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### New Titles Newsletter for **JANUARY 2021**

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#### **Eat Better Forever – 7 Simple Ways to Transform Your Diet hb by Hugh Fearnley-Whittingstall RRP \$45.00**

In Eat Better Forever, Hugh Fearnley-Whittingstall gives you all the tools to improve your eating habits, and therefore your life permanently. And to help it all happen, he's added his 100 healthiest recipes yet. In this ground-breaking book, instead of promising a gimmicky single-fix solution to the challenge of healthy eating, Hugh extracts the knowledge, advice and healthy habits, from cutting edge research into the obesity crisis, to produce 7 simple strategies that will transform your diet and your health. Starting with the blissfully simple message that we all need to Go Whole, he leads us away from the industrial junk and processed foods that are doing so many of us so much harm and returns us to the real foods that nurture us and keep us well. Everything that follows is clear, believable and achievable. From sorting the good carbs from the bad, learning not to fear fat, and looking after our gut, to renegotiating the foods we call 'drinks' and being mindful of when to eat -and when to take a pause - Hugh guides us to a better way of eating that will last us our whole lives.

#### **Finding Fire hb by Lennox Hastie RRP \$50.00**

Finding Fire is a book about cooking with fire. Now with a new cover, it tells the story of how the UK-trained chef Lennox Hastie learnt the language of fire and the art of harnessing it. The book presents more than 80 recipes that celebrate the instinctive, focused cooking of ingredients at their simple best using one of the oldest, most fundamental cooking tools. In Finding Fire, Lennox explains the techniques behind creating a quality fire, and encourages readers to see wood as an essential seasoning that can be varied according to how it interacts with different ingredients. Recipes are divided by food type: seafood, vegetables, meat (including his acclaimed steak), fruit, dairy, wheat and bases. Alongside his recipes, Lennox tells of his journey from Michelin-star restaurants in the UK, France and Spain to Victor Arguinoniz's Asador Etxebarri in the Basque mountains and, ultimately, to Australia to open his own restaurant, Firedoor. The result, is an uncompromising historical, cultural and culinary account of what it means to cook with fire.

#### **Nose Dive hb by Harold McGee RRP \$65.00**

The long awaited new book from bestselling author of ON FOOD AND COOKING, Harold McGee. What is smell? How does it work? And why is it so important? Harold McGee, leading expert on the science of food and cooking, has spent a decade exploring our most overlooked sense. Nose Dive is the amazing result: it takes us on an adventure across four billion years and the whole globe, from the sulphurous early Earth to the fruit-filled Tian Shan mountain range north of the Himalayas, and back to the keyboard of your laptop, where trace notes of phenol and formaldehyde are escaping between the keys. A work of astounding scholarship and originality, Nose Dive distils the science behind smells and translates it into an accessible and entertaining sensory and olfactory guide. We'll sniff the ordinary (wet pavement and cut grass) and extraordinary (ambergris and truffles), the delightful (roses and vanilla) and the challenging (swamplands and durians). We'll smell each other. We'll smell ourselves. Here is a story of the world, of all of the smells under our noses. DIVE IN! Harold McGee writes about the chemistry of food and cooking, and the science of everyday life. He has worked alongside some of world's most innovative chefs, including Thomas Keller and Heston Blumenthal. He lives with his family in California.

#### **Milk Bar Kids Only pb by Christina Tosi RRP \$36.99**

Dedicated to the next generation of young bakers, Milk Bar- Kids Only presents more than eighty-five fun and empowering recipes to inspire imagination in the kitchen, from Apple Pie Waffles to PB&J Cereal Treats to Strawberries and Cream Cupcakes to marshmallowy Choco Crunch Cookies. This is a cookbook that teaches kitchen skills and also shows bakers the brilliance of what a little personality can bring to the mix. Whether they're transforming a donut into a milkshake or creating their own flavored butters for smearing onto biscuits, readers will have plenty of opportunities for mixing and matching within recipes to help their creativity run wild.

#### **Road Trip Cooking the Best Recipes for your Campfire Stove or Barbecue pb by The Holy Kaw Company RRP \$29.99**

Road trips are the ultimate freedom: long roads, beautiful vistas, good conversations and singing along with the radio. And when you choose to stop somewhere out in nature, you'll want something tasty and nutritious to cook on your camping stove, campfire or portable barbecue. In Road Trip Cooking, Arno and Mireille of the Holy Kaw Company in the Netherlands take you along in their campervan. Their motto is simple: cooking and eating well is possible anytime, anywhere.

#### **Eat More Vegan Small Format by Luke Hines RRP \$26.99**

Luke Hines is well known for his creative and healthy paleo takes on everyday favourites. This new book is filled with delicious recipes - all completely plant-based and gluten and grain free. Regardless of your food philosophy, we can all agree that we need to eat more plants and in Eat More Vegan Luke shares nutritious recipes that are packed with flavour and full of vibrant colour. This book is a celebration of amazing, generous and abundant vegan food - real food, there's not a packet ingredient in sight! There are flavourful and hearty breakfasts, salads, soups and sautés for any time. More substantial roasts, bakes and barbecues. And sweets to finish off.

#### **Be More Vegan The Young Persons guide to Plant-Based Lifestyle pb by Niki Webster RRP \$24.99**

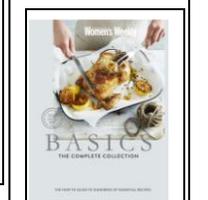
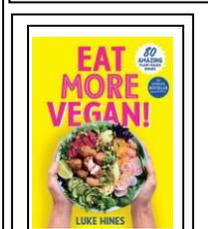
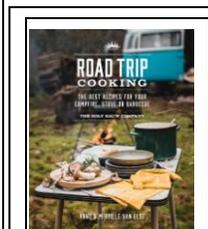
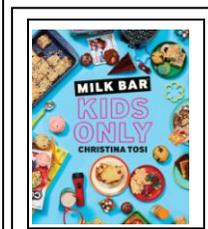
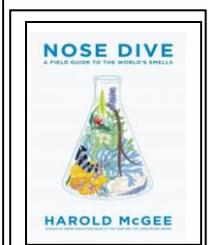
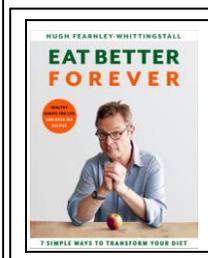
Whether you're ready to commit to a fully plant-based lifestyle or you'd just like to add a few meat-free dishes to your weekly meal plan, this is the ideal guide. It explains the reasons behind going vegan, including environmental, health and animal welfare benefits, in clear and simple language that helps young people make up their own minds. It answers all the nagging questions about nutrition and ethics, as well as giving bang-up-to-date information about the best vegan ingredients, substitutions and food hacks. Best of all, it contains over 50 mouth-watering recipes for every situation, from lunchbox staples to midweek meals, and moreish snacks to amazing cakes and desserts.

#### **Plant-Based Cookbook – 100 Delicious Recipes for a Healthy Life hb by Melissa Petitto R.D. RRP \$24.99**

#### **Vegetarian Hassle Free hb by Jane Devonshire RRP \$44.99**

#### **AWW Basics the Complete collection pb by Australian Womens Weekly RRP \$39.99**

This is the best book for anyone starting out as it includes everything you will need to learn and enjoy cooking with triple tested delicious recipes! Have you ever wondered about the secret to perfect roast potatoes or wanted new ways to serve up weeknight staples such as pasta or rice? Both practical and beautiful, this collection contains hundreds of recipes that are essential for a complete culinary repertoire, with loads of handy tips, professional techniques and how-to steps making it a must-have resource for every kitchen. Also coming: **AWW Lunch Box Vol. 2 pb by AWW RRP \$24.99 and AWW Detox Diet Vol. 2 pb by AWW RRP \$34.99**



**Bien Cuit – Revised Edition hb by Zachary Golper RRP \$75.00 (due late Jan)**

Zach Golper has written one of the best cookbooks of all time according to The NY Times, Epicurious Bon Appétit and more. Zachary shares his insider's secrets to making his delicious, artisanal bread that will have home bakers creating professional-quality products in no time—and inexpensively. This book is a work of art. Zach's superstar status in the world of bread baking, starters, and simple baking methods has made Bien Cuit a world classic. Zach introduces a new approach to a proudly old-fashioned way of baking bread. In the oven of his Brooklyn bakery he creates loaves that are served in NY's top restaurants and sought by bread enthusiasts around the country. His secret: long, low-temperature fermentation which allows the dough to develop complex flavors. A thick mahogany-colored crust is his trademark—what the French call bien cuit, or “well baked.” Readers and amateur bakers will reap the rewards of his curiosity and perfectionism in the form of 50 recipes that span the baking spectrum. .



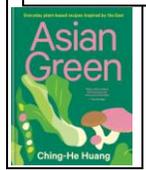
**Dumplings = Love Delicious Recipes from Around The World hb by RRP \$57.99**

The original comfort food in every culture, the humble dumpling takes center stage in this full-color cookbook. The author offers up beloved staples like Chinese soup dumplings, Japanese gyoza, and Eastern European pierogi with easy, step-by-step instructions for dumpling skins and fillings. There are also many regional twists on dumplings, with innovative fillings, dumpling doughs, and dipping sauces.



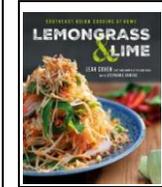
**Asian Green hb by Ching-He Huang RRP \$39.99**

'Ching's recipes are not only deliciously healthy but easy enough for anyone to have a go at and enjoy.' Tom Kerridge Asia has always had an abundance of delicious recipes that are traditionally meat and dairy free. Here, Ching-He Huang MBE draws inspiration from across the continent to create simple, healthy home cooking that everyone can enjoy. From Nourishing Soups to Fast & Furious and Warm & Comforting, each chapter features fresh and vibrant vegan dishes that are both nutritious and packed with flavour. Ching also shows you how to make your own seitan and tofu as well as sharing expert tips and tricks for successful wok cooking.



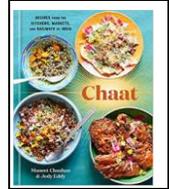
**Lemongrass and Lime Southeast Asian Cooking At Home hb by Leah Cohen RRP \$49.99**

Growing up half-Filipino, Leah never thought food from her mother's side would become her life's work. But after working in Michelin-starred restaurants and then competing on Top Chef, Cohen was still searching to define what made her food hers. She found the answer in Vietnam, Thailand, Myanmar, Singapore, Indonesia, and yes, the Philippines, as she rediscovered the deliciously sweet, pungent, and spicy flavors of her youth and set out to take them back with her to NY. In this cookbook, she shows readers how to use pantry staples like fish sauce, coconut milk, and shrimp paste to delicious effect, and gives home cooks the confidence to embrace what she calls the "controlled chaos" of Asian cooking. This cookbook presents 125 authentic dishes with a modern twist. Let your taste buds travel.



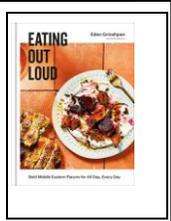
**Chaat Recipes from the Kitchens Markets and Railways of India hb by Maneet Chauhan and Jody Eddy RRP \$56.99**

In Chaat, Maneet Chauhan explores India's most iconic, delicious, and fun-to-eat foods coming from and inspired by her discoveries during an epic cross-country railway journey that brought her to local markets, street vendors, and the homes of family and friends. From simple roasted sweet potatoes with star fruit, lemon, and spices to a fragrant layered chicken biryani rice casserole, and the flakiest onion and egg stuffed flatbreads, the recipes are varied, colorful, and expressive. Maneet weaves in personal stories and remembrances as well as historical and cultural notes as she winds her way from North to South and East to West. Chaat is a celebration of the diversity of India's food and people. Also coming: **New Fondue Cookbook hb by Adams Media RRP \$29.99**



**Eating Out Loud bold Middle Eastern Flavors for All Day Every Day hb by Eden Grinshpan RRP \$57.99**

Eden Grinshpan's accessible cooking is full of bright tastes and textures that reflect her Israeli heritage and laid-back but thoughtful style. In Eating Out Loud, Eden introduces readers to a whirlwind of exciting flavors, mixing and matching simple, traditional ingredients in new ways. For anyone who loves a big, boisterous spirit both on the plate and around the table, Eating Out Loud is the perfect guide to the kind of meal-full of family and friends eating with their hands, double-dipping, and letting loose—that you never want to end.



**Cook With Me 150 Recipes for the Home Cook hb by Alex Guarnaschelli RRP \$59.99**

For Alex Guarnaschelli, cooking has never been just about getting dinner on the table. With a legendary cookbook-editor mother (Maria Guarnaschelli) and a food-obsessed father, the Food Network icon and Iron Chef has always been immersed in the culinary world. Alex charms readers with 150 honed, smart recipes complimented by insightful and heartfelt reflections. She shares dishes she grew up with, the dishes she wishes she grew up with. Alex's passion for food and heritage sparkles in this deliciously poignant tribute to the food that defines a family.

**Flavorbomb A Rogue Guide to Making Everything Taste Better hb by Bob Blumer RRP \$52.99**

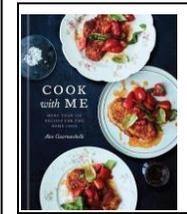
**Cooking Meat – A Butcher's Guide to Choosing Buying Cutting Cooking and Eating Meat hb by Peter Sanagan RRP \$61.99**

**Hunter Chef – Hunt Fish and Forage In Over 100 Recipes hb by Chef Michael Hunter RRP \$52.99**

**Sheet Pan Chicken 50 Simple and Satisfying Ways to Cook Dinner hb by Cathy Erway RRP \$34.99**

**Dessert Person Recipes and Guidance for Baking with Confidence hb by Claire Saffitz RRP \$61.99**

Claire Saffitz is a baking hero for a new generation. In Dessert Person, fans will find Claire's signature spin on sweet and savory recipes like Babkallah (a babka-Challah mashup), Apple and Concord Grape Crumble Pie, Strawberry-Cornmeal Layer Cake, Crispy Mushroom Galette, and Malted Forever Brownies. She outlines the problems and solutions for each recipe—like what to do if your pie dough for Sour Cherry Pie cracks (patch it with dough or a quiche flour paste!)—as well as practical do's and don'ts, skill level, prep and bake time, and foundational know-how. With Claire at your side, everyone can be a dessert person.



**Great British Bake Off – Love to Bake hb by Great British Bake Off RRP \$55.00**

**Pie Style hb by Helen Nugent RRP \$39.99**

**Happy Food for Life Health hb by Henrick Ennart RRP \$44.99**

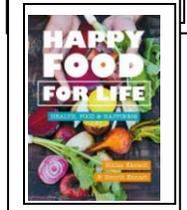
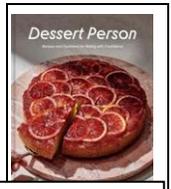
Discover how eating well affects mental and physical health: vegan, veggie or carnivore, this book is for you! Based on ground-breaking new research, Happy Food For Life extends the conversation around gut health and its effect on our mental and physical health, ensuring every reader is equipped to make the best choices for our all-round health - and the planet too.

**Quick Prep Paleo pb by Mary Smith RRP \$39.99**

**Clean Paleo Comfort Food Cookbook 100 Delicious Recipes That Nourish Body and Soul pb by Jessica DeMay RRP \$39.99**

**Enough pb by Dr Cassandra Coburn RRP \$32.99**

How changing what you eat can save the planet. Enough. uses the latest scientific research to address this vital question: can we provide a growing population with a healthy diet from sustainable food systems? Fortunately for us all, the answer is yes. Enough. shows exactly how we can tackle both of these urgent, interconnected challenges at the same time. Enough. is a clear, ultimately hopeful and hugely important roadmap for both own health - and the planet's. Also coming: **Quotes Of Cooks hb by Susi Gott Seguret RRP \$19.99**



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