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Pollen Street hb by Jason Atherton RRP \$85.00

Discover the ingenious recipes and unrivalled attention to detail that made Pollen Street Social a name in the restaurant world, and follow the remarkable journey of a chef who took a risk to fulfil his dreams. Pollen Street Social is more than just a restaurant. Now, in this extraordinary book by the man who made it a reality, you will find out why. This stunning book showcases the very best recipes from the acclaimed Pollen Street Social, Jason Atherton's award-winning London restaurant. Opening in 2011, Pollen Street Social was awarded a coveted Michelin star just six months after opening, and the accolades and awards have continued ever since, and these pages highlight exactly why. The eponymous restaurant is famed for using the very best and freshest produce, and, following the seasons, Jason and his team take inspiration from the suppliers who put their heart and soul into producing the ingredients that form the dishes. With this focus on the importance of his suppliers running throughout, this book also details Jason's journey and his passion for every dish on the menu. The dishes featured range from canapes and afternoon tea to recipes such as Fruits of the Sea, Cartmel Valley Venison Loin and Pistachio Souffle, each of which is beautifully photographed by John Carey.

Also two that arrived late December are now in stock: Mirazur hb \$145.00 and Etxibarri \$69.99

Clean Plate hb by Gwyneth Paltrow RRP \$49.99

Delicious food can heal the body. Reset and rebalance with clean recipes that are flexible and easy for busy weeknight meals or lunches on the go, and healthy enough for more intensive, doctor-supported cleanses. Gwyneth Paltrow gets the power of simple, quality food. Her recipes focus on delicious flavours and clean ingredients - pillars that have launched her cookbooks to bestseller status. Now she's back with her most ambitious cookbook to date: a collection of 100-plus recipes and customisable meal plans that offer taste, simplicity and targeted health benefits. This food-lover's cookbook brings everything to the table - from smoothies and soups to bowls, entrees, snacks and desserts - with the ease and flavour that we have come to expect from Paltrow and her team at GOOP. Also available: Its All Good and Its All Easy

Jackfruit and Blue Ginger Asian Favourites Made Vegan hb by Sash Gill RRP \$39.99

A modern way to dine: Jackfruit and Blue Ginger is more than a vegan recipe book, it is a true collection of Asian favourites with a vegan twist. Perfect for fans of books such as Plenty, Bosh!, and Eat Vegan. Vibrant Asian flavours: When Sasha Gill turned vegan, she didn't want to miss out on the vibrant flavours of her favourite Asian dishes; so she got to work 'veganising' them. Studying medicine in the UK, far from her childhood home in Singapore, Sasha is a student who understands what it is to be short on time and budget; most of her recipes don't take long or demand expensive ingredients. Through constant experimenting, she started to create dishes just as delicious and satisfying as her street-stall favourites and family dinners; only using plants in place of meat and fish.

Simple and Classic hb by Jane Hornby RRP \$59.99

Simple & Classic is a newly curated collection of the very best of Jane Hornby's recipes from What to Cook & How to Cook It, Fresh & Easy, and What to Bake & How to Bake It. The beauty of Hornby's recipes is how easy they are to perfect - with detailed step-by-step shots and beautiful images of the finished dishes, this is destined to be the most useful cookbook on the shelf. Great value, it is released with the original price of What to Cook & How to Cook It, but packed full with the most popular recipes from all of Hornby's books. From Paella to Roast Lamb and Rosemary Potatoes, and Chocolate Mousse with Cherries, this book covers classic and contemporary recipes with an international perspective. Also available: What to Bake & How to Bake It hb \$45.00 and What To Cook hb \$49.99

Fast 800 pb by Dr Michael Mosley RRP \$29.99

The ultimate guide to fasting, weight loss and long-term good health. The culmination of Dr Mosley's bestselling dieting trilogy features revelatory new science with a higher 800-calorie limit. Five years ago with The Fast Diet, Dr Michael Mosley started a health revolution, telling the world about the incredible power of intermittent fasting. Since then, science has told us a whole lot more, and in The Fast 800 he brings you the ultimate guide to fasting, weight loss and long-term good health, and the magic number of calories: 800. If you are one of the millions of followers of The Fast Diet, or have seen the power of The 8-Week Blood Sugar Diet in preventing and reversing type 2 diabetes, then you will know what fasting can do for your health.

Nude Nutritionist Stop Obsessing About Food and Never Diet Again pb by Lyndi Cohen RRP \$35.00

Is obsessing about food making you miserable and anxious? In just seven chapters of straight-talking, friendly advice, Lyndi Cohen shares the tools to heal your relationship with food and release you from fixating on your size, even if you've been dieting for years. Learn how to listen to your hunger and calm your mind. Lyndi is one of Australia's most popular dietitians, known as The Nude Nutritionist of Channel 9's TODAY show. She started dieting as a young teenager, unhappy with her growing body, and gave up in misery, having steadily gained weight for more than a decade. Almost by accident she became a mindful and intuitive eater, and along the way she gently lost 20kg. With over 50 deliciously realistic recipes (no 'superfoods' required) you'll also be inspired to eat well to boost your mood and balance your hormones. Change starts today.

Vegan: Recipes For A More Delicious Life hb by Kyra De Vreeze RRP \$24.99

Plant-based diets are quickly becoming a way of life, but Kyra de Vreeze has been cooking this way for years. The 40 recipes gathered in this book are mouth-watering, homemade and nutritious. Most are simple, some are indulgent and all are made with natural, preferably seasonal ingredients. Her work has been featured in Yoga Magazine, Happinez, and Elle Food, among others. These are the most popular dishes from Kyra's Kitchen website, including brand new recipes and beautiful food photography.

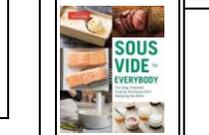
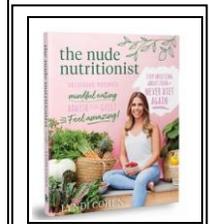
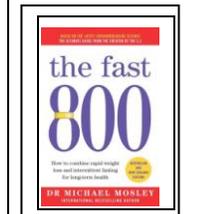
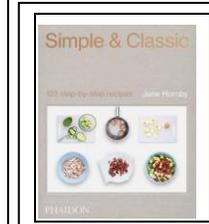
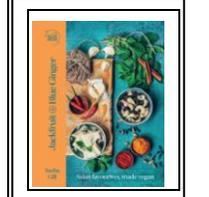
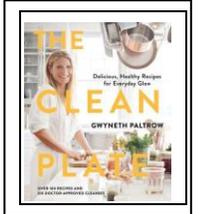
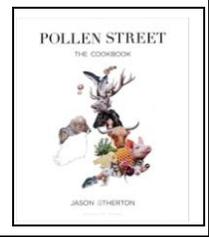
Leon Fast Vegan by John Vincent et al hb \$45.00

Vegan Slow Cooker Revised and Expanded pb by Kathy Hester RRP \$32.99

15 Minute Vegan On A Budget hb by Katy Beskow RRP \$29.99

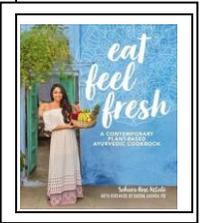
Sous Vide for Everybody pb by Americas Test Kitchen RRP \$45.00

Sous Vide for Everybody is an approachable cookbook that demystifies sous vide cooking and demonstrates how it can make your life easier, while also giving you the tools to try exciting new dishes. Originally from the French for "under vacuum" because it often involves sealing food in plastic, sous vide allows you to cook food gently in an automatic water bath to the perfect temperature. That may sound intimidating, but the technique has trickled down from experimental fine-dining restaurants to the home kitchen precisely because it's an easy and hands-off way to cook. Includes basics as well as recipes that expand your knowledge and creativity in the kitchen.



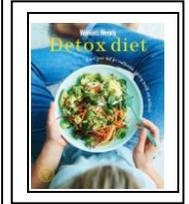
Eat Feel Fresh hb by Sahara Rose Ketabi RRP \$35.00

The ancient science of Ayurveda teaches that food is divine medicine with the power to heal--but the best foods for one person may not be beneficial to another. Unlike many diets with rigid, one-size-fits-all guidelines, Ayurveda is a lifestyle that recognizes the ever-changing needs of each individual. Join author Sahara Rose on a journey to wellness and discover how to eat according to your body's specific needs. Identify your dosha, or mind-body type, and find out what foods are best for your body. Learn how changes in season and climate affect your digestion and how to adjust what you eat accordingly. Rather than focusing on calories, you'll focus on food qualities. Rather than focusing on macronutrients, you'll focus on tastes--and you'll feel better than ever. Fall in love with cooking as you explore more than 100 plant-based, gluten- and dairy-free recipes for every meal of the day, including contemporary twists on classic Ayurvedic cuisine, such as turmeric-ginger kitchari and gut-healing seaweed broth. Packed with practical guidance and beautiful photography, Eat Feel Fresh integrates traditional Ayurvedic wisdom with contemporary nutritional science, and invites you to change your relationship with food and connect with your highest self. Also available: Keto Reset Cookbook pb by Mark Sisson RRP \$29.99



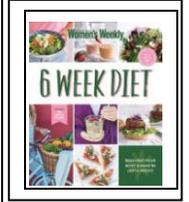
AWW Lunch Box by the Australian Womens Weekly RRP \$34.99

As lunchtime rolls around and you (and your stomach) start thinking about food, it's all too easy to grab takeaway or eat something unhealthy on-the-go. Eating a yummy and nutritious lunch requires a little thought and preplanning - which we've done for you! Whether you're an adult, big kid or little kid, we've got you covered. The recipes in this book are designed to travel, stay fresh and nourish you throughout the day. So pack your lunch box with recipes from this book - and feel better for it!



AWW Detox Diet pb by Australian Womens Weekly RRP \$34.99

Detoxing is about rebooting our metabolism and ridding the body of toxins through diet and approach to living. Start your journey to wellness today by eating a whole food diet. Choose from chapters that eliminate- gluten, dairy, sugar and meat, with an emphasis on nutrient-dense food that will nourish our body. By making positive changes to your diet, you will likely assist your body in dealing with problems, like stress and sleep to achieve a positive sustainable lifestyle change.

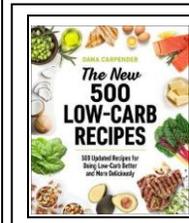


AWW 6 Weeks to a New You pb by Australian Womens Weekly RRP \$39.99

All too often our best intentions to 'get healthy?' and 'lose weight?' fall by the wayside not long after the new year begins, but with this book it will be easy to stay motivated. Packed with delicious low-fat recipes for breakfast, lunch and dinner as well as great ideas for nutritious snacks, all are included in weekly menu plans so you'll look and feel great in just six weeks.

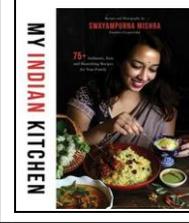
New 500 Low Carb Recipes pb by Dana Carpenter RRP \$29.99

Low-carb cooking has evolved. A decade ago, low-carb menus relied on ingredients like artificial sweeteners, unhealthy vegetable oils, protein additives, and processed foods from grocery store shelves, like low-carb branded snack bars and packaged meals. Today's low-carb cooking is influenced by larger food movements, such as clean eating; farm-to-table ingredients; higher fat ratios, thanks to the popularity of ketogenic diets; and less stigmatization of foods that have substantial inclusion in a low-carb diet, namely animal foods and saturated fat due to the growth of the Paleo and traditional foods movements. The New 500 Low-Carb Recipes is the beloved cookbook updated for today's low-carb movement. Also available: Yoga Kitchen Plan hb by Kimberly Parsons RRP \$39.99



My Indian Kitchen pb by Swayampurna Mishra RRP \$29.99

Swayampurna (Swayam) is the creator of the blog La Petit Chef. She feeds her audience's desire for authentic Indian flavors with meals inspired by her Indian heritage and her mother's cooking—with a collection of curated recipes that are exceptionally easy and palatable for beginners. Home chefs love her easy approach to Indian cuisine, which affords them the opportunity to spice things up in the kitchen without the hassle. Home cooks will love the ease of preparation with one-bowl meals like Pumpkin, Spinach and Chickpea Curry, Salt and Pepper Chicken and Classic Paneer Chili. With an authoritative voice and a forward by respected Indian chef and author Amandip Uppal, Swayam's book will entice everyone to give Indian cuisine a try or expand their already formed love of the culture. This book will have 75 recipes and 75 photos. Also available: **Tiffin 500 Authentic Recipes hb by Sonal Ved RRP \$49.99**



Flavors of Africa pb by Evi Aki RRP \$29.99

Authentic Portuguese Cooking pb by Ana Patuleia Ortins RRP \$34.99

Food52 Cook In the Blank hb by Amanda Hesser RRP \$27.99

The Fun, Freewheeling Game Plan That Takes You from Zero to Dinner. Build recipes in a fun, flexible manner with basic ingredients and instructions to create customizable meals with this innovative tear-away pad. Based on the Food52 "Cook in the Blank" website feature, this reporter's style notepad with perforated, tear-out pages lets you create incredible meals based on adaptable instructions and just a few staple ingredients. Fill in the blanks with whatever you have in your kitchen, or let your imagination go wild and create unique dishes with unusual flavor combinations. The choice is yours! It's like Mad Libs for meal time. When you're done, you can tear the recipe out to save or send to friend. From pasta to chili to grain bowls, Food52 Cook in the Blank makes mealtime easy and makes every dish new and exciting. This is how you cook without a book.

Cook Like A Pro hb by Ina Garten RRP \$55.00

In Cook Like a Pro, Ina Garten shares a brand-new collection of recipes, tips, and techniques, so readers can cook with confidence no matter how much experience they have in the kitchen. With beautiful photos and a treasury of pro tips that span prepping, making, and serving, as Ina says, "You don't have to be a pro to cook like one!"

Beer in the Loire hb by Tommy Barnes RRP \$29.99

Tommy Barnes was at breaking point, frustrated by a dead-end job, fed up with renting in London and, to cap it all, failing to make it as a stand-up comedian. But he didn't break - instead he made himself redundant and took off to France with girlfriend Rose to pursue his dream of brewing beer. Settled in a dilapidated house in the Loire they are plagued by calamities (mainly of Tommy's making), boisterous neighbours and an unexpected pregnancy. Not to mention, Burt the Satanic dog who truly has it in for his master. Featuring colourful characters, a stunning location, and an inspiring collection of beer recipes, this is an irresistible feast of humour and heart.

Chinese Wine Renaissance hb by Janet Z Wang RRP \$55.00 (with forward by Oz Clarke)

The Chinese have been making wines since the days of the Silk Road and they have a rich, yet little known wine culture. While in the past it was largely grain wine that was consumed, China's grape wine market is worth around \$18 billion a year. It produces over one billion litres annually, making it one of the largest wine producers and consumers in the world. This book presents the past, the present and future of Chinese wines, set against the fascinating backdrop of Chinese culture. In an accessible and comprehensive tone, covering the relationship between Chinese philosophy and wine, the rise of grape wine in China, the different varieties of Chinese wines, how to pair them with Chinese food and explores wine etiquette and customs. As wines from China are spreading to our shores and our tables, this book is an essential companion for all wine lovers interested in exploring new flavours while expanding their cultural horizons.

