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Australia's only exclusive Wholesaler, Online and Retailer of Cookery Books **CELEBRATING 32 YEARS!**

### **BRAE Recipes and Stories from the Restaurant hb by Dan Hunter RRP \$75.00**

The debut book from Dan Hunter, the celebrated award-winning pioneer of modern Australian food. In the countryside outside Melbourne, Chef Dan Hunter has transformed a rustic farmhouse into the award-winning Brae, one of Australia's most exciting dining destinations. Brae attracts diners from around the world with its fine-dining approach to hyper-local cuisine. In this, his first book, Hunter explores the theme of place and its impact on him and on his unique style of cooking. Set against the dramatic backdrop of Australia's landscape, his story is reflected in lush colour photography of his food and the environment. Due late April.

### **LUCKY PEACH ISSUE 22 CHICKEN pb Edited by David Chang, Peter Meehan and Chris Ying RRP \$22.99**

Lucky Peach is a quarterly journal of food and writing. Each issue focuses on a single theme, and explores that theme through essays, art, photography, and recipes. The theme of Lucky Peach Issue 22 is Chicken.

### **PHILLIPPA'S HOME BAKING pb by Phillippa Grogan RRP \$39.99**

In this inspiring and generous book, written with Richard Cornish, Phillippa shares more than 140 reliable recipes from Australia, New Zealand and beyond, gathered from family, friends and her travels. What's more, she hands on her precious baking wisdom, from baker to baker, to guarantee you'll enjoy all the rewards of successful home baking for your loved ones.

### **GATEAUX 150 Large and Small Cakes Cookies and Desserts hb by Christophe Felder RRP \$95.00**

Classic French pastry represents the pinnacle of control, elegance, and technique. From jewel like canelés and madeleines in a window case to burnished brioches at the boulangerie to showstopper centrepiece desserts at five-star restaurants, everyone loves a perfect bake. Felder includes French classics such as sables, eclairs, Saint-Honore cake, tarte tatin, and croquembouche, regional recipes from Alsace, Brittany, and Provence, as well as his own twists on Belgian (Speculoos), German (Black Forest cake), and Australian (Pavlova) desserts. Each beautiful photograph will inspire bakers of all levels while step-by-step pictures clearly illustrate techniques such as making fondant flowers, constructing a charlotte, and braiding a brioche. Also coming: **LORRAINE PASCALE BAKE hb \$49.99**

### **ALL DAY CAFE Make Cafe-Style Meals At Home pb by Stuart McKenzie RRP \$39.99**

South of Johnston (or SoJo, as it's more affectionately known) is a fixture on the brunch circuit of Melbourne foodies. Sojo has resident bees, fruit trees, herbs and a worm farm too and its food showcases the fruits of the local providores. The Fitzroy cafe is Manhattan meets Melbourne, an artfully converted warehouse with a long airy dining room with communal tables, with an industrial chic edge. On the menu are brunchy, lunchy recipes for breakfast; pide stuffed with chorizo, egg and spinach, and indulgent brioche French toast with caramelised bananas and ice cream. This is eminently cookable sharable food and easily achieved at home. A blend of food and lifestyle, the book's content reflects the casual and creative mood of the cafe, with its vintage/industrial look and its locality, a buzzy street in a northerly suburb of Melbourne.

### **EVERYDAY KITCHEN 52 EASY HEALTHY AND HEARTY MEALS pb by 'Fast Ed' Halmagyi RRP \$39.99**

Relax. Take a deep breath. It's just food. But it's delicious, fantastic and achievable food. Food that makes you and your family smile; food that impresses your guests; food that makes you feel like a champion; and food that winds back the stress levels. These are the reasons that Fast Ed has written this new book – his first in 5 years. It's jam-packed with a new collection of Ed's favourite easy recipes, brimming with flavour, but low on the difficulty scale, and designed with one purpose in mind – to help you and your gang eat better and love life more. After all, isn't that sense of joy the whole reason for getting people together around a table? With 52 complete meals, in three main chapters – Hearty, Healthy and Easy – you'll have a new recipe to try each week of the year.

### **HOW I COOK An Inspiring Collection of Recipes Revealing the Secrets of Skye's Home Cooking – now in PB RRP \$29.99**

Skye Gyngell shares her secrets and techniques to what make her dishes so special. Turning her attention to the joy of home cooking, Skye will show you how to cook for others with over 100 delicious, easy recipes. This beautiful book reveals how to delight others through simple dishes with ease, generosity and a little finesse. How I Cook is a book that should find a place on every cooks bookshelf

### **FOOD TO MAKE YOU GLOW pb by Lola Berry RRP \$39.99**

In Food to Make You Glow, nutritionist Lola Berry shares the key whole foods to support specific health goals: happiness, energy, beauty, immunity, calming, weight loss and detox. As well as 90 delicious recipes based around these wholefood heroes, Lola recommends the best herbal teas, lifestyle tips, exercises and activities for each health goal. Get inspired about the positive effects whole foods can have on your health, and start cooking food to make you glow!

### **DESSERTS – SPIRIT HOUSE by Helen Brierty – coming in paperback – RRP \$29.99**

### **WILDFOODS Looking Back 60,000 Years for Clues to our Survival pb by Vic Cherikoff RRP \$29.99**

### **AWW EVERYDAY EXPRESS pb by The Australian Womens Weekly RRP \$34.99**

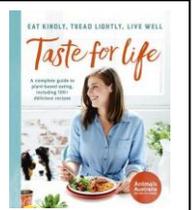
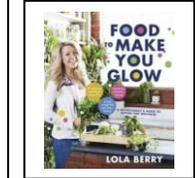
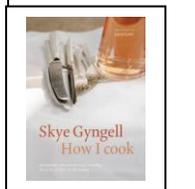
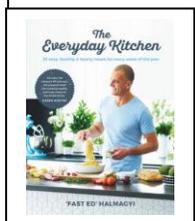
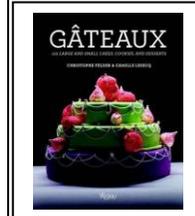
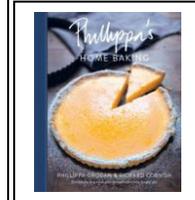
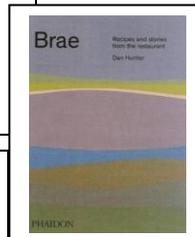
### **AWW VEGAN KITCHEN hb by AWW RRP \$49.99**

### **AWW LOVE MOVE EAT pb by Sally O'Neil and the AWW RRP \$34.99**

After dropping 14 kilos through a new approach to food, Sally O'Neil knows the key to feeling fabulous is re-inventing your favourite treats with healthy ingredients. Based on her award-winning blog The Fit Foodie, this book contains more than 70 delicious recipes using simple, wholefood ingredients, as well as practical tips on how to maintain your health and wellness outside the kitchen.

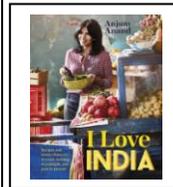
### **TASTE FOR LIFE Eat Kindly Tread Lightly Live Well pb by Animals Australia**

Your complete guide to plant-based eating, including more than 100 delicious recipes for every occasion. Explore the delicious world of plant-based food with Animals Australia, our leading animal protection organisation - more 100 mouth-watering recipes for every occasion. People everywhere are embracing the delectable, life-enriching benefits of plant-based eating. Now you can, too, with Taste for Life, your complete guide to plant-based cuisine. Whether you wish to add more meat-free meals to the menu, indulge in the abundance of fresh fruits and vegies now available, or are seeking to improve your health and live more sustainably, Taste for Life contains not only a cornucopia of delicious and nutritious recipe ideas but everything you need to know about plant-based eating. Discover why eating more meat-free meals is good news for animals, the planet and your health.



**I LOVE INDIA Recipes and Stories from Morning to Midnight City to Coast and Past to Present hb by Anjum Anand \$39.99**

In this, her eighth book, Anjum Anand presents her absolute favourite dishes from all over India. This is her tribute to her homeland, to its extraordinary food culture, drawn from its diverse regions as well as from a host of traders, settlers and immigrants over the years. Anjum offers her personal collection of the most authentic recipes she has gathered over years of travelling throughout the regions of India. There are also features on key ingredients to illustrate how versatile, vibrant and accessible Indian food really is. Anjum is the queen of Indian cooking, and her recipes are brilliantly easy to follow, as well as moreishly good. Available March for Anjum's visit.



**FRENCH COUNTRY COOKING Meals and Moments from a Village In The Vineyards hb by Mimi Thorisson RRP \$49.99**

A captivating journey to French wine country, here are 100 simple yet exquisite recipes, 150 sumptuous photographs, and stories inspired by life in a small village. Readers everywhere fell in love with Mimi Thorisson, her family, and their band of fox terriers through her blog, Manger, and debut cookbook, A Kitchen in France. In French Country Cooking, the family moves to an abandoned old chateau in Medoc. While shopping for local ingredients, cooking, and renovating the house, Mimi meets the farmers and artisans who populate the village and learns about the former owner of the house, an accomplished local cook. Featuring evocative photographs taken by Mimi's husband, Oddur Thorisson, this cookbook is a charming jaunt to an untouched corner of France.



**ACQUACOTTA Recipes and Stories from Tuscany's Secret Silver Coast hb by Emiko Davies RRP \$49.99**

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 – all with 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.



**HAVANA A Subtropical Delirium hb by Mark Kurlansky RRP \$36.00**

**COOK JAPAN STAY SLIM LIVE LONGER hb by Reiko Hashimoto RRP \$35.00**

**ALPHABET COOING S IS FOR SRI LANKA hb RRP \$24.99**

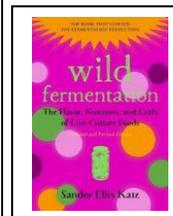
**TREE OF LIFE Turkish Home Cooking hb by Joy E Stocke RRP \$39.99**

**YELLOW TABLE A Celebration of Everyday Gatherings 110 Simple and Seasonal Recipes hb by Anna Watson RRP \$37.99**

**AN IRISH COUNTRY COOKBOOK pb by Patrick Taylor RRP \$29.99**

**INDOOR EDIBLE GARDEN hb by Dorling Kindersley RRP \$29.99**

**WILD FERMENTATION Second Edition pb by Sandor Katz RRP \$49.99**



The Book That Started the Fermentation Revolution Sandor Ellix Katz, winner of a James Beard Award and New York Times bestselling author, whom Michael Pollan calls the 'Johnny Appleseed of Fermentation' returns to the iconic book that started it all, but with a fresh perspective, renewed enthusiasm, and expanded wisdom from his travels around the world.

**POWER PULSES hb by Tami Hardeman RRP \$35.00**

**RISOTTO! RISOTTO! hb by Valentine Harris – back in stock RRP \$40.00**

**POSH RICE Over 70 Recipes for All Things Rice hb RRP \$29.99**

**SOURDOUGH hb by Casper Andre Lugg RRP \$29.99**

Sourdough is a traditional style of bread that is healthy and tastes delicious making it a favourite of artisan bakers. Sourdough takes patience, forethought and love to produce, and its rise in popularity is indicative of a greater shift towards a more mindful, considered way of living.

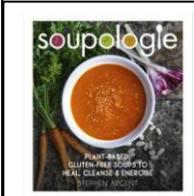
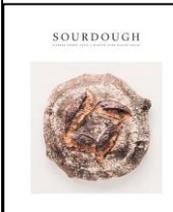
**DELICIOUS DIPS More Than 50 Recipes for Dips and Salsas RRP \$27.99**

**WELL-DRESSED SALAD Fresh Delicious and Satisfying Recipes hb by Jennifer Joyce RRP \$24.99**

**BOWLS! Recipes and Inspirations for Healthful One-Dish Meals hb by Molly Watson RRP \$34.99**

**SOUPOLOGIE Plant-Based Gluten Free Soups to Heal Cleanse and Energise hb by Stephen Argent RRP \$32.99**

This is much more than a book of delicious plant-based soup recipes. Get to know the ingredients first with all the nutritional information clearly explained, so you can find out which ingredients will have the most impact for you. Low on energy? get those B-vitamins packed into your soup. Need to drop a few pounds? focus on the metabolism-boosting recipes. Constantly getting colds? Get going with the immune-boosting soups. All recipes are nutrient rich but naturally low in calories. Each recipe has icons to show which common ailments are targeted such as stress, fatigue, weakened immunity and more. Recipes are plant-based and gluten-free, so can be enjoyed by everyone, but serving suggestions add in other delicious 'souple-twists' so you can adapt things to your own taste.



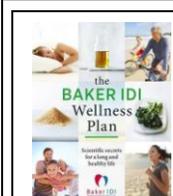
**CLEAN SOUPS 60 Seriously Delicious Recipes to Nourish Refresh Comfort and Delight hb by Rebecca Katz RRP \$35.00**

**GET CROCKED SOUPS AND STEWS pb by Jenn Bare RRP \$26.99**

**NEW PRESSURE COOKER COOKBOOK 150 DELICIOUS FAST AND NUTRITIOUS DISHES hb by Ellen Brown \$37.99**

**BAKER IDI WELLNESS HANDBOOK pb by CSIRO RRP \$39.99**

In this book the experts from one of Australia's finest medical research institutes, Baker IDI Heart and Diabetes Institute, will unravel the myths around healthy living. You'll learn what, when and how to eat, what kind of physical activity you need, and how to achieve good mental health. You will also learn how you can monitor your risk of disease and what steps you can take to achieve long lasting wellbeing. Includes 80 healthy and delicious recipes plus 4-week meal plans - Wellness Action Plan to track your steps towards wellbeing - Tips on healthy habits, eating and exercise - Definition of common risk factors - Checklist of medical tests for every decade. Also coming: **CSIRO LOW-CARB DIET pb by Grant Brinkworth and Pennie Taylor RRP \$34.99**



**CHINA STUDY Revised & Expanded Edn Most Comprehensive Study of Nutrition Ever Conducted pb by T. Colin Campbell \$**

**KETOGENIC MEDITERRANEAN DIET A Low-Carb Approach to the Fresh and Delicious Heart-Smart Lifestyle RRP \$22.99**

**HOUSE HUSBANDS GUIDE Cooking for Your Pregnant Partner pb by Aaron Harvie RRP \$35.00**

**CRAVING How to Eat Well Throughout Your Pregnancy pb by Sandra Mahut RRP \$35.00**

**PREGNANCY AND BABY BOOK pb by Dorling Kindersley RRP \$29.99**

**MAE + HARVEY No Ordinary Juice Book Over 100 Recipes for Juices Smoothies Nut Milks pb by Natasha Mae Sayliss \$19.99**

**SMOOTHIE POWER 80 Power Smoothie Recipes for Everyday and Everyone pb by Irina Pawassar RRP \$21.99**

Smoothie Power will show you how you can improve your health and wellbeing in a very simple, fun, and low cost way. Eighty healthy and easy recipes are offered for the new generation of smoothie enthusiasts. The smoothie obsessed and the smoothie newbie will love the colorful recipes offered in this book.

**ICE KITCHEN Poptails 50 Sensationally Intoxicating Cocktail Lollies hb by Nadia Roden RRP \$24.99**

**COOKING WITH COCKTAILS 100 Spirited Recipes hb by Kristy Gardner RRP \$42.99**

