

# The Cookery Book e-Newsletter Order Form for New Titles coming in FEBRUARY 2017

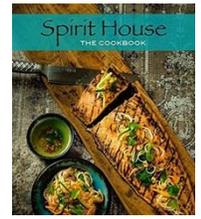
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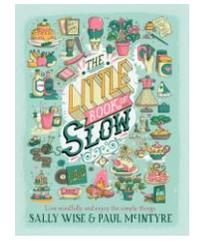
## **SPIRIT HOUSE THE COOKBOOK pb by Helen Brierty and Annette Fear RRP \$49.99**

With the huge success of Spirit House, Thai Cooking, first published in 2004 and the four later editions of that book and numerous requests from our clientele for a new cook-book Helen Brierty and Annette Fear have produced the latest book called simply Spirit House, The Cookbook. With years of experience head chef at Spirit House, Annette Fear, has a great understanding how families eat on a daily basis and how they want to entertain at home. Teaching four hands-on cooking classes every week has given Annette a personal insight into major recipe requirements of the many people who attend the classes which can be simply summed up by the mantra - fast, fresh and fabulous. The new cookbook is a continuation of Annette's proven successful recipe formula - easily sourced ingredients, clear instructions, frequent chef's tips and techniques, suggestions for serving, background explanations of the more exotic spices and ingredients, together with a useful guide to preparation and cooking times. With recipes from easy to moderate to challenging there are delicious recipes for every home cook to explore the balance of sweet, sour, salty and spicy Thai flavours and to feel confident about successfully presenting these dishes to their family & friends. This cookbook is sure to become another long serving Spirit House classic.



## **LITTLE BOOK OF SLOW Live Mindfully and Enjoy the Simple Things pb by Sally Wise & Paul McIntyre RRP \$24.99**

How to slow down, live more mindfully and savour the simple joys of life. Part nostalgia, part how-to guide, The Little Book of Slow offers practical suggestions, recipes and more for making delicious food from scratch and cultivating meaningful activities and pastimes. Bestselling cookbook author Sally Wise teams up with radio personality Paul McIntyre to help you slow your life down, relax and de-stress with vintage inspiration from a more leisurely time. Discover how to make your own bread, pickles and preserves, fresh cheeses and yoghurt. Pack the perfect picnic, cook over a campfire or host a vintage-style high tea. Or be inspired to take up slow hobbies and pastimes like beachcombing, collecting vinyl, playing board games or cards and holding dinner parties.



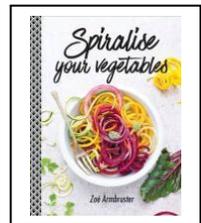
## **FAST YOUR WAY TO WELLNESS (SUPERCHARGED FOOD) pb by Lee Holmes RRP \$29.99**

90 nutritious recipes to help you get the most from your fasting days and supercharge your weight loss Lee Holmes presents a simple, supportive and sustainable approach to intermittent fasting (IF), featuring balanced meals that use nutritious unrefined wholefoods to boost energy. The IF diet is based on a 500 calorie (2092 kilojoule) restriction for women and a 600 calorie (2510 kilojoule) restriction for men. Among its many benefits, intermittent fasting helps the body shift from a sugar-burning machine into a fat-burning machine. Lee demonstrates that fasting can be even healthier with the right food and ingredient choices, putting you on the path to achieving good health, increased vitality and weight loss. There's a shopping list and an intermittent fasting calorie-calculator to assist if you wish to add certain ingredients to recipes or mix and match. All of the recipes are free of gluten, wheat, processed sugar and yeast, and many are also dairy free. Each dish includes a serving amount, number of calories per serve along with handy shopping, preparation and cooking tips.



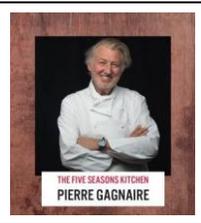
## **SPIRALISE YOUR VEGETABLES pb by Zoe Armbryster RRP \$19.99**

Spiralising reduces cooking time which preserves both the flavour and the nutrients of your vegetables. And spiralisers couldn't be easier to use. Here are 30 creative, simple recipes for snacks and starters, mains and desserts, including ideas for meat, poultry and seafood, as well as vegetarian dishes. So get creative with your vegetable ribbons and vegetable spaghetti and replace your carbohydrate-heavy pasta and noodles with vegetable noodles. Eating more vegetables has never been this easy or looked so pretty on your plate!



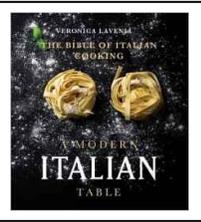
## **FIVE SEASONS KITCHEN hb by Pierre Gagnaire RRP \$69.99**

In 2015 Pierre Gagnaire, whose 11 restaurants worldwide boast two and three Michelin stars, was voted 'Best Chef in the World' by his peers and 2016 sees him mark 50 dazzlingly creative and successful years in the kitchen. To celebrate this outstanding career 'La Cuisine des 5 Saisons' is coming in English. This beautiful book is about his recipes and his work as a chef and for the first time makes his dishes accessible for home cooks. Chef Gagnaire there are five not four seasons; Spring, he says must be divided into two seasons because you don't have the same produce in March as in June. Thus the recipes in this book follow the rhythm of the seasons and their bounty. In each chapter there are six menus with starter, main dish and dessert. The recipes come from Pierre's culinary's repertory and these are the recipes which made him famous. His eponymous restaurant in Paris specialises in modern French cuisine, and has garnered three Michelin stars. He has become an iconoclastic chef at the forefront of the fusion cuisine movement by introducing jarring juxtapositions of flavours, tastes, textures, and ingredients. Gagnaire is also Head Chef of Sketch in London. In 2009, Gagnaire made his US debut with Twist in Las Vegas. He now also has restaurants in Hong Kong, Seoul, Dubai, Tokyo, Berlin, and Moscow.



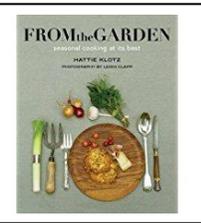
## **MODERN ITALIAN TABLE The Birth of Italian Cooking hb by Veronica Lavenia RRP \$29.99**

Veronica Lavenia shares her personal experiences of the Italian way of life and creates fresh, nutritious, and accessible meals for the entire family. From sweet breakfasts to versatile appetizers and family friendly snacks, her recipes will bring the taste and aroma of Italy to your own kitchen table. Sustainability and seasonality, alongside a philosophy of eating with awareness, underpin this beautifully natural and organic book. Before Veronica became a food writer, she worked as an associate professor of Spanish Language, however she was always drawn back to food. Inspired by family recipes, and valuable Italian culinary heritage, her writing focus shifted. Sustainability, seasonality and selection of raw materials (as much as possible local, organic and unrefined) are the basis of Veronica's food philosophy. Knowing the ingredients, their seasonality and origin, means to cook in a conscious way.



## **FROM THE GARDEN Seasonal Cooking At Its Best hb by Hattie Klotz and Leigh Clapp RRP \$45.00**

The award-winning gardens at Pashley Manor have been open to the public for over 20 years. It's hard not to love the tulip festivals and the magnificent roses or get lost in the scent of lilies. The garden's soft pink brick walls radiate heat in the summer months, ripening the berries, pears, figs and tomatoes that grow alongside it. They neatly contain rows upon rows of vegetables and bristling heads of parsley, thyme, rosemary and other herbs. Hattie's family have cooked with all these good fresh produce for years. From the Garden brings together some of her family's best recipes from the gardens and the kitchen table at Pashley Manor. Photographer Leigh Clapp has captured the mouth-watering images. With over 100 recipes broken down into chapters including: leeks, onions, garlic and shallots; Courgettes, squash and cucumber; tomatoes & potatoes, roots; greens; salads; tree fruits and so much more From the Garden introduces you to delicious recipes using fresh produce and will make a beautiful gift for anyone who loves to cook with fresh fruit & vegetables.



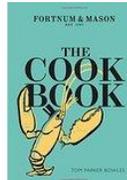
**DELICIOUSLY ELLA WITH FRIENDS Healthy Recipes to Love Share & Enjoy Together pb by Ella Mills (Woodward) \$29.99**

The much-anticipated follow-up cookbook from Deliciously Ella, the inspirational bestselling healthy food writer who has taken the cookery world by storm. In the follow-up to her amazing bestseller DELICIOUSLY ELLA EVERY DAY, Ella makes it easy for you to prepare delicious healthy food for you, your friends and family, whatever the occasion. Ella makes life simple with her menus - whether you are planning a laid-back brunch, a last-minute lunch or a fancy supper, Ella has it covered with wonderful hearty and filling recipes that celebrate her healthy eating philosophy. With ideas and inspiration for every foodie occasion, including cosy nights in, easy kitchen suppers, flavoursome feasts, birthday parties, picnics and mocktails and cocktails, this is the go-to book for anyone who lives a healthy lifestyle and loves sharing food with friends and family



**FORTNUM & MASON THE COOKBOOK hb by Tom Parker Bowles RRP \$69.99**

It's a national icon, a British institution, the finest grocer of them all. Fortnum & Mason is a store that has fuelled the tide of British history, fed the appetites of kings and queens, maharajahs and czars, emperors, dukes and divas alike. Fortnum & Mason is a constantly evolving, hugely successful modern enterprise, one that respects its magnificent history while looking forward into the 21st century. A contemporary, accessible recipe book that combines superb recipes and expert advice on ingredients, the Fortnum & Mason's Cook Book will shine a light on the history of the best British cuisine, with delicious, contemporary Modern British dishes.



**BACON JAM COOKBOOK It's A Proper Pig -Out hb by Eat 17 RRP \$39.99**

Eat 17 is a small, independently-owned and much-loved group of eateries and convenience stores based in east London. Eat 17's two shops are London fixtures, and the brothers recently took out a lease on a third site. Eat 17 has also recently started selling to a supermarket chain in Hong Kong and on mainland China. The Bacon Jam Cookbook, as well as providing many recipes from Eat 17 and their suppliers, also describes what the brothers who started the business with £5000 have achieved and how.



**LEON FAST & FREE From Recipes for People Who Actually Like Food hb by Jane Baxter & John Vincent RRP \$39.99**

LEON was the first restaurant on the high street to pay attention to a new way of eating - championing gluten-, dairy- and sugar-free food. Each recipe in this beautiful cookbook is completely gluten-, dairy- and refined sugar-free, with many following a 'paleon' formula (LEON's version of Paleo). This book contains recipes for every meal of the day and every occasion.

**GATHERINGS Recipes for Feasts Great and Small hb by Flora Shedden RRP \$39.99**

A gathering is an easy way of cooking and hosting. It means no pressure, no code of conduct, and everyone - cook included - can actually enjoy themselves. This collection is a mixture of modern dishes, staple snacks, salads and sides, interesting bakes, and puddings perfect to end a feast with. Nothing overly fussy or complicated, just tasty, pretty plates of food. There are menu ideas to show you how.



**SIMPLISSIME LIGHT The Easiest Cookbook in the World hb by Jean-Francois Mallet RRP \$39.99**

The 200 recipes in this book are simple, clear and precise, use no more than five ingredients and can be whipped up in a flash. More importantly, they will be kind to your body. From gluten-free and dairy-free dishes to low-calorie options, there is a recipe here for every dietary need. The unique visual approach makes it incredibly simple to follow the instructions. With nutritional information, clear photography and easy-to-follow steps, each of these recipes proves that healthy cooking has never been so easy.

**BRINDISA The True Food of Spain hb by Monika Linton RRP \$59.99**

Brindisa, the renowned Spanish fine food import company, has become a byword for excellent Spanish food. The Brindisa Spanish Cook Book is the ultimate in contemporary Spanish cooking, including classic regional recipes, tapas dishes and information about the very best ingredients and food producers. Ranging from the most unusual artisan dishes to the classics of Spanish cooking, this recipe collection draws on Brindisa's specialist knowledge to introduce you to delights such as jamon iberico de bellota, chorizo, cured ham and fish, fumet (rich Catalan fish stock), farmhouse cheeses, prepared pulses, olive oils and vinegars, sweet treats and storecupboard basics that are essential for Spanish and Mediterranean cooking. Includes small meals for during the week, to big family get-togethers at the weekend, this is not just a book about recipes, but a true celebration of Spain, its food and people, countryside and producers.



**GRAPE OLIVE PIG Deep Travels Through Spains Food Culture hb by Matt Goulding RRP \$40.00**

Take a journey through the delectable and sensuous culture and cuisine of Spain in this beautifully illustrated food-driven travel guide filled, with masterful narration, insider advice and nearly 200 full-colour photos. This book reveals hidden gems and enduring delicacies from across this extraordinary country, contextualising each meal with the stories behind the food in a cultural narrative complemented by stunning colour photography. Fall in love with Barcelona's tiny tapas bars and modernist culinary temples. Delight in some of the world's most innovative and avant-garde edible creations in San Sebastian, and then wash them down with cider from neighbouring Asturias. Whether you've visited Spain or have only dreamed of its tapas bars, Grape, Olive, Pig will wake your imagination, sharpen your appetite and capture your heart.



**QUICK AND EASY THAI COOKBOOK hb by Phaidon RRP \$39.99**

The food of Thailand is renowned the world over for its distinctive blend of hot, sour, sweet, and salty flavours. With Thai restaurants emerging in towns and cities all over the world at an astonishing rate, this is the perfect time to start cooking classic and authentic Thai food at home. This book proves it can be both quick and easy to do just that. All recipes have been adapted from *Thailand: The Cookbook*, the ultimate collection of authentic and approachable recipes for home cooks of all levels. Also available: Quick and Easy Spanish Cookbook and Quick and Easy Italian Cookbook - both hbs at \$39.99



**COOKING IT WITH HIX The Art of Celebrating and the Fun of Outdoor Cooking pb by Kix Brooks RRP \$42.99**

**LIVING THE HEALTHY LIFE pb by Jess Sepel RRP \$39.99**

**REAL FOOD REAL SIMPLE pb by Taylor Riggs RRP \$29.99**

**PRIMAL FAT BURNER How a Ketogenic Paleo Diet Can Make You Thin Slow the Aging Process Super-Power Your Brain and Even Save Your Life pb RRP \$29.99**

Expert nutritionist Nora Gedgaudas, bestselling co-author of Going Paleo with Pete Evans, explains the science and evidence behind the revolutionary new health message: Eat fat to burn fat. In her new book she explains the benefits behind a ketogenic (or fat-burning) diet, which switches your metabolism from a dependence on sugar to running on healthy fats. As Gedgaudas reveals, numerous studies in recent years refute the long-promoted anti-saturated fat and anti-cholesterol agenda. Now Gedgaudas explains the science that fat isn't a 'no-no' but rather a 'yes-yes'-if you know the right kinds of fats to eat. In her accessible, enjoyable style, she also lays out a practical meal plan with recipes. When you follow a ketogenic diet, you consume fewer calories overall, feel better, look better, think clearer, and live longer.

**LIVE BETTER AND LONGER The Truth About Healthy Living and Why Its Never Too Late pb by Michel Cymes \$29.99**

**FAST DAYS COOKBOOK Delicious & Filling Low-Calorie Recipes for the 5:2 Diet pb by Laura Herring RRP \$24.99**

**FODMAP FRIENDLY KITCHEN 100 Easy Delicious Recipes for a Healthy Gut & Happy Life pb by Emma Hatcher \$39.99**



**OVERCOMING MULTIPLE SCLEROSIS COOKBOOK Delicious Recipes for Living Well on a Low Saturated Fat Diet pb by Ingrid Adelsberger RRP \$34.99**

Research increasingly indicates a diet very low in saturated fat can reduce the progression of MS and even reverse its course. This cookbook includes over 200 easy and delicious recipes for a whole-food plant-based diet with seafood that is naturally low in saturated fat. These recipes are suitable for anyone on a low saturated fat diet. There is no cure for Multiple Sclerosis, but you can make a real difference by changing what you eat. The recipes are delicious wholefood meat-free and dairy-free recipes for home cooks. There are recipes for all occasions, from quick and easy lunches and dinners, a variety of seafood dishes, to luxurious weekend breakfasts, special occasion cakes, and holiday baking. It includes vegan and gluten-free recipes, tips and a menu plan created by a qualified nutritionist. The recipes in this book are healthy for the whole family. They can be beneficial for anyone with heart disease, type 2 diabetes, lupus, rheumatoid arthritis and other inflammatory and auto-immune diseases.

**EATING OURSELVES SICK pb by Louise Stephen RRP \$34.99**

**100 WEIGHT LOSS BOWLS pb by Dorling Kindersley RRP \$24.99**

100 Weight Loss Bowls is the only recipe book you need to create good bowl food that's low in calories and high in flavour. Choose from 100 colour-coded healthy bowl recipes for tasty meals under 400, under 500, and under 600 calories. Every recipe is clearly labelled to show you whether it's vegetarian, vegan, or gluten-free. Supercharge your nutrition and enjoy the latest delicious bowl food trends such as pho, grain, smoothie, rice, poke, acai, and Buddha bowls, suitable for every lifestyle. 100 Weight Loss Bowls also includes recipes for meals in under 20 minutes, homemade pesto and hummus, portion sizes, and how to prepare your food for the week

**LOVE YOUR LUNCH The Small World Recipe Book pb RRP \$35.00**

Australian-born Sean Wainer's 60 favourite recipes from his Amsterdam cafe, Small World. For many people a homemade lunch usually means a cheese or ham sandwich or a simple salad. But here are 60 recipes, including many vegetarian options, that will change all that and show you how to fill your lunchbox with delicious, elegant, home-cooked comfort. Dishes such as Spanish tortilla, Thai fishcakes, Mediterranean couscous, Mexican burritos, French lemon tart and Small World's famous carrot cake.. The recipes have all been tried and tested - they work and they're delicious. It's never been so easy to liven up your lunchbox.

**CITRUS 150 Recipes Celebrating the Sweet and the Sour hb by Catherine Phipps RRP \$39.99**

Citrus fruits are the most exciting family of ingredients with which to cook. They satisfy almost every part of the palate - sweet, sour, bitter, and umami-enhancing, how many other foods are as versatile and transformative? Take the humble lime: cornerstone of the American key lime pie, fragrant in Thai curries, fresh in Mexican guacamole, used to cook raw fish in South American ceviche, pickled in India, and dried in the Middle East. Citrus offers 150 inspiring recipes that celebrate these wonderful fruits. Through fresh salads, soups, seafood, Asian and Mediterranean-influenced meat dishes, preserves and pickles, to the world of sweet pies, cakes, and cocktails, Catherine Phipps explores the myriad uses of oranges and lemons, and all things in between. Her recipes are straightforward, easy to follow, and work perfectly every time. Citrus is a vibrant, colourful source of delight and inspiration.

**EAT THIS, MY FRIEND Everyday Vegetarian Recipes for Sharing hb by Jade O'Donahoo RRP \$24.99**

**ONIONS ETCETERA The Essential Allium Cookbook pb by Kate Winslow RRP \$45.00**

**SAVOUR Sensational Soups to Fulfil and Fortify hb by Amber Locke RRP \$24.99**

**PÂTISSERIE GLUTEN-FREE The Art of French Pastry Cookies Tarts Cakes & Puff Pastries hb by Patricia Austin RRP \$37.99**

Patisserie Gluten Free is the blossoming of years of recipe development and a lifelong love of baking. Patricia makes her swoon-worthy gluten-free pastries using ingredients from nearby farms, local purveyors, and her own backyard complete with hens, honeybees, and edible flowers growing out back. From the French Apple Cake, the results surprise and bring a smile to the staunchest of gluten-free skeptics. This beautifully photographed cookbook is unique in presenting some of the tastiest treats made without gluten classic French pastries. Home bakers will be able to create memorable European style desserts, ranging from the simple comfort of hand cookies to the ooh-la-la of elaborate puff pastries. The recipes skip the commonly used gluten free binders xanthan gum and guar gum that are known to be of digestive sensitivity for many individuals. The takeaway is an elevated yet no fuss experience in gluten-free baking.

**DULCE DE LECHE Recipes Stories and Sweet Traditions hb by Josephine Caminos Oria RRP \$29.99**

Dulce de Leche begins with a lesson on creating artisanal dulce de leche at home, and includes 80+ recipes, from breakfast muffins, Bacon-Wrapped Dulce Jalapenos and layered carrot cake. Dulce de Leche is a charming cookbook as food memoir about an Argentine family's devotion to creamy milk caramel, with sweet and savory recipes for every meal of the day--and then some.

**ART OF THE PIE A Practical Guide to Homemade Crusts Fillings and Life pb by Kate McDermott RRP \$49.99**

**PANA CHOCOLATE THE RECIPES Raw Organic Handmade Vegan hb by Pana Barbounis RRP \$38.00**

Pana Chocolate, The Recipes, is the sweet book vegans and health-aware sweet tooths have been waiting for. It includes over 70 recipes that cover the sweet spectrum - from breakfast (chia pudding, granola, buckwheat porridge) to kids parties (chocolate crackles, honey joys), to uniquely plated creations based around raw chocolate to traditional desserts that can be made raw, there is something to delight each sweet craving without the guilt of modern additives.

**VEGAN CHOCOHOLIC hb by Philip Hochuli RRP \$39.99**

This book offers uncomplicated recipes for delicious desserts, pies, and biscuits and shows how chocolate can be used in a multitude of dishes. After the introduction which lists what ingredients you need to make chocolate, it explains how chocolate is produced and processed correctly. Then follow the recipes where you will find cookies, cupcakes, and brownies, and a separate chapter on cakes, pies and cheesecakes including chocolate spreads and vegan Nutella (heavenly). There is also a great chapter for chocoholics with marzipan chocolate bars and a chocolate focaccia with rosemary and sea salt. For each recipe there are icons that tell at a glance whether the recipe it is gluten-free, sugar-free or soy free. This is very useful for quick reference, especially when you have guests who have allergies and intolerances. They also have information on the level of difficulty and time required to facilitate painless planning. The recipes use tasty and inexpensive ingredients which can be found in almost any supermarket and are very easy to prepare!

**CLEANSE NURTURE RESTORE WITH HERBAL TEA hb by Sebastian Pole RRP \$34.99**

**BACKYARD CHICKENS How To Keep Happy Hens hb by Dave Ingham RRP \$35.00**

**TASTE THE INFOGRAPHIC BOOK OF FOOD pb by Laura Rowe RRP \$19.99**

