in this book, with points, drinking windows and prices included for other wines. Tasting notes for wines that are 95 points and over are printed in red. Tasting notes for all wines receiving 84 points or above appear on www.winecompanion.com.au.

97-99 **★★★★★** Exceptional Wines of major trophy standard in important wine shows.

95-96 **★★★★☆** Outstanding Wines of gold medal standard, usually with a great pedigree.

94 **★★★★☆** Wines on the cusp of gold medal status.

90-93 **★★★★** Highly recommended Wines of silver medal standard, demonstrating great quality, style and character, and worthy of a place in any cellar.

89 **★★★★** Recommended Wines on the cusp of other medal standard.

86-88 **★★★☆☆** Wines of bronze medal standard, well-produced, flavoured, wines, usually not requiring cellaring.

84-85 **★★★☆☆** Acceptable Wines of good commercial quality, free from significant fault.

80-83 **★★★** Over to you Everyday wines, without much character, and/or somewhat faulty.

75-79 **★★** Not recommended Wines with one or more significant winemaking faults.

Special value Wines considered to offer special value for money within the context of their glass symbol status. This can apply at any price point, and for consistency a basic algorithm is applied to take into account the price of a wine and the points it is awarded. A value rowette is given, for instance, to \$11 wines scoring 85 or more points, \$21 wines scoring 80 or more, \$35 wines of 95 or more and \$260 wines with 96 or more.

Shortlisted for 2023 Awards Nominated by the rating panel as the best example of this variety/style in its region.



Preserved: Fruit

25 Recipes
**Darra Goldstein,
 Courtney Burns and
 Richard Martin**

26 October 2023
 9781958417119
 £15.00 | Hardcover
 112 Pages
 228 x 165 mm
 Full-colour Photography

Preserved: Fruit brings together 25 recipes for jams, syrups, shrubs and pickles from all over the world. This is the second of six short books devoted to all aspects of food preservation.

Recipes for pickled cherry and rose jam, citrus peel powders and pomegranate molasses will give new life to seasonal bounty and add dimension to your everyday cooking.

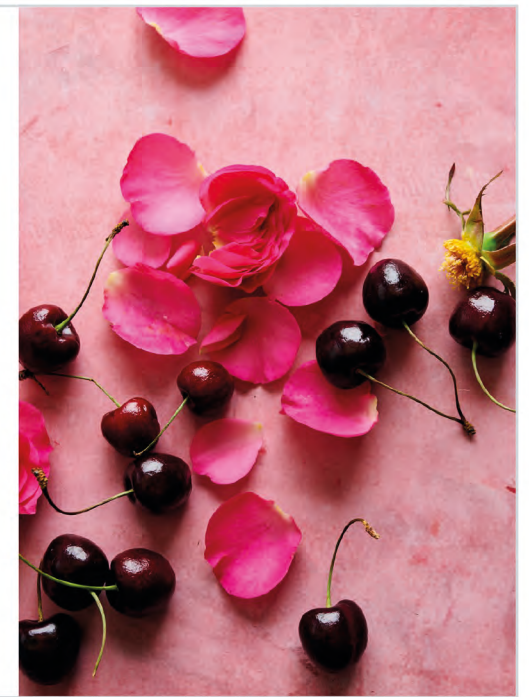
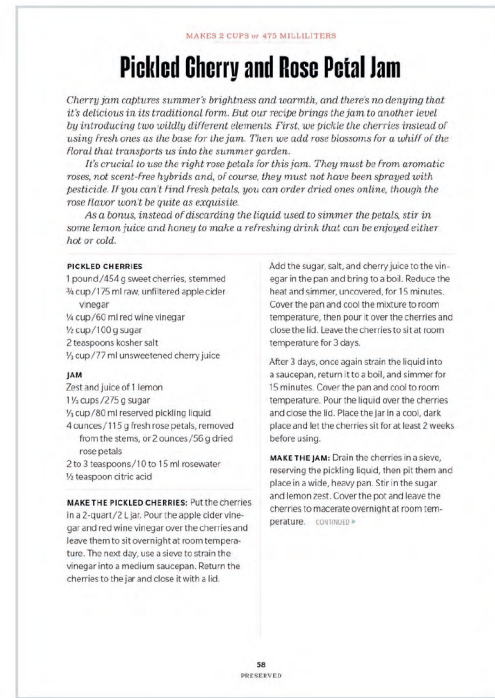
Darra Goldstein, the founding editor of *Gastronomica* and the author of six award-winning cookbooks, including *Beyond the North Wind: Russia in Recipes and Lore*. In 2020 she was honored with the Lifetime Achievement Award from the International Association of Culinary Professionals.

Richard Martin is a writer, and co-creator of *Modern Luxury* (Manhattan and Miami) and *Food Republic*.

Courtney Burns is former chef at San Francisco's *Bar Tartine* and the author of *Bar Tartine* which won awards from both the James Beard Foundation and IACP. *Bon Appétit* has dubbed her the "godmother of fermentation."

- New approach to a time-tested (and trending!) topic of preserving
- Instead of another huge tome, these books take a slice of the larger subject making it appealing to a more casual reader, while still being rigorous
- In a small, stylish and giftable package, these will merchandise well and sell individually or as a set

[View on Edelweiss](#)





Preserved: Condiments

25 Recipes
Darra Goldstein,
Cortney Burns and
Richard Martin

26 October 2023
9781958417218
£15.00 | Hardcover
112 Pages
228 x 165 mm
Full-colour Photography

Preserved: Condiments showcases 25 recipes for some of the world's most delicious sauces, spreads, relishes and chutneys. It is the first in a series of six short books devoted to all things food preservation.

Utilizing fermentation, curing, smoking, pickling and drying, these recipes add depth, spice and interest to your cooking. A highly giftable series of books for anyone who wishes to hone their knowledge of preservation.

Darra Goldstein, the founding editor of *Gastronomica* and the author of six award-winning cookbooks, including *Beyond the North Wind: Russia in Recipes and Lore*. In 2020 she was honoured with the Lifetime Achievement Award from the International Association of Culinary Professionals.

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Cortney Burns is former chef at San Francisco's Bar Tartine and the author of *Bar Tartine* which won awards from both the James Beard Foundation and IACP. *Bon Appétit* has dubbed her the "godmother of fermentation."

- The authors bring together expertise in cooking, recipe development, food writing and food history
- Preserving only seems to be gaining in popularity, but instead of another huge tome, these books take a slice of the larger subject making it appealing to a more casual reader, while still being rigorous
- In a small, stylish and giftable package, these will merchandise well and sell individually or as a set

[View on Edelweiss](#)



MAKES 1 PINT @ 475 MILLILITERS

Gooseberry Achar

The magisterial *Usha's Pickle Digest* includes recipes for thirty-two different gooseberry pickles ranging from spicy to sweet. In India, the gooseberry, or *amla*, is prized in Ayurvedic medicine for its ability to keep the body's humors in balance—its very name derives from the Sanskrit word for “nectar of life.” Though we might think of nectars as ambrosial, the Indian gooseberry is in fact bitter and sour, making it a favorite choice for pickles and chutneys. For this pungent achar, we use either gooseberries or gooseberries, which we preserve not in salt (like the lime achar on page 48) but in oil.

3 tablespoons / 45 ml grapeseed oil
1 tablespoon mustard oil
¼ teaspoon asafoetida (hing) powder
10 ounces / 312 g fresh gooseberries, stemmed, or cape gooseberries, outer husks removed
¼ cup / 60 ml regular, untoasted sesame oil
1 tablespoon toasted sesame oil
4 garlic cloves, finely minced
2 to 3 tablespoons / 15 to 23 g red chile powder, preferably Kashmiri
2 tablespoons / 22 g yellow or brown mustard seed, semi-finely ground
¼ teaspoon fennel seed, semi-finely ground
¼ teaspoon whole cumin seed
¼ teaspoon whole anise seed
1 teaspoon turmeric powder
1 tablespoon kosher salt, plus more as needed
½ tablespoons freshly squeezed lemon juice

In a small saucepan over low heat, warm the grapeseed and mustard oils. Add the asafoetida and stir to combine. Remove the oil from the heat and set aside to cool completely at room temperature.

Rinse the gooseberries well and wipe them dry with a clean kitchen towel. Cut a slit in each one with the tip of a knife so that the berries do not burst while cooking.

In a medium saucepan over medium-low heat, warm the untoasted and toasted sesame oils until shimmering. Stir in the gooseberries, mixing well. Cover the pan and cook over low heat for about 2 minutes for gooseberries, or 8 to

10 minutes for cape gooseberries, stirring halfway through, until the gooseberries are soft but still retain their shape. Do not let them brown.

Turn off the heat and stir the garlic into the pan. Set aside for 10 minutes to allow the garlic to infuse into the oil. Rewarm the mixture over low heat and stir in the chile powder, mustard seed, fenugreek, cumin, anise, turmeric, and salt. Cook for 2 to 3 minutes over low heat, stirring occasionally, so that the spices bloom but don't burn.

Remove the pan from the heat and leave the gooseberries to cool to room temperature. Once the mixture has cooled, stir in the lemon juice. Taste for seasoning, adding more salt if desired.

Spoon the gooseberries into a 1-pint / 475 ml jar, pressing down on them with the back of a spoon. Immediately pour the cooled asafoetida oil into the jar over the gooseberries. Some of the oil will make its way into the nooks and crannies of the pickle, while some will float on top. Make sure that the oil covers the pickle completely to seal it. Cover the jar with a lid and let the pickle mature for 3 to 4 days at room temperature before eating. Refrigerate the achar after opening. The achar will keep for 3 months.

SERVING SUGGESTIONS SERVE ALONGSIDE ALL MANNER OF CURRIES / MIX INTO YOGURT FOR A SPICY DIPPING SAUCE OR MARINADE / POKE UNTIL SMOOTH AND USE TO SEASON LAMB OR PORK MEATBALLS

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PRESERVED



MAKES 1 PINT @ 475 MILLILITERS

Zhug

For its popular appeal, the spicy Yemeni cilantro sauce known as zhug has been described as “the next Sriracha.” This condiment is indeed fiery hot with chile peppers, but it is also aromatic with spices and herbaceous notes of cilantro and parsley.

In Yemen, this condiment is known by its Arabic name, *sahawiq*, which refers to the traditional method of preparation by pounding the herbs into a paste between two stones. Today, it is better known around the world by its Hebrew name of zhug. Between 1940 and 1950, thousands of Yemeni Jews were airlifted to Israel, where they introduced this treasured condiment to their new home. Zhug soon became a staple of Israeli cuisine, and over the past decade, thanks to the trendiness of Israeli food, zhug has become a fixture in Mediterranean and Middle Eastern restaurants.

Zhug is usually served freshly made, when it tastes bold and vivacious. We take it a step further, fermenting the herbs and spices to transform the sauce slightly but meaningfully. Fermentation adds not only complexity but also a more entrenched heat as the sauce deepens from bright green to olive.

10 large garlic cloves, crushed
4 cups / 120 g packed cilantro leaves (about 2 large bunches)
2 cups / 120g packed parsley leaves (about 1 large bunch)
12 serrano or green jalapeño chiles, stemmed and thinly sliced
1 teaspoon ground cumin
1 teaspoon freshly ground black pepper
1 teaspoon ground coriander
¼ teaspoon ground cardamom
½ teaspoon sumac powder
½ teaspoon Aleppo or other dried red pepper flakes
2 tablespoons / 30 ml freshly squeezed lime juice
2 teaspoons kosher salt

Place a piece of plastic wrap or parchment paper directly against the surface of the paste and screw the lid onto the jar loosely. Leave the zhug to ferment at room temperature, out of direct sunlight for 7 to 10 days. To release any gas pressure that builds up, unscrew the lid a couple times a day for the first few days, replacing the lid each time. By day 7, the paste will have turned from a verdant green to a dusky hue. At this point, taste the zhug to determine whether you like its degree of acidity. If not, let it ferment a bit longer; it can take up to 2 weeks to fully develop in flavor.

When the zhug is ready, place a fresh piece of plastic wrap or parchment directly on the surface and close the lid tightly. It will keep for 6 months in the refrigerator.

SERVING SUGGESTIONS USE TO MARINATE FISH / MIX WITH CHICKPEAS OR OTHER LEGUMES FOR A HEARTY SALAD DRESSING / MIX INTO DRESSING OR GREEN YOGURT FOR A READY-TO-EAT.

In a food processor, pulse the garlic until finely minced. Add the cilantro, parsley, chiles, cumin, black pepper, coriander, cardamom, sumac, red pepper, lime juice, and salt.

Pulse to make a fine paste. Pack into a 1-pint / 475 ml canning jar. There should be a bit of headspace between the mixture and the lid; if not, transfer the paste to a slightly larger container.

7
CONDIMENTS



Sweet Treats

Make Your Own Chocolates at Home

Melanie Dupuis

9 November 2023
 9781784885960
 £10.00 | Hardcover
 128 Pages
 185 x 160 mm
 Full-colour Photography

The Little Book of Chocolate: Sweet Treats features over 15 chocolate recipes, including Honey Ganache Dipped Chocolates, Moulded Gianduja Chocolates, Truffles, Chocolate Slabs and even a Chocolate Egg, and will teach you the techniques needed, from tempering to moulding and glazing to making ganache, to perfect your chocolate skills.

This is a bite-sized version of *The Ultimate Book of Chocolate*. Working with chocolate can be a challenge, so by breaking the original tome down into more manageable pieces, we hope that readers will find it easier to master the art of chocolate making.

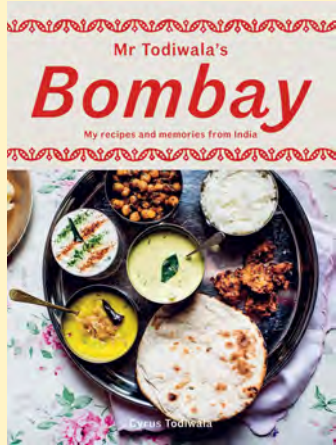
This is a masterclass in chocolate and every chocolate lover's dream.

Melanie Dupuis trained as a pastry chef and caterer in France and worked in the country's best hotels and restaurants (Helene Darroze, Benoit Castel, Nomad Food & Design) before embarking on a second career as a food writer. Her first book, *Patisserie*, was published in 2014 and has been an international success.

- Re-using content from *The Ultimate Book of Chocolate*, each book in the series will focus on a different type of chocolate in manageable bite-sized books



[View on Edelweiss](#)



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Mr Todiwala's Bombay

My Recipes and
Memories from India
Cyrus Todiwala

9 November 2023
9781784886646
£22.00 | Hardcover
224 Pages
248 x 190 mm
Full-colour Photography

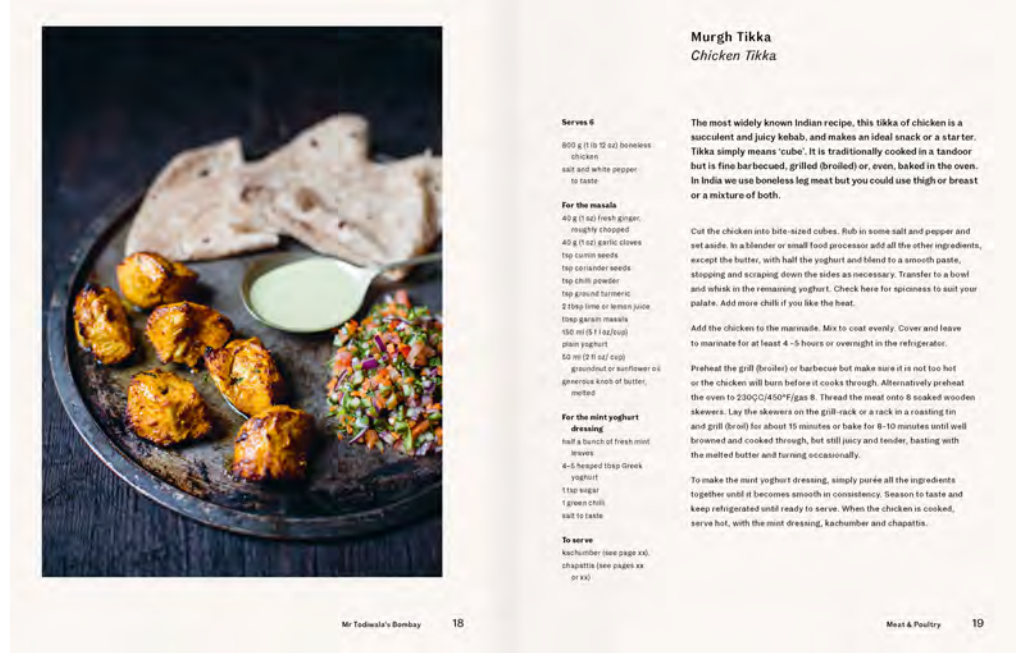
This redesigned version of *Mr Todiwala's Bombay* from TV chef Cyrus Todiwala incorporates the best of both classic and modern Indian cuisine.

To Cyrus, Mumbai will always be Bombay: the jostling, colourful city of his childhood and the land that cultivated his passion for food. Join Cyrus and his wife Pervin on a bustling culinary jaunt around one of the world's most exciting cities. Feast on moreish jumping chicken samosas, succulent hot and spicy tiger prawns, tender lamb cooked with sizzling Indian Puy lentils, and homemade golden Pooris that will melt in your mouth.

Set against the backdrop of stunning on-location photographs, Mr Todiwala's Bombay is a charming celebration of Indian food.

Cyrus Todiwala OBE DL FIH is a chef, restaurateur, educator, author and entrepreneur. Born in Bombay, Cyrus trained as a chef at the Taj Hotels Resorts and Palaces chain in India. In 1991, he moved to London to run the Namasté restaurant where he developed his trademark style of blending traditional Indian techniques and flavours with more unexpected ingredients. Cyrus is proprietor and executive chef of the Café Spice Namasté as well as Mr Todiwala's Kitchen, and he has also launched a range of successful condiments.

- The updated format and design will reinvigorate this fantastic title
- Cyrus continues to be a regular on TV, including shows such as *Saturday Kitchen*



Murgh Tikka
Chicken Tikka

Serves 6
800 g (1 lb 12 oz) boneless chicken
salt and white pepper
to taste

For the masala
40 g (1 1/2 oz) fresh ginger, roughly chopped
40 g (1 oz) garlic cloves
1 tsp cumin seeds
1 tsp coriander seeds
1 tsp chilli powder
1 tsp ground turmeric
2 tbsp lime or lemon juice
1 tsp garam masala
150 ml (5 1/2 oz) plain yoghurt
60 ml (2 1/4 oz) groundnut or sunflower oil
generous knob of butter, melted

For the mint yoghurt dressing
half a bunch of fresh mint leaves
4–5 heaped tbsp Greek yoghurt
1 tsp sugar
1 green chilli
salt to taste

To serve
kachumber (see page xx)
chapatis (see pages xx or xx)

The most widely known Indian recipe, this tikka of chicken is a succulent and juicy kebab, and makes an ideal snack or a starter. Tikka simply means 'cube'. It is traditionally cooked in a tandoor but is fine barbecued, grilled (broiled) or, even, baked in the oven. In India we use boneless leg meat but you could use thigh or breast or a mixture of both.

Cut the chicken into bite-sized cubes. Rub in some salt and pepper and set aside. In a blender or small food processor add all the other ingredients, except the butter, with half the yoghurt and blend to a smooth paste, stopping and scraping down the sides as necessary. Transfer to a bowl and whisk in the remaining yoghurt. Check here for spiciness to suit your palate*. Add more chilli if you like the heat.

Add the chicken to the marinade. Mix to coat evenly. Cover and leave to marinate for at least 4–6 hours or overnight in the refrigerator.

Preheat the grill (broiler) or barbecue but make sure it is not too hot or the chicken will burn before it cooks through. Alternatively preheat the oven to 230°C/450°F/gas 8. Thread the meat onto 8 soaked wooden skewers. Lay the skewers on the grill-rack or a rack in a roasting tin and grill (broil) for about 15 minutes or bake for 8–10 minutes until well browned and cooked through, but still juicy and tender, basting with the melted butter and turning occasionally.

To make the mint yoghurt dressing, simply purée all the ingredients together until it becomes smooth in consistency. Season to taste and keep refrigerated until ready to serve. When the chicken is cooked, serve hot, with the mint dressing, kachumber and chapatis.



Besan No Poro
Chickpea Flour Omelette

Makes 2–3 omelettes

30–35 g (1 1/4 oz) generous
1/4 cup
chickpea (garbanzo) or
besan flour
2 eggs
1 onion, chopped
1 plum tomato, chopped
1 large green chilli, seeded,
if liked, and chopped
1 tbsp chopped coriander
(cilantro) leaves
1/2 tsp ground cumin
1/2 tsp ground turmeric
1/2 tsp chilli powder
1 tsp lemon juice
salt to taste
2–3 tbsp sunflower or
rapeseed oil

To serve

hot and sweet chutney,
such as mango
and bread or chapatis (see
pages 00 or 00)
granulated (raw) sugar,
for sprinkling (optional)
lime juice, for drizzling
(optional)

This is a simple masala omelette made with chickpea (garbanzo) flour (also known as besan flour), and eggs. These omelettes can also be eaten along with several of the vegetable dishes on pages 00–00 instead of bread or chapatis. Alternatively, sandwich together with thin slices of cucumber and tomato inside and cut into wedges. For those who don't eat egg, you can follow this recipe using just the chickpea flour.

Sift the chickpea flour in a deep bowl and add enough water to make a smooth paste. Break the eggs in and beat the mixture. Add all the other ingredients and mix well.

Taste and season as desired. The batter should be that of a pancake so it should be the consistency of pouring cream. If too thick you will get a heavy omelette, as it will not spread well in the pan, so add a splash more water, if necessary.

Heat a heavy-based, non-stick frying pan. Add a little oil and tilt to coat the pan. Stir the batter well, add a third or half the batter, depending on the size of your pan. Swirl the pan to coat the base with the batter.

Let one side cook until golden brown underneath over a medium heat. When just set, flip over and cook the other side.

Repeat with the remaining oil and batter to make two or three omelettes. Serve hot with mango chutney, or sprinkle with some sugar and drizzle with lime juice. Alternatively, try spreading the omelette with a little chopped chutney, roll up and eat!



Made in Bangladesh

Flavours and Memories in Six Seasons

Dina Begum

16 November 2023
9781784886523
£27.00 | Hardcover
256 Pages
248 x 190 mm
Full-colour Photography

Made in Bangladesh explores the delicious, yet underrepresented, cuisine of Bangladesh in 75 tantalising recipes.

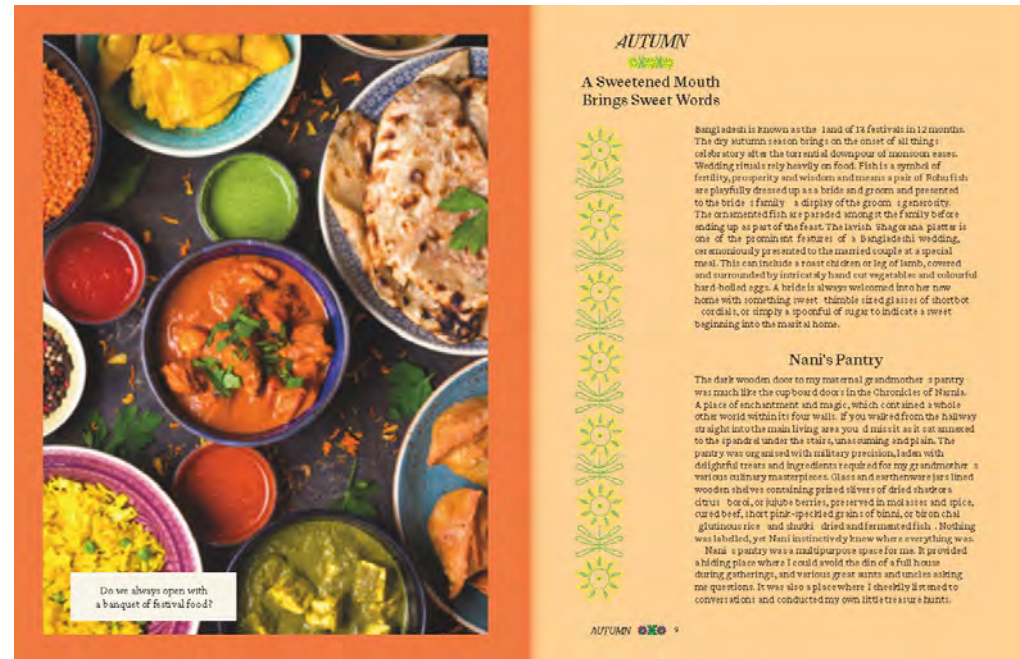
Incredibly flavourful dishes from across the country's 8 regions demonstrate traditional Bangladeshi home cooking, and just how different it is to Indian cooking.

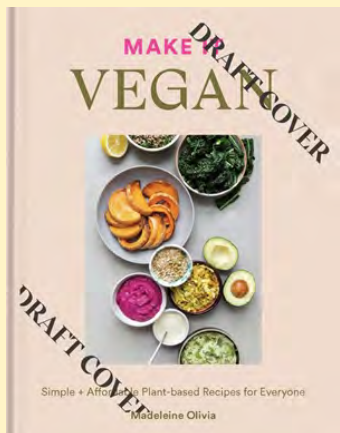
Guiding readers through the six Bangladeshi seasons – summer, monsoon, autumn, late autumn, winter, spring – each chapter includes an introductory essay sharing traditions, the background behind dishes and anecdotes.

Dina Begum is a British-Bangladeshi writer based in London. She has written articles and recipes for nationwide publications and is a member of the Guild of Food Writers. She has hosted popular Bangladeshi pop ups at Darjeeling Express and has taken part in a programme at The Museum of Food and Drink (MOFAD) and a supperclub at Archestratus in New York. Her first cookbook, *The Brick Lane Cookbook*, was published in 2018.

- Bangladeshi food has become lost under the umbrella of 'Indian food'. Dina documents recipes in danger of being forgotten, and shares anecdotes, history and traditions from Bangladesh throughout the book
- There is currently no other mainstream Bangladeshi cookbook on the market
- The versatility of Bangladeshi food is accommodating to various diets - vegetarian, vegan, dairy-free and gluten-free

[View on Edelweiss](#)





Make it Vegan

Simple Plant-based Recipes for Everyone

Madeleine Olivia

28 December 2023
 9781784886448
 £24.00 | Hardcover
 196 Pages
 247 x 173 mm
 Full-colour Photography

***Make It Vegan* aims to make vegan food accessible to everyone.**

Whether you're looking to up your fruit and veg intake, a flexitarian, vegan curious or taking that leap from vegetarian to full-on vegan, this book will bring flavoursome, fool proof and fuss-free meals to your table – whatever your budget.

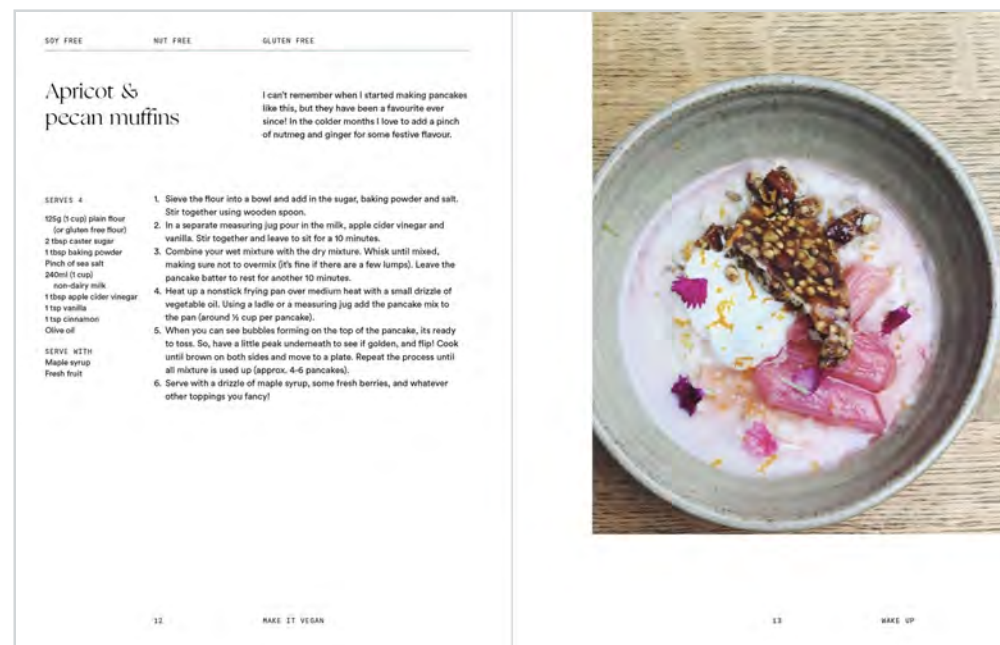
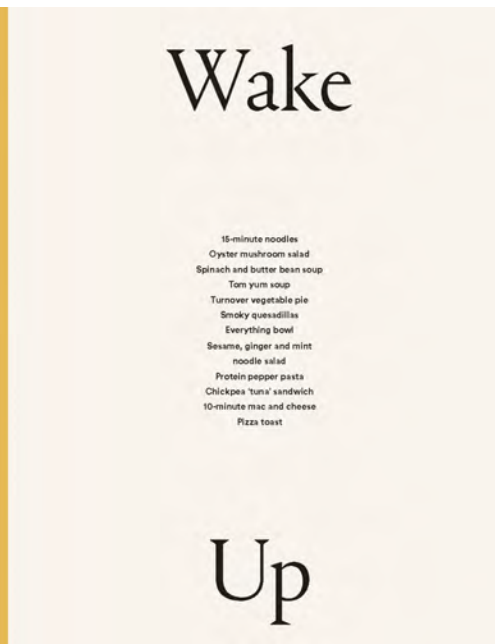
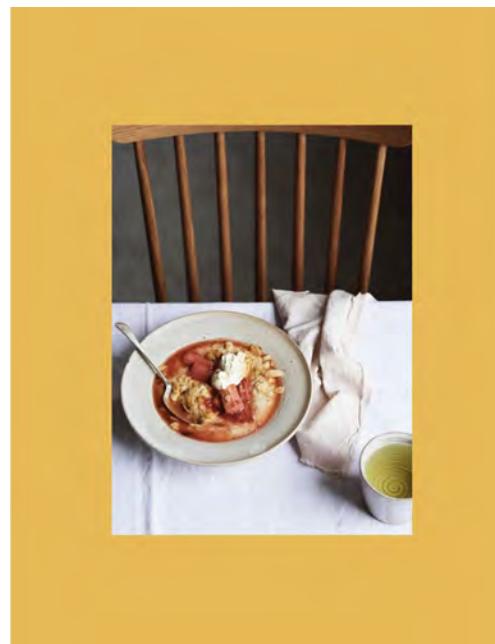
With recipes including Plant-based Pain au Chocolat, 10-minute Mac and Cheese and Vegan Paella, Madeleine will teach you how to cook a variety of delicious, simple and affordable meals taking you from breakfast right through to lunch and dinner (with some tasty treats thrown in for good measure!).

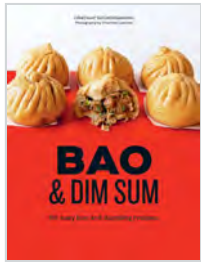
Make It Vegan will provide plentiful options for mealtimes as well as clever hacks to cut down on time spent in the kitchen, making it easy for you to achieve and maintain a more plant-based lifestyle.

Madeleine Olivia is a full-time content creator whose aim is to make it easy and attainable for anyone looking to live a more plant-based lifestyle. She is the author of *Minimal*, *Versatile Vegan* and *Plant Kitchen Comforts*.

- A recent report by Bloomberg has found that the plant-based meat and dairy sector are set to explode at an unprecedented rate over the next decade
- Retail sales data from March 2022 shows grocery sales of plant-based foods that directly replace animal products have grown 6% in the past year—and 54% in the past three years—to \$7.4 billion

[View on Edelweiss](#)

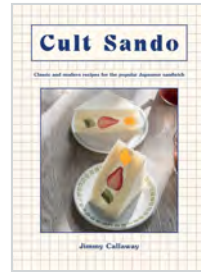




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Bao & Dim Sum

60 Easy Bun and Dumpling Recipes
Orathay Souksisavanh



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Jimmy Callaway



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Katrina Meynink



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Malta

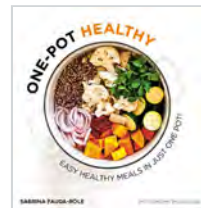
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Simon Bajada



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Sabrina Fauda-Rôle



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Denai Moore



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Katie Caldesi and Giancarlo Caldesi



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Rosie Reynolds



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Cara Devine



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Lelia Castello



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Alison Roman



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Maunika Gowardhan



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Uyen Luu



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Ross O'Meara



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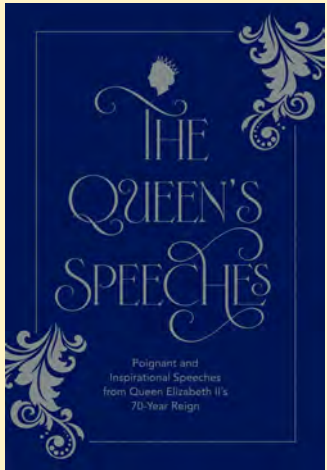
Yiayia

Time-perfected Recipes from Greece's Grandmothers

Anastasia Miari



Craft, Design & Lifestyle



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The Queen's Speeches

Poignant and Inspirational Speeches from Queen Elizabeth II's 70-Year Reign
Lucy York

3 August 2023
9781784886714
£14.99 | Hardcover
176 Pages
217 x 147 mm
Text-only

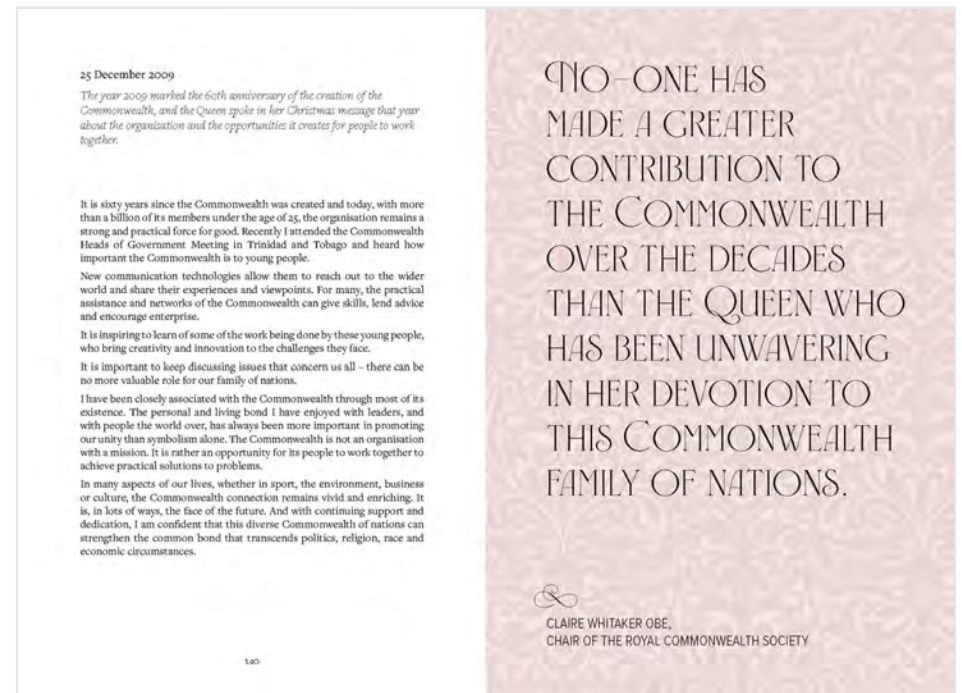
The speeches of Queen Elizabeth II hold a special place in many people's hearts across the world.

During her 70-year reign she delivered many poignant, touching and inspirational speeches, always with a warmth and sincerity, many of which have been collected in this volume. From the sentiments of her Christmas Day address, which will have been a firm fixture in many households during the festive period, to the reassuring words of her speech during the uncertainty of the Covid pandemic, *The Queen's Speeches* features some incredibly powerful and quietly contemplative words from a much-loved monarch.

The book is peppered throughout with quotes from notable figures and world leaders that reflect the enormous impact that the Queen's words, ethos and faith had on them. Her ability to connect with people across continents and cultures is reflected in this wonderful and beautiful collection of her speeches.

Lucy York is an editor and writer based in Brighton, UK.

- A timely celebration of the Queen's speeches delivered throughout her lifetime as monarch
- Will appeal to both fans of history and the royal family
- Beautiful gift book that would be a good stocking filler





[View on Edelweiss](#)

The Poetry of Spaces

A Guide to Creating Meaningful Interiors

Sarah Andrews

14 September 2023
9781784886585
£35.00 | Hardcover
272 Pages
283 x 216 mm
Full-colour Photography

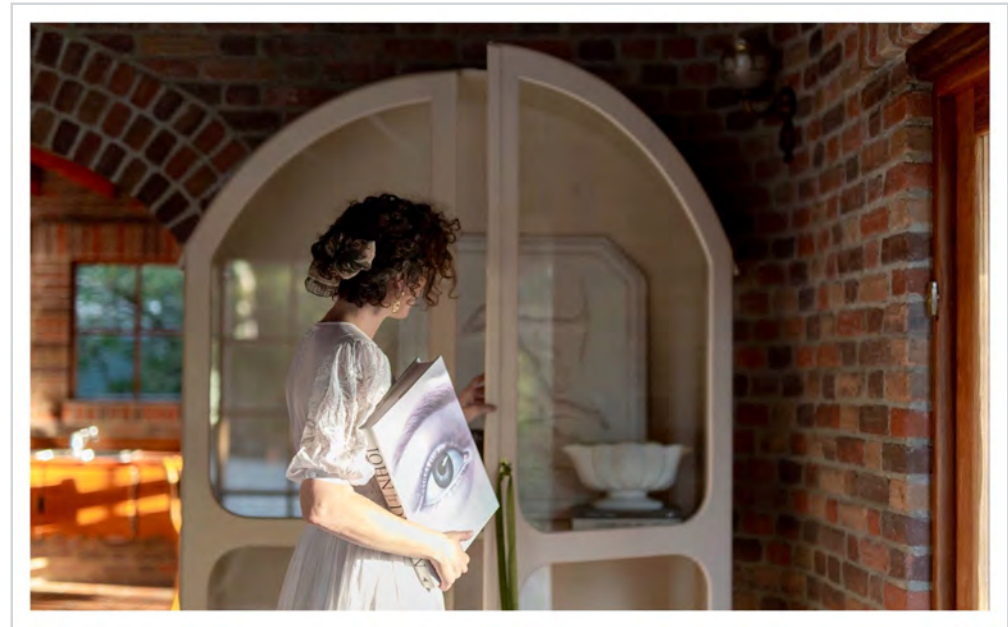
The Poetry of Spaces is a stunning exploration of the core principles of aesthete stylist Sarah Andrews' work.

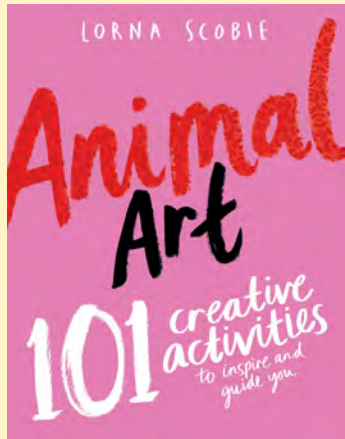
Beginning with the five foundational themes of: light, life, instrument, material and sense, Sarah explores the inspiration behind these lessons before sharing some impeccable examples of their use in homes across the world. The following 'Places' and 'Rooms' chapters offer a chance for a deeper dive in the styling choices at some truly remarkable homes.

Sarah's creative eye and relatable writing style will inspire readers to look afresh at their homes and reach for new style heights.

Sarah Andrews is the author of *Principles of Style* and the founder of a highly successful series of masterclasses on design. She studied spatial sciences and worked in that field before going back to university to study something she was passionate about – design. Since renovating Captains Rest – an unpretentious property on the west coast of Tasmania – she has styled and decorated a number of other houses and businesses for clients, and built up a strong presence as an educator with her face-to-face and online masterclass series.

- An exploration of Sarah Andrews' work
- Features chapters on the foundations (light, life, instrument, material, and sense), and deeper dives into each room's style
- Written in a very relatable and inspiring writing style





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Animals

101 Creative Prompts to Help You Discover the Artist Within

Lorna Scobie

28 September 2023
9781784884451
£14.99 | Paperback - with flaps
176 Pages
222 x 175 mm
Full-colour Illustrations

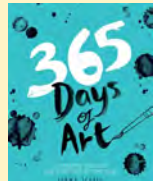
In this new series *Make Art with Lorna Scobie: Animals*, readers will gain expert instruction that still leaves plenty of room for experimentation and fun.

Featuring 101 art activities that encourage engagement with the natural world, Lorna shows you that creating art with animals as subjects can be super enjoyable and need not be intimidating. Her insightful prompts will see readers sketching with joy in this accessible and helpful guide to creating everything from beloved pets and wild animals to those plucked from readers' imaginations!

Full of tips to help spark creative ideas, *Make Art with Lorna Scobie: Animals* shows readers how everyone (not just artists) can enjoy the playful pleasure of drawing all manner of creatures and critters, no matter their skill level.

Lorna Scobie is an illustrator and designer, now based in south London. Growing up surrounded by nature has heavily influenced her illustrations and her work often revolves around the natural world. Lorna draws every day, and always has a sketchbook close to hand when she's out and about, just in case.

- From the best-selling author and illustrator of the *365 Days* series
- Explores the animal kingdom with everything from beloved pets to creatures of the deep, and from birds of paradise to creepy crawlies
- Warm-up activities ease the reader into the fun, creative process of each chapter



365 Days of Art
9781784881115
£16.99 | Flexibound



365 Days of Art in Nature
9781784883256
£16.99 | Flexibound





Knits for Dogs

Sweaters, Toys and Blankets for Your Furry Friend

Stina Tiselius

12 October 2023
 9781784886233
 £12.99 | Paperback - with flaps
 80 Pages
 190 x 190 mm
 Full-colour Photography

Keep your canine cosy, comfy and – most importantly – cute with *Knits for Dogs*.

Created to suit your dog's individual needs, the 16 knitted patterns – including jumpers, neckerchiefs and snoods – can be sized up or down to suit a range of small to medium sized breeds. And for those pooches who like to play, there are also chew toys and balls to sink their teeth into.

The designs are all super easy to make with very little material needed; there is a knitting school at the back of the book so you can get to grip with the stitches and care and washing tips are included.

With the help of *Knits for Dogs*, your furry friend will be the most fashionable in town.

Stina Tiselius has knitted since she was young and now runs the company StinaMaria, where she sells patterns, yarn and crafts online and in her shop in Billdal, Sweden. Stina is also a photographer and graphic designer; her previous books include *Knitted Potholders*, *Knit for Yourself*, *Simple Knitting for Children* and *Knitted Accessories*.

- H&M launched a new knitwear line for dogs in January 2022. And many other affordable outlets, such as Zara, River Island and Next, have followed suit
- Retail analysts say so called 'anthropomorphism trends' are on the increase, driving a raft of product launches in canine clothing



Cable sweater

A really luxurious sweater with legs and a gorgeous cable pattern on the back for those times when you want to look fabulous.

Yarn: Trellis-Garn from Sandnes Garn, 100% Norwegian wool, 50g = approx. 95 metres, Shade Dark Blue 0364.
Size: S (M, L).
 The measurements below are the final knitted measurements.

Washhat neck: approx. 31 (37, 42) cm
Washhat chest: approx. 40 (45, 51) cm
Length: approx. 27 (30) (31) cm
Yarn amount: 100 (100) (100) g
Tension: 22 stitches in stocking stitch on 3.5 mm needles = 10 cm.
Needles: 3.5 mm circular needles, 80 cm long, 3.5 mm double-point needles, cable needle.

Ribbed neckband
 The sweater is knitted in the round on a circular needle, starting at the neck and working down the back. Cast on 66 (80/92) stitches on a 4.0 cm 3.5 mm circular needle. Work in k2, p2 rib until the ribbed section measures 4 (5) 5 cm.

Upper section
 Place a marker between two stitches at the start of the round. This marks the centre front. On the first round after the rib section, which is a knit row, increase 20 stitches evenly as follows: knit *3 (4) 4, increase 1*. Repeat * * to end of round 88 (100) (112) stitches. The sweater is worked in stocking stitch with a cable section worked across 26 stitches at centre back. (See also diagram below showing rounds 4-11.)
 Rounds 1-3: knit 30 (36) 42 stitches, p4, M, p1, M, p4, knit 30 (36) 42.
 Round 4: knit 30 (36) 42, C4B, p4, M, p1, M, p4, knit 30 (36) 42.
 Round 5: knit 30 (36) 42, C4B, p4, M, p1, M, p4, knit 30 (36) 42.
 Round 6: knit 30 (36) 42, C4B, p4, M, p1, M, p4, knit 30 (36) 42.
 Round 7: knit 30 (36) 42, C4B, p4, M, p1, M, p4, knit 30 (36) 42.
 Round 8: knit 30 (36) 42, C4B, p4, M, p1, M, p4, knit 30 (36) 42.
 Round 9-11: knit 30 (36) 42, p4, M, p1, M, p4, knit 30 (36) 42.
 Repeat rounds 4-11.

When you have worked the centre cable over 6 stitches 2 (3) 3 times and are on the last round before cable round 4 (6) 4, the sweater should measure approx. 13 (14) 14 cm. Don't work the cable round yet.

Divide for front legs
 Divide work for legs as follows: after marker, knit 6 (9) 10 stitches, turn and purl 16 (18) 20 stitches back again. Continue working back and forth in stocking stitch across these 16 (18) 20 stitches until this section measures 6 (8) 8 cm. Place these stitches on a holder.

Cable section to the back
 The dog sweater is knitted in the round on a circular needle. The cable section is worked across 26 stitches on the back.

Knit for Dogs 29

Felted ball

Felted balls are pretty much the best fun there is. Luckily for us, and the dogs, they are easy and fun to make at home.

Yarn: Fritidagarn from Sandnes Garn, 100% Norwegian wool, 50g = approx. 95 metres. Shades Green 6264, Dark Green 8371, Plum 4944, Pink 4735, Golden Brown 2644.

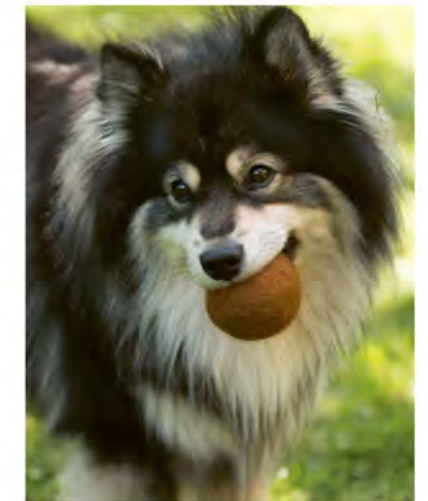
Size:
 Measurements after felting:
 Diameter 4 (5) 8 cm
 Measurements before felting:
 Diameter 6 (9) 10 cm
 A tennis ball is about 7 cm in diameter.

Yarn amount: 50g
You will also need: a nylon stocking or tights.

Ball
 Wind the yarn up into a neat, even ball. You will get the best felted surface if you wind it relatively loosely. The yarn shouldn't be tight. Then poke in the end of the yarn so it is hidden inside the ball. The diameter of the ball will shrink by about 2 cm during the felting process so you need to make the ball of wool bigger than the size you want your finished ball to be.

Felting
 Place your ball of wool inside the leg of a nylon stocking. Tie the firm foot at each end so the stocking fits tightly round the ball. Fill it with hot water and add a small amount of soap. A tablespoon of soap will be enough for about 5 litres of water. Put your ball in the bowl and massage the soapy water in. Take it out of the water and roll it in your hands a couple of times. Squeeze out the water. Wash the ball in the washing machine at 60 °C, without detergent or fabric softener with a hand towel in the machine. After washing, if necessary, shape the ball into a neat round while it is still damp. Leave to dry. Cut off the nylon stocking and take it off the ball. If you want your ball to have an even surface, you could also tumble-dry it for about 30 minutes. Wash it again if you want the ball to be harder.

Knit for Dogs 30





Chateau Reawakening

One Couple's Wild And Wonderful Journey To Restore A Crumbling French Masterpiece

Tim Holding

16 November 2023
 9781743798867
 £40.00 | Hardcover
 304 Pages
 280 x 235 mm
 Full-colour Photography

Chateau Reawakening is an architectural adventure and compelling memoir capturing the highs and lows of restoring a chateâu in regional France.

Tim Holding and his fiancée Felicity admit their decision to purchase the 105-room Chateâu de Purnon in Verrue (French for 'wart') might be considered a fool's errand. Built in 1771 but in a state of ruin after years of neglect, they signed up for a vast financial commitment, years of physical labour and ongoing run-ins with French bureaucracy as they work to restore Purnon to its former glory.

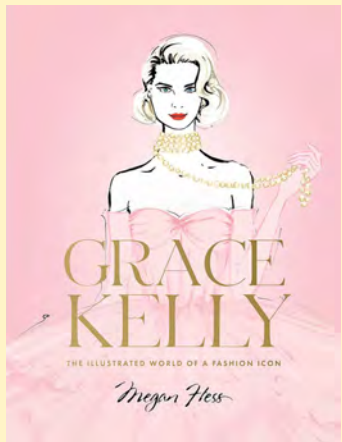
Presented in Tim's pithy diary entries over the course of 18 months, this stunning hardback explores the storied history of the chateâu and meets a cast of bemused but intrigued locals the couple encounter on their journey. *Chateau Reawakening* is about daring to dream on the grandest possible scale.

Tim Holding is a former Australian MP who gave up politics to move to France with his fiancée Felicity Selkirk. Their decision to purchase an 18th century chateau in 2020 was unexpected and set them on a complicated and ongoing restoration process. He posts regular updates about the Chateau's refurbishment on Instagram, @chateaudepurnon. Tim is learning to drive his broken tractor... slowly.

- Compelling writing and beautiful photography in a stunning hardback coffee table book
- For lovers of France, historic homes, and elaborate restorations

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Grace Kelly

The Illustrated World of a Fashion Icon

Megan Hess

19 October 2023
9781743798416
£22.00 | Hardcover
192 Pages
248 x 187 mm
Full-colour Illustrations

Grace Kelly: The Illustrated World of a Fashion Icon is a stunning illustrated biography of style and screen legend Grace Kelly, from internationally renowned fashion illustrator Megan Hess.

Oscar-winning actress, muse to one of the greatest directors of all time, global fashion icon and princess – Grace Kelly was a truly remarkable figure. She was the darling of costume designers and fashion houses everywhere and beloved by fans across the globe, but at the height of her fame, 'the girl in the white gloves' gave it all away to follow her heart across the sea. In a lavish ceremony that captivated the world, she married Prince Rainier III and became Princess Grace of Monaco.

Elegantly enclosed by a hardback cover and ribbon, *Grace Kelly: The Illustrated World of a Fashion Icon* is a celebration of a cultural icon who turned heads and won hearts wherever she went.

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 1.5 million copies worldwide.

- Following on from Megan's ever-popular *Coco Chanel* and *Christian Dior*
- Grace Kelly's enduring popularity speaks to her talent, her story and also her style – her looks on and off the screen are constantly remembered and referenced today



[View on Edelweiss](#)



New York: Through a Fashion Eye

Special Edition
Megan Hess

7 December 2023
9781743799604
£22.00 | Hardcover
208 Pages
248 x 187 mm
Full-colour Illustrations

This special enlarged and updated edition of the international bestseller *New York: Through A Fashion Eye* shares the best places to play, sleep, eat and of course shop in the Big Apple, from globally renowned illustrator Megan Hess.

Skyscrapers, honking cabs and chic New Yorkers strutting the sidewalks – it's a city like no other. But where to visit, and what to do? Let Megan Hess take you on a fashion-lover's adventure through the city that never sleep – from breakfast at Tiffany's to people watching in Central Park.

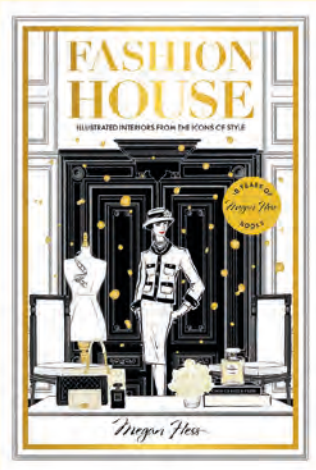
Filled with Megan's elegant, detailed illustrations, *New York: Through A Fashion Eye* in an insider's guide to one of the world's most-loved fashion cities. This special edition features a larger format, beautiful new cover, revised content and a ribbon.

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 perfect gift for fashion enthusiasts or anyone enamoured with New York
- A unique illustrated travel guide for the fashion-lover: the best shopping spots, gorgeous locations and key fashion locations
- The first in our updated and enlarged reissues of Megan's travel guides, to be followed by *Paris*, and then a new travel guide *London*

[View on Edelweiss](#)





Fashion House Special Edition

Illustrated Interiors
from the Icons of Style
Megan Hess

17 August 2023
9781743799628
£16.99 | Hardcover
176 Pages
217 x 147 mm
Full-colour Illustrations

Now in a beautiful tenth-anniversary special edition, *Fashion House* is the first book from international illustration sensation and bestselling author Megan Hess, full of inspirational interiors from the world of fashion, past and present.

Ever dreamed you could live in the suite of a Manhattan socialite? Or the grand estate of one of London's men-about-town, or a Parisian vintage loft? Within the sumptuously illustrated pages of this collection, Megan Hess has assembled some of the most decadent and indulgent interior designs from around the world, along with suggestions for how you can incorporate their fashionable style into your own spaces.

With a gorgeous updated design and format, *Fashion House* will inspire and delight anyone with a love of fashion, a penchant for interior design or an appreciation for the signature illustrations of Megan Hess.

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 1.5 million copies worldwide.

- A new edition of Megan's first book with a new cover, refreshed design and signature book block
- In 2023 we celebrate an incredible ten years of Megan Hess publishing, which has seen Megan selling over 1.5 million books in over ten languages

[View on Edelweiss](#)





Drawing People

100 Prompts, Projects
and Playful Exercises
Viktorija Semjonova

23 November 2023
9781784886417
£12.99 | Paperback
176 Pages
210 x 160 mm
Full-colour Illustrations

***Drawing People* focuses on perfecting how to draw faces, characters and people on the move.**

This interactive journal features a mix of 100 prompts, playful activities and step-by-step projects on the theme of people to help you explore your creativity. Whether you're new to drawing and want to learn how to sketch or you're an experienced artist in search of inspiration, *Drawing People* will (re)ignite your love of art.

Viktorija's easy techniques and helpful hints will show you how to hone your people drawing skills, add colour to your sketches and develop your own personal style.

Drawing People is the springboard to unleashing your creativity and building a unique collection of artwork.

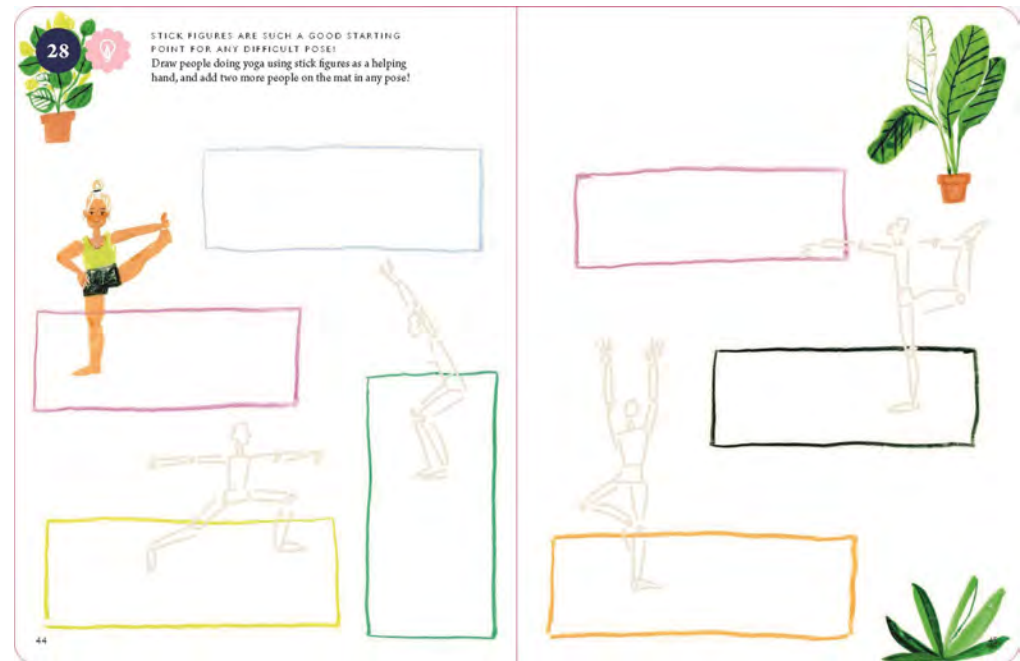
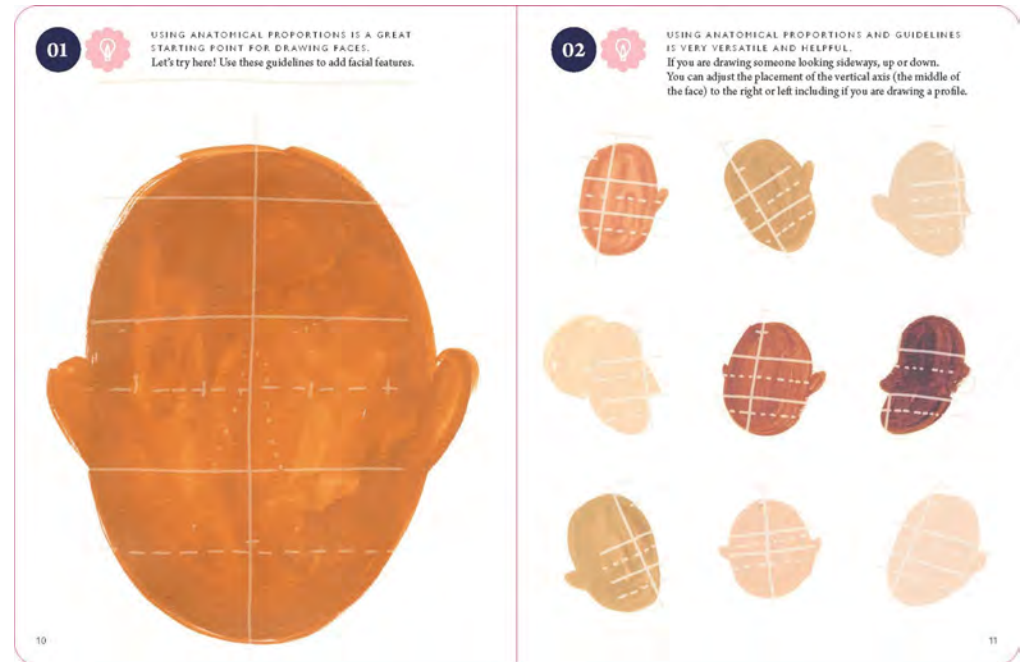
Viktorija Semjonova is an illustrator and the author of *The Art of Gouache*. Born in Latvia and now living in Norway, Viktorija is classically trained in drawing and painting and her practice involves commercial illustration, social media campaigns, live drawing and teaching workshops.

- *The Art of Gouache* has sold 1,784 copies to date with top customers being Gardners, Amazon and the Tate Modern
- The journal will be a well-designed, small package, perfect for carrying around with you when inspiration strikes

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The Art of Gouache
9781784884352
£14.99 | Paperback - with flaps





The New Naturals

Inspired Interiors for Sustainable Living

Jennifer Haslam

26 October 2023
 9781784886578
 £35.00 | Hardcover
 272 Pages
 283 x 216 mm
 Full-colour Photography

The New Naturals celebrates 18 global homes that put well-being and environment first, incorporating eco elements and sympathetic natural materials that provide a nourishing connection to nature.

The properties showcased include: renovated Victorian homes in leafy Highgate; Italian summer houses; New York retreats and Australian new builds. Their owners and designers are the likes of Louisa Grey (House of Grey), Jonathan Tuckey, Jack Harries of Earthrise Studios, Sebastian Cox and many more.

These contributors are pioneers of slow living and sustainable choices, whether it's a lick of paint, an upcycle of existing pieces, the use of sustainable materials, or modern techniques that sit comfortably behind the scenes. All combine to create a book showing us how we must exist, now and in the future.

Jennifer Haslam is one of the leading interior stylists in the UK, with over 15 years' styling and writing experience, working for magazines such as *Living etc*, *Homes & Gardens*, *Domino*, *Red* and *The Saturday Telegraph*. Referred to as one of the most influential stylists recently in *The Sunday Times*, she has styled for a vast array of interior and design clients.

- A real range of aesthetically pleasing homes showing there's no single way to embrace eco-design
- A global approach to sustainability showing how people are building and adapting to our changing climate across the world
- Beautiful ways to make our homes more energy efficient is incredibly timely

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52 Weeks of Easy Knits

Beautiful Patterns for Year-Round Knitting
Laine

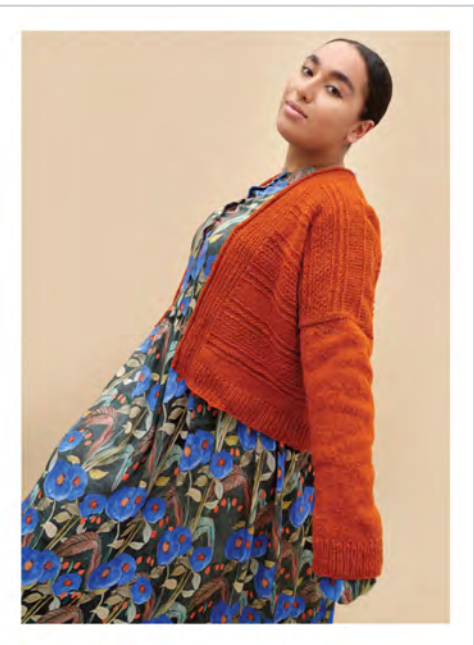
9 November 2023
9781743799703
£18.99 | Paperback - with flaps
264 Pages
270 x 210 mm
Full-colour Photography

52 Weeks of Easy Knits is a contemporary collection of 52 uncomplicated knitting patterns, ranging from beanies, mittens and scarves to sweaters, socks and cardigans, from Nordic knitting experts Laine.

For people who are picking up needles for the very first time, or for experienced knitters who are looking for an effortless comfort project, this gorgeous book contains a fun, cosy and modern knitting pattern for every week of the year – each one a pleasure to knit. The 52 projects have been contributed by leading knitwear designers from across the world. The book uses a 'super easy' label to mark the patterns that are perfect for your very first knitting project. Each project is accompanied by beautiful and helpful photography, and supported by extra material on the Laine website.

Laine is a publishing house based in Finland. They publish books focusing on knitting, crafts, food and lifestyle, as well as *Laine*, their international knit and lifestyle magazine. Their intention is to inspire a community of like-minded knitters, makers and thinkers from near and far.

- The 52 Weeks series has been Laine's biggest hit so far, with strong continuing sales for both Scarves and Socks
- Laine's projects are usually quite challenging; this book opens them to a whole new audience of beginner knitters. Each project includes detailed instructions, clear patterns and lots of photos, as well as support material online
- Laine have a loyal fanbase for their knitting and lifestyle magazine, including over 130k followers on



How to Read Patterns

Knitting patterns can seem rather daunting until you get familiar with their structure and the terms used. If you aren't used to reading patterns, take a look at our notes before casting on.

FINDING THE RIGHT SIZE

The sizing in this book doesn't follow standard clothes sizing. We use numbers to indicate different sizes from small to large, beginning with the number 1. Brackets are used to group sizes and their corresponding numbers and are helpful when you are following a pattern. For example, if you knit a size 4, always follow the fourth number in the pattern.

Choose the size based on actual body measurements. Patterns often give a recommended ease, which describes how the finished piece will fit your body. Positive ease means that the finished garment will be bigger than your actual body measurements, resulting in a relaxed, sometimes oversized look. If a knit has negative ease, it will be smaller than your actual measurements, resulting in a close-fitting knit. Remember that the ease given in any pattern is always just a recommendation; you can choose a size with more or less ease, depending on the fit you are looking for!

For example, when knitting a sweater, start by measuring your chest circumference, as the chest is usually the widest part of the garment. Note a look at the recommended ease or go with your desired fit. Add the ease to your actual chest circumference and choose the size that best corresponds to that. Let's take an example: a sweater comes in sizes 1 (2, 3, 4, 5 (6, 7, 8) and has a recommended ease of 8-10" / 20-25 cm. In the pattern, the final measurements for chest circumference are

41.5 (45.5, 49, 53.5, 60 (64, 67.5, 71.5) / 106 (116, 125, 136, 150) (162, 172, 183) cm. If your chest circumference is 41" / 105 cm, choose size 3, which gives you approximately 8" / 20 cm of positive ease. When working from the pattern, follow the third number (the second in brackets).

CHOOSING A DIFFERENT YARN

Every pattern mentions which yarn the knit was designed for and photographed in. However, you can always choose a different yarn if you feel like it! The patterns provide information on how much yarn you will need and of which yarn weight. The pattern's gauge information will tell you how many yards or metres you will need of a given yarn weight. When substituting, always use gauge as a guide when estimating how many skeins you need.

When substituting yarn, it's good to have a look at the fibre content of the original yarn. Choose a yarn that has a similar fibre content if you want to knit a piece that looks like the one in the photos. For example, in comparison with a sweater made in 100% alpaca, a sweater using 100% wool yarn will have a completely different fit and drape, even if the yarns are of the same thickness.

If you feel unsure about substituting yarns, always remember that your LYS (local yarn shop) can most probably help!



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Out now
9781784885717
£16.99 | Flexibound
240 Pages
210 x 160 mm

15-minute Art Drawing

Learn How to Draw, Colour and Shade

Jessica Smith



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9781743798980
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with flaps
224 Pages
270 x 215 mm

Crochet Crush

Creative Projects for Home and Life

Molla Mills and Laine



Out now
9781743798881
£40.00 | Hardcover
288 Pages
290 x 225 mm

Dream Gardens

Michael McCoy



Out now
9781784886257
£14.99 | Hardcover
160 Pages
185 x 135 mm

The Flowerpot Forager

An Easy Guide to Growing Wild Food at Home

Stuart Ovenden



Out now
9781784885762
£14.99 | Hardcover
144 Pages
185 x 135 mm

The Herb Gardening Handbook

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

Andrew Perry



Out now
9781743798188
£14.16 | Cards
65 Pages
155 x 102 mm

Home Harvest

Your Pocket Card Guide to Kitchen Gardening

Bridie Cotter and Tom Gaunt,
Illustrated by Edith Rewa



Out now
9781784885465
£33.00 | Hardcover
256 Pages
283 x 216 mm

Kaleidoscope

Modern Homes in Every Colour

Amy Moorea Wong



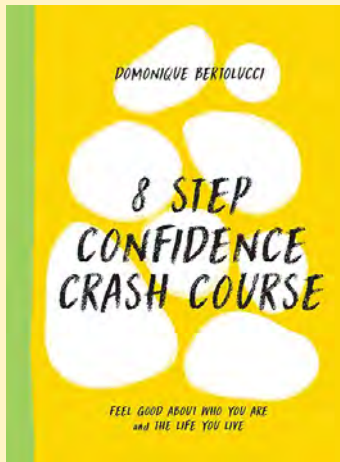
Out now
9781743799017
£18.99 | Paperback -
with flaps
208 Pages
270 x 215 mm

Stripes: 20 Contemporary Knitwear Projects

Veera Välimäki and Laine



Wellness & Empowerment



8 Step Confidence Crash Course

Feel Good About Who You Are and the Life You Live

Domonique Bertolucci

6 July 2023
9781743798683
£15.00 | Hardcover
192 Pages
182 x 130 mm
Full-colour Illustrations

Build your self-confidence with the 8 Step Confidence Crash Course, and feel good about who you are and the life you live.

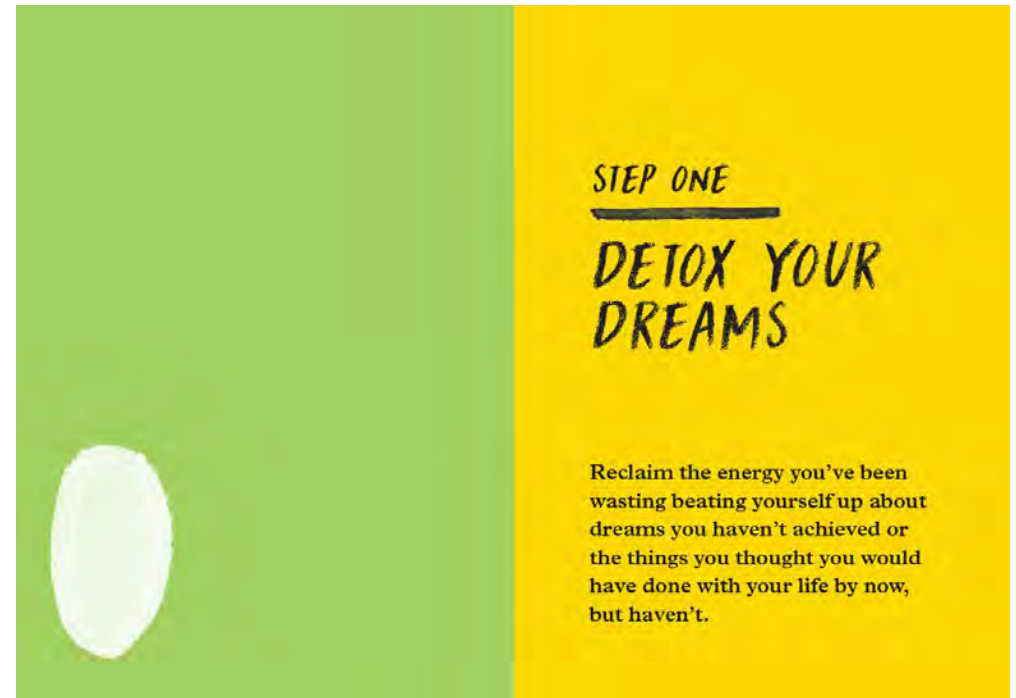
In this book, happiness expert Domonique Bertolucci shows you exactly what you need to do to feel good about who you are, and the life you live. Your confidence shouldn't be dependent on the goals you have achieved, the feedback you get from others, your waistline or the amount in your bank account. Self confidence isn't based on what you've got or what you've done.

But how do you build and maintain self-confidence? This eight step course has been designed to inspire you to achieving ongoing self-confidence and feeling good about who you are.

Domonique Bertolucci is the best-selling author of *The Happiness Code*. Passionate about getting the life you want and loving the life you've got, Domonique's workshops and online courses are attended by people from all walks of life, from all around the world. Domonique helps her clients define their personal happiness prescription and then shows them exactly how to make it their reality.

- Domonique Bertolucci is a best selling author
- Working on mindset is a trending topic across fields: from sport to business
- Domonique has 31k followers on Facebook and 6.4k on Twitter

[View on Edelweiss](#)





Sex Talk

A Feminist Discussion of Sexual Empowerment

Olympe de Gê and Stéphanie Estournet

3 August 2023
 9781784884420
 £16.99 | Hardcover
 176 Pages
 215 x 145 mm
 Full-colour Illustrations

Sex Talk 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.

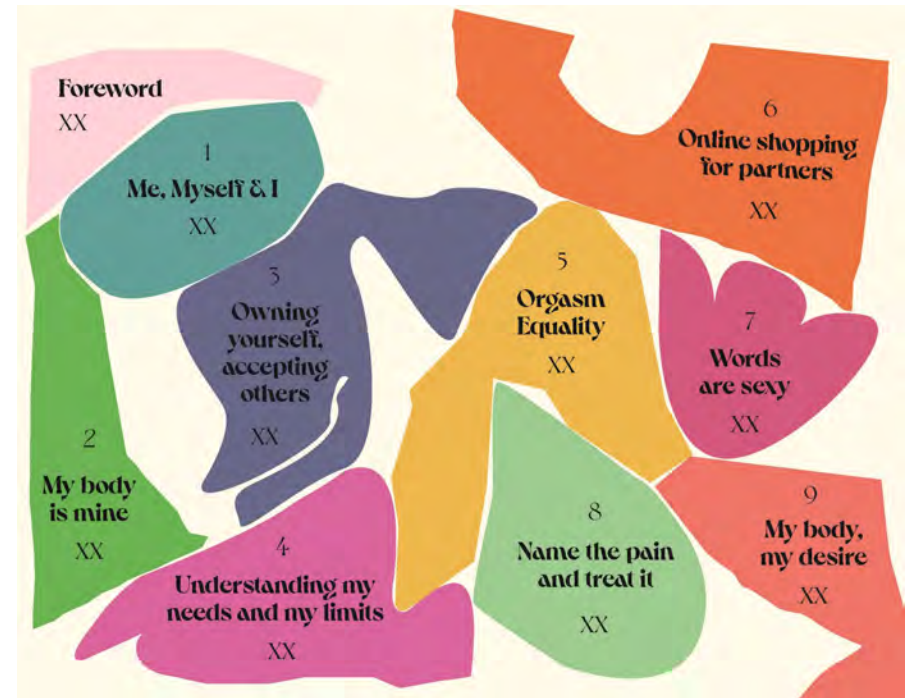
A straight-talking manifesto for sex positivity that every womxn should read; it's accessible, and most importantly, focuses on what we should be asking ourselves, as opposed to reinforcing the damaging, age-old stereotypes and constructs surrounding sex that detract from personal pleasure.

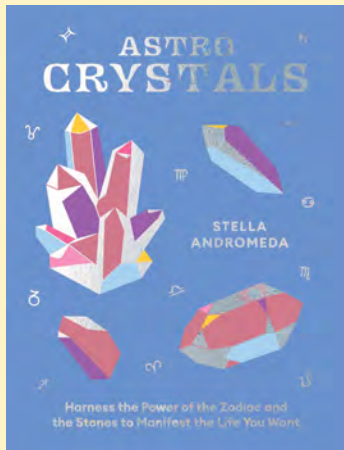
Olympe de G. is a feminist pornographer, hailing from Paris. With several films to her name, she is also the creator of VOXXX and COXXX, sex positive podcasts.

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

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AstroCrystals

Harness the Power of the Zodiac and the Stones to Manifest the Life You Want

Stella Andromeda

31 August 2023
9781784886370
£12.99 | Hardcover
144 Pages
177 x 140 mm
Full-colour Illustrations

With *AstroCrystals* learn how to harness the power of crystals to manifest your greatest potential and desires.

Stella Andromeda's latest book, *AstroCrystals*, joins the dots between astrology and crystal energy, and while each zodiac sign is affiliated to a specific gemstone that enhances their focus and power, everyone can benefit from the unique properties of crystals.

Each beautiful crystal featured in this book has its own vibrational energy, helping to balance, stimulate or clarify our own, enabling us to focus and manifest positive change in our lives. Whether we want to affect change in our personal circumstances, improve our health, job prospects, finances or attract a soulmate, when we know how to use them the crystals have the power to help manifest our greatest potential and desires.

Stella Andromeda has been studying esoteric practices for over 30 years, including the use of crystals in everyday life. She is the author of the bestselling *Seeing Stars* series.

- An extension of the *Seeing Stars* astrological series
- Crystals are a powerful tool that have struck a chord with Millennials and Gen Z to become a feature of our collective consciousness



AstroBirthdays
9781784884598
£15.00 | Hardcover



AstroAffirmations
9781784885359
£12.99 | Hardcover





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Sex Tips for Creative Lovers

Pleasure for Everybody
Jüne Plã

14 September 2023
9781784886349
£14.99 | Paperback
256 Pages
215 x 145 mm
Full-colour Illustrations

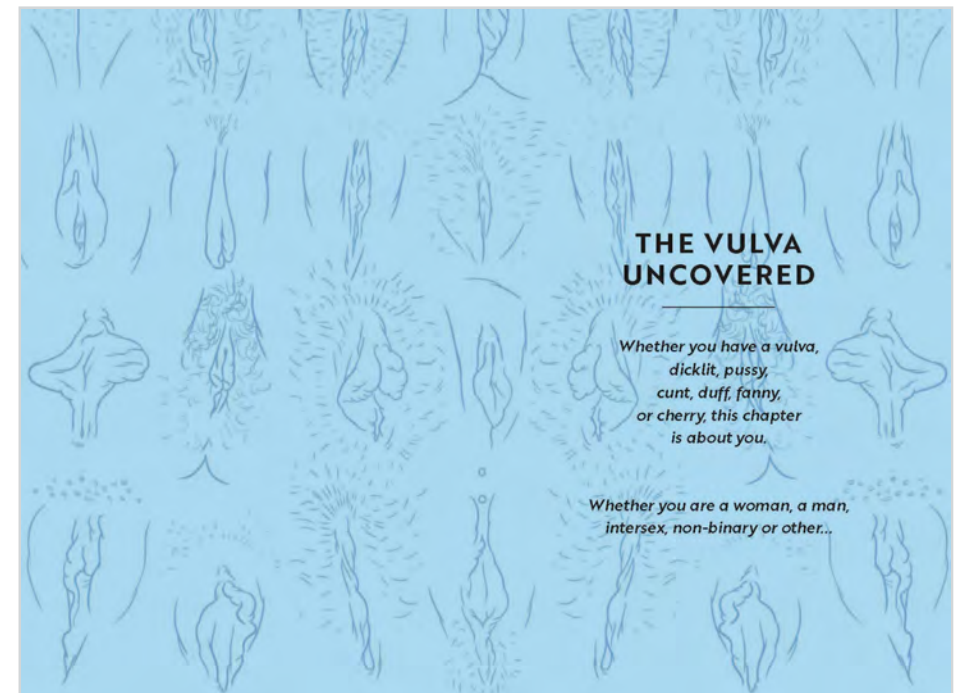
Do you feel like you're missing out on your sexuality? Has the time spent with your lover(s) become a bit predictable and boring? Are you tired of the same old storylines about sex – foreplay, penetrate, ejaculate, repeat?

In *Sex Tips for Creative Lovers*, Jüne Plã teaches you how to let go of your hang-ups and explore your sexuality at your own pace. You will learn everything there is to know about sex outside of the 'penetration' box, regardless of your gender or sexual orientation. With maps of pleasure zones as well as an inventory of moves, it is full of tips and tricks on how to pleasure yourself and your partner, resulting in explosive new experiences.

Whether you're a virgin or sex expert, *Sex Tips for Creative Lovers* is perfect for anyone wanting to reinvigorate their sex life.

Jüne Plã has always been fascinated by sex, which led her to start her instagram account @jouissance.club, which has over 980k followers, and launch the @blissclub_. Jüne promotes pleasure as accessible to everyone, regardless of the gender that defines us or our sexual orientation.

- Previously published as *Bliss Club*
- An unprecedented craze around pleasure through the prism of feminism on social networks and in the press
- Corrosive humor, a multitude of erogenous zones
- Many explicit yet elegant diagrams





The Power of Cold

How to Embrace the Cold and Transform Your Life

Níall Ó Murchú

28 September 2023
9781784886356
£14.99 | Hardcover
144 Pages
185 x 135 mm
Full-colour Illustrations

***The Power of Cold* explores how we can learn to use the cold to release tension and anxiety, to deal with all types of pressure, including stress, grief and fear, and to make us whole again.**

Níall Ó Murchú shares insightful stories from his practise as a Grade 3 Wim Hof instructor to demonstrate how bringing intention to our thoughts and breath during cold water exposure can be transformative. Starting with small alterations to our daily routine such as turning our showers to cold at the end or spending more time barefoot, Níall shows that with the right intention these practices can be life changing.

The cold is for everyone. With *The Power of Cold*, learn how to use it as a real force of good in our lives.

Níall Ó Murchú is the author of *The Blissful Breath*. A Wellness expert with over 20 years' experience, Níall hosts events, teaches weekly classes and in-depth workshops on everything from breathwork to cacao ceremonies and cold-water therapy.

- Cold water training (ice baths, cold showers, and sea swimming) is extremely popular
- Wild and sea swimming continues to have its moment, but what about those people who don't have access to bodies of water? This book is super inclusive and aims to help anyone who wants to improve their overall wellbeing with simple cold exposure exercises
- The mental health crisis isn't going anywhere. And support for the idea of "blue" or "green" prescriptions for individuals is growing



The Blissful Breath
9781784885304
£14.99 | Hardcover

EXERCISE

Your Mantra

Imagine you're in your lovely hot shower. Turn it to cold at the end, find your breath in the chaos, slow it down and work on your breathing until you feel in control. Then, as you breathe out, start repeating your mantra (or your affirmation or your chosen phrase) to yourself over and over again. Put some energy into it. Put some feeling into it. Repeat it out loud if you can. Do this for your next three showers.

Tip: Think about what you want to say before you get into the shower. Use this exercise to let go of tension, to heal, to problem solve, to find peace, to be calm, whatever you need.

88

89

EXERCISE

Focus on the Exhale

As you read this, breathe in slowly through the nose if you can – otherwise use your mouth. Now, breathe out gently for two, three, four, five and six.

Breathe in deeply and slowly for two and three. Breathe out gently for two, three, four, five and six.

As before, don't strain or force the breath if you can't reach six. Just breathe out for as long as feels comfortable for you.

We've practised this way of breathing before in the previous chapter on Stress. But to learn to keep our focus when under pressure, we must take it further.

Everything we learn in this book is designed to help you become happier and healthier despite the trials and tribulations of everyday life. These ways of breathing have been tested over and over in the heat of metaphorical battle.

Our ability to focus, despite pressure and stress, worry and fear, is a big part of that.

So, just to recap for a moment: at this stage of the journey, you have practised this vagus nerve breathing already. I hope you understand how it works (you are focusing on long exhales) and that you've experienced its calming effects. We're going to go a little deeper now. We're going to learn how to use it when the pressure comes (as it always does).

You know your body best. You know its strengths and weaknesses. Given that, you now need to make a decision. I want you to think of a physical position you can put yourself in that you find hard to maintain. We're looking for a static position that you are going to hold for a period of time that you find hard and will put pressure on you.

For example, a plank position, with your palms on the ground and your back and legs straight, with your toes holding you up. Or, maybe for you, a deep squatting position is more suitable. To do this, step your feet out so they are shoulder-width apart. Squat down, bending your knees



Wise Cat Tarot

Using the Wisdom of the Cat to Enhance Your Tarot Reading

Stella Andromeda

12 October 2023
9781784886141
£20.00
96 Pages
185 x 135 mm
Full-colour Illustrations

Wise Cat Tarot is a 78-card deck and guide that taps into formidable feline energy to enhance the wisdom and insights of the major and minor arcana.

This tarot captures the colourful energy of the feline personality, shedding light on life's questions and challenges through its interpretations and insights, with each card in this charming deck illustrated in Stella Andromeda's signature style.

Fun to use while providing access to the ancient practice of the tarot, *Wise Cat Tarot* offers insights into the past, present and future by harnessing the power of the cards plus the wisdom of our furry, feline friends.

Stella Andromeda is the bestselling author of the *Seeing Stars* series of 12 astrological titles, but she has also been a practising tarot reader for many years.

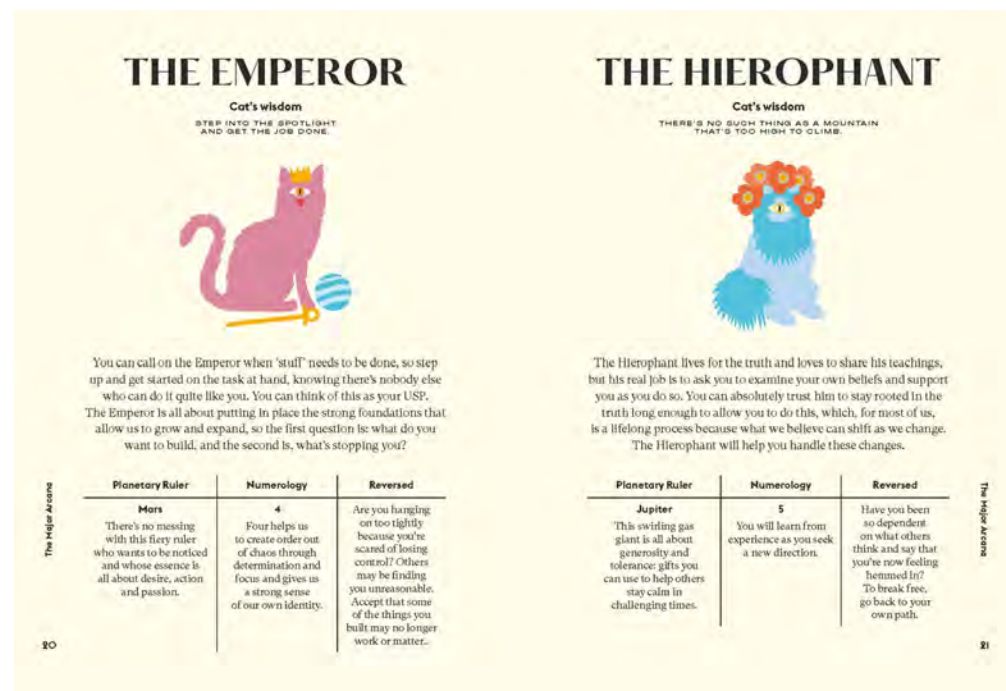
- For centuries, the tarot has captivated divination seekers, and their popularity continues today. But tarot decks also appeal to people other than the modern mystic. Some card packs are selling for mad money. They are collector's items
- The wonderful illustrations will appeal to cat- and animal-lovers, as well as tarot enthusiasts and collectors

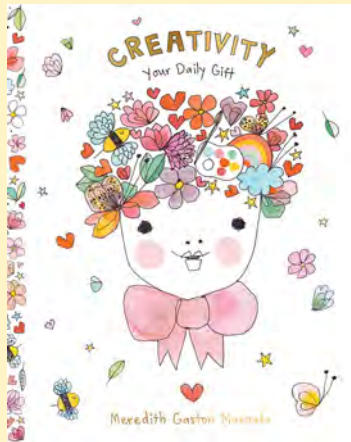


Cat Astrology
9781784883874
£10.00 | Hardcover



Dog Astrology
9781784883881
£10.00 | Hardcover





Creativity

Your Daily Gift
**Meredith Gaston
Masnata**

19 October 2023
9781743799154
£15.00 | Hardcover
144 Pages
177 x 140 mm
Full-colour Illustrations

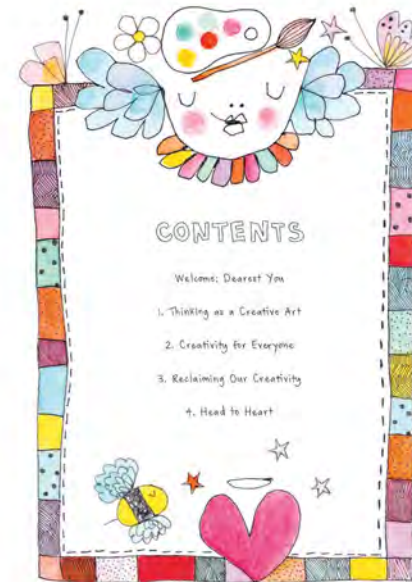
***Creativity in Daily Life* is your guide to exploring your own creativity and communing with the beauty and inspiration dwelling in your everyday life and world.**

Leave behind your workday and ordinary chores, and engage your imagination and creativity by observing details around you. Writing a journal, poetry and stories, drawing and sketching, daydreaming of big and small ideas, welcome creativity into your life and activate and sharpen your senses, awakening your imagination to discover moments of magic.

There is so much we miss as we move quickly and busily about, without paying attention to our surroundings. Arouse your curiosity, deepen your attention and turn creativity into an everyday and exciting way of engaging and living in our rich and colorful world. Start to develop and experience your innate creativity. Experience your life as a work of art, magical and worthy of your attention.

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.

- A beautiful gift to encourage creativity into your life.
- Delightfully illustrated with unique illustrations from Meredith Gaston Masnata.
- Highly topical subject that is popular with all ages.
- Beautiful keepsake with stunning tactile finishes and foil.



[View on Edelweiss](#)



I AM GRATEFUL

Hardie Grant Books

31 August 2023
9781784886066
£8.99 | Hardcover
96 Pages
132 x 110 mm
Text-only

Power Positivity: *I AM GRATEFUL* reminds you of everything good in your life, that you are truly blessed and that you can use this knowledge to get through anything.

Full of empowering quotes, thoughts, kind words and little pick-me-ups, this book 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

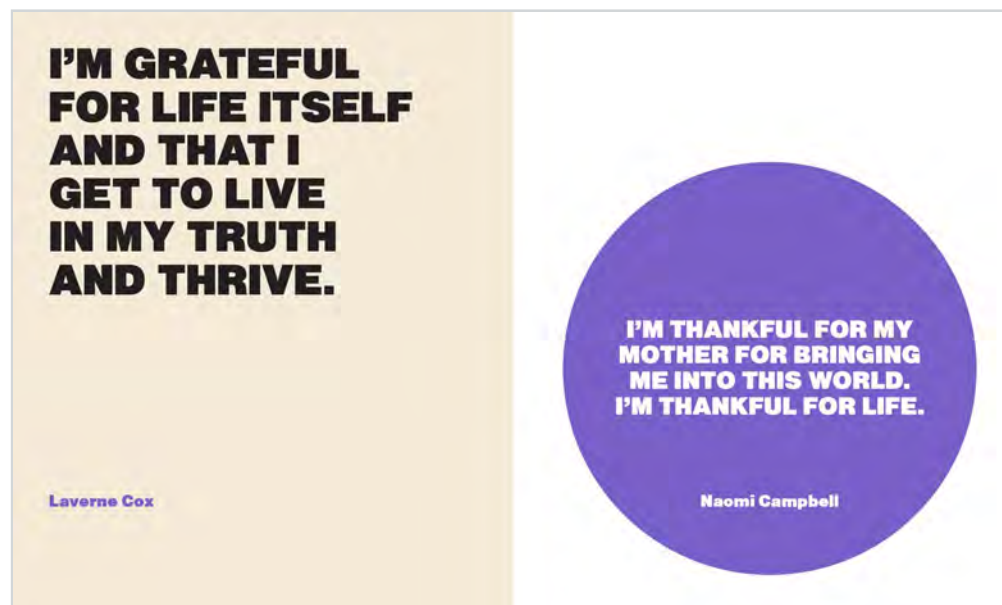
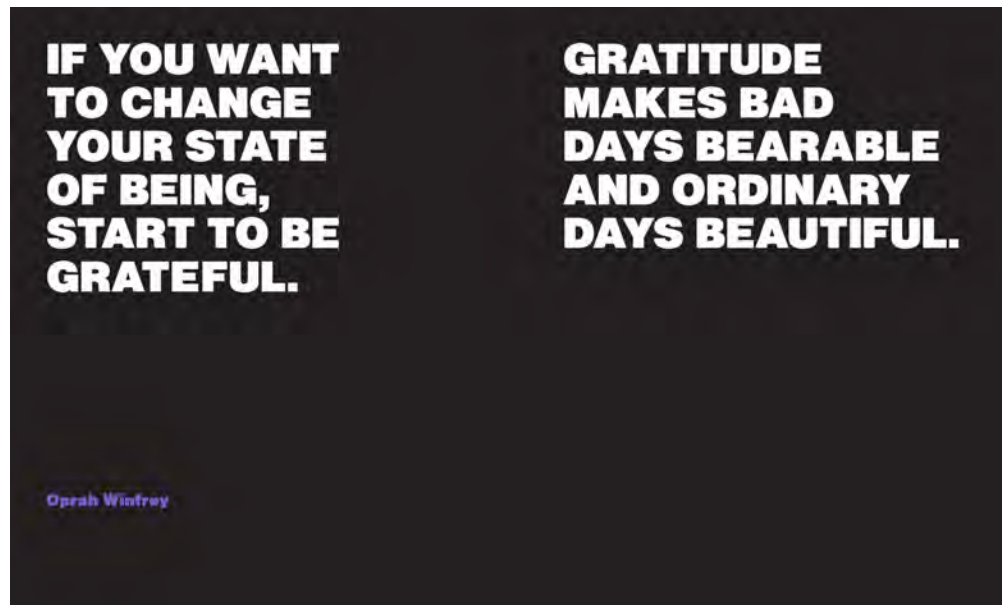
[View on Edelweiss](#)



I AM STRONG
9781784885328
£8.99 | Hardcover



I AM ENOUGH
9781784885656
£8.99 | Hardcover





[View on Edelweiss](#)

I AM UNSTOPPABLE

Hardie Grant Books

7 December 2023
9781784886431
£8.99 | Hardcover
96 Pages
132 x 110 mm
Text-only

Power Positivity: *I AM UNSTOPPABLE* 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**.

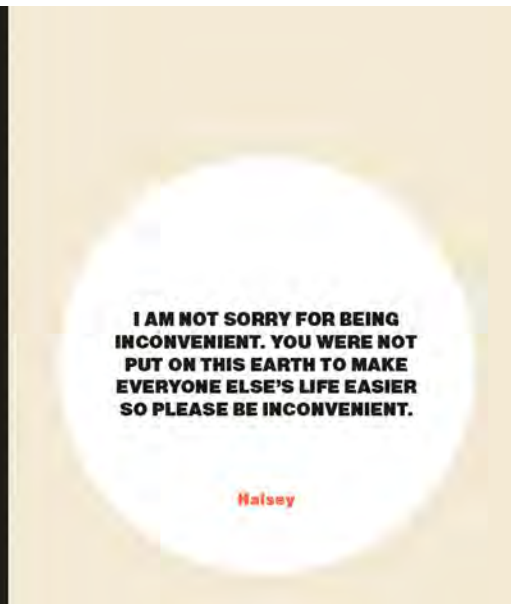
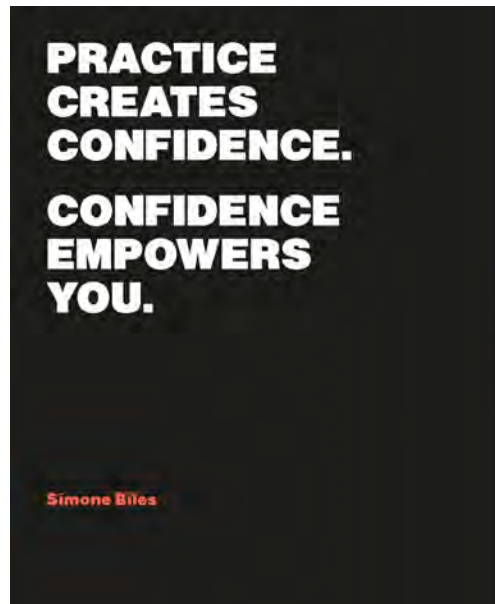
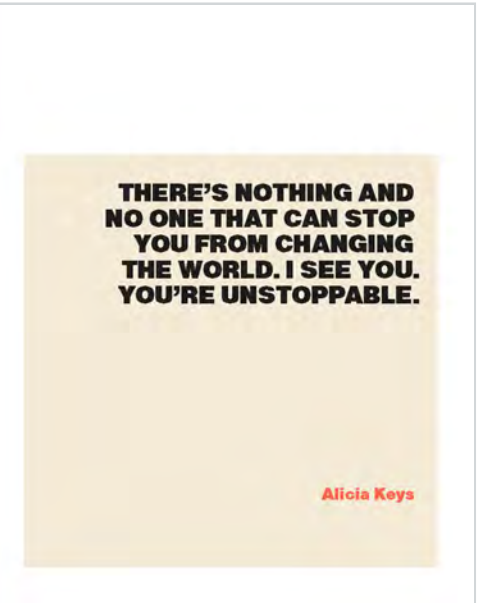
- Powerful and positive affirmations in a pretty, pocket-sized package
- Perfect for carrying around with you and dipping into any time you need a pep talk or pick-me-up
- A great "just-because" gift as well as the perfect stocking filler for Christmas



I AM FEARLESS
9781784886271
£8.99 | Hardcover



I AM STRONG
9781784885328
£8.99 | Hardcover





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41 Minutes to Be Happy

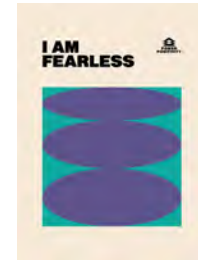
The 7 Pillars of Happiness
Géraud Guillet



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182 x 130 mm

Follow Your Breath

Transform Yourself Through
Breathwork
Emma Power and Jenna Meade



Out now
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96 Pages
132 x 110 mm

I AM FEARLESS

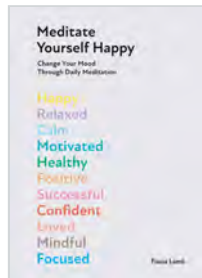
Hardie Grant Books



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In My Nature

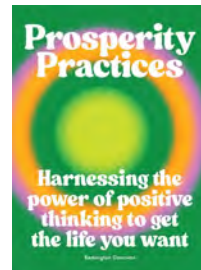
Rediscover Your Own Wild
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Tanja B. Linde



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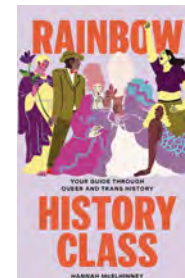
Change Your Mood with 10 Minutes
of Daily Meditation
Fiona Lamb



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160 Pages
177 x 140 mm

Prosperity Practices

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



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£16.99 | Hardcover
216 Pages
216 x 138 mm

Rainbow History Class

Your Guide Through Queer and
Trans History
Hannah McElhinney



Out now
9781784885779
£12.99 | Hardcover
160 Pages
177 x 140 mm

The Witch's Home

Rituals and Crafts for Protection
and Harmony
Jo Cauldrick



Travel



Beyond the Cobblestones in Dublin

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

17 August 2023
9781741176940
£16.00 | Paperback
232 Pages
230 x 150 mm
Full-colour Photography

Beyond the Cobblestones in Dublin is your guide to the city's eclectic neighborhoods where sophisticated brunch spots and cute interior stores sit alongside traditional Victorian watering holes and literary landmarks.

In this curated guide, Dublin local Fiona Hilliard takes you on a tour of her favorite places to shop, eat, drink and stroll, as well as places where you can retreat to on a rainy day, cultural spaces and tried-and-tested walking trails on the north and south coasts. There's also a selection of half-day and full-day itineraries to help you make the most of your time in the Irish capital.

From wild, seafront walks to luxe cocktail bars, and secret gardens, this book in the *Curious Travel Guides* is all you need to enjoy many fantastic outings and some good craic.

Fiona Hilliard is a travel writer and digital content creator from Dublin, Ireland. She has contributed to leading travel publications including *Forbes Travel* and has also managed travel content for Europe's largest airline. She is never happier than when she is uncovering hidden gems in her native city.

- Perfect for all kinds of travel, including for those who may only have the weekend to spend in the city
- Detailed reviews of selected, shops, cafes, restaurants, pubs, museums and open-air spaces
- Sleek, contemporary design with beautiful images, and a luxe leather-like cover make this book a beautiful keepsake

[View on Edelweiss](#)



ABOUT DUBLIN

Dating back to 841, the city of Dublin owes its origins to the life-giving properties of a black pool – or 'dubh linn' if you know your cpla focail (bit of Irish).

Sadly for the Vikings who founded Dublin, the black pool in question wasn't a bubbling brook of dark-viscous stout (that came later), but rather the meeting point of two rivers, the Poddle and the Liffey. The two rivers formed a port (where Dublin Castle stands today), and this port became an important harbour for Viking boats, which developed into a thriving settlement.

THE LIFFEY: DUBLIN'S BUOYANT BOUNDARY

Today the Liffey cuts clearly through the centre of modern Dublin, dividing the city into a northside and a southside. Streets, villages, and suburbs on each side are identifiable by a postcode (even numbers for the southside, odd numbers for the northside).

COASTAL KALEIDOSCOPE

Stretching from Howth Head on the northside to Dalkey on the southside, prawn-shaped Dublin Bay serves up a juicy cocktail of coastal villages, islands, and beaches. Hop on the DART and head south for glimpses of the candy-striped Poddle, Chinvoy and sweeping Sandymount Strand, and discover seaside towns and villages like Monkstown, Dún Laoghaire, Sandycove, and Dalkey. Or journey northside and stop off in Malahide to explore its medieval castle and beautiful gardens, or Howth where spectacular hiking trails and some of Ireland's best seafood awaits.

WILD AND GREEN

Dublin's parks and green spaces are the gifts that keep on giving. Throughout the year they moonlight as markets, open-air galleries, and concert venues. In the summer months, tallow deer lawn can be found wandering amongst the woodland of Phoenix Park while the lakes of St Stephen's Green provide an urban habitat for mallard ducks and swans.

->

About



NEIGHBOURHOODS

Although Dublin 2 is probably considered the most central area – and a good base, the city centre is compact and flat, which means you can easily get from A to B by foot. Meanwhile, the coastal villages and suburbs are just a short Luas, DART, or bus journey away. To help you make up your mind about where to start your adventures, here is a short introduction to each of the areas that appear in this guide. Dublin postcodes are easy to navigate – even numbers are on the southside of the Liffey, odd numbers are on the northside.

SILICON DOCKS

The epicentre of Dublin's tech scene, the docklands or Silicon Docks stretches from the International Financial Services Centre (IFSC) to Grand Canal Dock and pockets of Dublin 4 and covers both sides of the Liffey. Explore the story of Irish emigration at EPIC Museum, sip cocktails on the roof of The Marker, or give SUP a go at Surfstock.

DUBLIN 1

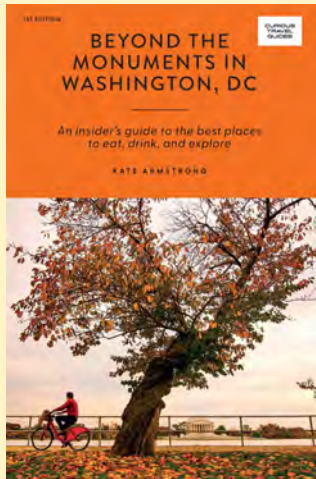
Market stalls meet Michelin stars in Dublin 1, an area that has undergone an exciting regeneration in recent times. Leading the charge is Capel Street, a partially pedestrianised zone famed for its cafes, ethnic restaurants, Victorian bars, and LGBTQA+ scene. Fine dining at Chapter One, and some of the city's most undervalued and thought-provoking cultural attractions can also be found in the neighbourhood, including the Hugh Lane Gallery and 14 Henrietta Street.

DUBLIN 2

From Dublin 1, cross the Ha'penny Bridge into Dublin 2. This is the Dublin you recognise from postcards and popular culture – the well-trodden cobblestones

->

Neighbourhoods



Beyond the Monuments in Washington, DC

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

Kate Armstrong

17 August 2023
 9781741177169
 £16.00 | Paperback
 232 Pages
 230 x 150 mm
 Full-colour Photography

Beyond the Monuments in Washington DC is your comprehensive guide to the best places to eat, drink and explore in Washington DC.

Travel writer Kate Armstrong covers the US capital's coolest spots, extending way beyond power and politics with all of the new hip locales: including H Street Corridor, 14th Street and Union Market District, and the hangouts of historic Georgetown and Dupont Circle. She offers a local's take on where to go for great coffee, crafty cocktails, DC-centric shopping and superlative sights (these include the freebie 'must dos' around the Mall, such as the National Museum of the African American History and Culture and the Library of Congress). There are fun, themed walking itineraries for U Street, old town Alexandria, and gardens and homes of Georgetown, plus three accessible day trips to Mount Vernon, Richmond, and Gettysburg.

An award-winning travel writer, **Kate Armstrong** has had her travel articles published around the world. For the last eight years she's been based in and out of Washington DC and has thrived on the city's cuisine scene and cultural renaissance.

- Perfect for all kinds of travel, including for those who may only have the weekend to spend in the city
- According to *The Washington Post* (August 31, 2022), 19 million visitors came to DC in 2021. Approximately 18.8 million were domestic travellers and 270,000 were international visitors
- Detailed reviews of selected shops, cafes, brunch spots, restaurants, bars, monuments (yes, we are still including the best of them), museums, and open-air spaces

[View on Edelweiss](#)



WELCOME TO WASHINGTON, DC, BEYOND THE MONUMENTS

From the moment I spied the Washington Monument out the plane window, as we cruised over the green lawn of the National Mall, I was captivated. It was 2014, and I was freshly arrived from Australia.

In this city, I learned on the ground, America's past is etched in stone, from the wise words of Abraham Lincoln on the walls of the Lincoln Memorial to the impressive figure of Dr. Martin Luther King Jr. towering over the Tidal Basin nearby. And I felt the legacies of the country's forebears in the colonial neoclassical buildings, along that expansive Mall, around the Tidal Basin, and in corners of the Smithsonian museums. For DC's past is indeed a peaceful one.

But there's a lot more to DC than Big Things. It took me time to explore the rest of the city, and to discover that the streets and corners beyond that monument-studded Mall are just as fascinating. What I've found, especially in recent years, are wonderful neighborhoods in the midst of minor revolutions—and even some neighborhoods built from scratch. In the short time I've been here, District Wharf, Navy Yard, and Union Market District have sprung up virtually overnight, to the delight of younger locals especially. Across the city, chef-driven restaurants—from multicultural eateries to artisanal ice cream parlors—have taken off, as have sleek cocktail bars, edgy speakeasies, and craft breweries, not to mention retro music houses and avant-garde theaters. And I have come to see that the true foundation of the city is, of course, its people: DC's active LGBTQIA+ scene, for instance, as well as a large student population, immigrants from around the globe, and international politicians—all communities that add to the city's monumental reputation.

To be clear: I wasn't born in the United States. I didn't go to high school here. And I still can't tell a half-smoke from a hot dog. But I have made Washington, DC, my part-time home for a decade—time enough for me to tackle the city with gusto, without ever taking it for granted. I hope my insider-outsider perspective and my passion for the city will direct you to places beyond the monuments that reflect DC's extraordinary history and culture. And its contemporary soul.

Georgetown

Call Your Mother

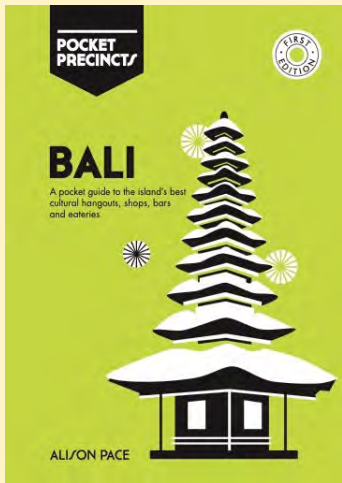
Super-popular outlet for impressive, creative bagels and snacks.

With seven DC locations, this popular deli mini-chain bills itself as "del-ish": it's definitely not kosher, but its menu of bagels and classic sandwiches (such as whitefish salad) are inspired by the delicatessen tradition and made with very high-quality ingredients. Georgetown's outlet is among the most charming, for its corner setting in an old house painted eye-catching pink.

The colors draw the Instagrammers, but it's worth weaving your way past them for a hearty bagel with equally hearty schmears or sandwich fixings. You could start the day with, say, a bacon, egg, and multiple cheeses, with a drizzle of spicy honey. Another good option: avocado, Fritos (yes, the corn chips), red onion, and jalapeños.

You might have to wait in line, but it's the perfect place to meet students who pass by on the way to nearby Georgetown University. And it's the nearest thing to hearty, homey food, without having to, er, call your mother.





Bali Pocket Precincts

A Pocket Guide to the Island's Best Cultural Hangouts, Shops, Bars and Eateries
Alison Pace

14 September 2023
 9781741176797
 £8.99 | Paperback
 208 Pages
 182 x 130 mm
 Full colour throughout

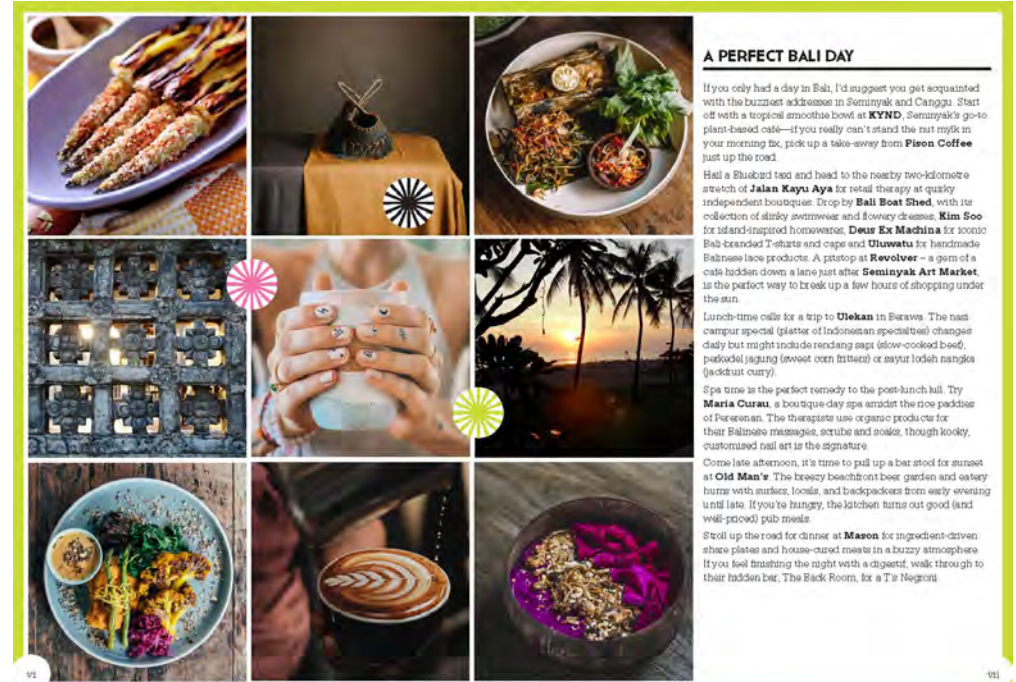
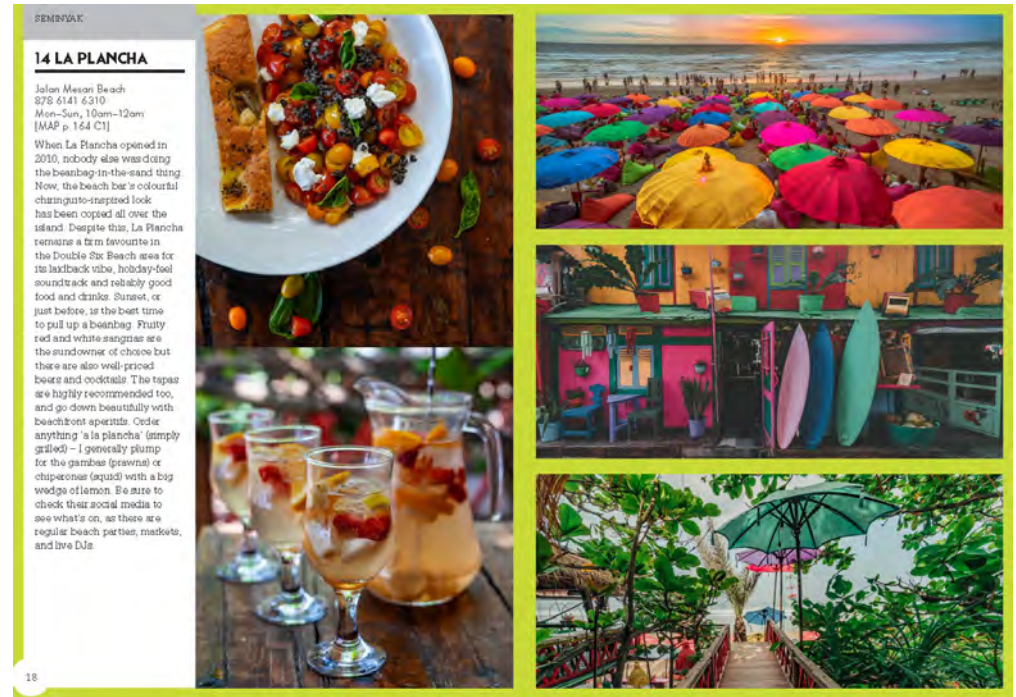
Bali Pocket Precincts is your curated guide to Bali's best cultural, shopping, spa and dining experiences.

Bali is known for its tumbling rice paddies, beautiful culture and world-class surf. But delve deeper and you'll discover that every area of the island has its own distinctive personality. Artistic Ubud is home to centuries-old temples, yoga shalas galore and some of the most inventive plant-based restaurants in the world. On the south coast, Seminyak is all about designer boutiques and vibey beach clubs with swim-up bars and sunset soundtracks. Head north and volcano bagging, rice-terrace trekking and exceptional scuba diving all become possibilities. This guide also includes a selection of field trips that encourage you to get off the beaten path and visit areas further afield including North Bali and the neighbouring island of Lombok.

Writer and content creator **Alison Pace** has lived, worked and traveled extensively throughout Indonesia for the past 10 years. From her base in Bali, she has written for many of Asia-Pacific's top lifestyle publications and brands.

- A compact and light paperback, perfect for slipping into your back pocket
- Features the author's favourite cultural, shopping, eating and drinking places throughout Bali, with a focus on budget-friendly options for backpackers
- Includes maps at the back and suggested 'field trips' encouraging you to venture across the whole island, including North Bali, and beyond to Lombok

[View on Edelweiss](#)



A PERFECT BALI DAY

If you only had a day in Bali, I'd suggest you get acquainted with the buzziest addresses in Seminyak and Canggu. Start off with a tropical smoothie bowl at **KYND**, Seminyak's go-to plant-based cafe—if you really can't stand the nut milk in your morning fix, pick up a take-away from **Pison Coffee** just up the road.

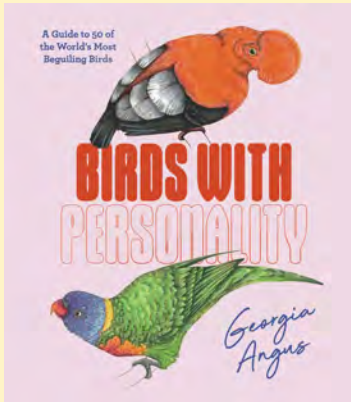
Head a block east and head to the nearby two-kilometre stretch of **Jalan Kayu Aya** for retail therapy at quirky independent boutiques. Drop by **Bali Boat Shed** with its collection of slick swimwear and flowery dresses. **Kim Soo** for island-inspired homeware, **Deus Ex Machina** for iconic Bali-branded T-shirts and caps and **Uluwatu** for hand-made Balinese lace products. A pitstop at **Revolver**—a gem of a cafe hidden down a lane just after **Seminyak Art Market** is the perfect way to break up a few hours of shopping under the sun.

Lunch-time calls for a trip to **Ulekan** in Berawa. The nasi campur special (platter of Indonesian specialties) changes daily but might include rendang sapi (slow-cooked beef), padokel jagung (sweet oven fritter) or sayur lodeh nangka (jackfruit curry).

Spa time is the perfect remedy to the post-lunch hill. Try **Meria Curau**, a boutique day spa amidst the rice paddies of Pererenan. The therapists use organic products for their Balinese massages, scrubs and soaks, though kooky, customised nail art is the signature.

Come late afternoon, it's time to pull up a bar stool for sunset at **Old Man's**. The breezy beachfront beer garden and eatery burns with sunset, local, and backpackers from early evening until late. If you're hungry, the kitchen turns out good (and well-priced) pub meals.

Stroll up the road for dinner at **Mason** for ingredient-driven share plates and house-cured meats in a buzzy atmosphere. If you feel finishing the night with a digestif, walk through to their hidden bar, **The Back Room**, for a T's Negroni.



Birds with Personality

A Guide to 50 of the World's Most Beguiling Birds

Georgia Angus

21 September 2023
 9781741178289
 £16.00 | Hardcover
 144 Pages
 180 x 160 mm
 Full-colour Illustrations

Birds with Personality is a fun gift book that takes you around the world through the eyes of some of the most charismatic bird species on the planet.

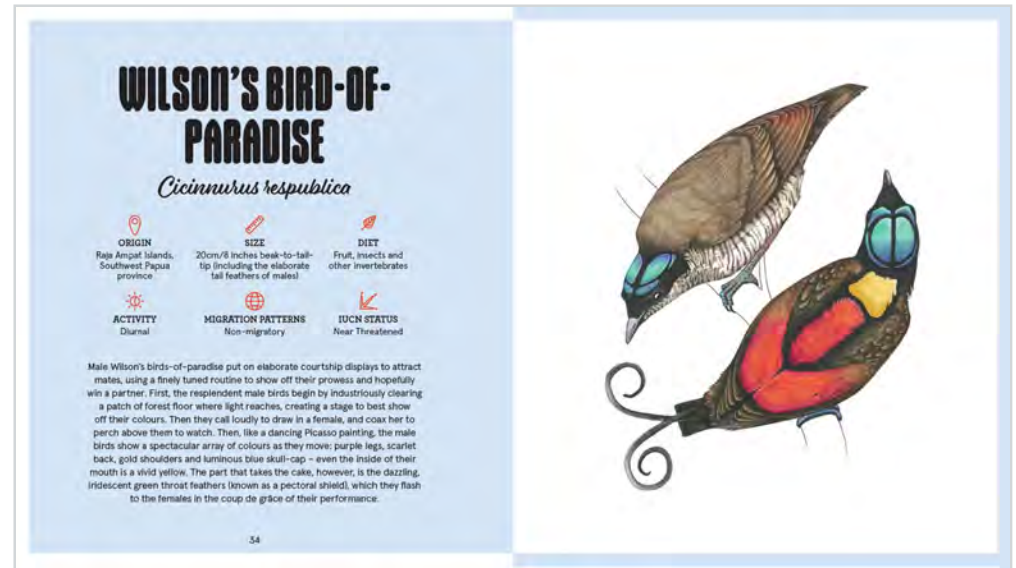
Across Earth's diverse ecosystems – from the deserts of Mexico to the rainforest-blanketed mountains of Papua New Guinea – birds have found remarkable ways to survive against vast odds. Featuring author Georgia Angus' stunning, life-like illustrations, this book will introduce you to 50 such species, with information on each bird's size, diet, migration patterns, behaviours and conservation concerns, plus distribution maps.

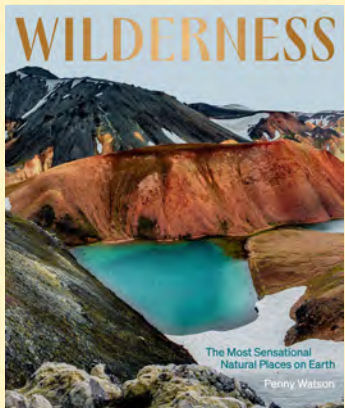
From dancing birds of paradise, to fish-charming herons, fiery Adelle penguins and fruit-loving Dracula parrots, this book will whisk you away to visit distant lands where you can observe the most iconic birds in the world, and appreciate them for their beauty and brilliance.

Georgia Angus is an author, artist and nature nerd who lives on the lands of the Kulin Nation in south-east Australia. She splits her time between studying environmental science, writing and bushwalking.

- Over 3 million people regularly go bird watching in the UK
- #birdtok has over 1.3 billion views
- The accessible writing style perfectly balances informational text with engaging personal observations alongside intricate illustrations

[View on Edelweiss](#)





Wilderness: The Most Sensational Natural Places on Earth

Penny Watson

21 September 2023
9781741178142
£25.00 | Hardcover
240 Pages
240 x 210 mm
Full-colour Photography

Wilderness is a fresh and inviting coffee table book featuring 40 of the most sensational wilderness destinations on planet Earth, both the far-reaching and those that exist within reach of human populations.

The word 'wilderness' itself conjures images constantly looping on our social media feeds: towering forests, sparkling streams, the sun's shadow falling across a desert dune, polar bear cubs walking across a tundra.

Our increasingly urban lives have made this call to the wild louder and stronger. And as the population emerges from a modern-age global catastrophe, a new reality dawns: a truth-telling that says the planet's greatest commodity is not its iron ore or petroleum. It's our wilderness that needs to be protected, the pockets of the planet where, by definition, we humans have been mostly absent.

Penny Watson is a traveller, writer, and storyteller. Her award-winning words about people, places, food, and adventures in the wild have found a home in a ream of magazines, newspapers, and digital spaces around the globe. Penny's books include *Slow Travel* and she is a member of both the British Guild of Travel Writers and Australian Society of Travel Writers.

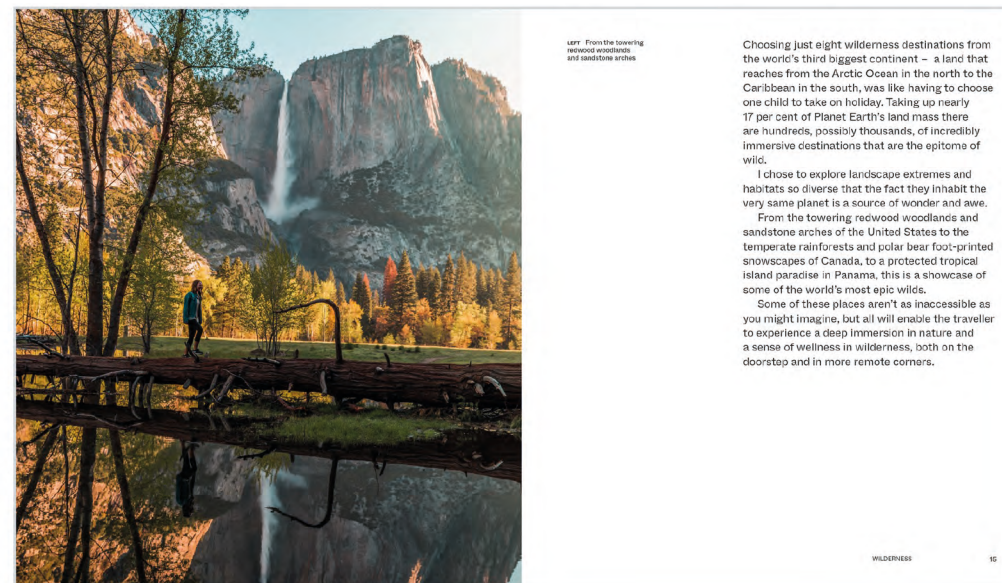
- Divided into chapters roughly delineated by the continents
- Penny Watson is an established author and has published *Hong Kong Pocket Precincts*, *London Pocket Precincts*, *Slow Travel* and *Ultimate Campsites: Australia*



[View on Edelweiss](#)



Slow Travel
9781741176674
£27.00 | Hardcover



LEFT: From the towering redwood woodlands and sandstone arches

Choosing just eight wilderness destinations from the world's third biggest continent – a land that reaches from the Arctic Ocean in the north to the Caribbean in the south, was like having to choose one child to take on holiday. Taking up nearly 17 per cent of Planet Earth's land mass there are hundreds, possibly thousands, of incredibly immersive destinations that are the epitome of wild.

I chose to explore landscape extremes and habitats so diverse that the fact they inhabit the very same planet is a source of wonder and awe.

From the towering redwood woodlands and sandstone arches of the United States to the temperate rainforests and polar bear foot-printed snowscapes of Canada, to a protected tropical island paradise in Panama, this is a showcase of some of the world's most epic wilds.

Some of these places aren't as inaccessible as you might imagine, but all will enable the traveller to experience a deep immersion in nature and a sense of wellness in wilderness, both on the doorstep and in more remote corners.



Ultimate Skiing & Snowboarding Flip Byrnes

19 October 2023
 9781741178777
 £25.00 | Flexibound
 296 Pages
 240 x 210 mm
 Full-colour Photography

Ultimate Skiing & Snowboarding is your inspirational and practical guide to the top 50 ski destinations around the world, with insider tips for even the most seasoned skier or snowboarder.

From Europe and North America to Japan, Australia and Aotearoa New Zealand, travel writer Flip Byrnes will show you where to point your ski tips for your next snow adventure. Chapters include information on the ultimate runs, family resorts, and the best places to lose the crowds freeriding (looking at you Colorado's Silverton Mountain!) or to find the crowds at après (follow the Swedes in Engelberg). There are trail maps and photos, as well as advice from high-profile locals on everything including the best runs in variable weather.

Flip Byrnes is a multi-award-winning journalist who's slid on every continent writing lines from Courchevel to Kashmir, Russia to Romania, Quebec to Queenstown. A lifelong snow industry career has included working as an instructor, ski journalist, in ski area marketing departments and being an expeditioner whose lived in the French Alps, Colorado in the US and Australia's Snowy Mountains.

- Very few skiing guidebooks have been published to date. Of those that exist, most are predominantly photographic, or are written by skiers who aren't writers or journalists.
- The third global guide in the *Ultimate* series, featuring the best places around the world for different types of recreational travel and for travellers of all ages

[View on Edelweiss](#)



Thrills is the glamour: the can-can kicking descent of Australia's sky fields.

Thredbo

THE LOWDOWN

Enter stage left, Thredbo. All you hands and heads down, there's an overlooking 400m main ridge. Over 20 bars and restaurants ring one side of the valley like shimmering marionettes, while the other valley slope features the lifts. It's the easy transition from all time to best time that makes this quiet European outpost so attractive.

What's there's a kind of Euro-Asian Thredbo, and I don't mean snow-covered although you might find them too. Now, at the behest of the Czech and Austrian programs who arrived in the area, on the traditional lands of the Ngarrig and Mowee Peoples, to work on the Snowy Highes scheme in the 1950s. They brought their skills and knowledge of how to live in snow.

And if you like snow, then you'll like the central at Thredbo at the diversity at Thredbo (see p.232). It's 672m (2205ft), almost twice the height of other resorts, which still remains snow-covered (take, Fells Creek, at 2076m (6811ft). And it has the high-burning 3.5km (2.2 miles) Knack T-Bar to Paddy's Flat run in peak season.

A cozy village atmosphere, a cosmopolitan dining scene and the company of the Snowy Mountains who still make this a top-tier choice. Thredbo is now known to Australia's first alpine guidebook (did I mention those dog lifts?), the multi-million dollar, still-shiny, eight-person Merino Gondola, running from the village to the summation. Cruise away.

- 📍 **Mountain Stats**
 - Elevation: 2076m (6811ft)
 - Location: Southern Tablelands (ACT)
 - Vertical drop: 620m (2035ft)
 - Double terrain: 4.8 km (3.0 miles)
 - Longest run: 3.5km (2.2 miles)
 - Beginner terrain: 15 per cent
 - Intermediate terrain: 47 per cent
 - Advanced terrain: 37 per cent
 - Lifts: 16 (3 high-speed gondolas, 1 chairlift, 2 doublets, 5 T-bars, 3 beginner systems)

- 🏃 **Run**
 Most of the Thredbo on a powder day
- 🍷 **Experience**
 On Tuesday morning, pre-sunrise, a warm glow not quite the sun up. While the Thredbo's highest lift point, the early bird reward is fresh groggers for breakfast with full tracks on the Superlift.
- 👉 **Local's Tip**
 The best wilderness powder is found when the wind is strong from the WSW, blowing in from the Main Range.

South & East slopes here



OFF-MOUNTAIN MUST-DO

- The **Happy Valley adventure area** is a spectacular backcountry area with 150 km of trails. Or experience the thrill of flying through the winter's famous Snowy Mountains off-piste being introduced to the area, the horsemen and the winter-friendly conditions and dogs.

EAT UP & DRINK DOWN

- Threading under the lifts and enjoying panoramic views while being pulled by the gondola is part of the fun of getting to a gourmet dinner in the cozy corner of **Oliver & Singh Bar**.
- In the evening, try the **Central Duf Centre** for more hot Mexican street food and cocktails with a view of the best après views on the mountain.

APRÈS SKI

- **Glade Cafe** (lightbedding.com) has live music every Friday and Saturday night and Sunday afternoon.
- **Bonobos Bar**'s (bonobosbar.com) has live music and DJ sets all night in North America, with regular bands, DJs, karaoke nights, and contemporary nights - it's the local's favourite.

STAY

- Choose between cozy cottages, townhomes, mixed cottages and a few hotels.
- For families, **Sundance Resort** (sundance.com.au) and above the Blue Estate near the Village Centre, has a pool and hot tub.
- The three-bedrooms **Engles** (engles.com.au) with 6 beds is best for a group. Tip - stock up with **Western Foods**, a grocery and deli service.

ALTERNATIVE: SILVERSTAR

- A 10-min drive away is the Snowy Mountains region's Silverstar (silverstar.com.au). Big White and Snowy are excellent alternatives to Thredbo. The brightly colored mid-mountain village is nothing short of memorable. This tiny, remote, has a deep-seated, well-loved ski area, including a backcountry field with three backcountry routes.



Top & East slopes here. Photo: A. An. Bottom right: Photo: A. An.



Children's



[View on Edelweiss](#)

Family Road Trip Games

A Pocket Book of Games, Puzzles, Activities and Trivia to Play on the Go

Jack Henseleit

24 August 2023
9781741178784
£12.99 | Flexibound
160 Pages
189 x 126 mm
Full colour throughout

Bring the fun on your next road trip with this handy book, **Family Road Trip Games**, from beloved children's book author Jack Henseleit.

Featuring over 60 new and classic games – and more than 150 brain-burning trivia questions – plus a top secret treasure hunt (yippee!), this is the definitive collection of games and puzzles for the whole family. Whether it's a fresh take on I Spy, an on-the-go scavenger hunt, or a modern favourite like Snaps, you'll find a diverse group of games and ideas to appeal to any age or attention span. There are also fun illustrations throughout, making this book both an excellent gift or self-purchase.

Put away the screens and find new ways to entertain, get creative and improve memory with kids and adults of any age.

Jack Henseleit is a children's author from Ballarat, Australia, who has (at various) times been lost in the cities of Manila, Moscow and Marrakesh. He collects travel games wherever he goes, and never turns down a good quiz. *Family Road Trip Games* is his ninth book.

- For families with children of all ages, with games and activities for children aged 5 and up
- Games indicate appropriate age ranges for each activity or game
- Easy-to-follow, concise instructions and illustrations for each of the games and activities
- Self-contained games, which means all you need is the book and your imagination

The Alphabet Game



This spotting game encourages players to observe the world around them, and becomes surprisingly tense as a journey approaches its end. For a supercharged game, try to complete a round during a quick trip to the shops – where time is limited, but signs are everywhere!

Rules: Players work together to spot the letters of the alphabet in the correct sequence, starting with the letter A. The letters may be spotted on road signs, advertisements, and even the number plates of passing cars, but are not allowed to be spotted in books or on anything owned by the players. For example, a sign reading BEACH would allow players to spot the letters A, B, and then C, with players then continuing to look elsewhere for the letter D.

The game is won when the entire alphabet has been spotted, finishing at the letter Z.

Tips & Tricks

To make the game harder, try limiting the search to only road signs, or only number plates!

2

Variant

Whole Words: Instead of spotting letters, the game can be played by spotting **words** that begin with each letter of the alphabet. For example, players could spot the word airport for A, followed by the word bus for B, and then the word crossing for C.

To make this variant competitive, players can race to spot the whole alphabet first. When a player spots a word beginning with their next letter, they call out the word, after which other players are forbidden from calling that same thing. The first player to reach Z is the winner.

3

Categories



This classic parlour game is endlessly re-playable – and if the right category is chosen, younger players may even outshine the grown-ups!

Rules: Start by agreeing on a **category** to be played: for example, Countries of the world.

Players then take turns naming things from that category, without repeating any previous answers. In the example above, the starting player might say 'Italy', with the second player saying 'China', and a third player answering 'France'. The game continues until a player cannot think of another correct answer, at which point they are eliminated.

The last player remaining in the game is the winner.

Variant

Last Letter: In this variant, each player's answer must begin with the last letter of the previous answer given. For example, if the first player was to answer Spain, the second player could answer New Zealand, and the next could answer Denmark.

4

Variant

Alphabetical: In this variant, each player's answer must be in alphabetical order, starting with the letter A. For example, when playing the category Countries of the world, the first player could answer Australia, with the second player then naming a country beginning with B, such as Brazil. When the alphabet is complete the next player begins again at the letter A.

Tips & Tricks

For an advanced game, additional qualifiers may be added to a category – for example, Countries of the world that do not contain the letter A.

A list of additional fun starting categories is included below.

Capital Cities / Disney Characters / Band Names / Movies by Actor / Elements of the Periodic Table / Olympic Sports & Events / Songs by Keyword / Vegetables / Pokémon / Cocktails / Mythological Figures / Breakfast Cereals / Shakespeare Plays / Football Players / World Leaders

5



Plume: Christmas Elf Tania McCartney

19 October 2023
9781741177923
£11.99 | Hardcover
40 Pages
280 x 230 mm
Full-colour Illustrations

Plume: Christmas Elf is a sparkly picture book that celebrates the joy and magic of Christmas around the world—all wrapped up with a visit to Santa's workshop in the North Pole.

It's Christmas in Antarctica and our favorite travelling penguin is popping with festive excitement. There are gifts to wrap, cards to write, fairy lights to untangle and gingerbread to bake. Ava of the Albatross Express is extra busy. The penguins are buying up big, decking their halls with the biggest and best gifts of all. But things go awry when Ava arrives with terrible news. Santa's workshop is in trouble and toy production has stopped! With a little help from his penguin friends, Plume is off to the North Pole. Can he help Santa and make children's wishes come true?

Join the adorable Plume as he decks the ice halls with joy this Christmas.

Tania McCartney is a book creator. She has made well over 60 books for children and adults, and has illustrated, edited and designed many of them too. Her works have both shortlisted and won an array of awards. Tania spends her time writing, drawing, reading from her studio in Canberra, Australia.

- The fourth book in this acclaimed series for 4- to 7-year-olds, and both girls and boys
- Plume returns to visit many friends in iconic destinations from the previous books, and also meets new friends, to discover what Christmas traditions mean to them!

[View on Edelweiss](#)





A Most Mysterious Manor

Young Queens #1
Megan Hess

3 August 2023
9781761212659
£14.99 | Hardcover
32 Pages
280 x 230 mm
Full-colour Illustrations

Best-selling illustrator Megan Hess shines in this astonishing new collection of original fairy tales about young girls discovering their own power.

Each enchanting story will be set in a decadent faraway land, with uplifting themes that will resonate with young girls – and no Prince Charmings!

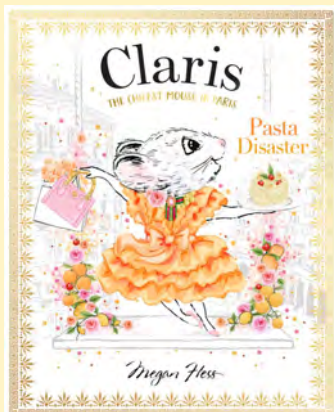
In *A Most Mysterious Manor*, a girl called Poppy Grace is waiting for her best friend Bella to come back so that they can play together again. But when she hears a mysterious creak coming from somewhere in her manor, Poppy starts to explore – and soon discovers that she can have fun on her own too ...

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.

- Acclaimed art director and fashion illustrator Megan Hess has more than a million books in print worldwide for children and adults. She is the creator of the best-selling and beloved *Claris: The Chicest Mouse in Paris* and *World of Claris* series.
- Why aspire to be a princess when you could be a queen instead? A queen's power is in her intelligence, her independence and her kindness, rather than her beauty.

[View on Edelweiss](#)





Claris: Pasta Disaster

Claris: The Chicest Mouse in Paris
Megan Hess

19 October 2023
9781761210884
£14.99 | Hardcover
48 Pages
280 x 230 mm
Full-colour Illustrations

The seventh delightful rhyming tale about courage, compassion and a stylish little mouse, from beloved children's author Megan Hess.

Ciao! Claris the mouse and her best friend Monsieur are in Italy! But after a pasta disaster at their favourite bistro, Claris meets a seamstress who needs her help. Can she make the perfect dress in time for the Venice Film Festival *and* find Monsieur again?

Megan Hess is an acclaimed art director and illustrator who works with some of the most prestigious designers and luxury brands around the world, including 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.

- One of the world's best known fashion illustrators, Megan Hess is a genuine publishing phenomenon, and her books have sold over 500k copies worldwide, in ten languages
- A beautiful gift, this handsome hardback features gilt-edged pages and a foil finish alongside Megan's stunning illustrations
- Destined to delight fashion-obsessed readers of all ages!
- A story about courage, compassion, unexpected friendship and a stylish little mouse; Claris encourages kids to chase their dreams – no matter how big the dream and no matter how small they are



Claris was travelling with her best friend, Monsieur, and the family (whose Brat was just never demure).

'Just like I promised,' said Monsieur with glee.

[View on Edelweiss](#)



Claris Says Merci Megan Hess

2 November 2023
9781761212536
£8.99 | Board Book
20 Pages
190 x 190 mm
Full-colour Illustrations

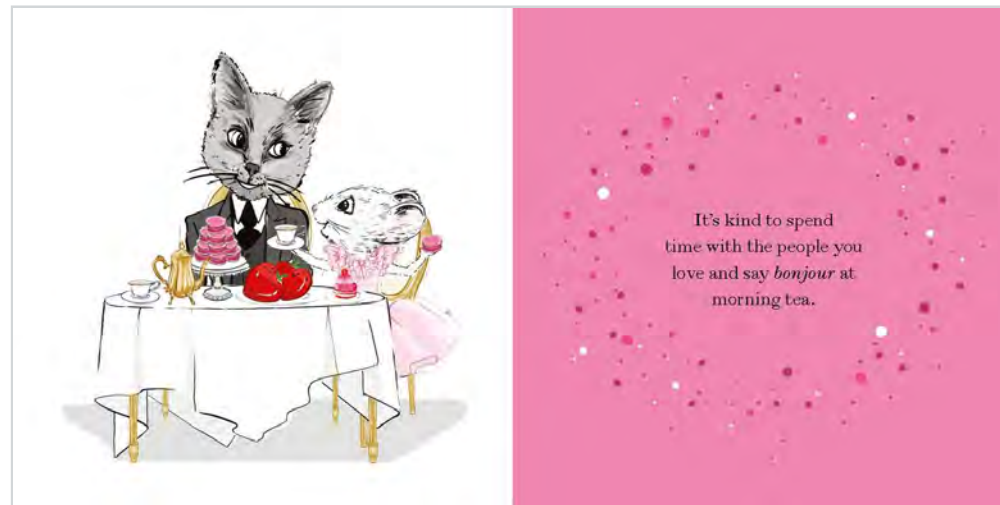
Claris Says Merci is a gentle board book guide to learning your manners, with a smattering of French vocabulary to sweeten the experience.

Claris loves to be kind – and knows you do too! Practice your manners and some stylish French words with the chicest mouse in Paris.

Inspired by the best-selling Claris book series by internationally acclaimed fashion illustrator, Megan Hess.

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.

- One of the world's best known fashion illustrators, Megan Hess is a genuine publishing phenomenon, and her books have sold over 500k copies worldwide, in ten languages
- A beautiful gift, this glorious board book for pre-school readers features a foil finish alongside Megan's stunning illustrations
- For ages 1+, this new board book series *Petite Claris* coincides with a massive licensing rollout from Megan Hess across a number of different categories including baby clothing, children's tableware and toys, with retail partners across ANZ, US, UK, Europe,



It's kind to spend
time with the people you
love and say *bonjour* at
morning tea.



And if they give you
a fresh bunch of flowers, then
don't forget your *merci!*

[View on Edelweiss](#)



Claris Loves the Rainbow Megan Hess

2 November 2023
9781761212543
£8.99 | Board Book
20 Pages
190 x 190 mm
Full-colour Illustrations

***Claris Loves the Rainbow* is a celebration of the colours in the world, from Claris's chic fashion to the gorgeous streets of Paris.**

From pink to green and everything in between! Join Claris, the chicest mouse in Paris, as she celebrates the rainbow.

Inspired by the best-selling Claris collection by internationally acclaimed fashion illustrator, Megan Hess.

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.

- One of the world's best known fashion illustrators, Megan Hess is a genuine publishing phenomenon, and her books have sold over 500k copies worldwide, in ten languages
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- This new *Petite Claris* board book series coincides with a massive licensing rollout from Megan Hess across a number of different categories including baby clothing, children's tableware and toys, with retail partners across ANZ, US, UK, Europe, including FAO Schwartz in NY and Galeries Lafayette in Paris

[View on Edelweiss](#)



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