

The Cookery Book e-Newsletter Order Form for **NEW TITLES coming in MARCH 2018**

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One Knife One Pot One Dish Simple French Cooking at Home hb by Stephane Reynaud RRP \$39.99 (late March)

Best-selling, internationally celebrated chef Stephane Reynaud pares down delicious French food to its essential best ingredients with 160 one-pot recipes that even the most inexperienced or time-poor cooks will love. There are pre-dinner dips and snacks; hearty vegetarian dishes; simple one-pot recipes for fish, beef, lamb, veal, pork or poultry; slow-cooked roasts, delicately seasoned with herbs and spices; classically simple one-pan desserts such as clafoutis; and even ideas for the perfect cheese course. Stephane has demystified and made simple good French cooking - preparing dinner has never been this easy. Also available: Ripailles pb \$39.99, Rotis hb \$49.99

Japan The Cookbook hb by Nancy Singleton Hachisu RRP \$59.99 (late March)

The definitive, home cooking recipe collection from one of the most respected and beloved culinary cultures Japan: The Cookbook has more than 400 sumptuous recipes by acclaimed food writer Nancy Singleton Hachisu. The iconic and regional traditions of Japan are organized by course and contain insightful notes alongside the recipes. The dishes - soups, noodles, rices, pickles, one-pots, sweets, and vegetables - are simple and elegant.

Robata Japanese Home Grilling hb by Silla Bjerrum RRP \$29.99 (late March)

Robata means 'fireside cooking' and takes its name from the charcoal grill commonly used in Japan to cook skewers of fish, shellfish, meal and seasonal vegetables. This way of cooking, and the types of coals used, has a unique impact on flavour. This beautifully-illustrated book introduces you to the art of this Japanese cuisine and teaches you how to cook this way in your own home, whether cooking on an authentic Robata grill, your home barbecue or your oven grill. Choose from classic yakitori and traditional Japanese fish robata dishes such as Miso Black Cod or a wonderful selection of vegetarian robata dishes. Silla also provides an incredible selection of traditional side dishes, pickles and salads to accompany your Robata. Also available: Japanese Grill pb \$35.00

Room for Dessert hb by Will Goldfarb RRP \$69.99 (late March)

The definitive guide to perfect pastry from the former eBulli apprentice and his destination restaurant in Bali Will Goldfarb showcases a menu of desserts and fine pastry work at Room4Dessert in Ubud, Bali, with an approach inspired by local ingredients and stunning surroundings. In this, his first book, with a foreword by Albert Adria, Goldfarb lifts the curtain on his creativity, revealing the processes that form the basis of his stand-out desserts, exploring taste, texture, and flavor. Home cooks can master basic recipes with the aid of step-by-step photography, then enter his creative world to see how staples can be turned into stunning masterpieces.

Smitten Kitchen Everyday hb by Deb Perelman RRP \$55.00

Eater Deb Perelman, award-winning blogger and New York Times best-selling author of The Smitten Kitchen Cookbook, understands that a happy discovery in the kitchen has the ability to completely change the course of your day. Whether we're cooking for ourselves, for a date night in, for a Sunday supper with friends, or for family on a busy weeknight, we all want recipes that are unfussy to make with triumphant results. Deb thinks that cooking should be an escape from drudgery. Smitten Kitchen Every Day- Triumphant and Unfussy New Favorites presents more than one hundred impossible-to-resist recipes-almost all of them brand-new, plus a few favorites from her website-that will make you want to stop what you're doing right now and cook. These are real recipes for real people-people with busy lives who don't want to sacrifice flavor or quality to eat meals they're really excited about. Also available: Smitten Kitchen hb \$45.00

Barcelona Cult Recipes hb by Stephan Mitsch RRP \$49.99

The coast, the artwork, the bustling avenues and gothic lanes, the sheer joy of life: this book will transport you to Catalonia's buzzing metropolis through its famed local dishes. Take a journey with Stephan Mitsch into this melting pot of cultures and savour 120 glorious authentic recipes of Catalan cuisine, from the rustic wine cellars, hidden kitchens and stylish tapas bars of this cult city. Also available: Istanbul, Los Angeles, New York, Tokyo and Venice Cult Recipes - all hb at \$49.99

Mazi Modern Greek Food hb by Christina Mouratoglou and Adrien Carre RRP \$39.99

Probably the best Greek restaurant in England, Mazi is pure alchemy and poetry' - Alain Ducasse 'MAZI: TOGETHER - [tuh-geth-er] - adverb Gathering, company, mass, combination, mixture Tired of outdated perceptions of typical Greek food, MAZI is on a mission to revolutionize Greek cuisine. With a strong emphasis on sharing a feast of small dishes, Christina Mouratoglou and Adrien Carre bring a trendy tapas vibe to recipes exploding with flavour yet relying only on the finest fresh ingredients and simple techniques to achieve the best results. Introducing authentic flavours with a modern twist, Mazi is innovative Greek food at its best. .

Shaya An Odyssey of Food My Journey Back to Israel hb by Alon Shaya RRP \$59.99

Alon Shaya's is no ordinary cookbook. It is a memoir of a culinary sensibility that begins in Israel and wends its way from the U.S.A. (Philadelphia) to Italy, back to Israel (Jerusalem) and comes together in the American South, in the heart of New Orleans. It's a book that tells of how food saved the author's life and how, through a circuitous path of (cooking) twists and (life-affirming) turns the author's celebrated cuisine--food of his native Israel with a creole New Orleans kick came to be, along with his award-winning New Orleans restaurants- Shaya, Domenica, and Pizza Domenica, ranked as the best new restaurants in the United States.

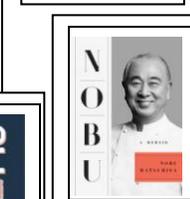
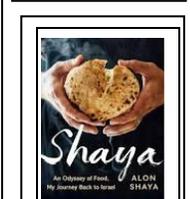
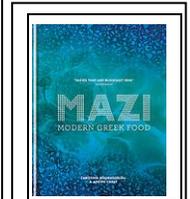
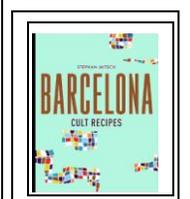
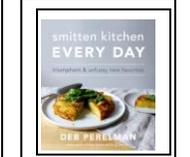
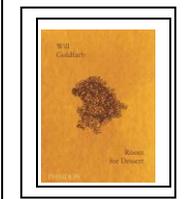
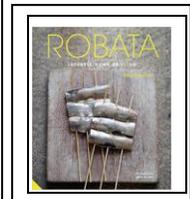
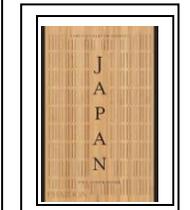
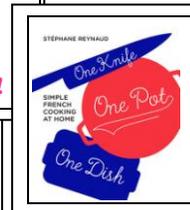
* "Alon's journey is as gripping and as seductive as his cooking . . . Lovely stories, terrific food."--Yotam Ottolenghi, author of *Jerusalem*, *Ottolenghi*, *Plenty*, *Plenty More*, *Nopi and Sweet*.

Nobu A Memoir hb by Nobu Matsuhisa RRP \$45.00

A fascinating and unique memoir by the acclaimed celebrity chef and international restaurateur, Nobu, as he divulges both his dramatic life story and reflects on the philosophy and passion that has made him one of the world's most widely respected Japanese fusion culinary artists. Nobu needs no introduction. One of the world's most widely acclaimed restaurateurs, his influence on food and hospitality can be found at the highest levels of haute-cuisine to the food trucks. But now, we are finally introduced to the private Nobu: the man who failed three times before starting the restaurant that would grow into an empire; the man who credits the love and support of his wife and children as the only thing keeping him from committing suicide when his first restaurant burned down; and the man who values the busboy who makes sure each glass is crystal clear as highly as the chef. Nobu's writing does what he does best-it marries the philosophies of East and West to create something entirely new and remarkable. Also available: Nobu hb \$45.00

Little Korea hb by Billy Law RRP 49.99

Little Korea contains the most popular Korean dishes eaten everyday on the streets and in homes across the nation. No kitchen gadgetry or trickery is required - this is food with a singular mission: to deliver maximum flavor in a simple way.



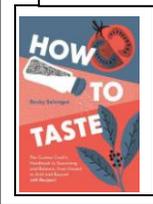
Sharp - The Definitive Guide to Knives Knife Care and Cutting Techniques with Recipes from Great Chefs hb
by Josh Donald RRP \$45.00

From San Francisco-based knife expert Josh Donald, this stunning book reveals the specialised knowledge, recipes, and beautiful imagery of the world of artisanal knives. Divided into two parts, part one covers the history and mechanics of knife making and German, French, and Japanese knife makers. Part two is the nuts and bolts: how to choose, care for, and sharpen knives; as well as how to use them in 16 recipes.



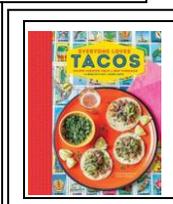
How To Taste The Curious Cooks Handbook to Seasoning and Balance From Umami to Acid and Beyond hb
by Becky Selengut RRP \$39.99

Ever wonder what "season to taste" actually means? How do you know when you've added enough salt or what do you do if the food lacks something but you aren't quite sure what? This engaging and approachable (and humorous!) guide to taste and flavor will make you a more skilled and confident home cook. How to Taste outlines the underlying principles of taste, and then takes a deep dive into salt, acid, bitter, sweet, fat, umami, bite (heat), aromatics, and texture. You'll find out how temperature impacts your enjoyment of the dishes you make as does color, alcohol, and more. The handbook goes beyond telling home cooks what ingredients go well together or explaining cooking ratios. Each recipe and experiment highlights the chapter's main lesson. How to Taste will ultimately help you feel confident about why and how various components of a dish are used to create balance, harmony, and deliciousness.



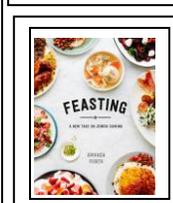
Everyone Loves Tacos hb by Ben Fordham RRP \$29.99

From simple supermarket kits to high-end restaurant revamps, a whole spectrum of taco offerings now exists for your pleasure. These small but mighty Mexican staples are finally getting the credit they deserve on the worldwide culinary stage. Their spiritual home is the street food scene. With this book, you can bring the buzzing atmosphere and high-quality eating experience of street food tacos into the comfort of your own kitchen. Also available: Tacopedia pb \$39.99 and Mexico The Cookbook hb \$59.99



Feasting A New Take On Jewish Cooking hb by Amanda Ruben RRP \$49.99

Many Jewish families continue the tradition of gathering to share a meal on Friday nights, but a new generation is changing the approach to traditional food. At the same time, the rest of the world is discovering the joys of Jewish cooking. In Feasting, Amanda Ruben brings together her fresh takes on classic recipes, along with popular favourites from her contemporary cafe and deli, and her own busy family home. Carrot salad with miso tahini, Middle Eastern fruit salad with cashew cream, and the best pastrami you may ever taste – these are simple, delicious and (surprisingly) healthy dishes for any lunch, dinner party or holiday celebration. When Jewish heritage meets global culinary influences, every meal is sure to be a true feast. Also available: Book of Jewish Food by Claudia Roden pb \$55.00



Tasting Hygge Joyful Recipes for Cozy Days and Nights hb by Leela Cyd RRP \$25.99

AWW Everyday Family Meals pb by AWW RRP \$34.99 

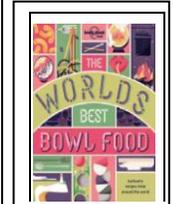
AWW Best Ever Recipes hb by AWW RRP \$39.99 

Good Fish 100 Sustainable Seafood Recipes from the Pacific Coast hb by Becky Selengut RRP \$54.99

Also available: Australian Fish and Seafood The Ultimate Kitchen Companion hb by John Susman et al RRP \$75.00

World's Best Bowl Foods pb by Lonely Planet Food RRP \$24.99 

Hearty and healthy, bowl food is very hip right now. Here are 100 of the most authentic and delicious dishes from around the world and how to make them. From Vietnamese pho and New England chowder to Persian salads and Welsh broth, these are the meals that speak the international language of comfort. The follow-up to The World's Best Spicy Food \$24.99 and The World's Best Superfoods \$24.99, The World's Best Bowl Food is packed with one-pot wonders that will set you up for the day, warm the core, and humbly feed friends and family. Alongside each recipe, we detail the history and culture behind the dish, and include 'tasting notes' to help you enjoy it in the most authentic way possible.

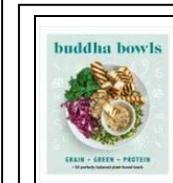
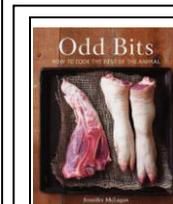


Buddha Bowls hb by Hannah Pemberton RRP \$27.99

Buddha Bowls are the plant-based, perfectly balanced, fun way to eat. They follow a very simple formula: Grain + Green + Protein (+ Zen) And are tasty, nourishing and easy to make.

Odd Bits How To Cook the Rest of the Animal In NOW IN PAPERBACK by Jennifer McLagan RRP \$27.99 

In a world of costly prime cuts, stately crown roasts, plump pork chops, and regal racks of lamb, it's easy to forget about (and steer clear of) the more economical, but less lovable parts of the beast: bellies, brains, gizzards, hearts, lungs, marrow, necks, tongues, and, oh yes, testicles. Historically, these so-called "odd bits" have had a regular place on our plates and in our culinary repertoires. Jennifer McLagan, award-winning author, is on a crusade to bring the nose-to-tail style of cooking and eating out of the closet and back onto our dining tables. Her mission: restoring our respect for the whole animal, developing a taste for its lesser-known parts, and learning how to approach them in the kitchen as confidently as we would a steak or a burger. Much more than a cookbook, Odd Bits delves into the rich geographical, historical, and religious roles of these unusual meats. McLagan's enthusiasm for her subject is contagious, and, with her insight and humour, will convert even non-believers to the pleasure of odd bits. Also available: Fat pb \$32.99, Cooking On the Bone pb \$39.99 and Bitter hb \$49.99



Roasting Tray Magic One Tin One Meal No Fuss! pb by Sue Quinn RRP \$29.99

Superfood Slow Cooker Healthy Wholefood Meals From Your Slow Cooker pb by Nicola Graimes RRP \$32.99

SuperVeg The Joy and Power of the 25 Healthiest Vegetables on the Planet pb by Celia Brooks RRP \$39.99

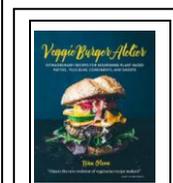
In this heartfelt homage, vegetable expert Celia Brooks explores the formidable nutritional benefits of each veg, providing a wealth of supporting information including selection, preparation and cooking techniques. Over 100 creative, health-enhancing, everyday vegetarian recipes cover simple flavour pairings through to more substantial offerings, and bring the joy of powerful nutrition, deliciousness and versatility to your home kitchen.



Modern Vegetarian hb by Maria Ella RRP \$29.99

Veggie Burger Atelier Extraordinary Recipes for Nourishing Plant-Based Patties hb by Nina Olsson RRP \$27.99

The veggie burger of the future is here! Using a vast arsenal of ingredients and techniques inspired by global flavors and traditions, Nourish Atelier's Nina Olsson is here to disrupt your assumptions of what a burger can be. This is a one-stop guide to making the most flavorful, beautiful, and delicious meat-free burgers you've ever experienced. Olsson shares her secret to the anatomy of the perfect veggie burger with considerations to texture, flavor, firmness, and juiciness. You will also learn substitutions that will let you veganize your burgers, or make them gluten-free. Presented in incredible, full-color with step-by-step instructions. Make veggie burgers like a pro.



Plants Taste Better Stunning Recipes Which Celebrate Plant-Based Eating from Root to Fruit hb by Richard Buckley \$49.99

Vegan Pressure Cooking pb by JL Fields RRP \$27.99

Healthy Hormones A Practical Guide pb by Belinda Kirkpatrick RRP \$35.00 

Healthy Hormones is about making small and realistic changes to help your body function at its optimum level. Naturopath Belinda Kirkpatrick helps you understand your hormones and provides easy ways to manage symptoms, hormonal conditions and fertility through diet and lifestyle. Expert nutritional advice and lifestyle tips are combined with answers to the many questions that women have asked Belinda during a decade of clinical practice. Healthy Hormones features 50 deliciously healthy family recipes, specially created, styled and photographed by recipe developer Ainsley Johnstone. The dishes are tailored around hormone-balancing ingredients and nutrient-dense fertility foods.

Australian Healthy Hormone Diet pb by Michele Chevalley Hedge RRP \$34.99 

A 4-week reset with recipes and eating plans to help reduce weight, increase energy and improve mood. Are healthy hormones the pathway to weight loss, increased energy and improved mood? It is little-known that hormones play a crucial ongoing role in our most vital bodily functions. Michele Chevalley Hedge, a qualified nutritionalist in private practice, sees countless patients whose busy lives leave them feeling depleted and burnt out, and these symptoms are often linked to hormone imbalances.

7 Minutes to Better Health pb by Sam Wood RRP \$39.99 

Get started on the road to better health! Personal trainer and The Bachelor favourite Sam Wood and his team at 28 by Sam Wood have helped transform more than 100,000 people's lives. In 7 minutes to better health Sam Wood shows how easy it is. With 30 tempting smoothies, and 30 easy-to-make salads, eating well has never been simpler. These are quick, healthy recipes that save time, meet your nutritional needs, and make you feel fuller for longer. Alongside satisfying recipes for every time of day, 7 minutes to better health includes 30 of Sam's 7-minute home workouts with 100 exercises that will get you off the couch and feeling great.

Lose Weight for Good hb by Tom Kerridge RRP \$39.99

Food for Life pb by Laila Ali RRP \$44.99

Zero F*cks Cookbook Best Food Least Effort pb by Yumi Stynes RRP \$39.99 

Everyday Ayurveda Cooking for Calm Clear Mind pb by Kate O'Donnell RRP \$49.99

Goodness of Ginger and Turmeric hb by Emily Jonzen RRP \$19.99

Alchemy of Herbs pb by Rosalee De La Foret RRP \$39.99

Did you know there's a powerful herbal medicine chest in your kitchen? Imagine being prepared for that next cold, scrape, headache, digestive issue, stressful day, or sleepless night with simple ingredients from your cupboard. Instead of pills, reach for- Cinnamon Tea to soothe your throat . . . Garlic Hummus to support your immune system . . . Ginger Lemon Tea for cold and flu symptoms . . . Cayenne Salve to relieve sore muscles . . . Cardamom Chocolate Mousse Cake for heart health . . . A glass of Spiced Cold Brew Coffee as a powerful antioxidant . . . Alchemy of Herbs will show you how to transform common ingredients into foods and remedies that heal. What were once everyday flavorings will become your personal kitchen apothecary. While using herbs can often seem complicated or costly, this book offers a way to learn that's as simple and inexpensive as cooking dinner.

Flour A Comprehensive Guide hb by Christine McFadden RRP \$46.99

In this timely new book Christine McFadden explores the way in which flour has been a staple part of our diet, and provides a comprehensive look at the alternatives to traditional wheat flour. With an increasing and at times bewildering choice of flours online and in shops, this book follows a usable A-Z format, providing a CV of sorts for each flour (including plant source, gluten/protein content, flavour profile and how best to use). Each of the flours featured is accompanied by suggested recipes from Christine's kitchen, and these recipes demonstrate the often underestimated ways in which flour is used.

Gluten Free Flour Power Bringing Your Favourite Foods Back to the Table pb by Aki Kamoza RRP \$28.99

Aki Kamoza and Alexander Talbot devise solutions for the culinary world's toughest problems. They understood the need for alternatives to the present forms of gluten-free food and their answers are expressed here in over 90 recipes. Readers will learn the authors' easy tricks for boosting flavour at every turn.

Allergy Free Kids The Science-Based Approach to Preventing Food Allergies pb by Robin Nixon Pompa RRP \$29.99

AWW Kids' Cookbook hb by AWW RRP \$34.99 

A healthy relationship with food should start at a young age. With our cookbook of kid friendly recipes we not only give you the skills to prepare nutritious food for your children, but also help you get them in the kitchen with you. With step-by-step recipes this book is packed with simple yet delicious food that encourage children to cook for themselves. We prove that cooking can be easy and fun, while giving them the skills to become little chefs at home.

Kids Turn to Cook hb by Margaret Brooker RRP \$16.99 

Out Of Shopping List Notepad (100 Sheets on board shrinkwrapped) RRP \$9.99 Pack of 10 \$99.90

Afternoon Tea at Bramble Cafe hb by Mat Follas RRP \$39.99

Let Mat Follas transport you to a sunny table in Dorset adorned with fine china, the sound of birdsong and the smell of the sea for his ultimate collection of recipes from his latest book, Afternoon Tea at Bramble Cafe. Here, Mat has honed his unique experience and his passion for food. Recipes for cakes and scones include a classic Victoria sandwich and a local Dorset apple cake. Slices and tarts feature a Bakewell slice, individual treacle tarts, bramble cheesecake and raspberry meringue kisses.

Sticky Fingers Green Thumb Baked Sweets That Taste of Nature hb by Hayley McKee RRP \$29.99

Sticky Fingers, Green Thumb invites your imagination to travel out of the kitchen and into the garden. Almost sixty recipes celebrate vegetables, herbs and edible flowers in cakes and other sweet snacks. Tips on how to harness their unique flavours, prep them for baking and even grow them yourself will inspire you to create flavour-packed baked treats that aren't loaded with empty gestures. Say goodbye to mushroom risotto and zucchini fritters and hello to porcini caramel and chestnut cake, and apple cider and zucchini muffins. This is earthy, seasonal baking at its best.

Black Girl Baking hb by Jerelle Guy RRP \$32.99

Jerelle's Honey Wheat Cinnamon Raisin Bread smells of the sweetbread her father would use to pack his lunch every morning. Her Bruleed Buttermilk Pie mimics the cracking surface of the creme brulee her great aunt used to make for her on special occasion. Drenched in imagery, these healthy recipes are like therapy, bringing the reader back in time to appreciate the simple pleasures of childhood using the five senses. Jerelle Guy is the creator of Chocolate For Basil, a vegetarian blog that has been featured on Vogue.com and Food52. These recipes tell Jerelle's story while urging the reader to submerge themselves in the senses of baking. With incredible baked goods with a soul food twist. This book will contain 75 recipes and 75 photographs, each with vegan alternatives.

