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Quadrille

Fall 2021

Hardie Grant

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Contents

Food & Drink	5
Home & Lifestyle	43
Wellness & Inspirational	61
Humor & Gift	75
Backlist	83
Index	106
Sales representation	108



Food & Drink



draft cover

The Pressure Cooker Bible

The Complete Guide to Cooking,
with 200 Recipes
Catherine Phipps

Nov-21 | HC | CKB129000
\$38.00 | 9781787135321
320 pages | 7.4 x 9.8"
Full-color photography throughout

ISBN 978-1-78713-532-1



The most comprehensive guide to pressure cooking on the market, with over 150 recipes suitable for stovetop and electric cookers

Pressure cooking is a wonder cooking method! You can make meals in minutes (on average, a third or less of the time of other cooking methods – risotto takes 7 minutes!) and food cooked in a pressure cooker retains more nutrients and more flavor.

The popularity of electric pressure cookers has meant more people than ever are finding out how cooking this way makes life easier. Author Catherine Phipps has written the complete pressure cooker cookbook, gently guiding readers through everything they need to know, with foolproof, step-by-step instructions for over 150 recipes.

Catherine Phipps is a food writer, cookbook author, and recipe developer who has frequently featured on TV and radio, including BBC Radio 4's *The Food Programme*. She is the author of four books, including *Citrus* (2017) and *Leaf* (2019).

- In 2019, retail sales of electric pressure cookers in the United States amounted to over 50 million dollars
- Pressure cooking is faster, retains more nutrients in the food and saves energy
- Popularity of Instant Pot has meant people are looking for good, reliable recipes



Kiwi burger with pickled beetroot and a fried egg

New Zealanders like to put beetroot and a fried egg into a burger.

As a kid we would get fish/chips every Friday night, there was a local one in every neighbourhood, this is where you could buy stush 'kiwi' burgers, battered fish burgers. Pans fritters (a type of abalone), battered deep fried oysters, not only fish and chips.

The burgers were stacked high, daily made patties and freshly 'caught that day' fish, with an abundance of ingredients, lettuce, beetroot, eggs and sometimes even pineapple. This upbringing has informed my philosophy on food, whether it be fast or slow, produce and ingredients should be fresh, seasonal and well sourced.

Serves 4 burgers, double or triple for more

- 400g beef mince, good quality, locally sourced
- 3 tbsp cooking oil, rapeseed, sunflower
- 1 large red onion, finely sliced into discs or semi circles
- Sea salt and freshly ground black pepper, to season
- 4 slices Emmental cheese, or Gouda or Jarlsberg, very thinly sliced
- 4 free range eggs, fresh (see page 3)
- 4 fresh burger buns, or brioche/milk buns (homemade see page...)
- 4 tbsp tomato ketchup, or tomato chutney
- 4 tbsp mustard, Dijon or wholegrain
- 8-12 slices pickled beetroot, discs
- 1-2 large tomato, sliced
- 4 large cooking lettuce leaves, or round

Remove the mince from the fridge at least 20 minutes before prepping, bringing it to room temperature.

Warm the oil in a large frying pan and fry the onions on a medium high heat for 5-6 minutes, until soft and a touch charred. Remove from the pan and set aside.

In the same frying, on a medium high heat, add the patties two at a time, generously season with salt and pepper on the up-side, they should sizzle as they hit the pan. Cook for 30 seconds then gently press the patty down with a fish slice to the diameter of your burger bun. Cook a further 1 1/2 minutes. Flip, season again, and place a slice of cheese on top of each patty so it gently hugs when melted. Cook for a further 1 minute for medium rare or 2 minutes for medium.

In a separate frying pan fry your eggs (see page... for the easiest, fail proof way).

Remove the patties and rest, while cooking remaining ones. Leave the patties to rest while you cook the burger buns in the same pan by gently pressing the sliced side down into the pan for 20-30 seconds to gently toast.

Stack your burger by spreading ketchup on the bottom bun and mustard on the top bun. Place the cheese coated patty on the bottom bun first, then the fried egg, 1-3 slices of tomato, 2-3 slices of pickled beetroot, lettuce and lastly fried onions before adding the mustard bun top.



Note
Some New Zealanders will say it's not a kiwi burger without a pineapple ring, so if you want to try this sweeter version then char some pineapple slices in a grill/pan or under the grill and add to the stack in place of the tomato.



The Modern Preserver's Kitchen

Cooking with Jam, Chutney, Pickles and Ferments

Kylee Newton

Sep-21 | HC | CKB015000

\$32.00 | 9781787135383

224 pages | 6.8 x 9.7"

Full-color photography throughout

ISBN 978-1-78713-538-3



9 781787 135383



Save the seasons: make jam, chutney, ferments, and pickles and turn them into 70 spin-off recipes.

'Kylee's preserves and pickles bring the finishing touch to a great meal. I love the way she cooks and writes and she played a big part in my own preserving and pickling journey when we met years ago. This book shows us how to build big-flavored food easily and vibrantly.'

- Melissa Hemsley

The Modern Preserver's Kitchen aims to have you reaching into the ghost-town shelf of half-empty jars in your refrigerator and to give new life to them. By doing this or - if you prefer - by making your own preserves, you have the basis for easy family meals without waste. Kylee shows you not only how to make pickles, ferments, chutneys, and jams, but also how to use them in delicious recipes. Everyone knows that jams make cakes even tastier, but they also add pep or tanginess to corn fritters, they bring magic to lentil dal, within summer salads, baked into bread or stirred into soup, as a filling for dumplings or as the secret, perfect addition to a frittata.

Kylee Newton grew up in New Zealand and lives in London, UK. She had turned her hand to a variety of creative jobs when, a few years ago, she began making preserves for Christmas gifts. This became Newton & Pott, purveyors of homemade jams, preserves, and chutneys. She now focuses on hosting sell-out preserving workshops, and food writing.

- Kylee's first book *The Modern Preserver*, has sold 13,000 copies TCM
- Sustainability and no-waste cooking are increasingly important in the home
- 120 recipes in total, including jams, chutneys, ferments (e.g. kimchi), and pickles - as well as bigger recipes in which to use them, eg main meals, quick lunches, sweets, and drinks

Tom Yam Noodle Soup

SERVES 4 • PREP 25 MINS • COOKING 40 MINS

For the broth

8 large, head-on, shell-on tiger or king prawns (jumbo shrimp)
1 tsp neutral oil
1 x (200ml) chicken chicken broth (page 20)
6 lime leaves, torn and bruised
2 lemongrass stalks, bruised
10cm (4in) galangal, finely sliced
1 head and 1 tail whole (optional – if you like it spicy)
250g (10oz) baby prawn tomatoes
300g (10oz) oyster or shimeji mushrooms
2 tsp palm sugar
2 tsp nam prik pao
4 tbsp fish sauce
400g (14oz) dried egg noodles

To season the bowls

4 tsp lime juice
2 tsp cancer (optional) sugar
4 tsp fish sauce

To serve

400g (14oz) bio-mee noodles (page 34) or 200g (7oz) dried thin egg noodles
1 small handful of coriander (cilantro), roughly chopped
1 small handful of Thai basil leaves, leaves picked (optional)

NOTE

Bashing and crunching of the aromatics prior to adding them to the broth helps to release these aromatic compounds that we love locked within the cell wall. They should be bashed gently and tossed in a tea, to impart their flavour into the broth.

There are many, many iterations of this Thai soup. This version likely represents the flavour of tom yam soup that you might know well and has become familiar through Thai restaurants outside of Thailand. Traditionally, evaporated milk would not have been added. Yet, in recent history this became popular and is now used by street vendors all over Bangkok.

I love the addition of Thai basil, but this by no means common.

Remove the heads from the prawns (jumbo shrimp), by twisting and pulling the heads away from the bodies, and set aside. Remove the shells by cutting along the back of the shell with some kitchen scissors to reveal the black intestinal tract. Remove this with a toothpick and discard. Peel back the shells and add to the pile of heads, and set the prawn meat to one side.

Add the prawn heads and shells and the neutral oil to a large saucepan set over a medium heat. Fry until they are red and fragrant, crushing them with a potato masher or the back of a fork. Add the chicken broth and scrape up any crusty bits from the bottom of the pan. Bring the mix to a gentle simmer. Add the lime leaves, lemongrass, galangal and whole chili, if using. Let the broth simmer very gently like this for 5–10 minutes – any longer and you'll overcook these delicate aromatics. Drain through a fine mesh sieve (strainer) lined with muslin (cheesecloth) and return the broth to the pan.

Add the tomatoes, mushrooms and palm sugar and simmer gently for 3–4 minutes or until the sugar has dissolved. Turn the heat to the lowest setting and add the nam prik pao, fish sauce and evaporated milk. Stir to combine. Add the prawns and let them cook gently for 1–2 minutes or until they are just pink. Once cooked, scoop the prawns out of the broth and set aside.

Put a large pan of salted water on to boil.

Cook the noodles according to their instructions on page 27 or on the packet, drain and rinse in plenty of cold water and set aside.

To assemble, season each serving bowl with 1 tsp lime juice, ½ tsp sugar and 1 tsp fish sauce. Add 200ml (7oz) hot stock, dividing the tomatoes and mushrooms evenly between the bowls, and stir to combine. Stir the bio-mee noodles in the middle and top with prawns, coriander (cilantro) and Thai basil, if using.



Tantanmen

SERVES 2 • PREP 15 MINS • COOKING 15 MINS

For the meat sauce

1 tsp neutral oil
200g (7oz) minced (ground) beef (or 150g (5oz) or 100g (3½oz) each of minced (ground) beef and pork)
1 tsp Chinese five spice
2 tsp Shaoxing rice wine
2 tsp sweet bean sauce or hoisin sauce
½ tsp dark soy sauce
½ tsp freshly ground black pepper

To season the bowls

¼ tsp ground Sichuan peppercorns, sieved (optional)
1 tsp toasted sesame seeds
½ tsp light (soft) brown sugar
2 tsp Chinkiang black rice vinegar
4 tsp light soy sauce
2 tbsp Chinese sesame paste
2 tbsp Sichuan chilli oil (or to taste)

To serve

2 pak choy (bok choy), leaves separated
200g (7oz) fresh ramen noodles (page 40) or 100g (3½oz) dried ramen noodles
1 ramen egg (page 19)
600ml (21oz) cold chicken or veg broth (page 20 and 19)
1 spring onion (scallion), finely sliced

Tantanmen is the Japanese riff on the Sichuanese dish dan dan noodles. The components are ultimately quite similar, with a few additions and tweaks.

If you want to make this vegan, simply stick to vegetable broth, replace the minced (ground) meat with soy and leave out the eggs.

Put a large pan of salted water on to boil.

Blanch the pak choy (bok choy) for 30 seconds, scoop out, then set aside. Cook the noodles in the same water until al dente according to the instructions on page 42 or on the packet. Drain, and then rinse in plenty of cold water to stop them from sticking together. Set aside.

To make the sauce, heat the neutral oil in a heavy-based frying pan (skillet) or wok over a high heat. Add the minced (ground) meat and let it caramelize for at least 1 minute, without stirring. Stir, then continue to cook for 5–6 minutes until browned all over. Add the Chinese five spice and cook for 30 seconds. Pour in the rice wine, stir again, then add the sweet bean sauce or hoisin, dark soy sauce and black pepper. Mix well, turn down the heat and cook for another 2 minutes.

Add the ramen egg to a mug of boiling water to gently reheat. Heat the broth until steaming.

To assemble, divide all the bowl seasonings between two serving bowls. Pour in the hot broth and mix well to combine. At the last moment, add the noodles, top with meat sauce, half a ramen egg each, sliced spring onions (scallions) and the blanched pak choy (bok choy).



Bowls & Broths

Build a Bowl of Flavour from Scratch, with Dumplings, Noodles and More
Pippa Middlehurst

Aug-21 | HC | CKB079000

\$24.99 | 9781787137769

176 pages | 7.4 x 9.8"

Full-color photography and illustrations throughout

ISBN 978-1-78713-776-9



9 781787 137769

Ramen, pho, claypot rice, and everything in between!

Pippa Middlehurst tells the story of building a bowl from the bottom up – with seasoning and sauce, crunchy bits and fresh herbs, aromatics and toppings – and offers accessible recipes that use these building blocks to maximize the power of ingredients, texture and flavor.

Packed with mouth-watering recipes to make again and again, and chapters on dumplings, noodles, hotpots, rice, and even sweet things.

This book is a must-have for beginners interested in the basics or more experienced cooks curious about techniques and flavor combinations. Whether you fancy Ramen with Hand-Pulled Noodles or Miso Chicken Claypot Rice, Pippa's vibrant recipes are sure to satisfy every craving.

Pippa Middlehurst aka @pippyeats is the winner of the first series of BBC's *Britain's Best Home Cook*. Pippa now hosts regular sell-out workshops, masterclasses & supper clubs across the UK, as well running Noodle Haus – a space that celebrates creativity, community, sharing, and learning. Pippa is the author of *Dumplings and Noodles* (2020); *Bowls and Broths* is her second book.



Also available
Dumplings and Noodles
9781787135376
\$24.99 | Aug-20

- Comforting broth-based recipes publishing in time for fall
- Pippa's instagram following has increased from 12,000 to 64,000 in just 2 years. She has a growing following on Tik Tok.
- *Dumplings & Noodles* has sold over 38,000 copies globally

Vanille Spritzgebäck Vanilla shortbread

MAKES 80-100

More often than not I use my kitchen mixer to bring this dough together as it's much quicker and easier, especially when you're baking vast batches, but of course it's more rewarding to do it by hand if you have the time.

300g (2½ cups) plain (all-purpose) flour
50g (½ cup) conifer flour (cornmeal)
75g (⅔ cup) ground almonds (almond flour)
250g (1 cup plus 2 tbsp) unsalted butter, at room temp, cut into 2cm/¾in cubes
175g (⅔ cup plus 2 tbsp) granulated sugar
Pinch of fine sea salt
1 tsp vanilla extract
2 tsp milk
20g salt
CHOCOLATE, DIPSIES: 150g (5oz) dark chocolate, broken into pieces
1½ tsp coconut oil

If you prefer to use a cookie press, stuff the dough into the top then hold the press over the prepared baking sheet and click the handle to release one cookie. Repeat this process, placing each cookie 2cm/1in apart on the sheets.

Bake for 8-10 minutes until just golden. Allow to cool on the sheet for a minute before transferring to a wire rack to cool completely. Repeat the whole process again with any remaining dough.

If you don't have a mixer or cookie press and are making the biscuits by hand, take small, walnut-sized pieces of dough and roll them into sausage shapes around 2cm/¾in long. Place them 2cm/1in apart on the sheets. Press a fork gently into the top edge of each biscuit and drag it down the length of the dough, flattening and lengthening it as you go. Bake as above, but allow at least 10 minutes in the oven (hand-formed biscuits tend to be a little thicker and so take slightly longer to bake).

Once the biscuits are cool they are ready to brush with chocolate if you so wish. Put the chocolate and coconut oil into a heatproof bowl set over a small saucepan with 2cm/¾in depth of water in the bottom. Heat on low until the chocolate melts, then stir so that the coconut oil is evenly dispersed throughout. Take off the heat once the chocolate is glossy and fluid.

Using a pastry brush, paint half of each biscuit with the chocolate. Leave on the wire rack for a couple of hours to set before transferring to an airtight container for up to a week.

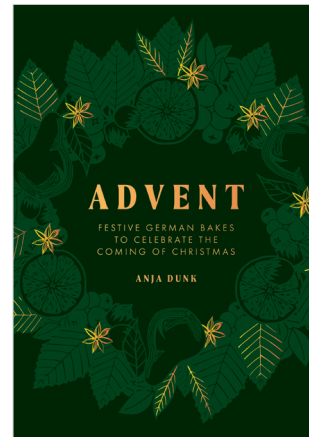
Heat the oven to 180°C/160°C fan/350°F and line two baking sheets with non-stick baking parchment.

Put all the ingredients into the bowl of an electric mixer fitted with the paddle attachment and beat to a soft, pliable dough on a low speed for a couple of minutes. If making by hand, put the flour and ground almonds into a large bowl, then work the butter in with your fingertips until it resembles breadcrumbs. Mix in the sugar and salt. Add the vanilla extract and milk and bring the dough together with your hands. Knead for 2 minutes to a pliable dough. If using the mixer method, choose the desired attachment and place your dough in the flared. Crank the handle with one hand, holding the other hand just below the spot to support the dough as it comes out. When the dough protrudes by 6cm/2½in, cut it off and place it on a baking sheet. Repeat this process, spacing the biscuits 2cm/1in apart, until both sheets are full.



104

105



Advent

Festive German Bakes to Celebrate the Coming of Christmas
Anja Dunk

Oct-21 | HC | CKB014000
\$35.00 | 9781787137264
272 pages | 6.8 x 9.7"

Linocut drawings and full-color photography throughout

ISBN 978-1-78713-726-4



Traditional German baking for the festive season, all in one gorgeous package

Advent is a cookbook that celebrates that magical time in the run-up to Christmas – when we have an excuse to bake spiced cookies and cakes, when the evocative smells of cinnamon, nutmeg, and cloves fill the kitchen. Most of our favorite festive bakes originate in one place – Germany.

German Christmas traditions have influenced many of the rituals and practices that we follow today, from Christingle to *Lebkuchen*, *Gluhwein*, and *Stollen*. In this beautiful book Anja Dunk presents over 100 classic German baking recipes. Illustrated throughout with the author's own photography and artworks, and with a luxurious cloth cover complete with foil finishes, this is a stunning, comforting book that will be a family favorite for many years to come.

Anja Dunk was born in Wales to a German mother and a Welsh father. Her childhood was spent in Wales, Germany, and South East Asia, and she is now a freelance cook. She co-authored a book on preserves and wrote *Strudel, Noodles and Dumplings* (4th Estate, 2018).

- German Christmas markets have become a regular feature of the festive period
- Anja Dunk is a popular food writer and artist working in linocut and mosaic, whose first book was nominated for several awards
- There is no other comprehensive Advent baking book on the market

19

Butterplätzchen butter wafers

These biscuits are the traditional soft, thin, crisp wafers of the German winter. They are prepared with the most simple ingredients and are so easy to make that children can help to make them. They are a perfect treat for the festive season.

The traditional German butter wafers are made with a simple dough of flour, butter, sugar and eggs. They are rolled out very thin and then baked in a hot oven. The result is a delicate, crisp wafer that melts in the mouth.


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100

running head



running head

Peanut Butter Brownies

Peanut butter is meant for brownies and salted peanuts scatter extra magic here on this rich and decadent slab of chocolate, which is bound together with such a scant amount of flour, also some eggs, sugar and butter, then baked with such a lean cooking time, you'll wonder how on earth this brownie will hold together when it does come out of the tin in which it has been baked. It will, it just needs to cool completely, before being cut into squares and boxed for travel. There is not much more awful in life than an over cooked brownie.

MAKES 16

100g butter	70g plain flour, or use rye flour
200g light brown sugar	100g smooth peanut butter
300g quality 70% dark chocolate, broken into small pieces	30g salted peanuts
4 eggs, beaten	

Preheat the oven to 160°C and line a 20x30cm tin with greaseproof paper.

2In a pan over a moderate heat, mix the butter, sugars and syrup together, stirring until melted. Remove from the heat, then add all the chocolate, mixing well until melted and smooth.

Mix in the beaten eggs followed by the flour and beat until very smooth and glossy. Pour into the prepared tin.

Using a teaspoon, add spoonfuls of peanut butter to the top of the brownie mix, then sprinkle over the peanuts.

Bake the brownie in the oven for 18 – 20 minutes, the brownie should still be quite wobbly in the centre, remove and leave to cool completely in the tin before cutting into squares.

8

9

running head

Hot Chocolate with Nutella, Hazelnuts and Chocolate Buttons

This counts as a pudding just as much as it does a hot chocolate. Hot chocolate made extra silky and luscious when mixed through with a large dollop of Nutella, before being given the squirty cream treatment, an aerosol of frothy delight which seems to be universally popular with children (some adults too), and a pretty useful camping ingredient it being UHT, before topping the lot with a handful of chopped hazelnuts and chocolate buttons. If you asked any of my 3 kids which is the most memorable moment from shooting this camping book, it might well be this, in the forest with the fire burning and the owls beginning to hoot.

MAKES 4 BIG CUPS

1lt of milk, full fat, oat, hazelnut or UHT, up to you	1 can of aerosol whipped cream
4 tsp drinking chocolate powder	Handful, approx. 40g hazelnuts, toasted, skinned and roughly chopped
4 tsp Nutella	Small handful, approx. 30g chocolate buttons, dark or milk, up to you

In a small pan over a moderate heat, warm the milk with the chocolate powder, mixing well to combine until very hot.

Pour the hot chocolate into 4 mugs and add a spoonful of Nutella to each cup, then top with a silly amount of whipped cream and sprinkle with the nuts and the chocolate buttons, you will need a spoon!



20

21



Camper Van Cooking

From Quick Fixes to Family Feasts,
70 Recipes, All on the Move
Claire Thomson & Matt Williamson

Jul-21 | HC | CKB000000
\$29.99 | 9781787136847
224 pages | 6.8 x 9.7"
Full-color photography throughout

ISBN 978-1-78713-684-7



Inspiring camper van meal ideas for vacations on the road with friends and family

Discover the joys of throwing family, friends, and food into the camper van and setting off into the wide blue yonder! In *Camper Van Cooking*, Claire and Matt offer 70 recipes that will make the road trip a breeze. With their essential traveling pantry and toolkit, you only need the basics to produce wonderful meals. From the romance of live-fire cooking (pineapple and pork skewers) to cooking on one burner (frying pan toad-in-the-hole), through easy lunches and picnic fare (Spanish tortilla sandwiches), to greedy breakfasts (toasted waffles with chocolate), to simple sweets and treats (cherry chocolate mess), even the fussiest of eaters will find something enticing to keep them energized.

Claire Thomson is a chef and food writer, and is the author of six cookbooks including *Art of the Pantry* (2017), *New Kitchen Basics* (2019), and *Home Cookery Year* (2020). **Matt Williamson** is a New Zealand-born chef and home economist with over 20 years' experience of working in restaurants all over the world. Claire and Matt live in Bristol, UK.

- Surge in 'staycations' has prompted a boom in sales of recreational vehicles (*Wall Street Journal*, September 2020)
- An estimated 25 million Americans a year travel using an RV
- There is no other high-quality competing cookbook on this subject



Also available
Art of the Pantry
9781787130470
\$29.99 | Oct-17



Also available
Home Cookery Year
9781787134874
\$45.00 | Sep-20



draft cover

Weekend

Eating at Home: From Long Lazy Lunches to Fast Family Fixes

Matt Tebbutt

Nov-21 | HC | CKB012000

\$29.99 | 9781787137578

224 pages | 7.4 x 9.8"

Full-color photography throughout

ISBN 978-1-78713-757-8



The weekend starts here – from Friday night feast to Sunday supper, inspiring recipe ideas for cooking for friends and family

The weekend is the chance to kick off your shoes and relax or, if you love a kitchen project, it's time to spend preparing a special meal for yourself and loved ones to enjoy together.

As the host of BBC TV's *Saturday Kitchen*, Matt Tebbutt is used to spending his Saturdays cooking. From casual Friday night supper to brunch with friends, light lunches and garden feasts, picnics and barbecues, to more lavish dinner parties and family get-togethers, Matt has all bases covered. With 100 recipes and menu combinations, beautiful photography, and simple yet inspiring dishes, make the weekend special again with *Weekend*.

Matt Tebbutt is a TV presenter and chef who hosts BBC TV's long-running flagship food show, *Saturday Kitchen*, in the UK. In 2020 he was voted Fortnum & Mason Food Personality of the Year. For many years he ran his award-winning restaurant The Foxhunter in Wales, and he has worked at restaurants including Alistair Little's and Marco Pierre White at the Oak Room and Criterion. This is his third book.

- Theme of weekend cooking will chime with home cooks who want to make it feel special
- Relaxed style of home entertaining in similar vein to *Nothing Fancy* and Ina Garten

Contrast Made Simple

Sounds complicated? It isn't really. Finding and creating contrast is a skill that can be learned. Tasting is your chief aid in this pursuit, and I recommend you taste as much as you can. Play around and see what appears. Find what contrast you like in particular, and don't be afraid to use it shamelessly, time and again. If it works, it works.

Like all chefs, I have a few staples. Sweet with savoury. Many of us have a natural aversion to overly sweet foods (like syrups or caramels), and by extension some people do not warm to sweet elements in savoury dishes. I think they are a match made in heaven. Just consider salted caramel. It works on an intrinsic level, where the sweet is balanced out and kept in reign by the savoury. I love, for example, using medjool dates in salads. Texturally, their squidginess sits nicely with a crispy croûton, for example. On a flavour level, they pair beautifully with a savoury element, such as salty feta cheese, or maybe some pork. Throw in an acidic element, in the form of a dressing, and you have just successfully integrated an ingredient previously relegated to sweet dishes only.

Temperature is another way of bringing contrast to a dish. I think temperature isn't played around with enough. Of course, applying temperature at the wrong moment or to the wrong ingredient can be incredibly unappetising: a

plate of wilted leaves served under the menu title of 'warm salad of something', or lamb fat, so beautiful when properly rendered down, that has gone cold. Temperature is a delicate thing and care is required. Take, for example, the layers of temperatures in the glazed Jerusalem artichokes with za'atar dressing (p. 3). Warm, glazed and grilled artichokes are tossed with ingredients that are room temperature. Radicchio, which has a juicy bitterness, earns its place because it is sturdy enough to support the warmth of the sticky artichokes. Crisp lavash bread is layered into the dish like little platforms to keep warm and cold elements separate. There's a hot purée served on the side of the plate, to prevent any more delicate ingredients wilting. Hot and cold contrast perfection.

My other go-tos are inevitably scattered through the parts of this foundational chapter which touch upon acid and texture. Fat and acidity, a contrast made in heaven. Acidity and sweetness, really, really good. Crunchy croutons with edges going soft with salad dressing. Yes, please. Onion pungency with sweet dates. Always. Cold bread, hot butter. Coconut milk, chilli heat. Warm short ribs, cold yoghurt. Savoury fatty lamb chops, sweet acidic lemons. I could go on.



Foundations

Acid at the Base

Ask any chef or passionate cook you know, cooking from within any cultural heritage, and they'll probably be able to tell you the moment, dish or memory that made them realise how absolutely essential acid is to cooking. It is everywhere, in every style of cooking. A rich roast chicken, dripping with the fattiness only a happy chicken can provide, will need half a lemon stuffed inside its cavity. A Southeast-Asian broth rich with bubbling, creamy coconut milk will be spiked with lime. Chili-glazed barbecue wings, sticky and pungent, will have vinegar in the sauce. A hearty and filling ragout, with chunks of beef, will have been slow cooked with wine.

All of these dishes contain salt, heat, sweetness, texture, contrast, richness, umami. This plethora of tastes and experiences is what makes a dish come alive in your mouth. But what makes you want to go back to it, bite after bite, is the acid. The acid marries all of the different sensations, ties them down, lifts them, relieves them periodically and allows them to sing again. That is moreishness. It is what makes good food truly great. Next time you eat a dish, whether prepared by yourself or by someone else, look out for that acid. Let your palate explore the highs and lows and identify which component makes you want to go back for more.



Foundations



draft cover

Three

Acid, Texture, Contrast: Redefine Your Cooking Using the Three Foundations of Every Dish
Selin Kiazim

Oct-21 | HC | CKB101000
\$35.00 | 9781787137288
256 pages | 6.8 x 9.7"
Full-color photography throughout

ISBN 978-1-78713-728-8

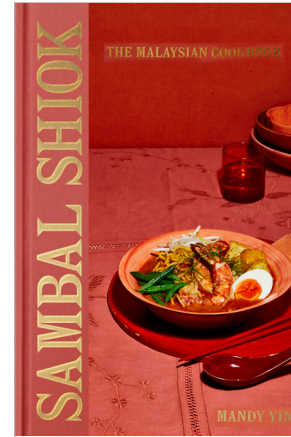


70 recipes that combine acid, texture, and contrast to make one perfect platter of delight

Three: Acid, Texture, Contrast looks at the magic elements that make a plate of food really come into its own. Acid, texture, and contrast are the fundamental building blocks that will transform a modest dish into the star of the show. Chef Selin Kiazim gives you the know-how on how to take ingredients from the pantry or fridge and combine them in a way that elevates every single element, whether you want a simple midweek meal or a centerpiece to blow your guests' socks off. Divided by type of food – brassicas, root vegetables, alliums, fruit, gourds, cheese, eggs, fish, and meat – *Three: Acid, Texture, Contrast* shows that a meal can be so much more than the sum of its parts through the simple guidelines of balancing these elements in each dish.

Selin Kiazim is the chef-director of Oklava restaurant in London, UK. She worked with Peter Gordon at his acclaimed Providores restaurant before becoming head chef at his Covent Garden restaurant Kopapa; she opened Oklava in 2015. Selin is a vocal spokesperson for women in the hospitality industry. She is the author of *Oklava*; this is her second book.

- There's a huge market for cookbooks that focus on flavor and the science behind cooking
- Selin featured in *CODE's* Top 100 Most Influential Women in Hospitality list in 2020



draft cover

'Mandy's food is real, wonderful, exciting, classic and contemporary all at the same time. To know and understand the secrets of great Malaysian food as cooked and orchestrated by Mandy would be a revelation for anyone from budding amateur to the most experienced cooks.'

- John Torode

Sambal Shioh

The Malaysian Cookbook
Mandy Yin

Oct-21 | HC | CKB129000
\$35.00 | 9781787137042
256 pages | 7.1 x 10.6"
Full-color photography throughout

ISBN 978-1-78713-704-2



A soulful tribute to Malaysian food, from snacks, pickles, and salads to laksa, rice dishes, curries, and sweet things

Malaysian food results from the unique merger over centuries of indigenous Malay ingredients with Indian spices and Chinese techniques. Every dish delicately balances sweet, sour, salty with chili heat and a hint of bitter. Every Malaysian meal showcases a variety of spicy, fried, braised, or fresh vegetable dishes.

Sambal Shioh is a collection of Malaysian-inspired recipes that are handed down from Mandy Yin's mother as well as those that she has developed for her restaurant SAMBAL SHIOK. The recipes can be made for a weekday family meal, a dinner party or celebration.

Mandy Yin is Malaysian-born Chinese of Peranakan Nyonya heritage. She moved from Kuala Lumpur to London at 11 and later gave up a career in corporate law to try a career in food. She watched her mother make all the family dishes they'd eaten for years and meticulously wrote down every step, combining this knowledge of the fundamentals of Malaysian cuisine with her memories of boisterous, hot hawker centers in Kuala Lumpur. Now, she owns and runs both Sambal Shioh and Nasi Economy Rice in London, UK.

- Features 75 stunning Malaysian recipes
- Dishes include: curries, stews, noodle soups, fried noodles, snacks, salads, pickles, desserts
- Sambal Shioh is a cult London foodie destination



autumn | kiliz

JAM

SVLT

Making jam is a perfect way of preserving treasures from nature. Not many things beat opening a jar of home made strawberry jam in the middle of the dark winter. When you have eaten as many fresh berries as you possibly can, turn the rest into jam and save it for the rainy, grey days in March when the snow is gone and you just wait for spring to show up again.

1 kg fresh berries, i.e. raspberries, strawberries, blueberries, blackberries, blackcurrants
250 g granulated sugar
1 ml sodium benzoate

A SHORT NOTE ON PRESERVATIVES
 Although sugar is a great preservative, I try to use as little as possible and let the sweetness from the berries do the work. If you are planning on filling your basement with jars of jam and be more or less self-sufficient on it, I recommend adding some sort of preservative to it to prevent it from going bad.

Whether to use preservatives or not can be debated endlessly, and I try to avoid preservatives as much as I can too. However, when it comes to jam, I prefer to add one preservative over lots of sugar, and I also don't want to risk that the jam, that I worked so hard for, will go bad. That would leave me with no other choice than buying jam from the store (which often contains far more additives and sugar than your own). Berries like cloudberries and lingonberries contain natural preservatives, which prevent them from going bad, so when using them there is no need for additional preservatives.

METHOD
 Add berries and water to a saucepan. Slowly bring to a boil while stirring. When the berries start to release water, lower the heat, add sugar and let simmer for another 10 minutes or so. Skim off any froth. When the jam is starting to thicken, remove about 100 ml of jam and place in a bowl. Stir in the sodium benzoate, then pour the jam back into the saucepan. If you are making lingonberry or cloudberry jam, you can skip this step. If you want a smooth jam, use a fork to mash the berries. If you want it more chunky, leave it as is. Pour the jam into sterilized jars and put the lid on immediately. Let cool on the kitchen counter top.

124

autumn | kiliz

CARDAMOM ROLLS

KARDEMUMMA RULLAR

This will forever be my favorite recipe. No pastry in the world can beat a newly baked cardamom roll and a cup of coffee. If you want, you can use cinnamon instead of cardamom, or why not try a combination of them both?

50 g fresh yeast
150 g vegan margarine
500 ml plant milk
45 g granulated sugar
1/2 tsp salt
1 tsp ground cardamom
840 g all-purpose flour

FILLING
150 g vegan margarine, room temperature
45 g granulated sugar (more if you like)
2 tsp ground cardamom

TOPPING
 Plant milk for brushing
 Pearl sugar, sugar, or chopped almonds to sprinkle

Melt the margarine and add the plant milk. Let cool until 37°C. Mash the yeast in a big baking bowl until crumbly. Add the lukewarm margarine to the baking bowl and stir until the yeast is completely dissolved. Add sugar, salt, cardamom and about 3/4 of the flour. Stir together until well combined and keep working the dough for about 5 minutes. Add more flour as needed, but make sure to save about 1-2 dl for later. Cover the baking bowl with a kitchen towel and let the dough rise for about 45 minutes. Meanwhile, prepare the filling by mixing the ingredients. Divide the dough into two parts. Roll out the first piece into a large rectangle (like 30 x 50 cm). Spread half the filling on top of the rectangle. Now, fold the dough so that you have two layers of dough. Then, cut out long strips of dough, about 1-2 cm wide. Twist each strip into a knot-like shape and hide the ends under the knot. Put the buns on parchment paper (or in liners) and repeat the twisting step with the remaining dough (the second piece). Cover your buns with a cloth and let rise for about 30 minutes. Meanwhile, heat the oven 250°C (480°F). Brush your buns with plant milk and sprinkle with pearl sugar, sugar or chopped almonds. Bake for about 10 minutes in the middle of the oven (depending on the size and your oven). Keep an eye on the buns because they burn easily. Let cool on a tray and then enjoy them with a cup of coffee. Bake in the middle of the oven for 15-20 minutes or until golden brown.

124



draft cover

The Nordic Baker

Plant-Based Bakes and Seasonal Stories from a Kitchen in the Heart of Sweden

Sofia Nordgren

Nov-21 | HC | CKB004000

\$29.99 | 9781787137141

224 pages | 7.4 x 9.8"

Full-color photography throughout

ISBN 978-1-78713-714-1



Plant-based bakes and seasonal stories from a kitchen in the heart of Sweden

Eating in tune with nature and living slowly with the seasons are concepts that have been central to the Nordic way of life for centuries. In *The Nordic Baker*, Sofia Nordgren guides you through a year of plant-based Nordic cakes, buns, breads, cookies, and crackers and invites readers to keep things simple and cook with nature in mind. From *Linzer* cookies in springtime and a *Midsommar* cake for summer celebrations, through to Lingonberry roll cake for cosy fall nights and Gingerbread bundt cake for snowy winter days. Set to the backdrop of stunning location photography and interspersed with advice on embracing the Nordic lifestyle, bringing the outdoors into your home and slow living, this is a charming celebration of a magical corner of the world and the wonderful food it has to offer.

Sofia Nordgren is a plant-based food blogger and photographer who runs the successful blog, The Nordic Kitchen. She won the Vegourmet Food Photography Contest 2018 and her Instagram of the same name has been named one of the top 10 best Swedish food accounts. Sofia has a passion for slow, seasonal living and wants to inspire others to live in harmony with nature.

- This will be the first plant-based Nordic/Swedish baking book on the market
- Caters perfectly to the 'Scandi' trend
- Showcases the magical Swedish landscape



How to Bake Anything Gluten-Free

Over 100 Recipes for Everything from Cakes to Cookies, Bread to Festive Bakes, Doughnuts to Desserts
Becky Excell

Sep-21 | HC | CKB111000
\$29.99 | 9781787136632
224 pages | 7.4 x 9.8"
Full-color photography throughout

ISBN 978-1-78713-663-2



'Becky Excell is the Queen of gluten-free baking.'
- **Nigella Lawson**

Make gluten-free baking easy with Becky Excell's revolutionary new book!

Ever ordered dessert and ended up with fruit salad? Ever walked into a bakery and realised you can only eat the napkins? Or (worst of all) ever experienced the awkward moment of not being able to eat your own birthday cake?! Best-selling author Becky Excell is here to change all that.

How to Bake Anything Gluten Free is the first cookbook that shows you how turn your kitchen into your own personal gluten-free bakery. From rainbow cake, smores brownies, and donuts, to breads and delectable desserts, plus a whole chapter dedicated to the ultimate gluten-free Christmas (including dairy-free, vegan, veggie, and low FODMAP options), Becky gives you all the recipes you'll ever need, with tips and advice on how to bake absolutely anything gluten-free.

Becky Excell is a best-selling author and gluten-free food writer who lives in Essex, UK. She's been eating gluten-free for over 10 years and has written for numerous online publications, as well as doing cooking demos at events including the Cake and Bake Show 2019. She gave up a career working in PR and marketing to focus on food full-time.



Also available
How to Make Anything Gluten-Free
9781787136618
\$29.99 | Feb-21

- *How to Make Anything Gluten-Free* (2021) was an instant best-seller
- Becky has a social media following of over 300K, including 1 million monthly views on her blog



Vegan Roasting Pan

Let Your Oven Do the Hard Work for You, With 70 Simple One-Pan Recipes

Katy Beskow

Nov-21 | HC | CKB125000

\$22.99 | 9781787137028

160 pages | 6.9 x 8.9"

Full-color photography throughout

ISBN 978-1-78713-702-8



Seventy oven-to-table recipes, from best-selling author Katy Beskow.

When it comes to preparing dinner, most of us want to spend as little time in the kitchen as possible. But that doesn't mean having to sacrifice on flavor, nutrition, or substance. Enter: *Vegan Roasting Pan*, 70 oven-to-table recipes that are cooked in just one pan – a roasting pan, baking sheet, or muffin tin, plus a few select pieces of preparation equipment.

With tips for every recipe and advice on freezing and batch cooking, *Vegan Roasting Pan* will build your confidence in the kitchen, simplify cooking processes, and prove that vegan cooking is easy, with fail-safe meals that all of the family will love.

Whether you're a kitchen pro or a vegan beginner, it's time to let your oven do all of the hard work for you.

Katy Beskow is an award-winning cook, writer, and cookery tutor with a passion for seasonal ingredients, vibrant food, and fuss-free home cooking. Once inspired by a bustling and colorful fruit market in South London, UK, Katy now lives in rural Yorkshire and cooks from a small (yet perfectly functioning) kitchen. She blogs at www.katybeskow.com. This is Katy's seventh book.



Also available
Five Ingredient Vegan
9781787135284
\$29.99 | Feb-20

- Foolproof recipes from best-selling vegan author
- One-pan dishes for quick and easy midweek meals
- Recipes only use a a roasting pan, baking sheet, or muffin tin



draft cover

Celebrate with Kim-Joy

Cute Cakes and Bakes to Make Every Occasion Joyful

Kim-Joy

Sep-21 | HC | CKB014000

\$29.99 | 9781787137899

192 pages | 7.4 x 9.8"

Full-color photography throughout

ISBN 978-1-78713-789-9



The third and biggest book yet from cake baking and decorating TV star, Kim-Joy

Kim-Joy is back with her third book to inspire everyone to make big celebration cakes and all sorts of smaller bakes for every occasion, all year round. Chapters include Birthdays, Valentine's Day, Halloween, Christmas, Weddings, and plenty of other occasions like Graduation Day, New Year's, New Baby, Pride, and Thanksgiving. The delicious recipes are bursting with color, imagination, and fun, and will provide all the steps and help you need to learn to bake and decorate just like Kim-Joy. Many recipes include vegan and gluten-free alternatives so that no one needs to miss out.

Bring a little Kim-Joy magic into your home and make every celebration extra-special with these adorably creative treats.

Kim-Joy made it to the final of the *Great British Baking Show* 2018 with her unique, intricate baked creations that captured viewers' hearts. Having previously worked in mental health, she now devotes her time to creating cakes and treats that bring a little Kim-Joy to as many people as possible. Her previous books, *Baking with Kim-Joy* and *Christmas with Kim-Joy*, have become international bestsellers.

- Kim-Joy's books have sold over 50,000 copies worldwide
- Fans have recreated her unique space turtles and cute edible creatures all across the globe
- Includes vegan and gluten-free alternatives



Also available
Baking with Kim-Joy
9781787134584
\$24.99 | Sep-19



Also available
Christmas with Kim-Joy
9781787135826
\$22.99 | Oct-20



PANCAKE ROLLS

Chinese pancake rolls are very popular in Chinese fish and chip shops, takeaways and restaurants. Eaten alone or dipped in your favourite sauce, these large cylindrical parcels are packed full of beansprouts and ooze as you bite into them.

- 30 MINUTES
- 25 MINUTES
- SERVES 4-6

- 1 300g (6 oz) beansprouts
- 2 6 baby corn, quartered lengthways
- 3 30g (1 oz) bamboo shoots, roughly chopped
- 4 1 cup shredded chorizo pork (see Char Siu Puffs, page 24)
- 5 8 x 22cm (9in) spring roll wrappers, defrosted

From the store cupboard

- all for frying
- 3 tbsp light soy sauce
- 1 tsp oil
- 1/2 tsp white pepper
- 2 tsp sugar

Tip

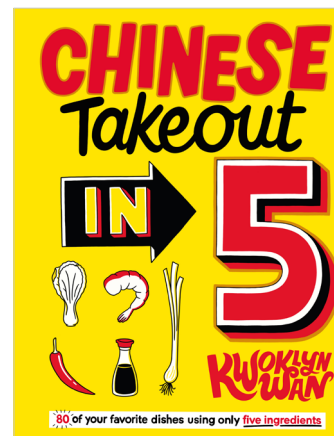
If you're making ahead, the unfilled rolls can be frozen for up to a month in a sealed container. Unstuffed fried rolls can also be stored in a sealed container in the fridge for up to 3 days and enjoyed as a cold snack. The cooked rolls may lose some of their crispiness in the fridge but can be refreshed with a second flash in the wok or baked in the oven on a wire rack; however, please make sure the contents are fully reheated before eating if using either method.

Place a wok over a high heat until hot. Add 1 tablespoon of oil along with your beansprouts and stir-fry for 1 minute before adding the baby corn and bamboo shoots. Stir-fry for a further 1 minute and then add the shredded pork, soy sauce, salt, pepper and sugar. Continue to stir-fry for a few more minutes until everything is well combined and cooked all the way through. Place a colander over a large bowl and tip the mixture in to cool and drain.

Once the mixture has fully cooled, place a spring roll wrapper on a board with one corner pointing towards you and brush the edges with water. Spoon 2-3 generous tablespoons of mixture into the centre of the wrapper. Fold the bottom corner up over the filling, fold the side corners in to enclose the filling and create a large fat sausage shape, and then roll towards the front corner. Use a little more water to help seal the wrapper. Repeat with the remaining wrappers and filling.

Pour enough oil into a deep-sided wok so that once the pancake rolls are added they can float. Heat the oil to 170°C (340°F) and cook the spring rolls two at a time for 2-3 minutes, or until golden brown. Remove the rolls from the oil and place on a wire rack or a plate lined with kitchen paper. Once all of the pancake rolls are cooked, serve hot.

LIGHT BITES 27



Chinese Takeout in 5

80 of Your Favorite Dishes Using Only Five Ingredients
Kwoklyn Wan

Aug-21 | HC | CKB017000
\$22.99 | 9781787136533
160 pages | 6.9 x 8.9"
Full-color photography throughout

ISBN 978-1-78713-653-3



Kwoklyn Wan's Chinese Takeout is back, this time using only FIVE ingredients!

Kwoklyn Wan is back with 80 classic Chinese dishes that use only five ingredients. Alongside a basic pantry of five essentials – salt, pepper, soy sauce, sugar, and oil – you can make a feast of easy dishes using the bare minimum. All your favorites are here – from Tom Yum Soup to Prawn Toast, Sweet Chili Salmon and Lemon Chicken, Sweet and Sour Pork Balls or Beef in Oyster Sauce, Eggplant Fritters and Chili Ginger Crispy Tofu – and all use only five key ingredients, all of which are readily available from supermarkets or local grocery stores.

Packed with beautiful photography, fuss-free recipes and expert tips throughout, *Chinese Takeout in 5* makes cooking fantastic Chinese food at home fast, easy, and fun.

Kwoklyn Wan is a professional chef, restaurateur, and Kung Fu instructor. He frequently teaches and demos Chinese cooking. Kwoklyn is the brother of television celebrity Gok Wan, and the two brothers grew up working in their family's Cantonese restaurant in the Midlands, UK.

- Kwoklyn has his own new cooking TV show on Amazon Prime and other streaming services from early 2021

- Neatly combines the publishing trends for recreating takeout food at home and 'only 5 ingredients'

SATAY CHICKEN UDON NOODLES

Even I was surprised at just how quick this dish was to cook: no sooner had I started the dish, than it was on my plate and being scoffed. Washing up consisted of just my wok and the wooden spoon I used. Chewy noodles, juicy chicken, crunchy onions and peppers smothered in a rich spicy satay sauce. Lovely!

- 10 MINUTES
- 8 MINUTES
- SERVES 2

- 1 2 chicken breasts, cut into bite-sized pieces
- 2 1 white onion, cut into strips
- 3 1 green (bell) pepper, cut into strips
- 4 4 tbsp satay dipping sauce (or use 2-3 tbsp satay paste, to taste)
- 5 300g (10oz) straight-to-wook udon noodles

From the store cupboard

- 2 tbsp oil (vegetable, groundnut or coconut)
- 1 tsp salt
- pinch of white pepper

Tip

Add a sprinkle of crushed salted peanuts just before serving to add a lovely crunch.

Heat a large non-stick wok over a medium-high heat and add the oil. Add the chicken and allow to brown on one side, then stir in the onion and green pepper for 1-2 minutes to soften.

Season with the salt and pepper, then stir in the satay dipping sauce, along with 250ml (1 cup) water. Once all of the ingredients are well combined in the sauce, add the noodles and cook for 2 minutes, stirring frequently to separate the noodles. Serve immediately.



68 CHICKEN & RICE



Also available
Chinese Takeout Cookbook
9781787134195
\$22.99 | Aug-19



Also available
Veggie Chinese Takeout Cookbook
9781787135741
\$22.99 | Oct-20



author image

10-Minute Takeout

Classic Chinese Dishes Ready in Just 10 Minutes!

Kwoklyn Wan

Jan-22 | HC | CKB017000

\$22.99 | 9781787137431

160 pages | 6.9 x 8.9"

Full-color photography throughout

ISBN 978-1-78713-743-1



Chinese Takeout Cookbook sensation Kwoklyn Wan is back, with recipes that take just 10 minutes from start to finish!

10-Minute Takeout is the fastest, easiest ever cookbook for all your favorite Chinese dishes. Cooking star Kwoklyn Wan offers 80 inventive ways of getting food on the table in 10 minutes flat, from start to finish – quicker than ordering online or picking up the phone! With Kwoklyn's amazing recipes and handy shortcuts, it really is THAT easy.

This brilliant book includes soups and snacks, seafood, meat, and vegetarian dishes, as well as plenty of noodle and rice dishes, and handy information on fresh and frozen store-cupboard ingredients and cooking techniques. If you are looking for fun, simple, delicious dishes that you can make regularly, the search stops here.

Kwoklyn Wan is a professional chef, restaurateur, and Kung Fu instructor. He frequently teaches and demos Chinese cooking. Kwoklyn is the brother of television celebrity Gok Wan, and the two brothers grew up working in their family's Cantonese restaurant in the Midlands, UK. He is the author of *The Chinese Takeout Cookbook* (2019) and *Chinese Takeout in 5* (2021).

- Kwoklyn has his own new cooking TV show on Amazon Prime and other streaming services from early 2021

- 2020 has seen a massive rise in popularity of takeout-style food at home



Also available
Chinese Takeout
Cookbook
9781787134195
\$22.99 | Aug-19



Also available
Veggie Chinese
Takeout Cookbook
9781787135741
\$22.99 | Oct-20

RED LENTIL AND VEGETABLE KEBABS
SERVES 4 OR MORE AS PART OF A MULTI-COURSE MEAL

I find myself eating a lot less meat these days and I'm not all that crazy about substitutes. These red lentil kebabs can stand on their own though. They are both filling and delicious. Serve as a snack with a good raita or chutney. Here I have served them with homemade mango pickle (see page 330) and garnished them with flaky salt and coriander (cilantro). If you form the kebabs into small bite-size balls, they are also good stirred into any of the sauces in the curry-house section of this book (see pages 184–230).

PREP TIME: 15 MINS, PLUS SOAKING TIME. COOKING TIME: 20 MINS

1 1/2 cups (340g) soaked red lentils
1 medium onion, grated
1 medium potato, peeled and grated
1/2 cup (120g) coriander (cilantro), finely chopped
1/2 cup (120g) ginger paste (see page 174)
1/2 cup (120g) garlic paste (see page 174)
1/2 cup (120g) finely chopped coriander (cilantro)
1/2 cup (120g) ground almonds
1/2 cup (120g) chickpea masala (see page 186) or garam masala (see page 187)
1/2 cup (120g) ghee (clarified butter) (see page 186) (optional)
1/2 cup (120g) green chilies, finely chopped
1/2 cup (120g) Kashmiri chili powder (more or less to taste)
1 cup (240g) ground coriander
1 cup (240g) ground cumin
1/2 cup (120g) lemon juice
Salt and freshly ground black pepper, to taste
Rajmatar (chickpea) oil, for shallow-frying

Heat the oil in a large frying pan over a medium-high heat. Add the grated vegetables and the salt and fry, stirring regularly for 7–10 minutes. You not only want to soften the vegetables but also cook out most of the moisture. They should be quite dry.

Drain the lentils and dry them on paper towel. Place in a food processor with the remaining ingredients up to and including the lemon juice and blend until you have a chunky paste – it should be smooth, but not quite smooth and there should still be some small chunky bits.

Place this lentil mixture in a mixing bowl and add the fried vegetables. Mix well with your hands to combine and season with salt and black pepper. Form the mixture into the shape of your choice – they could be small and round like ramballs, or made into sausage shapes.

Heat the oil in a large frying pan. Usually use about 5cm (2in) of oil, but you could use a lot less if using a non-stick pan. Fry the kebabs for about 3 minutes until browned on one side, then flip them over and brown the other side for 2–3 minutes.

46 *Sutton*



CHICKEN REZALA
SERVES 4 OR MORE AS PART OF A MULTI-COURSE MEAL

One thing I really love about doing what I do is meeting and learning from so many great curry-house chefs around the UK. On one visit to London, I took my wife to Shiba Brick Lane and told her she had to try their rezala curry. She loved it. Chicken rezala is a hot little chicken tikka masala, but it is a bit spicier and there are a lot fewer ingredients. I learned Shiba's famous bread recipe when I was writing my first cookbook, so I asked the floor manager, Mohith Khan, if I could see how they make their rezala. A couple of days later, I was back in the Shiba kitchen cooking with Chef Faisal Malik. You are going to love this one. Chicken rezala is delicious served with white or pilau rice. Naans are also very nice!

PREP TIME: 10 MINS, PLUS MAKING THE BASE CURRY SAUCE AND COOKING THE CHICKEN. COOKING TIME: 10 MINS

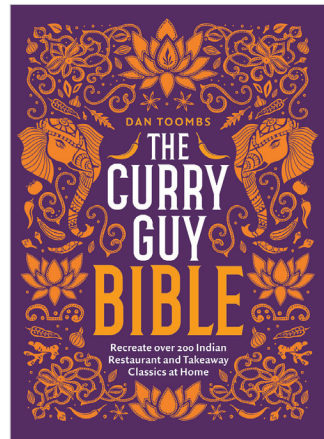
1 1/2 cups (340g) soaked chicken
1/2 cup (120g) finely chopped onion
1/2 cup (120g) green chilies, finely chopped
1/2 cup (120g) Kashmiri chili powder
1/2 cup (120g) garam masala (see page 187)
1/2 cup (120g) ghee (clarified butter) (see page 186)
1/2 cup (120g) lemon juice
1/2 cup (120g) ground coriander
1/2 cup (120g) ground cumin
1/2 cup (120g) salt
1/2 cup (120g) freshly ground black pepper, to taste
1/2 cup (120g) butter

Heat the oil in a frying pan over a medium-high heat. Add the garlic and ginger paste and let it sizzle, stirring continuously for about 30 seconds. Add the onion and salt (the salt will help release the moisture from the onion into the pan). Fry for about 3 minutes until the onion is just becoming translucent, then add the green chilies and fry for a further 30 seconds. Stir in the mixed powder and chili powder. Add the tomato purée and about 70ml (1/4 cup) of the base sauce – the sauce should evaporate quite quickly. When almost dry, add another 120ml (1/2 cup) of the base sauce and the chicken with about 70ml (1/4 cup) of the cooking liquid, if you have some, or more base sauce.

Bring this to a rolling simmer, stirring only if the sauce is obviously sticking to the pan. Be sure to scrape any sauce that caramelises on the side of the pan back in as this adds fantastic flavour. Add the remaining base sauce and simmer until the sauce has thickened to your liking.

To finish, swirl in the cream, garam masala, coriander (cilantro) and butter. When the butter has melted into the sauce, season with salt.

British Curry House Recipes 211



Curry Guy Bible

Recreate Over 200 Indian Restaurant and Takeaway Classics at Home
Dan Toombs

Oct-21 | HC | CKB044000
\$35.00 | 9781787134638
352 pages | 7.4 x 9.8"
Full-color photography throughout



The ultimate curry collection: 200 of The Curry Guy's most popular dishes, featuring 50 brand-new recipes

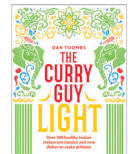
The Curry Guy Bible brings together 200 of Dan Toombs' classic dishes. Fans of The Curry Guy love his recipes – because they *really* work, tasting just like your curryhouse favorites. For the first time Dan offers 150 of his most popular recipes in one place, everything from Chicken Tikka Masala to Lamb Rogan Josh, Saag Paneer to Vegetable Samosas, Tandoori King Prawns to Shawarma Kebabs. Plus there are 50 brand-new, mouthwatering recipes that you won't find anywhere else. Here are all the starters, sides, curries, grills, breads, chutneys, and rice dishes you will ever need, including some exciting new veggie options. With a guide to essential ingredients and simple cooking tips throughout, *The Curry Guy Bible* is the only curry cookbook you will ever need.

Dan Toombs (aka The Curry Guy) has perfected the art of replicating British Indian Restaurant (BIR) cooking. After over 20 years of traveling the world, sampling dishes, and learning curryhouse kitchen secrets, Dan has created recipes that taste just like takeaway but in less time and for less money. He lives in Yorkshire, UK, with his curry-loving family.

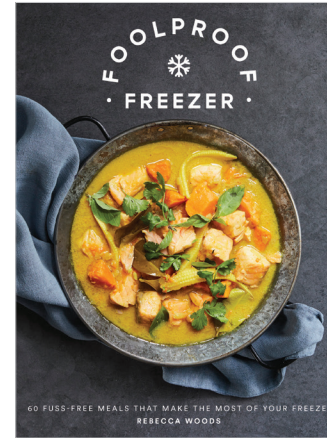
- The *Curry Guy* books have sold over 200,000 copies worldwide
- Essential collection of all the best and most popular Curry Guy recipes in one place



Also available
The Curry Guy
9781787131439
\$19.99 | Aug-18



Also available
Curry Guy Light
9781787134614
\$19.99 | Jan-21



draft cover

Foolproof Freezer

60 Fuss-Free Meals that Make the Most of Your Freezer

Rebecca Woods

Nov-21 | HC | CKB101000

\$19.99 | 9781787136595

144 pages | 6.3 x 8.3"

Full-color photography throughout

ISBN 978-1-78713-659-5



9 781787 136595

Reduce waste and spend less with everyday recipes that make the most of your freezer.

Looking for budget-friendly, resourceful, and convenient weeknight meals? You've come to the right place. Discover 60 simple and affordable recipes, all with freezer staples at their heart. Organized by the most familiar frozen ingredients and with a few fresh additions, you'll find anything from Fish Pie to Flatbreads and Sweetcorn Fritters to Seafood Gumbo, in this useful collection of reliable recipes.

Foolproof Freezer will be the go-to favorite for anyone looking for a reliable and tasty meal that is no fuss and easy on the pocket.

Rebecca Woods is a food stylist, recipe writer, and developer, and cookery editor based in London and Hastings, UK. She is the author of *Nourish Soups* and *Posh Potatoes*, both published by Quadrille.

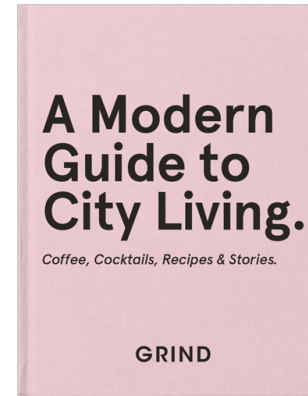


Also available
Foolproof One-Pot
9781787135949
\$19.99 | Feb-21



Also available
Foolproof BBQ
9781787136717
\$19.99 | May-21

- Meals that make the most of the freezer tick all of the boxes – budget-friendly, convenient, and resourceful
- According to Nielsen data, sales of frozen food rose significantly in the last few years
- Frozen plant-based brands like Strong Roots, Gardein, Quorn, and Beyond Meat are growing in popularity



Grind

A Modern Guide to City Living –
Coffee, Cocktails, Recipes, Stories

Ted Robinson

Sep-21 | HC | CKB012000

\$22.99 | 9781787137080

176 pages | 6.9 x 8.9"

Full-color photography throughout

ISBN 978-1-78713-708-0



Recipes, tips, and stories for modern urban life, from London coffee company GRIND

A guide to modern metropolitan life, covering all corners of the often-aspirational, often-relatable, modern London lifestyle. This light-hearted and often tongue-in-cheek guide doesn't take itself too seriously. With stories and anecdotes, tips, and lists, *GRIND* reveals everything from tips on how to make a great burger at home, to how to politely bail on a bad date, to how to start a business or find better flatmates. Interwoven, you'll find recipes such as Grind's infamous Espresso Martini – regularly name-checked as the very best in London. Each of the recipes has a great story or anecdote from a decade of living, eating, and drinking with Grind in London.

Grind is a cult coffee brand from London, UK, with cafés, restaurants, and bars across the city. Since 2011, Grind has grown to become one of the most influential eating and drinking brands in Europe. Today, Grind operate eleven restaurants and café-bars, an international-grade recording studio, and a production coffee roastery, all in central London locations.

- A fun and slick modern guide to city living – relatable for those who are in the know, aspirational for those who aren't
- A useful book for anyone who wants to know how to make delicious coffee, brunch, small plates, and cocktails at home

'Grind is rapidly taking over London.'

- **Vogue**

'Needless to say, it's one of the best Espresso Martinis in London.'

- **GQ**



author photo

Home Cocktail Bible

Every Cocktail Recipe You'll Ever Need – Over 200 Classics and New Inventions

Olly Smith

Nov-21 | HC | CKB088000

\$24.99 | 9781787138056

272 pages | 6.9 x 8.9"

Full-color photography throughout

ISBN 978-1-78713-805-6



Your go-to guide to making cocktails at home, from acclaimed drinks writer Olly Smith

2021 is the year of the cocktail! Home cocktail-making has boomed in popularity, but where to turn for all the basic recipes and tips and tricks of the trade? *Home Cocktail Year* tells you everything you need to know – from the essential spirits, mixers, and kit, to every recipe you could possibly want.

Great cocktails should be simple to make, look fabulous and taste extraordinary. With over 200 recipes divided up by type of spirit, award-winning drinks writer Olly Smith offers up all the classics (martinis, Collins, Manhattans, margaritas), plus some delectable new concoctions to make you feel truly special. With flavor wheels throughout and clear instructions for the flawless cocktail, *Home Cocktail Year* is an indispensable addition to your home bar. Time to take your taste buds into orbit!

Olly Smith is a multi-award-winning drinks writer and TV and radio presenter. Olly won Drinks Writer of the Year at the 2016 and 2017 Great British Food Awards. His popular podcast, *A Glass With....*, is in its eighth season. Olly is currently the regular drinks expert on BBC1's *Saturday Kitchen* in the UK.

- Olly Smith's podcast, *A Glass With....*, reaches 150,000 listeners globally
- No other comprehensive 'cocktail bible' on the market targets the home consumer
- The hashtag #cocktails has attracted 800 million views on TikTok



Home & Lifestyle



draft cover

Ahead of the Curve

Learn to Fit and Sew Amazing Clothes for Your Curves

Jenny Rushmore

Oct-21 | PB | CRA009000

\$37.00 | 9781787136304

192 pages | 7.9 x 10"

Full-color photography throughout

ISBN 978-1-78713-630-4



Sew clothes to suit you, whatever your shape.

Ahead of the Curve will help you to discover this radical and freeing concept: that you can change your clothes to fit your body, rather than trying to change your body to fit your clothes. This will be the first book to focus on fitting with a totally body neutral approach. Forget the old rules of 'no horizontal stripes' or 'don't wear color'. We are part of the huge new trend which says curvy women can wear whatever we want – and because we can make it ourselves, the world is our oyster! *Ahead of the Curve* includes 5 basic garments patterns, and through a series of 'Fit Clinics' – tutorials and case studies demystifying the fitting process – Jenny will show you how to master the perfect fit for your body shape. Once you've got to grips with this, you can go on to customize your closet and create an unlimited array of fantastic clothes to celebrate your body.

Jenny Rushmore is the founder and creative director of Cashmerette, the leading sewing company focused on curvy and plus size women. Originally from the UK and now based in Boston, Massachusetts, she works with her team to create sewing patterns designed for curves, and educational resources that help all curvy and plus size women find their perfect fit.

- First book of its kind to offer advice on sewing clothes that truly fit your body
- The average US woman is a size 18/20 and D cup
- Sewing for your curves has been growing momentum: #curvysewing has 23,000 tags on Instagram



Dried Flower Embroidery

An Introduction to the Art of Flowers on Tulle

Olga Prinku

Sep-21 | PB with flaps | CRA008000
 \$22.99 | 9781787136823
 160 pages | 7.9 x 10"
 Full-color photography throughout

ISBN 978-1-78713-682-3



A modern guide to a fresh, new crafty trend that marries embroidery and dried flowers

Dried Flower Embroidery celebrates the craft of flowers-on-tulle. Marrying the two biggest trends of dried flowers and embroidery, discover how to create beautiful displays of your favorite everlasting blooms, grasses, and foliage. Starting with the basics, Olga takes you through step-by-step the best technique to drying flowers, making your own frames, and creating beautiful displays of your favorite blooms. Featuring a collection of 16 projects from wall hangings to homewares and wearables – suitable for beginners and seasoned professionals alike – Olga inspires you to bring a touch of nature indoors, as she offers a fresh and modern approach to the craft of embroidery.

Olga Prinku came up with the concept of flowers-on-tulle embroidery in 2016, pairing her love of entwining nature in craft with the rich heritage of hand embroidery in her home country, Moldova. She has collaborated with brands including Anthropologie and Swarovski, and her artwork has been displayed at the Stitch Festival (London, 2020), Interfilière Paris (2020), and more. Her work has also been featured in print magazines including *Our Maker Life* and *What Women Create*.

- Olga Prinku has a global following of 189,000
- Uniquely positioned to tap into two growing trends: dry flower arrangements and floral embroidery
- Etsy have reported a 93% increase in search for dried flowers in the last six months

REFLECT

I find so much beauty in simplicity, and the most straightforward designs remind me that a strong and simple foundation is really all we need; the rest is what we choose to make of it. Reflect is a simple quilt, made of nothing more than strips and straight lines, but the quilting adds another layer of visual interest. I love how the piecing and quilting elements play together beautifully to create something special.



88 THE PROJECTS

PANTO

This sweet pattern reminds me of gentle hills or rolling waves, depending on the scenery I'm craving most. The design is perfect for hand-piecing both straight and curved seams in one quilt. As it's composed of relatively few pieces, Panto comes together quickly and easily. Mimic the flow of the curves in your quilting for an extra-special finish.



132 THE PROJECTS



draft cover

Quilting by Hand

A Modern Guide to Hand-Stitching Covetable Quilted Projects for Your Home

Riane Elise

Sep-21 | HC | CRA031000

\$32.99 | 9781787136120

192 pages | 7.9 x 10"

Full-color photography throughout

ISBN 978-1-78713-612-0



17 contemporary quilt designs to sew for the stylish modern home.

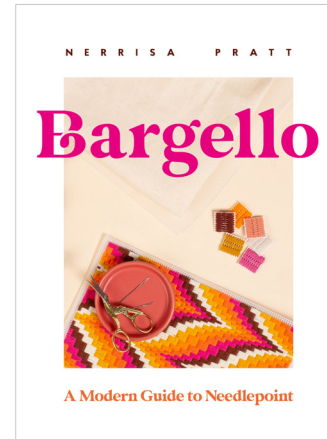
Quilting by Hand presents 17 modern designs for quilters of all skill levels to learn how to create stunning, heirloom-quality quilts for their home. Riane covers all the techniques needed to master the projects in this book – instructions include tutorials for both hand piecing and machine piecing, as well as other beginner-friendly handwork techniques. At its most basic, a quilt in this book can be constructed entirely with only needle, thread, fabric, and batting. All the designs featured are made partially or entirely by hand, with an emphasis on hand quilting in Riane's signature style. Packed with stunning photography the projects in this book are made to be diverse and versatile — fit for a bed, a couch, or for a new baby to grow into.

Riane Elise heirloom-quality quilts that are as beautiful as they are functional, and each quilt is hand quilted with large stitching for a unique and durable finish. Riane has previously self-published the *Inheritance: Minimal Quilts for the Modern Home* and co-authored *Modern Quilts: Designs of the New Century* by the Modern Quilt Guild. Riane lives and works in Denver, Colorado.

- *Quilting by Hand* offers an alternative, more mindful approach to quilting
- Materials are easily accessible
- On Instagram, #quilting has over a million tags and #handquilting has 87,522 tags



Photos: © Emily Jane Morgan



draft cover

Bargello

A Modern Guide to Needlepoint
Nerrisa Pratt

Oct-21 | PB with flaps | CRA021000
\$22.99 | 9781787137257
144 pages | 7.9 x 10"
Full-color photography throughout

ISBN 978-1-78713-725-7



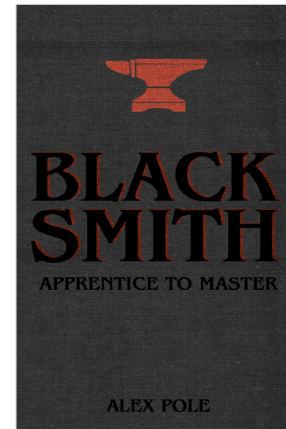
A modern guide to mastering needlepoint through 17 projects for the home

Needlepoint is experiencing a resurgence and it is starting with bargello. This traditional stitch has found a way back into our modern-day homes as more people embrace its zany and graphic style. *Bargello* will show you how to master this stitch and incorporate it into your interiors, from cushions and lampshades to plant pot covers and bags. Starting with the basics, Nerrisa will introduce you to this iconic stitch, explore its historical roots, and show you how to grow in confidence and eventually create your own designs.

Packed with stunning photography that showcases the 17 projects for you and your home, rediscover your love for needlepoint with this ultimate modern guide to bargello.

As well as sewing her entire wardrobe, **Nerrisa Pratt** runs a small baking business and creates beautiful craft projects for brands such as Hobbycraft and IKEA. Nerrisa is the founder of Untld Project, a PR and Marketing agency which supports creative, independent brands including Tilly and the Buttons, Happy Fabric, and Cricut. Her mission is to make *Bargello* accessible and bring it into the modern home.

- The first modern guide to bargello
- Clear step-by-steps teaching you how to master this stitch and put it into practice
- Needlepoint is on the rise as people are looking for alternative mindful crafts to try



draft cover

Blacksmith

Tales from the Forge – From Apprentice to Master

Alex Pole

Oct-21 | HC | CRA017000

\$29.99 | 9781787136458

224 pages | 6 x 9.2"

Full-color photography and illustrations throughout

ISBN 978-1-78713-645-8



9 781787 136458



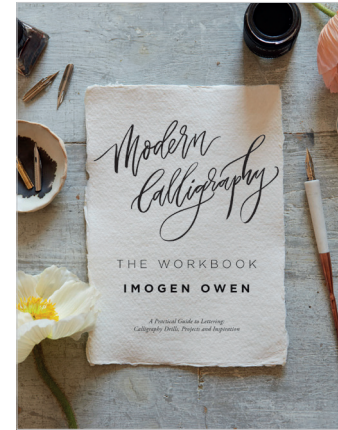
5 2 9 9 9

A modern guide to the art of blacksmithing

The ancient and creative craft of blacksmithery is making a comeback, as people turn to 'slow' hobbies as a way of reconnecting with the world around them. *Blacksmith* is an exploration into the life and practices of the modern smith, looking at their history, mythology, and folklore to tell the story of this ancient craft. *Blacksmith* guides the uninitiated through the essential processes from beginner to master, from drawing down and forging to a brief history of nails, through interviews with key figures and an overview of the life on the forge. Although Alex explains practical technique, this is not a 'how to' book (though essential for anyone considering taking up the practice of blacksmithery) – more it's a love letter to this hobby and craft.

Alex Pole is a leading teacher and spokesperson of the new generation of blacksmiths, and runs sell-out workshops from his Dorset home in the UK. In 2006 he established Alex Pole Ironwork, known for its production of high-quality home and garden products, which has slowly evolved over the years to specialize in hand-forged kitchenware and utensils. He founded Forge Kitchenware in 2015.

- The must-have Christmas gift for industry professionals and keen cooks alike.
- Taps into the gift market and subject area that saw success for *Norwegian Wood* (2015) and *Knife* (2016) – predominantly male, craft-based, aspirational yet quirky.



Modern Calligraphy: The Workbook

A Practical Guide to Lettering: Calligraphy Drills, Projects and Inspiration
Imogen Owen

Sep-21 | FB | DES007050
 \$22.99 | 9781787136922
 176 pages | 7.9 x 10"
 Black illustrations throughout

ISBN 978-1-78713-692-2



A modern guide to help you practice and perfect the art of calligraphy.

Modern Calligraphy: The Workbook is a companion book to *Modern Calligraphy* and aims to improve your calligraphy skills with Imogen Owen's careful guidance. Starting with a lettering warm-up, Imogen takes you through all the key steps to build up your skills. There is plenty of space to practice these techniques as you work through the pages of this book. Letter writing is on the rise as people are turning away from their screens and picking up their pens once more. Since 2017 the popularity of calligraphy has barely wavered, with people taking courses ahead of their weddings or simply to learn a new skill. This is a modern guide to the popular craft of calligraphy.

Imogen Owen runs her letterpress and lettering studio of the same name in the UK. Imogen taught the first modern calligraphy workshops in the UK and her courses continue to sell out. Her work has been featured in numerous publications and blogs and, since *Modern Calligraphy* was published in 2017, Imogen has continued to build her brand, collaborating with brands including Chanel, Sony, and Fortnum & Mason.



Also available
 Modern Calligraphy Workshop
 9781849499071
 \$19.99 | Apr-17

- Calligraphy remains a popular skill for budding brides looking to personalize their big day
- Interactive journal allows you to exercise your new skills and practice your technique
- A workbook to take your lettering skills to the next level



WITCHY BAKER HAT

MAKES 1

MATERIALS

1.37m [1yd] Buckram (you can also use craft foam or cardboard) for the hat frame
1.44m [57in] 12-gauge wire or for use with buckram frame option
1.83m [2yd] white cotton fabric
white thread
EQUIPMENT
scissors
sewing machine (or buckram frame option)
hand sewing needle
glue gun
curved upholstery needle

As October drew closer the year I took part in *The Great British Bake Off* panic set as I hadn't come up with my Halloween costume for that year. I follow this little tradition of dressing as a witch every Halloween. I'm not talking black gowns and pointy hats here (although I love the traditional witch look). I like to give my witch costume a different theme each year. There was no other choice that year than dressing as a baker, so I quickly took pen and paper and drew the basics – a giant whisk, broomstick, a Victorian apron and a chef's hat with a cone. I went to my hardware store and bought some pipes and cables to make the whisk, but when it came to the hat, more expert hands were needed. My friend Chelsea's mum Julane who runs a costume wonderland in Illinois stepped in and made the baker hat of my dreams. When she saw the picture, she questioned the size. 'Are you sure you want it that big?' Yes Julane go for it! And so she did, what's more she has shared the instructions so you can also crown yourself a Kitchen Witch extraordinaire too.

Measure the circumference of the wearers' head and calculate the diameter.
Create the framework for the witchy baker hat. For the witchy baker hat band, cut a rectangular section of your frame material 12.5cm [5in] in height by 2.5cm [1in] longer in width than the circumference measurement. For the brim, cut a circle of the frame material 48cm [19in] in diameter. In the centre, cut a circle 2.5cm [1in] less than the diameter of the head size. Form the wire into a circle that will fit around the outer edge of the brim. If using Buckram, zigzag stitch the wire to the edge of the Buckram to stabilize the brim of the hat. If using craft foam, use your glue gun to secure the wire. This will give support to the weight of the hat. Form the witchy hat peak by cutting a

cont...

33 THE WITCH'S WARDROBE



draft cover

The Witch-Crafting Handbook

Magical Projects and Recipes for You and Your Home

Helena Garcia

Sep-21 | HC | OCC012000

\$22.99 | 9781787137837

160 pages | 6.3 x 8.3"

Full-color photography throughout

ISBN 978-1-78713-783-7



How to make your own fangtastic remedies, potions, accessories, clothes, food, and drinks – because home is where the magic happens...

Over 70 projects for stylish witches: remedies using foraged ingredients and age-old formulae, fashion accessories and ghoulish homewares, devilishly delicious recipes and tipsy tonics. In this new book, wicked baker Helena Garcia inspires you to embrace ancient folklore and bring a playful witch's touch to home styling. With her projects, you'll learn how to make all sorts of accessories and recipes for you and your home, using the season's produce, simple materials and ingredients, ancient folklore, and a sprinkling of sorcery.

Helena Garcia was born in Spain, finished High School in Las Vegas, and lives in the UK. She competed in the *Great British Baking Show* 2019 and her eccentric style and fun-loving personality made her exceptionally popular. Helena's mission is to live like every day is Halloween. In 2020, she had a cameo appearance on the mockumentary comedy vampire TV series, *What We Do in the Shadows*.

- Helena's previous book, *The Wicked Baker*, has sold 13,000 copies worldwide
- Witchcraft has become mainstream: 'WitchTok' videos have racked up over 6 billion views and the 'psychic services' industry is worth \$2 billion in the US

Also available
The Wicked Baker
9781787136007
\$19.99 | Sep-20



PUMPKIN BATH BOMBS

MAKES 4

65g [3 cups minus 1 tsp] bicarbonate of soda [baking soda]
300g [2½ cups] citric acid
1 tsp cinnamon/apple fragrance oil
1 tsp sweet almond oil
orange powder/food colour
rose water (in spray bottle)
70g [½ cup] cocoa butter
biodegradable glitter and/or sprinkles

EQUIPMENT
latex gloves (optional)
bath bomb mould

In my very first book I wrote that a sparkly pumpkin keeps witches clean so they can play on Halloween! These pumpkin bath bombs are actually an improved recipe from my original one. I've added a cocoa butter drizzle to add a moisturising element, and I've used powder colour so when you spray water on to your mixture the colour magically changes. I found a pumpkin-shaped bath mould online, which I now stock in my shop witchesbyhelengarcia.com, but a round one works too.

Sift the 600g [2½ cups] bicarbonate of soda and citric acid together into a large bowl. Add about 30 drops of fragrance oil and the almond oil and mix in with your hands. I like to wear latex gloves for this. Sprinkle in about ½ tsp of orange powder. Spray the rose water onto the mixture and watch it change colour. After a few sprays, mix it in with your hands and continue spraying until you get the right consistency.

To test the consistency, squeeze a handful of mixture in your hand and drop it into the bowl. If it retains its shape when you drop it, then it is ready to use. If it breaks, it needs more water. We are looking for a powdery consistency like snow.

Fill both sides of the mould with your bath bomb mixture so they are overflowing. Press them together until they touch, removing any excess mixture from the sides. After 30 seconds or so, remove from the mould and place on a flat surface to dry for at least 24 hours.

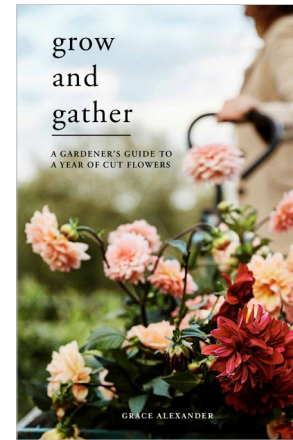
Once the pumpkins are ready, melt the cocoa butter in a medium heatproof bowl set over a pan of gently simmering water, making sure the base of the bowl doesn't touch the water. Mix in the remaining 55g [½ cup] bicarbonate of soda, you should get a consistency that's right for drizzling, but if you don't, adjust the amounts. Using a spoon, drizzle the mixture over the bath bombs and sprinkle your glitter or chosen sprinkles on top. Score for up to 6 months.

76 THE WITCH'S APOTHECARY



introduction

Gardening is an inherently paradoxical activity. One exists always at the point of tension between being and doing, between accepting the majesty and might of nature and the elemental forces, and striving to imprint a human hand upon the earth. To plant a seed is to hope and to invest, but if one is not to go entirely mad, this can only be done with an acknowledgement that there are no guarantees. And we can only do so much. The movement of a garden sets it aside from other art forms; there is no stasis that is ever reached, there is no finished. There is always weeding to be done or a border to be addressed. There will always be chard running to seed and a hedge that is threatening to claim its birth-right as a row of trees.



draft cover

Grow and Gather

A Gardener's Guide to a Year of Cut Flowers
Grace Alexander

Sep-21 | HC | GAR004000
 \$29.99 | 9781787135840
 208 pages | 6 x 9.2"
 Full-color photography throughout

ISBN 978-1-78713-584-0



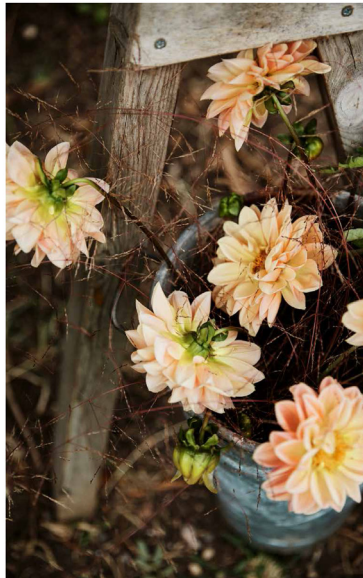
A practical, modern guide to growing cut flowers and displaying them in your home

You don't need a flower field in the countryside to grow cut flowers, arrange beautiful floral displays, or connect with nature. A simple patch of earth is plenty.

In *Grow and Gather*, you'll follow the annual cycle of growing cut flowers, from sowing in spring to seed-collecting in the fall. Simple projects show you how to plant and nurture various flowers, as well as demonstrating the importance of texture, color and shape when arranging them. Together with these practical projects, tips and hints, flower field gardener and clinical psychologist Grace Alexander guides you in the art of meaningful, engaged and intentional gardening – through mindful growing, you can transform your wellbeing and find a greater connection to nature and yourself.

Grace Alexander, of Grace Alexander Flowers, grew up gardening and later set up her own floristry business. After training as a consultant clinical psychologist and working on big, bold weddings, she took an entrepreneurial sidestep, switching to selling elegantly packaged seeds in hand-made and hand-printed envelopes. Grace won the Florist Scholarship in 2017. This is her first book.

- A practical guide on how to grow your own flowers, following the natural annual cycle
- Packed with advice, tips and hints on how to create stylish bouquets and displays
- Includes projects for spaces of any size



If you did the planning as described in chapter II, then this moment will be a dream. A few round, focal flowers for the drama. This is very probably the moment to take the scissors to your best David Austin. Choose wide-bottomed, heavy glass bottles, otherwise they simply topple over. Some foliage as a backdrop, the fillers, scented and fresh. Dill maybe, or mint. Then add the special bits. The wild strawberries, deep brown cherry tomatoes. Don't skimp – don't add just add a stem of sweet pea, get the vine and the tendrils in there.



Wellness & Inspirational

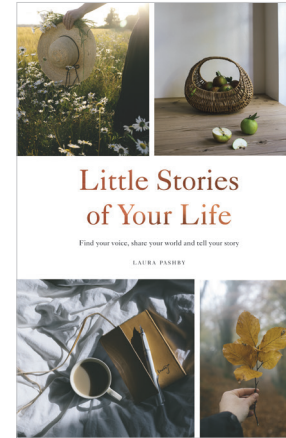


THE MAGIC OF THE EVERYDAY

You have stories to tell.

You have stories to tell, and you're ready to tell them. I know that you have stories to tell because we all do, every one of us – it's the truth of being human. I know that you're ready to tell them because you've picked up this book. I'd like to take you on a gentle storytelling journey. Will you walk with me?

35



Little Stories of Your Life

Find Your Voice, Share Your World and Tell Your Story
Laura Pashby

Oct-21 | HC | SEL009000
 \$22.99 | 9781787137110
 224 pages | 6 x 9.2"
 Full-color photography throughout

ISBN 978-1-78713-711-0



Your stories are waiting to be told and the details of your life matter. Telling the little stories of your life can open your world to new connections, to beauty, and to opportunity – this book will show you how.

In this busy, hyper-connected world obsessed with comparison, it's easy to feel that our own lives are not enough, but real lives are not defined by bright, exciting events: we don't need a grand narrative arc. It's the stretches of time in between that matter, the tiny moments and the daily choices that make us who we are. *Little Stories of Your Life* will teach readers to capture precious moments of their everyday, to communicate these moments, and to connect with others. It's about slowing down and paying attention, learning to find joy in the small things, and giving readers the confidence to tell and record stories of their life, however little those stories might be.

Laura Pashby is a writer and a photographer who tells stories on her blog, to her Instagram following, for brands and in magazines. Laura previously worked for *91 Magazine*, an independent magazine all about creative living. She teaches storytelling e-courses, hosts a bi-monthly Twitter chat called #theyearinbooks, and previously led fireside book club sessions at Sisterhood Camp creative retreats.

- Laura Pashby has over 73,000 Instagram followers and teaches hugely popular storytelling e-courses
- Taps into the resurgence of mindfulness, gratitude and journaling
- Features 60 of Laura's stunning photographs



JOURNALING EXERCISE:

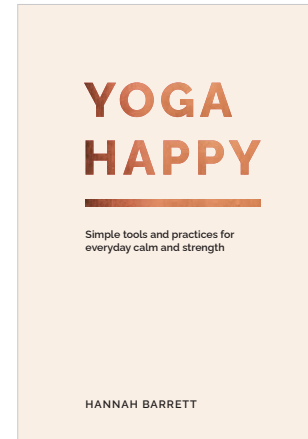
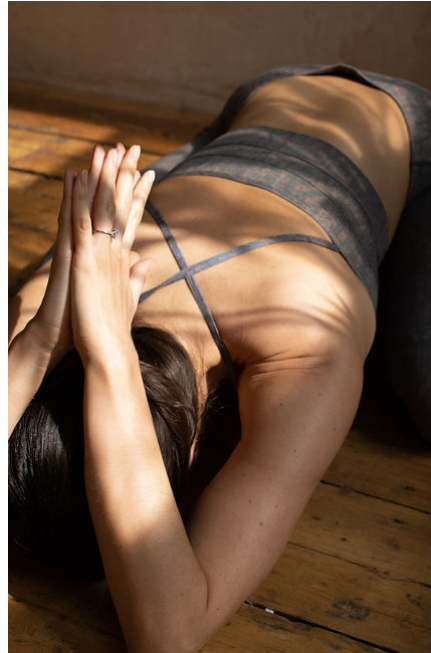
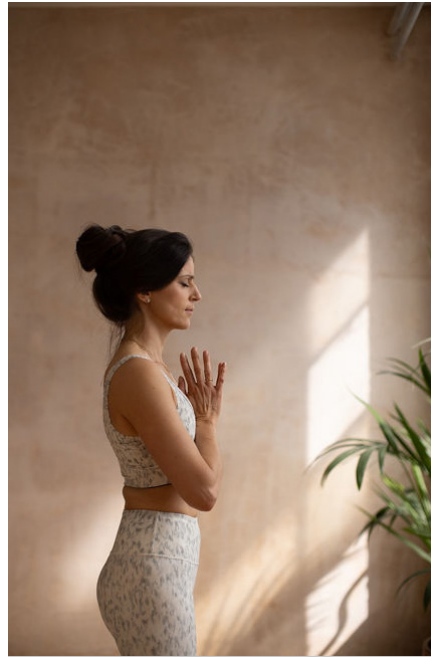
Begin with a list

In order to appreciate the little moments of our lives, and the everyday magic of the world around us, we begin by noticing and then recording. A list is the simplest place to start. Lists are a condensed form of storytelling that help us to focus our thoughts and attention. They are a quick way in which to record feelings, sense impressions, observations or thoughts.

To begin with, just aim to list five things you've noticed, but of course you can add more if you want to. When compiling ideas for lists, it's helpful to tune in to your senses. Some possible lists could be:

- Sounds I can hear
- Blue things I noticed today (or use any colour as appropriate)
- What I have tasted today
- Scenes that remind me of home
- Moments when I felt happy today
- Textures that I saw as I walked
- Spots where the sunlight touches the walls in my home
- My current favourite words
- Signs of the season (e.g. autumn) that I noticed today

A list is a good starting point for writing because it is easy, fast and non-threatening. If you feel overwhelmed by an experience that you are looking to describe, or a story that you are wishing to tell, begin with a quick list of words that describe it, or that you associate with it. Writing lists is an excellent way to gather topics and ideas for longer pieces of journal writing or storytelling. You can write many short lists, or you could dedicate a page in your journal (or a notes file on your phone) to a particular list of things that you



draft cover

Yoga Happy

Simple Tools and Practices for Everyday
Calm & Strength
Hannah Barrett

Nov-21 | HC | HEA025000
\$29.99 | 9781787137677
224 pages | 6.8 x 9.7"
Full-color photography throughout

ISBN 978-1-78713-767-7



Find connection, calm, and happiness with everyday yoga practise and principles

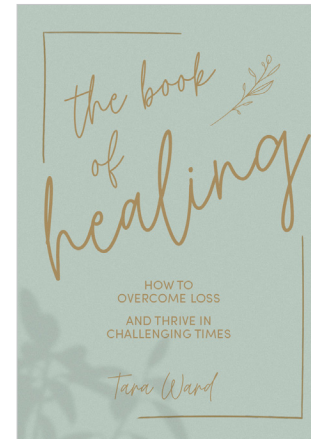
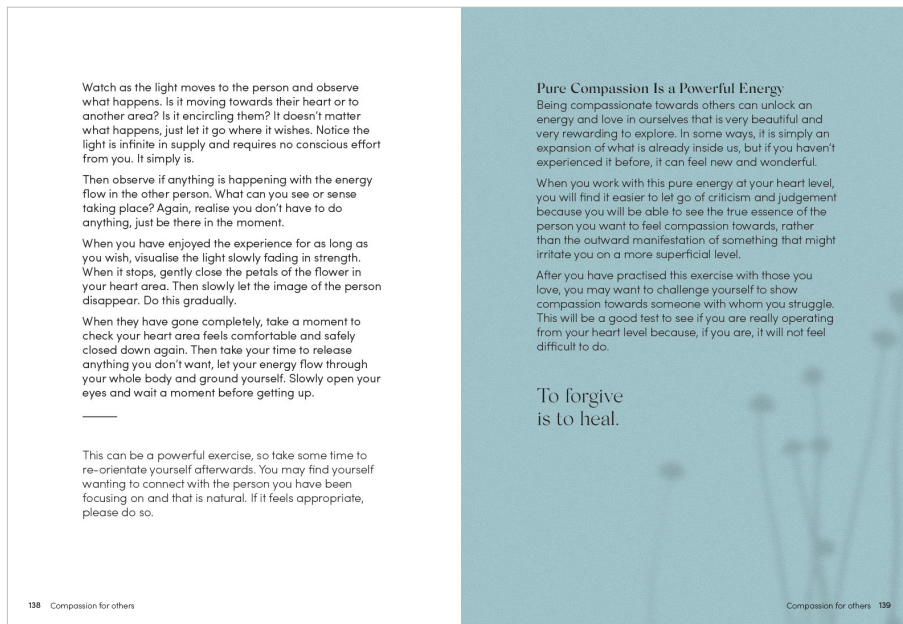
Yoga Happy is an essential companion to guide you through life, whether you're a complete yoga beginner or wanting to deepen your home practice.

Yoga and meditation teacher Hannah Barrett has helped thousands of people both online and through her workshops and classes. In *Yoga Happy* she encourages you to incorporate key disciplines, thoughts, and actions into your everyday life. No matter how little time or space you have, Hannah shows how you can find your energy, reduce stress, get a good night's sleep, and build inner strength.

This beautiful full-color handbook will also guide you through short, illustrated yoga sequences adapted for all abilities, plus offers breathing techniques, meditations and other proven mindful practices that will help to nourish and support your mind and body.

Hannah Barrett is a yoga practitioner and teacher, founded her own online community of over 370,000 people (@hannahbarrettyoga) and launched her own yoga app. This is her first book.

- 300 million people practice yoga worldwide (CompareCamp 2020)
- Hannah Barrett has an Instagram following of over 360,000 and has launched her own app
- Book will appeal to practitioners who use yoga to promote wellbeing as well as fitness



The Book of Healing

How to Overcome Loss and Thrive in Challenging Times
Tara Ward

Sep-21 | HC | SEL010000
\$19.99 | 9781787136939
176 pages | 5.3 x 7.3"
Full-color illustrations throughout



A guide to loss and grief, with an emphasis on self-care, task-focused meditation, and mindfulness.

We all need a little help sometimes. In *The Book of Healing*, Tara Ward takes you through the process of recovering from loss and grief. Learning the art of self-healing – physically, mentally, emotionally, and spiritually – is tremendously important and can be achieved through practical exercises, meditation, reflection, and mindfulness. Whether it's the loss of a loved one, loneliness, grief, or even loss of self, Tara offers a roadmap through the recovery process. Her advice is practical and task-focused, straightforward and accessible. Drawing on your own personal responses, you will feel inspired to reclaim some light in your life, escape the past, and look to the future, fully healed and restored.

Tara Ward is a best-selling author on personal development and spiritual well-being with sales of more than half a million copies worldwide. She has worked in more than 40 countries across five continents, developing new ways to improve communication between all cultures: physically, mentally, emotionally, and spiritually. She also runs workshops and gives talks on meditation and mindfulness.

- One of Tara's 16 books, *Mindful Journaling* (2017), has sold over 125,000 copies
- Grief disorder is on the rise worldwide as a result of the Covid-19 crisis (*New Scientist* July 2020)
- Reiki healing and meditation are key global wellness trends


SUMMER

YOGA POSE

THE FISH POSE

Regulate your temperature and open up the neck and chest with the fish pose.

- Lie on your back, bend your knees and place the soles of your feet on the floor. Keep your arms relaxed and alongside the body, palms down.
- Lift your hips and slide your hands underneath the upper buttocks.
- Inhale and press into your elbows and shoulders, lifting the chest.
- Position the back or the top of the head against the floor, depending on what feels comfortable.
- Gently extend each leg, drawing the heel along the floor.
- Stay for five breaths, breathing towards your chest and ribcage.




AUTUMN

AUTUMN AFFIRMATIONS

APPRECIATION IS LIFE-AFFIRMING

At this time of year, be grateful for what you have and the strengths that will carry you through the coming winter months.

- 'I appreciate where I am in my life right now.'
- 'I celebrate my achievements and learn from each experience.'
- 'Every day I learn something new about myself.'
- 'My harvest is my wisdom.'



'Delicious autumn! My very soul is wedded to it, and if I were a bird I would fly about the earth seeking the successive autumns.'

George Eliot

97



draft cover

The Self-Care Year

Reflect and Recharge with Simple Seasonal Rituals

Alison Davies

Sep-21 | HC | SEL016000

\$19.99 | 9781787137653

128 pages | 5.3 x 7.3"

Full-color illustrations throughout

ISBN 978-1-78713-765-3



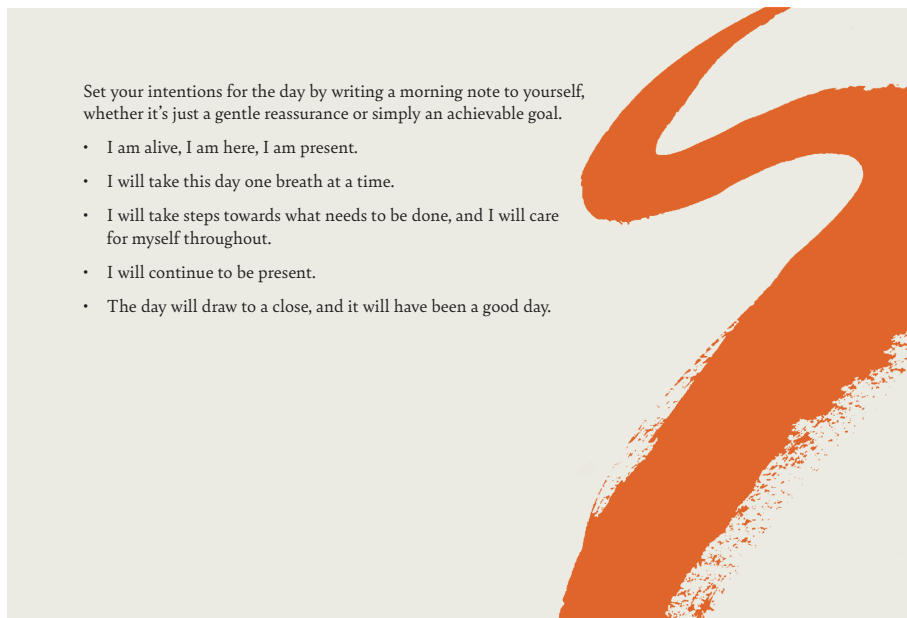
How to wind down and enjoy the world around you with simple, creative steps for each season.

It can be easy to rush through life without stopping to pause and consider how you feel. This seasonal guide reveals how to re-connect with yourself, both body and mind, how to slow down, how to connect with the seasons and pay attention to the present moment.

This is the book for anyone who is looking to live more intentionally and more in tune with the world around them, for those who are seeking a slower pace and want to carve out quiet, mindful moments in their lives. Based on finding calm and balance through the seasons, *The Self-Care Year* explains how to pause, be present, and find joy in every day moments, using seasonal tips, creative projects, and meditative exercises.

Alison Davies is the author of over 30 books and runs writing workshops at universities across the United Kingdom. Alison also writes about self-care and positive thinking for a wide selection of magazines, including *Natural Health*, *Health and Wellbeing*, and the *Daily Express*.

- Encompasses key trends: mindfulness, meditation, yoga, wellness, balance, slow living
- Simple and practical advice and rituals for everyday life
- 2020 has taught us the importance of carving out time to take care of yourself. This is a book we could all benefit from



Restore, Recharge, Flourish – 52 Cards

Self-Care Prompts and Uplifting Quotes
Joanna Gray

Aug-21 | CA | SEL031000
\$16.99 | 9781787137301
52 pages | 00 x 00 in
Full-color illustrations throughout

ISBN 978-1-78713-730-1



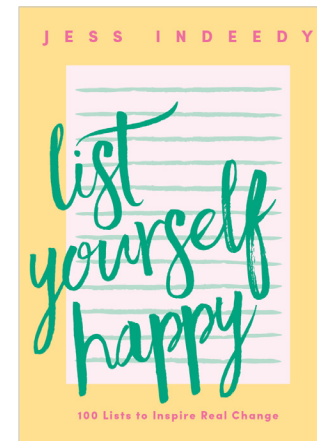
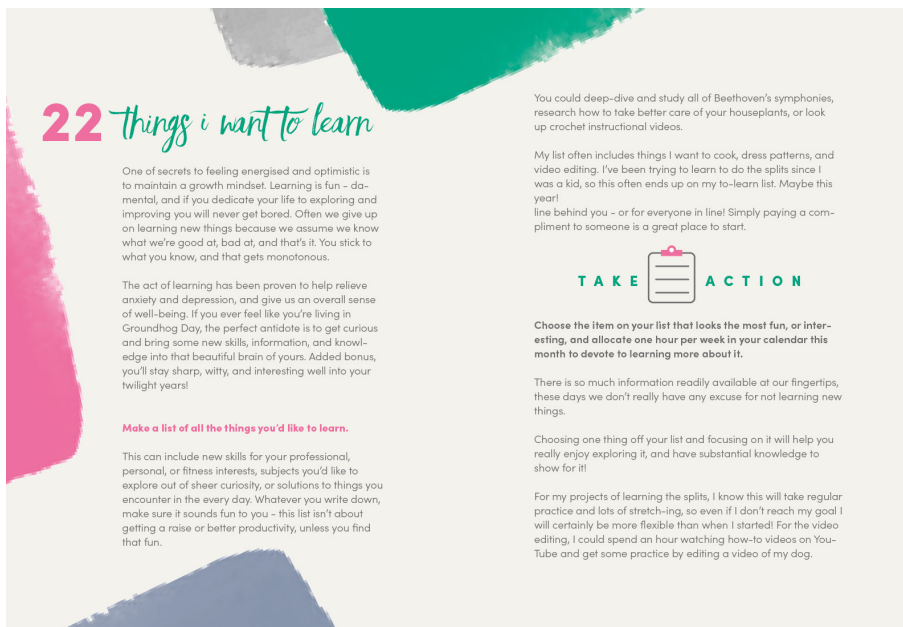
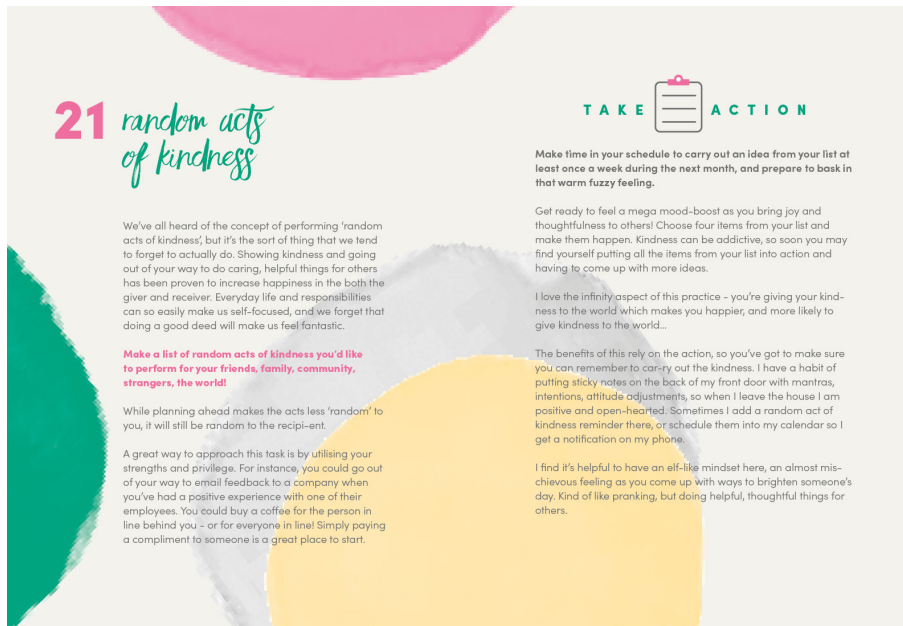
52 practical and inspiring cards.

When pursuing your dreams and a joyous, fulfilling life, self-care isn't just beneficial, it's essential. More than just a fad, self-care is a way to nurture the soul, feel secure in your own skin, and restore yourself to optimum health, both mentally and physically. Despite this, self-care isn't always at the top of everyone's to-do list and often becomes an afterthought in our busy lives.

These cards show you how to take time for yourself, keep stress at bay and take control of your mental health. Through restorative tips, positive quotes, and thoughtful exercises, learn how to cultivate self-care, untangle your busy life, and embrace your well-being.

Joanna Gray is a writer, journalist, and interviewer. She runs festival events and educational programmes for Wimbledon BookFest in the UK and co-ordinates the Jane Gardam Short Story Award. She is the author of many books in Quadrille's 'Little Books of' series, including *The Little Book of Self-Care* and *The Little Book of Kindness*.

- Each card includes bite-sized self-care quotes, tips and prompts inspired by Joanna's *Little Book of Self-Care*, which has sold 29,000 copies globally
- To keep on your desk, in your handbag, or pass on to a good friend
- An affordable package with beautiful illustrations



draft cover

List Yourself Happy

100 Lists to Inspire Real Change

Jess Indeedy

Nov-21 | HC | SEL016000

\$16.99 | 9781787138117

224 pages | 5.3 x 7.3"

Two-color illustrations throughout

ISBN 978-1-78713-811-7



A personal development book like no other – discover the power of list making on your journey to true happiness

List Yourself Happy will allow you to tap into your 'inner gold' and help to bring your unique values, dreams, and ideas into your daily life through simple but empowering to-do lists that can fit around any lifestyle.

The concept is simple: 100 questions, 10 lists, one monthly action plan. Wellness guru Jess Indeedy provides 100 question prompts to choose from, ranging from the simple to the reflective. After you complete ten lists, you'll handpick one entry from each list and create an action plan for the next month. What you put into your list-making sessions is what you'll get out, so let your imagination run free – as your capacity for happiness grows, so your list entries and actions will evolve too. So, are you ready to change your life?

Jess Indeedy has spent years honing the concept of happiness-led list making, as the host of 'I Love Lists' – a club night centred around happiness and betterment. Originally from the US, but now living in London in the UK, Jess runs a successful business with her husband, planning parties and hosting 'Musical Bingo' events.

- Happiness is just a list away – all you'll need is this book, some paper and a pen
- The world is stuck in a post-pandemic happiness slump – this is the book to help us out of it
- Self-care in list form



Humor & Gift

Snow and ice

What could be more beautiful or ethereal than a landscape cloaked in snow? The glistening vista conjures an air of mystery and tricks the eye into seeing a myriad of shapes and patterns. As the temperature drops, so too does the veil between this world and the next and there is a feeling that anything could happen. No wonder, then, that the Ancients around the world believed in the supernatural power of snow. The transient nature of this gift from the heavens left them in awe, and – while they came up with stories to explain its existence and why it fell – there was still a sense of the unknown to this phenomenon.

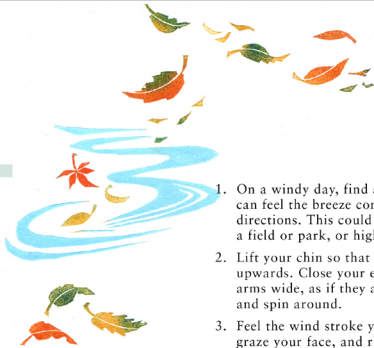


112 Snow and ice

RE-WILD:

Connect with the wind and release your fear

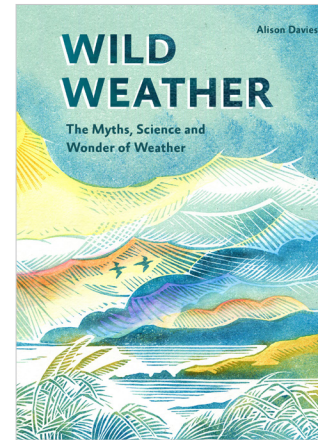
When the wind whips at your heels, there is no escape. It's a harsh reminder that you are exposed to the elements, that no matter where you are upon the earth, or in your life, you are vulnerable. Every moment brings change, and there's nothing like the bristling jolt of a gust of wind to remind you of this. Just as the wind berates, it also cajoles you into action, pushing you onwards through dark clouds and stormy days. Whether light and breezy, or wild and wanton, going with the flow of this element will help you bend and shift with the changes in your life.



1. On a windy day, find a spot where you can feel the breeze coming at you from all directions. This could be in the middle of a field or park, or high on the peak of a hill.
2. Lift your chin so that your face is turned upwards. Close your eyes and open your arms wide, as if they are two giant wings and spin around.
3. Feel the wind stroke your cheeks, feel it graze your face, and ruffle your hair. Notice how it curls around your body, nudging you forwards. How does this make you feel? Exhilarated? Excited? Energised?
4. Let your body relax so that it bends and flows in the path of the wind. If time and space allow, you could even open your eyes and run. Let the gusts push and buffet you, in any direction.
5. Imagine you're a leaf being carried through the air and enjoy this feeling of freedom.

54 Wind

Wind 55



Wild Weather

The Myths, Science and Wonder of Weather
Alison Davies

Sep-21 | HC | NAT036000
\$19.99 | 9781787136250
144 pages | 5.3 x 7.3"
Full-color illustrations throughout

ISBN 978-1-78713-625-0



An illustrated guide to understanding the wonders of the weather.

Wild Weather is a guide to understanding wonders of weather. We are obsessed with weather, whether it is compulsively checking our weather apps, watching the the weather news, or just making small talk about what is happening on the other side of the window. Alison delves deep into history to unveil the extraordinary weather events that have left their mark. Beautifully illustrated, this book will examine what is actually happening up there and why, from understanding different cloud formations to the myths and folklore associated to the varying weather patterns – *Wild Weather* is the perfect gift for weather enthusiast everywhere.

Alison Davies runs story-telling workshops at universities throughout the UK. She writes for a wide selection of magazines, including *Bella*, *You*, and *Kindred Spirit*. Her features have also appeared in the *Times Education Supplement*, *Daily Mail*, and *Sunday Express*.

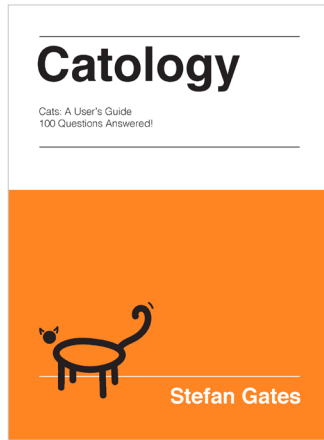
- A beautiful gift book which explores the world's most spectacular weather events
- Delves deep into the folklore behind different weather patterns
- We are weather obsessed, using weather observations in small talk, and constantly checking our weather apps to see what tomorrow might bring



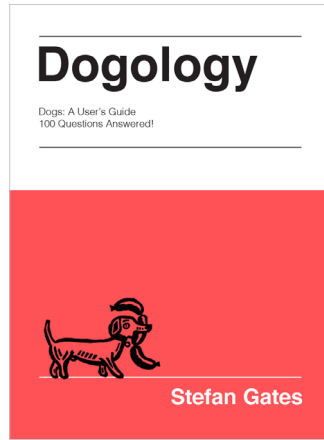
Also available
Written in the Stars
9781787131767
\$16.99 | Aug-18



Also available
Dreams
9781787133396
\$16.99 | Sep-19



draft cover



draft cover

Catology

The Weird and Wonderful Science of Cats

Stefan Gates

Oct-21 | HC | HUM009000
\$16.99 | 9781787136328
160 pages | 5.1 x 7.1" | 0.9lb
Full-color illustrations throughout

ISBN 978-1-78713-632-8



Explore the amazing world of cat science to discover whether your gorgeous cat is a loving furball... or an ambush predator.

Cat-ology explores the bizarre and funny world of feline science. Packed with fascinating facts, quirky scientific revelations, and weird stories about our furry friends and ourselves, this is a must for animal-lovers, grown-ups and kids alike.

Stefan Gates is an animal lover, TV presenter, science communicator, and author of *Fartology* as well as eight other books.

Dogology

The Weird and Wonderful Science of Dogs

Stefan Gates

Oct-21 | HC | HUM009000
\$16.99 | 9781787136335
160 pages | 5.1 x 7.1" | 0.9lb
Full-color illustrations throughout

ISBN 978-1-78713-633-5



Discover why man's best friend wags, walks, sniffs, barks, pees, behaves and thinks the way he does.

Dog-ology explores the bizarre and very funny world of canine science. Packed with fascinating facts, quirky scientific revelations, and weird stories about our furry friends, this is a must for animal-lovers, grown-ups and kids alike.

- Popular science meets pets in a neat combination of publishing trends
- Author of *Fartology*, Stefan tours the world with live science shows and events



Tails of the Unexpected:

A Journal of Memories and Misadventures of my Cat

Alison Davies

Sep-21 | JN | NON000000
\$19.99 | 9781787135420
112 pages | 6.3 x 8.3" | 1lb 2oz
Full-color illustrations throughout

ISBN 978-1-78713-542-0



Whether you have just bought a new kitten or puppy, or taken in an older pet, these journals are a must-have keepsake in which to record crucial, un-fur-gettable information about your pet as well as the special role they fulfil in your life.

Over 100 simple questions and prompts enable you to record everything from your first days together to their daily nap-time routine. From their laugh-out-loud antics and eccentricities, their vaccination and flea logs, to the things you love doing



Tails of the Unexpected:

A Journal of Memories and Misadventures of my Dog

Alison Davies

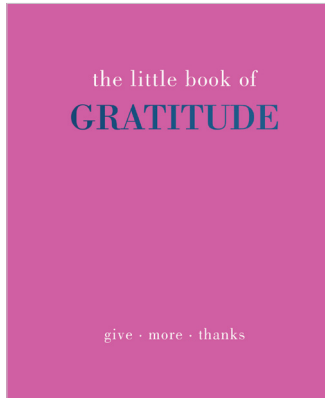
Sep-21 | JN | NON000000
\$19.99 | 9781787135437
112 pages | 6.3 x 8.3" | 1lb 2oz
Full-color illustrations throughout

ISBN 978-1-78713-543-7



together, these journals cover all areas of your relationship with your much-loved pet. The completed journals will serve as a precious keepsake to be treasured for years to come.

Each includes a ribbon marker, some blank pages for sticking in photos and recording paw prints, and a pocket affixed to the inside back cover to store their health care card and pet passport.



Little Book of Gratitude

Give | More | Thanks
Joanna Gray

Aug-21 | HC | SEL016000
\$11.99 | 9781787137363
192 pages | 4.1 x 5"
Text only

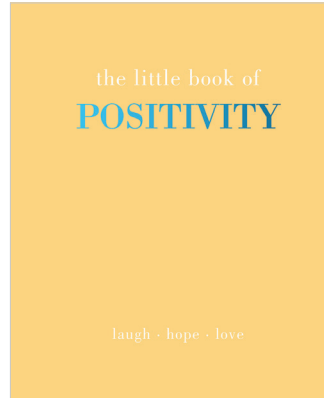
ISBN 978-1-78713-736-3



“Gratitude is a divine emotion: it fills the heart, but not to bursting; it warms it, but not to fever.” – Charlotte Brontë

Practicing gratitude is not just about noticing the big moments in life, but taking time to reflect on smaller moments. *The Little Book of Gratitude* covers how to focus on the good in life and find joy in the little things, with thoughtful and practical tips to cultivate gratitude every day.

- A timely little book covering self-care, mindfulness, and kindness, in the usual Little Book structure
- Publishing in time for World Gratitude Day (September 21st 2021)



Little Book of Positivity

Laugh | Hope | Love
Joanna Gray

Oct-21 | HC | SEL016000
\$11.99 | 9781787136786
192 pages | 4.1 x 5"
Text only

ISBN 978-1-78713-678-6



“Make the most of the best and the least of the worst.” – Robert Louis Stevenson

In *The Little Book of Positivity*, discover how to focus on the good things, practice self-love and find joy. With helpful tips, thoughtful exercises, and small daily habits, move forwards, shed that dark cloud and brighten your every day.

Joanna Gray is a writer, journalist, and interviewer. She runs festival events and educational programmes for Wimbledon BookFest in the UK and is the author of many titles in the ‘Little Book of’ series.

- Contains simple, everyday rituals to help us embrace positive thinking

Also Available



Little Book of Confidence
9781849495158



Little Book of Sisterhood
9781787135185



Little Book of Mindfulness II
9781787133808



Little Book of Self-Care
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Little Book of Luck
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Little Book of Mindfulness
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Little Book of Bridesmaids
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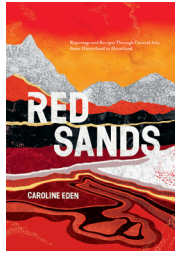


Little Book of Pride
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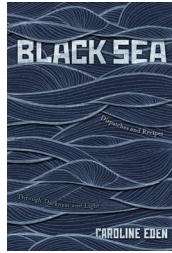


Backlist

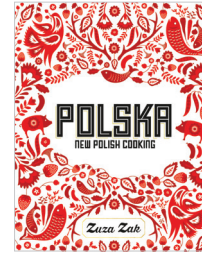
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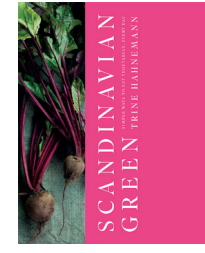
Red Sands
CAROLINE EDEN
 9781787134829 | \$37.00
 CKB093000 | HC | 320
 6.6 x 9.7 | 2lb 6oz



Black Sea
CAROLINE EDEN
 9781787131316 | 35.00
 CKB092000 | HC | 288
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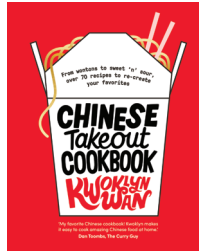
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ZUZA ZAK
 9781849497268 | 35.00
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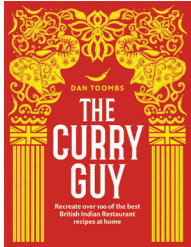
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 9781787134195 | 22.99
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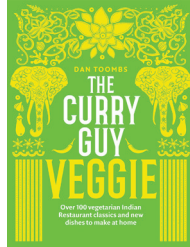
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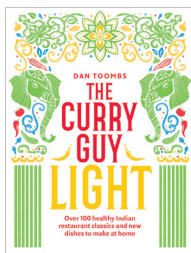
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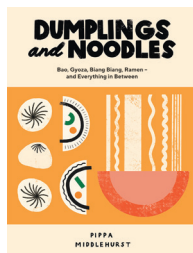
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 CKB034000 | HC | 176
 7 x 9 | 1lb 8oz



Curry Guy Light
DAN TOOMBS
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 CKB044000 | HC | 160
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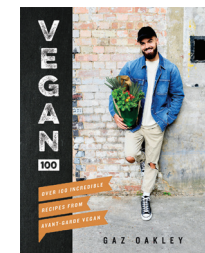
Dumplings and Noodles
PIPPA MIDDLEHURST
 9781787135376 | 24.99
 CKB090000 | HC | 192
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HEALTHY EATING



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 9781787134980 | \$24.99
 CKB125000 | HC | 224
 7.4 x 9.8" | 2lb 1oz



Vegan 100
GAZ OAKLEY
 9781787131248 | \$24.99
 CKB125000 | HC | 224
 7.4 x 9.8" | 2lb 2oz

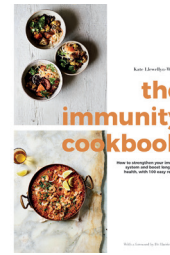




Vegan Christmas
GAZ OAKLEY
9781787132672 | \$22.99
CKB125000 | HC | 176
7.4 x 9.8" | 1lb 8oz



Vegan Fake-out
KATY BESKOW
9781787136281 | \$22.99
CKB125000 | HC | 160
6.9 x 8.9" | 1lb 4 oz



The Immunity Cookbook
KATE LLEWELLYN-WATERS
9781787136793 | \$29.99
CKB039000 | HC | 224
7.4 x 9.8" | 2lb 3oz



Vegan Cakes
SARAH HARDY
9781787135192 | \$23.99
CKB125000 | HC | 160
6.9 x 8.9" | 1lb 6oz



Easy Vegan Bible
KATY BESKOW
9781787135666 | \$19.99
CKB125000 | HC | 320
7.4 x 9.8" | 2lb 6oz



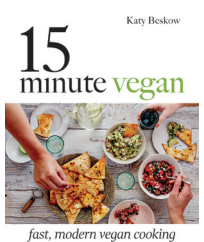
Five Ingredient Vegan
KATY BESKOW
9781787135284 | \$19.99
CKB125000 | HC | 224
7.4 x 9.8" | 2lb 4oz



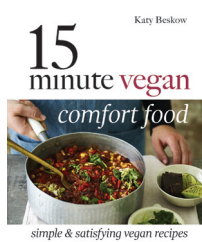
Cook, Eat, Run
CHARLIE WATSON
9781787134294 | \$24.99
CKB000000 | PB | 176
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Yoga Kitchen
KIMBERLY PARSONS
9781849498999 | \$19.99
CKB039000 | HC | 192
6.8 x 9.7" | 1lb 11oz



15 Minute Vegan
KATY BESKOW
9781849499637 | \$19.99
CKB086000 | HC | 160
6.9 x 8.9" | 1lb 7oz



15 Minute Vegan Comfort Food
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CKB101000 | HC | 160
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Yoga Kitchen Plan
KIMBERLY PARSONS
9781787133211 | \$24.99
HEA025000 | HC | 192
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Infused Waters
GEORGINA DAVIES
9781787134201 | \$24.99
CKB008000 | HC | 128
6.3 x 8.3" | 1lb 0oz



15 Minute Vegan: On a Budget
KATY BESKOW
9781787132559 | \$22.99
CKB125000 | HC | 160
6.9 x 8.9" | 1lb 6oz



How to Make Anything Gluten-Free
BECKY EXCELL
9781787136618 | \$29.99
CKB000000 | HC | 224
7.4 x 9.8" | 2lb 4oz

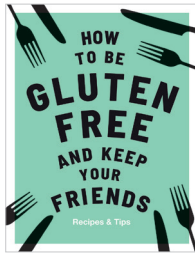


How to be Sugar-Free
MEGAN DAVIES
9781787136267 | \$19.99
CKB025000 | HC | 160
6.3 x 8.3" | 1lb 2oz



How to Be Sober
FLIC EVERETT
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CKB008000 | HC | 160
6.3 x 8.3" | 1lb 3oz





How to be Gluten-Free
ANNA BARNETT
 9781787132917 | \$22.99
 CKB110000 | HC | 160
 6.3 x 8.3" | 1lb 3oz



How to be Vegan
ANNIE NICHOLS
 9781787132740 | \$22.99
 CKB125000 | HC | 160
 6.3 x 8.3" | 1lb 3oz



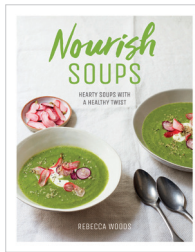
Charred
GENEVIEVE TAYLOR
 9781787134270 | \$22.99
 CKB005000 | HC | 160
 6.9 x 8.9 | 1lb 7oz



Wings and Things
BEN FORD & DAVID TUROSSKY
 9781787135000 | \$19.99
 CKB101000 | HC | 192
 6.9 x 8.9 | 1lb 9oz



FOOD & DRINK



Nourish Soups
REBECCA WOODS
 9781787132689 | \$22.99
 CKB079000 | HC | 144
 6.9 x 8.9" | 1lb 4oz



The Pasta Man
MATEO ZILONKA
 9781787136199 | \$22.99
 CKB061000 | HC | 160
 6.6 x 9.7 | 1lb 3oz



Crave
ED SMITH
 9781787135796 | \$35.00
 CKB127000 | HC | 256
 6.6 x 9.7 | 2lb 4oz



Root, Stem, Leaf, Flower
GILL MELLER
 9781787134331 | \$40.00
 CKB086000 | HC | 320
 7.1 x 10.6 | 2lb 9oz



Italian Deli Cookbook
THEO RANDALL
 9781787135963 | \$35.00
 CKB047000 | HC | 256
 6.9 x 8.9 | 2lb 4oz



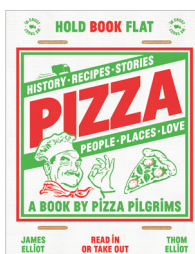
Cooking on the Big Green Egg
JAMES WHETLOR
 9781787135871 | \$35.00
 CKB005000 | HC | 224
 7.4 x 9.8 | 2lb 3oz



Home Cookery Year
CLAIRE THOMSON
 9781787134874 | \$45.00
 CKB077000 | HC | 416
 6.8 x 9.7 | 3lb 1oz



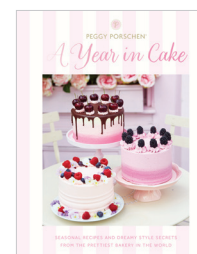
New Kitchen Basics
CLAIRE THOMSON
 9781787132542 | \$35.00
 CKB000000 | HC | 288
 6.8 x 9.7 | 2lb 0oz



Pizza
THOM ELLIOT & JAMES ELLIOT
 9781787135154 | \$29.99
 CKB064000 | HC | 272
 7.4 x 9.8 | 2lb 4oz



Ultimate Wood-Fired Oven Cookbook
GENEVIEVE TAYLOR
 9781787131774 | \$19.99
 CKB060000 | HC | 192
 6.9 x 8.9 | 1lb 10oz



A Year in Cake
PEGGY PORSCHEN
 9781787136861 | \$32.50
 CKB014000 | HC | 192
 7.9 x 10 | 2lb 3oz



The Wicked Baker
HELENA GARCIA
 9781787136007 | \$19.99
 CKB101000 | HC | 128
 6.3 x 8.3 | 1lb





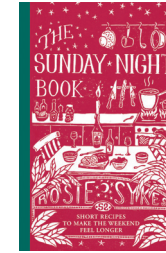
Christmas with Kim-Joy
KIM-JOY
9781787135826 | \$22.99
CKB004000 | HC | 128
7.4 x 9.8 | 11b 6oz



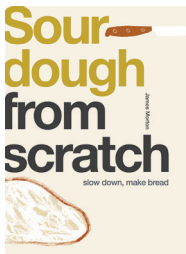
Baking with Kim-Joy
KIM-JOY
9781787134584 | \$24.99
CKB014000 | HC | 176
7.4 x 9.8 | 11b 11oz



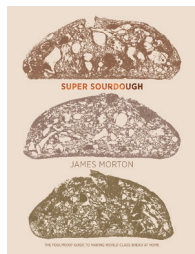
Herb
MARK DIACONO
9781787136359 | \$35.00
CKB040000 | HC | 272
7.1 x 10.6 | 31b 4oz



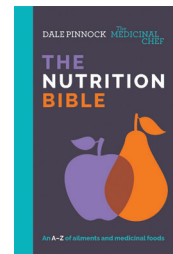
The Sunday Night Book
ROSIE SYKES
9781849499651 | \$19.99
CKB070000 | HC | 152
5.4 x 8.5 | 01b 13oz



From Scratch: Sourdough
JAMES MORTON
9781787136953 | \$16.99
CKB005000 | HC | 176
5.3 x 7.3 | 11b 10z



Super Sourdough
JAMES MORTON
9781787134652 | \$32.50
CKB009000 | HC | 256
7.4 x 9.8 | 21b 6oz



Medicinal Chef: The Nutrition Bible
DALE PINNOCK
9781787132511 | \$25.99
HEA010000 | PB | 256
6 x 9.2 | 11b 7oz



Foolproof One-Pot
ALAN ROSENTHAL
9781787135949 | \$19.99
CKB101000 | HC | 144
6.5 x 8.5 | 11b 4oz



Loaf Story
TIM HAYWARD
9781787134775 | \$24.99
CKB009000 | HC | 256
6 x 9.2 | 11b 10oz



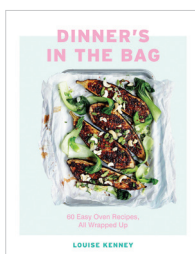
Sheet Pan Magic
SUE QUINN
9781787130487 | \$19.99
CKB070000 | HC | 160
7 x 9 | 11b 7oz



Foolproof BBQ
GENEVIEVE TAYLOR
9781787136717 | \$19.99
CKB005000 | HC | 144
6.5 x 8.5 | 11b 4oz



Posh Pasta
9781787135468 | \$19.99
CKB061000 | HC | 176
6.5 x 8.5 | 11b 6oz



Dinner's in the Bag
LOUISE KENNEY
9781787134850 | \$22.99
CKB070000 | HC | 144
6.9 x 8.9 | 11b 4oz



Leaf
CATHERINE PHIPPS
9781787132405 | \$35.00
CKB105000 | HC | 288
6.8 x 9.7 | 21b 6oz



Posh Potatoes
9781787133570 | \$19.99
CKB085000 | HC | 176
6.5 x 8.5 | 11b 6oz

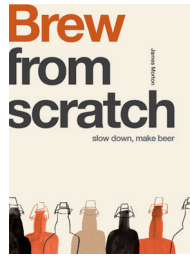


Posh Tarts
9781787133815 | \$19.99
CKB063000 | HC | 192
6.5 x 8.5 | 11b 7oz





The Noble Rot Book: Wine from Another Galaxy
DAN KEELING
 9781787132719 | \$45.00
 CKB126000 | HC | 352
 7.4 x 9.8 | 3lb 1oz



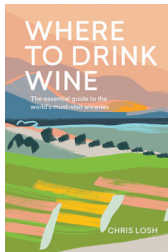
From Scratch: Brew
JAMES MORTON
 9781787136977 | \$16.99
 CKB005000 | HC | 176
 5.3 x 7.3 | 1lb 1oz



Visible Mending
AROUNNA KHOUNNORAJ
 9781787136106 | \$22.99
 CRA001000 | PB | 160
 7.9 x 10" | 1lb 6oz



Punch Needle
AROUNNA KHOUNNORAJ
 9781787132788 | \$19.99
 CRA033000 | PB | 160
 7.9 x 10" | 1lb 6oz



Where to Drink Wine
CHRIS LOSH
 9781787132252 | \$29.99
 CKB126000 | HC | 288
 6 x 9.2 | 2lb 0oz



Carbs
LAURA GOODMAN
 9781787132573 | \$22.99
 CKB009000 | HC | 192
 6.9 x 8.9 | 1lb 9oz



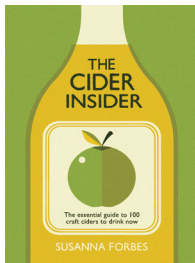
Weaving
MARY MADDOCKS
 9781787135291 | \$22.99
 CRA040000 | PB | 160
 7.9 x 10" | 1lb 6oz



Building the Pattern
LAURA HUHTA & SAARA HUHTA
 9781787135499 | \$37.50
 CRA035000 | PB | 192
 7.9 x 10" | 2lb 2oz



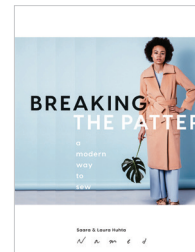
CRAFT, LIFESTYLE & HOME



Cider Insider
SUSANNA FORBES
 9781787130036 | \$19.99
 CKB088000 | HC | 224
 5.3 x 7.3 | 1lb 2oz



Botanical Soaps
MARTA TARALLO
 9781787136687 | \$22.99
 CRA064000 | FB | 176
 7.5 x 9.4" | 1lb 2oz



Breaking the Pattern
LAURA & SAARA HUHTA
 9781787131835 | \$35.00
 CRA009000 | FB | 192
 7.9 x 10" | 2lb 3oz



Macramé
FANNY ZEDENIUS
 9781849499408 | \$17.99
 CRA055000 | PB | 144
 7.9 x 10" | 1lb 4oz



Sustainable Style
CAROLINE AKSELSON & BRUCE ALEXANDRA
 9781787136748 | \$35.00
 CRA035000 | HC | 224
 7.9 x 10" | 3lb 5oz



KIY: Knit it Yourself
EMMA WRIGHT
 9781787134768 | \$22.99
 CRA015000 | PB | 160
 7.9 x 10" | 1lb 6oz



Macramé 2
FANNY ZEDENIUS
 9781787134102 | \$19.99
 CRA055000 | PB | 176
 7.9 x 10" | 1lb 8oz



Tilly and the Buttons: Make it Simple
TILLY WALNES
 9781787134676 | \$35.00
 CRA035000 | FB | 208
 7.9 x 10" | 2lb 7oz





Tilly and the Buttons: Stretch!
TILLY WALNES
 9781787131170 | \$29.99
 CRA035000 | FB | 192
 7.9 x 10" | 2lb 2oz



Bags
ANNA ALICIA
 9781787133761 | \$19.99
 CRA035000 | PB | 144
 7.9 x 10" | 1lb 4oz



Bold British Design
EMILIO PIMENTEL-REID & SARAH HOGAN
 9781787135116 | \$47.00
 ARC007000 | HC | 304
 8 x 10" | 2lb 11oz



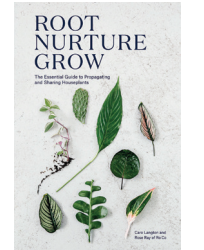
Green Home
ANDERS RØYNEBERG
 9781787136182 | \$24.99
 GAR010000 | HC | 160
 6.8 x 9.7" | 2lb 3oz



Baskets
TABARA N'DIAYE
 9781787132702 | \$19.99
 CRA002000 | PB | 144
 7.9 x 10" | 1lb 4oz



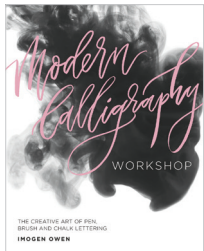
Wreaths
TERRI CHANDLER & KATIE SMYTH
 9781787131200 | \$22.99
 CRA010000 | PB | 192
 7.9 x 10" | 1lb 4oz



Root, Nurture, Grow
CARO LANGTON & ROSE RAY & RO CO
 9781787132184 | \$24.99
 GAR010000 | HC | 208
 6 x 9.2" | 1lb 8oz



The Flower Garden
JENNITA JANSEN
 9781787136908 | \$19.99
 GAR004010 | HC | 128
 5.9 x 7.1" | 1lb 1oz



Modern Calligraphy Workshop
IMOGEN OWEN
 9781849499071 | \$19.99
 CRA025000 | PB | 144
 7.9 x 10" | 1lb 4oz



Botanical Inks
BABS BEHAN
 9781787131569 | \$22.99
 CRA007000 | PB | 192
 7.9 x 10" | 1lb 10oz



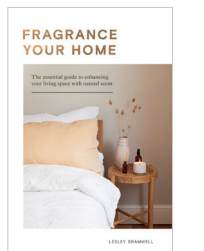
Planting for Wildlife
JANE MOORE
 9781787136755 | \$16.99
 GAR000000 | HC | 144
 6.5 x 8.3" | 1lb 4oz



Planting for Butterflies
JANE MOORE
 9781787135352 | \$16.99
 NAT005000 | HC | 144
 6.5 x 8.3" | 1lb 4oz



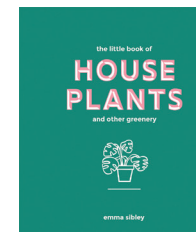
Crafted
SALLY COULTHARD
 9781787132566 | \$29.99
 CRA032000 | HC | 224
 6 x 9.2" | 1lb 11oz



Fragrance Your Home
LESLEY BRAMWELL
 9781787136229 | \$22.99
 HEA029000 | HC | 176
 6 x 9.2" | 1lb 2oz

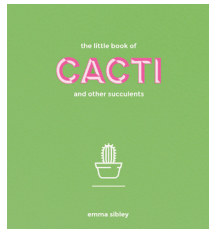


Planting for Honeybees
SARAH WYNDHAM LEWIS
 9781787131460 | \$16.99
 NAT013000 | HC | 144
 6.5 x 8.3" | 1lb 4oz



Little Book of House Plants
EMMA SIBLEY
 9781787131712 | \$14.99
 GAR010000 | HC | 144
 6.5 x 7" | 0lb 14oz





Little Book of Cacti and Other Succulents
EMMA SIBLEY
9781849499149 | \$14.99
GAR010000 | HC | 144
6.5 x 7" | 0lb 14oz



Little Book, Big Plants
EMMA SIBLEY
9781787135062 | \$14.99
GAR010000 | HC | 144
6.5 x 7" | 0lb 14oz



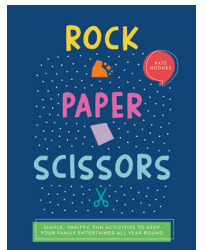
Little Book of Bonsai
MATTHEW PUNTI GAM
9781787136472 | \$14.99
GAR013000 | HC | 160
6.5 x 7" | 0lb 14oz



Vogue on Coco Chanel
BRONWYN COSGRAVE
9781849491112 | \$19.99
ART000000 | HC | 160
6.5 x 8.3" | 1lb 5oz



Vogue on Giorgio Armani
KATHY PHILLIPS
9781849494687 | \$19.99
DES013000 | HC | 160
6.5 x 8.3" | 1lb 6oz



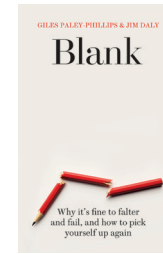
Rock, Paper, Scissors
KATE HODGES
9781787137189 | 19.99
RA043000 | FB | 176
6.3 x 8.3" | 1lb 8oz



The Bike Repair Book
GERALD JANSSEN
9781787136885 | \$14.99
CRA032000 | HC | 112
7.3 x 4.9" | 1lb 1oz



WELLBEING & INSPIRATIONAL



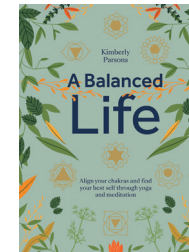
Blank
GILES PALEY-PHILLIPS & JIM DALY
9781787136168 | \$24.99
SEL031000 | HC | 256
5.4 x 8.5" | 1lb 3oz



You Are Dope
OVIE SOKO
9781787136038 | \$19.99
SEL016000 | HC | 160
5.4 x 8.5" | 1lb 01oz



Be the Fittest
TYRONE BRENNAND
9781787135581 | \$23.99
HEA007000 | PB | 224
7.4 x 9.8" | 1lb 13oz



A Balanced Life
KIMBERLY PARSONS
9781787135529 | \$17.99
HEA025000 | HC | 144
5.3 x 7.3" | 1lb 1oz



Change Your Life in an Hour
LAURA ARCHER
9781787135505 | \$13.99
SEL016000 | HC | 144
4.7 x 6.1" | 0lb 8oz



The Mystical Year
ALISON DAVIES
9781787136083 | \$19.99
SOC011000 | HC | 144
5.7 x 7.3" | 0lb 13oz

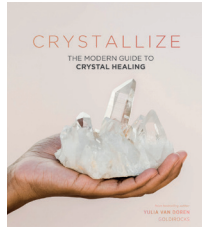


Cosmic Power
VANESSA MONTGOMERY
9781787135758 | \$17.99
OCC009000 | HC | 192
5.3 x 7.3" | 1lb 0oz

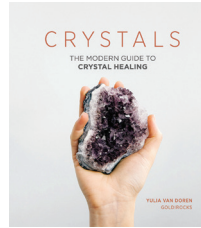


Star Power
VANESSA MONTGOMERY
9781787132245 | \$17.99
OCC002000 | HC | 192
5.1 x 7.3" | 1lb 0oz





Crystallize
YULIA VAN DOREN
9781787134522 | \$14.99
OCC004000 | HC | 144
6.3 x 7.1" | 0lb 15oz



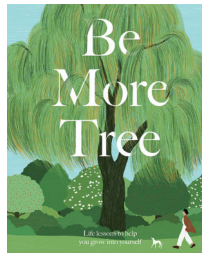
Crystals
YULIA VAN DOREN
9781787130357 | \$14.99
OCC004000 | HC | 144
6.3 x 7.1" | 0lb 14oz



What a Time to Be Alone
CHIDERA EGGERUE
9781787132115 | \$16.99
FAM021000 | HC | 192
5.4 x 8.5" | 1lb 3oz



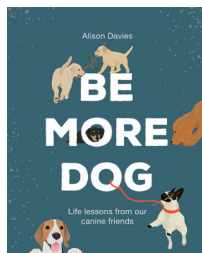
How To Get Over a Boy
CHIDERA EGGERUE
9781787134805 | \$17.99
FAM051000 | HC | 192
5.4 x 8.5" | 1lb 3oz



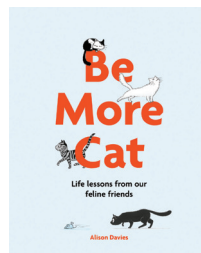
Be More Tree
ALISON DAVIES
9781787136243 | \$12.99
GAR024000 | HC | 144
4.7 x 6.1" | 0lb 8oz



Be More Bee
ALISON DAVIES
9781787134843 | \$12.99
SEL016000 | HC | 144
4.7 x 6.1" | 0lb 8oz



Be More Dog
ALISON DAVIES
9781787134546 | \$12.99
PET004000 | HC | 144
4.7 x 6.1" | 0lb 8oz



Be More Cat
ALISON DAVIES
9781849499521 | \$12.99
HUM009000 | HC | 144
4.7 x 6.1" | 0lb 9oz



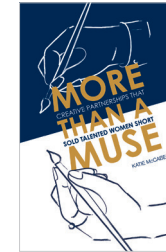
Be More Sloth
ALISON DAVIES
9781787132276 | \$12.99
OCC019000 | HC | 144
4.7 x 6.1" | 0lb 9oz



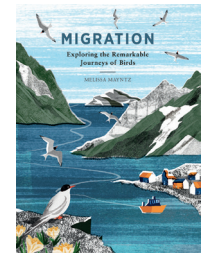
Be More Unicorn
JOANNA GRAY
9781787131224 | \$12.99
SEL016000 | HC | 144
4.7 x 6.1" | 0lb 9oz



Be More Witch
ALISON DAVIES
9781787133389 | \$12.99
OCC026000 | HC | 160
4.7 x 6.1" | 0lb 9oz



More Than a Muse
KATIE MCCABE
9781787134119 | \$23.99
ART016000 | HC | 264
5.4 x 8.5" | 0lb 13oz



Migration
MELISSA MAYNTZ
9781787135048 | \$19.99
NAT043000 | HC | 144
5.1 x 7.3" | 0lb 13oz



Brutally Honest
MELANIE BROWN & LOUISE GANNON
9781787133525 | \$26.99
BIO005000 | HC | 296
6.1 x 9.2" | 1lb 6oz



Grow Green
JEN CHILLINGSWORTH
9781787135727 | \$12.99
GAR000000 | HC | 160
4.7 x 6.1" | 0lb 10oz

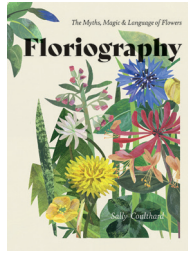


Clean Green
JEN CHILLINGSWORTH
9781787135024 | \$12.99
HOM019000 | HC | 160
4.7 x 6.1" | 0lb 10oz





Live Green
JEN CHILLINGSWORTH
 9781787133198 | \$12.99
 SEL039000 | HC | 160
 4.7 x 6.1" | 0lb 10oz



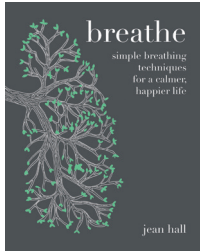
Floriography
SALLY COULTHARD
 9781787135314 | \$19.99
 NAT013000 | HC | 144
 5.3 x 7.3" | 1lb 10oz



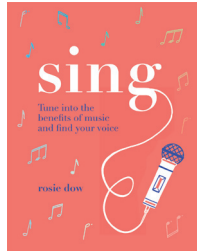
Superstition
SALLY COULTHARD
 9781787133631 | \$19.99
 SOC011000 | HC | 144
 5.3 x 7.3" | 0lb 13oz



Dreams
ALISON DAVIES
 9781787133396 | \$16.99
 OCC006000 | HC | 160
 5.3 x 7.3" | 0lb 14oz



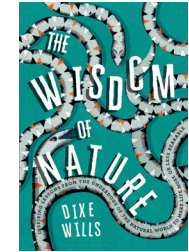
Breathe
JEAN HALL
 9781849497749 | \$12.95
 SEL016000 | HC | 128
 5 x 6.5" | 0lb 10oz



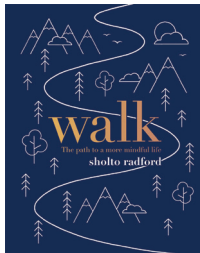
Sing
ROSIE DOW
 9781787134157 | \$12.99
 MUS042000 | HC | 144
 5 x 6.5" | 0lb 9oz



Titania's Fortune Cards
TITANIA HARDIE
 9781787132696 | \$19.99
 OCC008000 | KI | 96
 4.4 x 6.5" | 0lb 11oz



The Wisdom of Nature
DIXE WILLS
 9781787132221 | \$19.99
 NAT000000 | HC | 160
 5.3 x 7.3" | 0lb 14oz



Walk
SHOLTO RADFORD
 9781787130999 | \$12.99
 SPO050000 | HC | 144
 5 x 6.5" | 0lb 10oz



Sleep
LISA VARADI
 9781787132764 | \$12.99
 HEA043000 | HC | 144
 5 x 6.5" | 0lb 8oz



Fartology
STEFAN GATES
 9781849499682 | \$14.99
 HUM000000 | HC | 144
 5.1 7.3" | 0lb 13oz



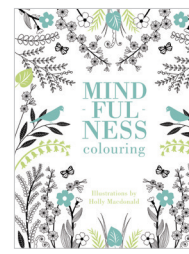
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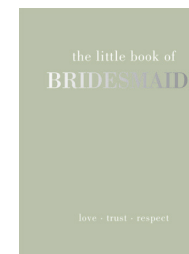
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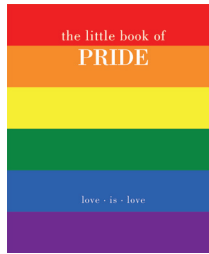


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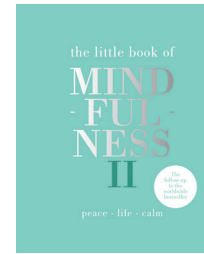




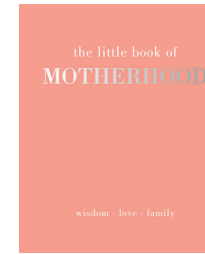
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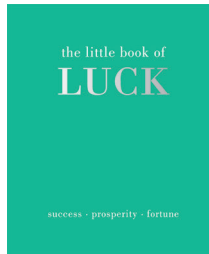
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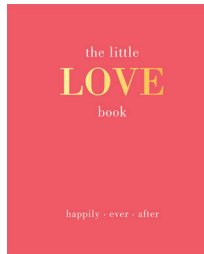
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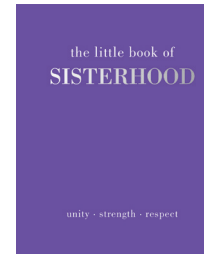
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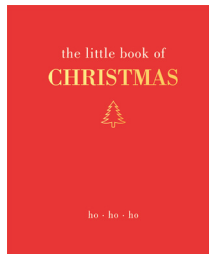
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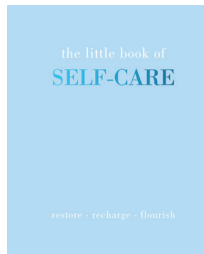
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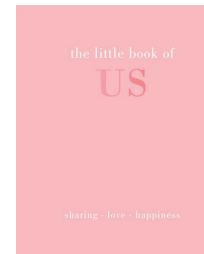
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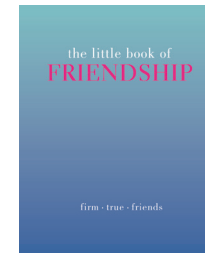
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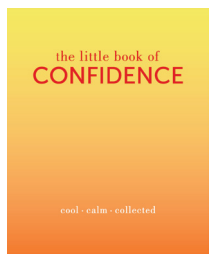
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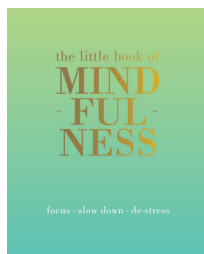
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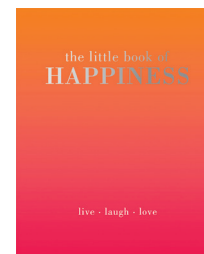
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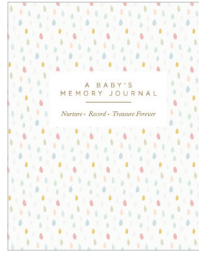
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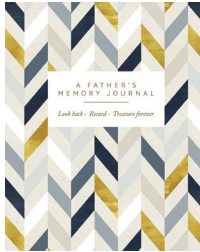
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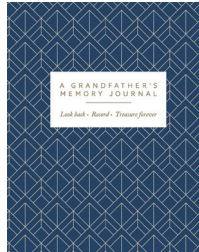
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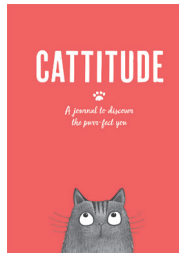
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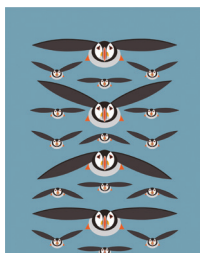
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AUTHOR INDEX

- Ainouz, Alexis Gabriel 85
 Akselson, Caroline 92
 Alexander, Grace 59
 Alexandra, Bruce 92
 Alicia, Anna 94
 Archer, Laura 97
 Barnett, Anna 88
 Barrett, Hannah 65
 Behan, Babs 94
 Beskow, Katy 27, 86
 Bramwell, Lesley 94
 Brennand, Tyrone 97
 Brown, Melanie 99
 Chandler, Terri 94
 Chillingsworth, Jen 99–100
 Co, Ro 95
 Cosgrave, Bronwyn 96
 Coulthard, Sally 94, 100–101
 Daly, Jim 97
 Davies, Alison 69, 77, 81, 97–103
 Davies, Georgina 87
 Davies, Megan 87
 Diacono, Mark 91
 Dow, Rosie 100
 Dunk, Anja 13
 Eden, Caroline 84
 Eggerue, Chidera 98, 104
 Elise, Riane 49
 Elliot, James 88
 Elliot, Thom 88
 Everett, Flic 87
 Excell, Becky 25, 86
 Forbes, Susanna 92
 Ford, Ben 89
 Gannon, Louise 99
 Garcia, Helena 57, 89
 Gates, Stefan 78, 101
 Glass, Becky 101
 Goodman, Laura 92
 Gray, Joanna 71, 80–81, 99, 101–103
 Hahneemann, Trine 85
 Hall, Jean 100
 Hardie, Titania 101
 Hardy, Sarah 87
 Hayward, Tim 90
 Hodges, Kate 96
 Hogan, Sarah 95
 Huhta, Laura & Saara 93
 I Like Birds 104–105
 Indeedy, Jess 72
 Jansen, Jennita 95
 Janssen, Gerald 96
 Keeling, Dan 92
 Kenney, Louise 90
 Khounnoraj, Arounna 93
 Kiazim, Selin 19
 Kim-Joy 29, 90
 Langton, Caro 95
 Llewellyn-Waters, Kate 87
 Losh, Chris 92
 Macdonald, Holly 101
 Maddocks, Mary 93
 Mayntz, Melissa 99
 McCabe, Katie 99
 Meller, Gill 89
 Middlehurst, Pippa 11, 84
 Montgomery, Vanessa 37
 Montnémerly, Katarina 100
 Moore, Jane 95
 Morton, James 90, 92
 N'Diaye, Tabara 94
 Newton, Kylee 9
 Nichols, Annie 88
 Nordgren, Sofia 23
 Oakley, Gaz 85, 86
 Owen, Imogen 55, 94
 Paley-Phillips, Giles 97
 Parsons, Kimberly 87, 97
 Pashby, Laura 63
 Phillips, Kathy 96
 Phipps, Catherine 7, 90
 Pimentel-Reid, Emilio 95
 Pinnock, Dale 91
 Pole, Alex 53
 Porschen, Peggy 89
 Pratt, Nerrisa 51
 Prinku, Olga 47
 Puntigam, Matthew 96
 Quadrille 91
 Quinn, Sue 90
 Radford, Sholto 100
 Randall, Theo 88
 Ray, Rose 95
 Robinson, Ted 39
 Rosenthal, Alan 91
 Rowan, Tiddy 81, 102–103
 Røyneberg, Anders 95
 Rushmore, Jenny 45
 Sibley, Emma 95–96

TITLE INDEX

- 10-Minute Takeout 33
 15 Minute Vegan 86
 15 Minute Vegan: Comfort Food 86
 15 Minute Vegan: On a Budget 86
 A Baby's Memory Journal 104
 A Balanced Life 97
 A Father's Memory Journal 104
 A Grandfather's Memory Journal 104
 A Year in Cake 89
 Advent 13
 Ahead of the Curve 45
 Bags 94
 Baking with Kim-Joy 29, 90
 Bargello 51
 Baskets 94
 Be More Bee 98
 Be More Cat 98
 Be More Dog 98
 Be More Sloth 99
 Be More Tree 98
 Be More Unicorn 99
 Be More Witch 99
 Be the Fittest 97
 Black Sea 84
 Blacksmith 53
 Blank 97
 Bold British Design 95
 Boobs! 104
 Botanical Inks 94
 Botanical Soaps 92
 Bowls and Broths 11
 Breaking the Pattern 93
 Breathe 100
 Brutally Honest 99
 Building the Pattern 93
 Camper Van Cooking 15
 Carbs 92
 Catology 78
 Cattitude Journal 104
 Celebrate with Kim-Joy 29
 Change Your Life in an Hour 97
 Charred 89
 Chinese Takeout in 5 31
 Christmas with Kim-Joy 29, 90
 Cider Insider 92
 Clean Green 99
 Cook, Eat, Run 87
 Cooking on the Big Green Egg 88
 Cosmic Power 97
 Cosmic Power: Sticker

- Power 105
 Cows on Ice and Owls in the Bog 100
 Crafted 94
 Crave 89
 Crazy Cat Lady 100
 Crystallize 98
 Crystals 98
 Curry Guy 84
 Curry Guy Bible 35
 Curry Guy Light 35, 84
 Curry Guy Veggie 84
 Dinner's in the Bag 90
 Dogology 78
 Dreams 77, 101
 Dried Flower Embroidery 47
 Dumplings and Noodles 11, 84
 Easy Vegan Bible 86
 Fartology 101
 Five Ingredient Vegan 27, 86
 Floriography 100
 Foolproof BBQ 37, 91
 Foolproof Freezer 37
 Foolproof One-Pot 37, 91
 Fragrance Your Home 94
 From Scratch: Sourdough 90
 Fuck it, I'm Coloring 101
 Girl Power: Sticker Power 105
 Green Home 95
 GRIND 39
 Grow and Gather 59
 Grow Green 99
 Herb 91
 Home Cocktail Bible 41
 Home Cookery Year 15, 89
 How to Bake Anything Gluten-Free 25
 How to be Gluten-Free 88
 How to be Sober 87
 How to be Sugar-Free 87
 How to be Vegan 88
 How To Get Over a Boy 98
 How to Make Anything Gluten-Free 25, 86
 I Like Birds: A Puffinry of Postcards 104
 I Like Birds: Flying
 Puffins HB Notebook 104
 I Like Birds: River Estuary & Shore Notebooks 105
 Infused Waters 87
 Italian Deli Cookbook 88
 Just a French Guy Cooking 85
 K!Y: Knit it Yourself 92
 Leaf 90
 List Yourself Happy 72/73
 Little Book of Bonsai 96
 Little Book of Bridesmaids 101
 Little Book of Cacti and Other Succulents 96
 Little Book of Christmas 102
 Little Book of Confidence 102
 Little Book of Friendship 103
 Little Book of Gratitude 80
 Little Book of Happiness 81, 103
 Little Book of House Plants 95
 Little Book of Kindness 102
 Little Book of Luck 102
 Little Book of Mindfulness 81, 102
 Little Book of Mindfulness II 103
 Little Book of Motherhood 103
 Little Book of Positivity 80
 Little Book of Pride 102
 Little Book of Self-Care 81, 102
 Little Book of Sex 103
 Little Book of Sisterhood 103
 Little Book of Us 103
 Little Book, Big Plants 96
 Little Love Book 102
 Little Stories of Your Life 63
 Live Green 100
 Loaf Story 90
 Macramé 2 93
 Macramé 93
 Medicinal Chef: The Nutrition Bible 91
 Migration 99
 Mindful Coloring 101
 Modern Calligraphy Workshop 55, 94
 Modern Calligraphy: The Workbook 55
 More Than a Muse 99
 Mystical Year 97
 New Kitchen Basics 89
 Nourish Soups 88
 Open Sandwiches 85
 Pizza 88
 Planting for Butterflies 95
 Planting for Honeybees 95
 Planting for Wildlife 95
 Plants-Only Kitchen 85
 Polska 85
 Posh Pasta 91
 Posh Potatoes 91
 Posh Tarts 91
 Punch Needle 93
 Quilting by Hand 49
 Red Sands 84
 Rock, Paper, Scissors 96
 Root, Nurture, Grow 95
 Root, Stem, Leaf, Flower 89
 Sambal Shiok 21
 Scandi Bites 85
 Scandinavian Comfort Food 85
 Scandinavian Green 85
 Self-Care Cards 71
 Sheet Pan Magic 90
 Sing 100
 Sleep 100
 Star Power 97
 Super Sourdough 90
 Superstition 101
 Sustainable Style 92
 Tails of the Unexpected 79
 The Bike Repair Book 96
 The Book of Healing 67
 The Chinese Takeout Cookbook 31, 33, 84
 The Flower Garden 95
 The Immunity Cookbook 87
 The Modern Preserver's Kitchen 9
 The Noble Rot Book:
 Wine from Another Galaxy 92
 The Nordic Baker 23
 The Pasta Man 88
 The Pressure Cooker Bible 7
 The Self-Care Year 69
 The Sunday Night Book 91
 The Veggie Chinese Takeout Cookbook 31, 33, 84
 The Wisdom of Nature 101
 The Witch-Crafting Handbook 57
 Three 19
 Tilly and the Buttons: Make it Simple 93
 Tilly and the Buttons: Stretch 94
 Titania's Fortune Cards 101
 Ultimate Wood-Fired Oven Cookbook 88
 Vegan 100 85
 Vegan Cakes 87
 Vegan Christmas 86
 Vegan Fake-Out 86
 Vegan Roasting Pan 27
 Visible Mending 93
 Vogue on Coco Chanel 96
 Vogue on Giorgio Armani 96
 Walk 100
 Weaving 93
 Weekend 17
 What a Time to Be Alone 98
 What a Time to Journal 104
 Where to Drink Wine 92
 Wicked Baker 57, 89
 Wild Weather 77
 Wings and Things 89
 Wreaths 94
 Yoga Happy 65
 Yoga Kitchen 87
 Yoga Kitchen Plan 87
 You Are Dope 97

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Quadrille is an imprint of
Hardie Grant Publishing
quadrille.com

ISBN 978-1-78713-795-0



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