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Eat Green hb by Melissa Hemsley RRP \$45.00

Bestselling author and home cook, Melissa Hemsley gives you over 100 recipes that focus easy-to-buy ingredients, cutting down on food waste and putting flavour first. Eat Green is a helping hand towards eating a lot more vegetables in a way everyone can enjoy together. These veg-packed and veg-centric recipes are easy to make and perfect for the whole family. Chapters include- One Pot and One Tray; Cook Now, Eat Later; Family Favourites; and 30 Minutes or Less. Simple swaps mean that meat and fish can be added in or taken away, so everyone can enjoy a delicious meal, whether they are vegan, vegetarian, enjoying a meat-free Monday or something in between. Eat Green celebrates the pleasure of really good food anyone can cook and everyone can savour. 'A delicious and much-needed nudge towards a healthier and more sustainable kitchen' Hugh Fearnley-Whittingstall.

Lose Weight and Get Fit 100 High-Flavour Recipes for Dieting and Fitness hb by Tom Kerridge RRP \$49.99

Peri-peri chicken, cottage pie, fudgy chocolate brownies - this is diet food with a difference. Following on from the No.1 bestseller Lose Weight for Good, top chef Tom Kerridge shows you how to shed the pounds and kick-start a more active lifestyle with ALL of the maximum-taste, lower-calorie recipes from his upcoming BBC2 TV series.

Bosh! The Healthy Vegan Diet pb by Henry Firth RRP \$29.99

'The vegan Jamie Oliver.' The Times. BOSH!, the pioneers of simple, easy and delicious plant-based cooking, are here to make a sustainable and ethical lifestyle accessible to everyone. This book will help you make a few positive changes that will have a huge impact on the world around you. It covers all aspects of vegan living, everything from food to toiletries to travel. Should you be eating avocados? Is it still ok to wear an old leather belt? Henry and Ian will answer these questions and more in this fully-comprehensive guide to the how and the why of a plant-based lifestyle. Whether you're already vegan or just about to start on your vegan journey, this is all the inspiration you need. Also coming: **Green Smoothies NOW IN PAPERBACK by David Frenkiel and Luise Vindhl RRP \$19.99**

7 Day Vegan Challenge The Easy Guide to Going Vegan hb by Bettina Campolucci Bordi RRP \$27.99

Curious about veganism but already recoiling at visions of expensive wholefood stores, your grumbling stomach and an insatiable craving for cheese? Then this is the book for you. This book shows that with a little bit of planning, anyone can go vegan for a week. Her delicious meals combine affordable ingredients with big flavours. Included are shopping lists, meal plans and over 60 tasty recipes.

Veggie Chinese Takeaway Cookbook hb by Kwoklyn Wan RRP \$29.99

Being vegan or vegetarian, or wanting to reduce your meat intake, doesn't mean missing out on fantastic takeaway favourites. This book offers over 70 amazing meat-free recipes, most of which can easily be made vegan. Kwoklyn Wan has spent his life cooking in Chinese restaurants and knows how to make your home recipes taste just like the takeaway. Chinese food is ideal for a veggie diet as it makes the most of fresh vegetables and meat substitutes, and uses very little dairy - but at the same time packs fantastic flavour into everything. From tom yum soup to spring rolls, fried tofu with chilli and black beans, to Hong Kong crispy noodles and sticky rice parcels, you can re-create the tastes of your favourite restaurant quicker than the time it takes to pick up the phone and order.

My New Roots NOW IN PAPERBACK by Sarah Britton RRP \$34.99

My New Roots cookbook is packed with over a hundred simple and mouth-watering vegetarian recipes. Free from processed ingredients such as refined flours and sugars, this book embraces all-natural ingredients. With options that are free from dairy, sugar and gluten, low carb and alkaline rich, these seasonal, healthy recipes are designed to satisfy your appetite and make you feel fantastic. My New Roots puts delicious, irresistible, whole foods at the centre of your plate to help boost your energy levels, and make your body and mind healthy and happy, one meal at a time. Also coming: **Keto for Life pb by Mark Sisson RRP \$29.99**

Vegetarian Cookbook More Than 50 Recipes for Young Cooks hb by Dorling Kindersley RRP \$24.99

Full of tasty and filling recipes, this vegetarian cookbook offers up a range of 50+ dishes for breakfast, lunch, dinner, and snack time. Budding young cooks will be excited by the variety of healthy vegetarian meals that are incredibly easy to make. Each recipe is carefully put together by an expert author and there is a nutritionist on board to check there's a balance of vitamins, minerals, protein, and carbs throughout the book. Food fact files and helpful tips throughout the book give advice on how to achieve a balanced diet, ensuring every nutritional need is covered for growing young minds and bodies. The pre-teen and teenager categories are often forgotten, but this all-encompassing veggie cookbook fills that gap by suggesting foods that will help with concentration, developing hormones, and overall mental well-being.

Vegetarian Meals in 30 Minutes pb by Anita Bean RRP \$32.99

The latest book from the bestselling author of The Vegetarian Athlete's Cookbook. Grounded in scientific evidence, this book is part nutrition guide and part cookbook with over 100 recipes to show you how to eat well and improve your performance through cooking.

Baby and Toddler Meal Prep Plan pb by Keda Black RRP \$29.99

Save energy, time and money and stress less about feeding your baby so you can live more - let Baby + Toddler Meal Prep Plan show you step by step how to plan, shop, prep, cook, batch and freeze a week's healthy, nutritious meals for your baby in less than 2 hours. First step - choose the menu for the week. Second step - use the shopping lists to pick up the ingredients you need. Third step - cook the week's menu in one hit when you have time and stash in the freezer. Fourth step - assemble each day's meals as you need them. There are shopping tips and lists and menu plans with quick prep tips and fast assembly ideas, storage instructions and more than 80 no-waste recipes for summer and winter, so you can shop seasonally when produce is at its best, most nutritious and cheapest.

Plan Buy Cook Book Plan Once Eat Well All Week pb by Gaby Chapman and Jen Petrovic RRP \$29.99

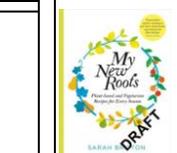
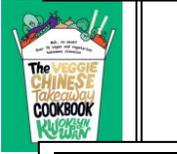
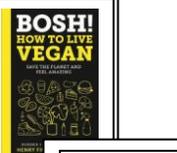
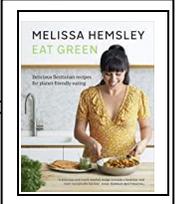
Visual Guide to Easy Meal Prep Save Time and Eat Healthy with Over 75 Recipes pb by Erin Romeo RRP \$29.99

Plant-Based Meal Prep pb by Stephanie Tornatore and Adam Bannon RRP \$29.99

Moon Milk 55 Plant-Based Recipes for a Good Night's Sleep hb by Gina Fontana RRP \$24.99

SuperFastDiet pb by Victoria Black and Gen Davidson RRP \$34.99

The diet that helps you lose weight while still having a social life. After years of yo-yo dieting, Australian women Victoria Black and Gen Davidson lost 40 kg between them using the intermittent fasting methods described in SuperFastDiet and have kept the weight off! They also created the world's first and now largest online fasting program. Now, Victoria and Gen bring their dieting genius to life in their SuperFastDiet book. Here you will find: all the information you need to select the SuperFast program that best suits you: 2 day (5:2), 3 day (4:3) or part-day (16:8) the science behind the diet, showing how fasting can help you avoid diabetes, heart disease and a range of lifestyle diseases 80 delicious recipes weekly meal plans real-life stories of dramatic weight loss from the SuperFast community. Fully photographed with advice and encouragement, SuperFastDiet is your passport to long-term weight loss and good health.



Black Axel Mangal hb by Lee Tiernan RRP \$49.99

The much-anticipated first cookbook from one of London's most-loved cult restaurants. Squid-ink flatbreads with cod's roe, mapo tofu with hash browns and fried eggs, and foie gras and cherry doughnuts - it's thanks to chef Lee Tiernan's ability to fuse myriad on-trend tastes and underused ingredients with open-fire cooking techniques that Black Axe Mangal has quickly reached cult status. This book celebrates Tiernan's innovative food as well as his bold aesthetic, influenced by his love of heavy metal and skate culture.

Made in Mexico The Cookbook hb by Danny Mena and Nils Bernstein RRP \$79.99

Made in Mexico mixes recipes inspired by Mexico City street food, local eateries, and multi-starred restaurants, combining regional traditions and global trends. In more than 100 dishes for breakfast, antojitos or snacks, salads and ceviches, main dishes, and desserts, as well as staples such as salsa roja and tortillas, chef Danny Mena shows the depth and diversity of true Mexican cooking in the capital city, with explanations for proper technique and suggestions for ingredient variations. Transportive photography from the streets, squares, markets, fondas, and restaurants of Mexico City complements beautifully plated dishes and an alfresco backyard dinner. Each recipe is inspired by a different Mexico City restaurant, giving the book a second life as a delicious image-filled guide to one of the world's hottest culinary destinations. Fascinating sidebars illuminate aspects of Mexican food culture and feature notable locations.

Art and Fiesta In Mexico City pb by Cristina Alonso RRP \$32.99

Art and Fiesta in Mexico City is your comprehensive guide to navigate the city's seemingly endless cultural attractions, eclectic food and drinks scene, shops, galleries and legendary markets. From major sights to recently opened venues that showcase the city's young and vibrant energy, author Cristina Alonso will ensure you make the most of your visit in the most progressive city in Latin America.

Eataly All About Dolci - Regional Italian Desserts and Sweet Traditions hb by Eataly RRP \$59.99

All About Dolci, from the pastry chefs at Eataly, is an enticing presentation from biscotti to gelati, torte, and classic pasticceria, with more than 50 recipes that inspire the perfect flourish to any Italian meal. The book takes readers through the history and tradition behind biscotti, with recipes including cantucci, baci di dama, and amaretti; holiday recipes such as panettone, pandoro, and struffoli; the classic tradition of Italian mini-pastries, piccola pasticceria, featuring rum baba, meringa, and cannoli; and all things gelati, including granita, sorbetto, and affogato. This is a one-stop source. Also: Eataly hb \$59.99 Eataly All About Pasta hb \$49.99 and How to Eataly hb \$65.00

Ultimate Pasta and Noodle Cookbook hb by Serena Cosmo RRP \$65.00

Go beyond spaghetti and meatballs and whip up baked lamb orzo, or a savory squid ink frittata! There are 300 recipes from around the world, and nearly 350 pastas to discover in this definitive book! Easy-to-follow instructions with handy tips and techniques make you the master chef in your own kitchen. "This is a great Pandora's box of everything pasta, filled with so many inviting recipes that anyone who opens it will find it impossible not to head into the kitchen, roll up the sleeves and start from scratch." - Don Oldenburg.

Dumplings hb by Derek Bissonnette RRP \$32.99

From comfort-food favorites and delicious desserts to vegetarian classics and gluten-free options, this is the only dumpling cookbook you'll ever need. Explore the vast appeal with recipes from the heart of China to the coasts of Italy and everywhere else excellent taste prevails. The perfect present for every skill level with over 100 easy-to-follow recipes, you can become a dumpling master in no time! No matter your personal taste and dietary preferences, you'll never run out of new recipes to try. .

Bob's Burgers Recipe Box (Boxed Set) by Loren Bouchard and Cole Bowden RRP \$34.99

This is a collection of 35 fully illustrated recipe cards from the NYTimes best-selling The Bob's Burgers Burger Book. Stored in a sturdy, full-colour hinged box, it is perfect for any kitchen. The recipes in this box include the Bleu is the Warmest Cheese Burger, the Bruschetta-Bout-It Burger, and the Shoot-Out at the OK-Ra Corral Burger. Serve the Sweaty Palms Burger to your ultimate crush, just like Tina Belcher, or ponder modern American literature with the I Know Why the Cajun Burger Sings Burger. It also includes five blank cards to write and share your own burger recipes. Features the entire Belcher family as well as additional beloved characters.

Delicious Soups Fresh and Hearty Soups for Every Occasion hb by Belinda Williams RRP \$45.00

Taking the best ingredients, marrying them in creative ways, and adding inspired seasonings is the key to creating the most delicious soups. And this collection of more than 60 recipes is truly a celebration of soup. There are Hearty & Wholesome soups, including plenty of rustic and satisfying vegetarian options. For a light and silky bowl of goodness try one of the Smooth & Creamy recipes. If the occasion calls for a more sophisticated creation, try one of the recipes from A Little Special. Finally, the more adventurous souls can explore the world of International Flavours with soups inspired by the Far East, Europe, and beyond.

Kombucha & Co pb by Felicity Evans RRP \$29.99

Kombucha and other fermented drinks are great for gut health, but they're expensive to buy and you can't be sure of the quality. But it's easy to make your own kombucha when you know how. Fermentation guru Felicity Evans has you covered with step-by-step instructions to make a range of 50 delicious flavours of gut-friendly probiotic drinks, including troubleshooting tips and inspiration for alcohol-free happy hour at home. From kombucha to kefir, ginger beer to honey mead, learn to confidently make your own fermented drinks and transform your health from within.

Roughwood Book of Pickling Homestyle Recipes for Chutneys Pickles Relishes... hb by William Woys Weaver RRP \$95.00

Including Indian-style chutneys, Latin American ajís and salsas, and Japanese-style recipes alongside European and traditional Pennsylvania Dutch pickles – this tome offers creative and inspiring recipes for heirloom produce. Canning and preserving grows organically from the kitchen garden, greenmarket, and CSA movement, reflecting the growing priority to know exactly where our food comes from. Beginners and experts alike can learn from Weaver's accessible instructions, experienced voice, and global palate. Chapters are arranged for the cook into "Hot and Spicy," "Salty and Fermented," and "Sweet and Sour," with an additional section for versatile vinegar infusions.

That Photo Makes Me Hungry Photographs for Fun and Profit pb by Andrew Scrivani RRP \$39.99

Discover insider secrets for mouth-watering photographs. Andrew Scrivani, food photographer for The NYTimes, is one of the most respected names in the business. He is also a teacher of the craft, advising food porn obsessives, bloggers, photographers ready for the next step and anyone who loves to shoot and eat how to: see the light (craft and shape it the way you want); embrace the maths (calculate ISO, aperture, shutter speed and white balance); consider visual storytelling (single vs. multiple image narratives); master tricks for shooting in restaurants (window, bounce cards); be a control freak (shop, prep, cook, style and shoot) and turn passion into profit (work and get paid). Part straight-forward practical advice, part stories from the field with many of Scrivani's signature pictures.

Kitchen Yarns – Notes On Life Love and Food pb by Ann Hood RRP \$24.99

Today From her Italian American childhood through raising and feeding a growing family and cooking with her new husband, food writer Michael Ruhlman, Ann Hood has long appreciated the power of good food. In Kitchen Yarns, she details her life with essays and recipes, spinning tales of loss and starting from scratch, family love and feasts with friends, and how the perfect meal is one that tastes like home. "In this cozy read, Hood shares recipes that shaped her . . . and the poignant life lessons about loss, love, and friendship she learned in the kitchen." — Real Simple

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