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# Quadrille

Autumn 2022



*Hardie Grant*

QUADRILLE

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Sales representation	90





# Food & Drink

## RASPBERRY & WHITE CHOCOLATE BAKEWELL

Don't be fooled by the name of this cake; it is merely a nod to the British Bakewell style, and actually has its roots in the rather fancy French *Française*, a small cake famed for its unusually dense yet somehow light and tender texture. Many years ago, we made them in our café, and somewhere along the line we decided to squeeze all that continental classiness into a traybake, so we bore it to our will and the result is a rather tasty Anglo-French slab of sustenance. Perfect for an end-of-summer picnic with a glass of something crisp and cold, or a flask of tea.

250g (9oz) soft butter  
 375g (13½oz) caster (superfine) sugar  
 6 medium eggs  
 250g (9oz) ground almonds  
 250g (7½oz) plain (all purpose) flour  
 1 teaspoon salt  
 200g (7oz) white chocolate chips (see notes)  
 200g (7oz) fresh raspberries  
 75g (2½oz) flaked almonds

Preheat the oven to 180°C fan/350°F/gas 6 and line your 22 x 33 x 5cm (8½ x 13 x 2in) baking tray (sheet pan), see page 000.

Beat the softened butter and sugar together until combined and light in colour. Next, add the eggs and beat until fully combined and emulsified, then add the ground almonds, flour and salt. Mix and fully combined – there's no need to beat this furiously, just enough to create a smooth batter.

Add the white chocolate chips and raspberries to the mixing bowl and fold through so they're evenly dispersed. Keep mixing until specks of pink raspberry juice begin to appear, but don't break up the raspberries too much, as you do want some bigger bursts of fruit.

Pour the mixture into your lined tray and spread it out evenly using a spatula. Finally, sprinkle the flaked almonds evenly across the top and place in the oven. Bake for 45–55 minutes. You're looking for a lovely light golden caramelisation to the cake and the flaked almonds.

Leave to cool in the tray for at least 15 minutes, then remove from tray and dust with icing (confectioner's) sugar before serving while still a little warm. This will keep for 5 days in an airtight container in the fridge.

There's no reason why this recipe wouldn't work with blackberries or other soft fruits of the same ilk.

If you can't get hold of white chocolate chips, put white chocolate buttons in a food processor and blitz to create little shards; you want the pieces to be relatively small.

BASIC BAKES 27

## CHERRY BROWNIE

When we first heard about pink ruby chocolate, it made us feel a little nauseous, and reminded us of all those ghastly fondant icings we were once so opposed to. But after a little education, we realized it's not a contrived colouring; it's a naturally pink and fruity chocolate. We thought it was a fun way to add some colour to a brownie and ricochet off the cherry notes of flavour.

### TO MAKE THE BROWNIE

250g (9oz) fresh cherries, pitted and chopped  
 1 teaspoon superfine confectioner (cornstarch)  
 250g (9oz) dark chocolate, broken into small pieces  
 350g (12½oz) butter  
 280g (9½oz) caster (superfine) sugar  
 6 medium eggs  
 200g (7½oz) ground almonds  
 1 teaspoon cocoa powder  
 1 teaspoon salt

### TO MAKE THE TOPPING

150g (5½oz) ruby chocolate  
 150g (5½oz) whole fresh cherries, pitted  
 5g (¼oz) pink peppercorns

### GLUTEN FREE

Preheat the oven to 160°C fan/320°F/gas 4 and line your 22 x 33 x 5cm (8½ x 13 x 2in) baking tray (sheet pan), see page 000.

To make the brownie, place the chopped cherries in a bowl with the confectioner (cornstarch) and stir to coat. This will help to thicken their juices when cooking. Set aside.

Melt the chocolate and butter together in a bain-marie (see page 000). Once melted, pour into the bowl of your stand mixer and add the sugar. Mix for a short while to allow the sugar to dissolve a little. Scrape down the sides of the bowl, then beat in the eggs until the mixture becomes smooth, glossy and emulsified. Add the ground almonds, cocoa and salt and mix until fully combined, then gently fold in the chopped cherries.

Transfer the mixture to your lined tray and bake for 35–40 minutes until the brownie is just set, but still has a little wobble in the middle. Leave to cool in the tray.

Once the brownie has cooled, you can make the tempered pink chocolate topping. Melt two thirds of the ruby chocolate in a bain-marie, stirring constantly. As soon as it's melted, remove the bowl from the heat and add the remaining ruby chocolate to the bowl and stir to melt. Scatter the cherries directly over the top of the brownie, then use a fork to quickly drizzle thin lines of the melted ruby chocolate over the top. Before the chocolate sets, sprinkle over the pink peppercorns.

Best eaten cold. This will keep for four days when stored in an airtight container in the fridge.

Ruby chocolate is expensive and can be a little hard to find. White chocolate will look great and still taste good with the cherry flavour.

56 BROWNIES





# Bake It. Slice It. Eat It.

One Pan, Over 90 Unbeatable Recipes  
and a Lot of Fun

**Tom Oxford and Oliver Coysh**

September 22 | HC | CKB004000

\$22.99 | 9781787138667

160pp | 6.9 x 8.9" | 1lb 7oz

Full-color photography throughout

I S B N 978-1-78713-866-7



## Stripped-back baking: a dedication to flavor and texture in one tray

From knockout carrot cake, banana bread, tiffin, and cheesecake to an irresistible array of brownies, these recipes are for everyone who's serious about delicious cake. Even better, they're all made in one size of brownie tin. If you're after homemade cake, but without the need for fancy equipment, expert decorating skills, and five spare hours, *Bake It. Slice It. Eat It.* is the cookbook for you. Start simple and work your way up to experimenting with new flavor combinations, different flours and seasonal ingredients, if the mood takes you. With gluten free options, healthier ideas, and more advanced ones, too, there's something for every occasion.

*Slice It. Eat It.* is the cookbook for you. Start simple and work your way up to experimenting with new flavor combinations, different flours and seasonal ingredients, if the mood takes you. With gluten free options, healthier ideas, and more advanced ones, too, there's something for every occasion.

**Tom and Ollie** are the duo behind The Exploding Bakery, a café in Exeter, UK, born out of frustration with average coffee shops. They tore up the recipe book and made their own cakes and brownies to pave the streets with proper slabs of cake, made with honest ingredients. Today they continue to provide great cakes to the food service industry, but also make brownies designed to fit through mail slots. They are an environmentally and socially-conscious brand, getting features in *Vogue*, *Tatler*, *Vanity Fair*, *The Times* and the *Guardian*.

- *Dinner's in the Oven* series attests to the appeal of single dish cookbooks
- The brownies will be sold in Fortnum & Mason

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**Pierogi:**  
**Making and shaping**

Classic half-moon pierogi can be created in two ways and I vary my method depending on my mood; here I've included both methods for you to try.

Cutting out lots of circles (see Method 2) is generally the method a beginner should start with, I use this most often, as my daughter likes to get involved when I'm making pierogi at home.

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**Classic half-moon**



**Method 1**

1 Once the dough is rolled, place heaped teaspoons of filling in the middle of the dough, equally spaced, in a row.

2 Fold the top-half of the dough over the bottom, so that it creases where the filling ends and press around the filling to remove air bubbles.

3 Use your cutter or an upturned glass to cut half-moon shapes around each filling.

4 Use any pinch you like to seal the edges and secure the filling; see pages 16-19 for methods.

**Method 2**

1 Cut circles out of the dough, many at a time.  
2 Place a heaped teaspoon of filling in the middle of each circle, fold the dough over and seal the edges.

*Pierogi: Making and shaping*

*Pierogi: Making and shaping*

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**Deep-fried dessert dumplings with rum and poppy seeds**

This recipe has a complicated history. My friend from Switzerland managed to procure it and I find it fascinating, as it apparently has roots in Warsaw, but it reminds me of southern Polish/Slovak cuisine. It simply goes to show how much variety there is from one household to the next. I have adjusted the recipe only slightly from the instructions passed on to me, reducing the poppy seed quantity.

**For the topping**

- 200g (7oz) poppy seeds
- 20g (1oz) caster (superfine) sugar
- 30g (1oz) flaked almonds, lightly toasted
- 40g (1½oz) walnuts, crushed
- 2 tbsp raisins
- 50ml (1½fl oz) deep dark rum
- 20g (¾oz) butter
- 4 tbsp good-quality runny honey

**For the dough**

- 125ml (½pt) (1½ cups) milk, warmed
- 15g (½oz) fresh yeast or 7g (¼oz) dried
- 60g (2½oz) caster (superfine) sugar
- 220g (7½oz) (about 1½ cups) plain (all purpose) flour, plus extra to dust
- pinch of salt
- 1 egg, lightly beaten
- 1 tsp vanilla
- 1 tsp vanilla extract
- optional oil, for frying

Wash the poppy seeds under running water, then put them in a large pan, pour over fresh water to cover by about 2.5cm (1in) and bring to the boil. Turn down the heat and simmer for about 20 minutes – it should be bubbling a little on the surface. Turn the heat off and leave, covered, overnight, if there is any water left in the pan after cooling, drain it away.

The next day, put the warm milk in a small bowl, add the yeast, sugar and 1 tablespoon of the flour. Mix well, cover with a clean dish towel and leave in a warm place for about 30 minutes, or until the mixture has doubled in size. (This leavening mixture is known as *drożdż*.)

Meanwhile, transfer the poppy seeds to a food processor and blitz until they release a milky substance and become one, light-grey mass, about 10-15 minutes. Towards the end of the blending process, add the sugar, most of the almonds (reserve a handful for decoration) and all of the walnuts and raisins and blitz until well combined but still with some texture. Spread the out onto a large plate.

Transfer the mixture to a large bowl, add the rest of the flour, salt, egg, vodka and vanilla extract and mix well with your hands. Cover again and leave to rest in a warm place overnight or so (about 30 minutes).

Heat about 1cm (½in) of oil in a large frying pan. Turn the dough out onto a floured work surface and knead, incorporating just enough flour so that the dough can be rolled out without sticking. Use an upturned shot glass to cut little circles of 4-5cm (1½-2in) in diameter. If not the dough as necessary you should have enough dough for about 20 circles.

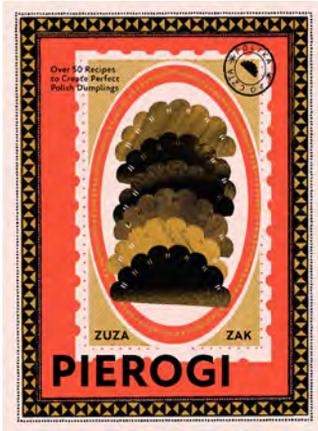
Fry the dough circles in the hot oil in batches. They should puff up with hollow insides. Once golden, remove using a slotted spoon and drain on a plate lined with paper towels.

Melt the butter and honey in a small saucepan. Brush it all over the dumplings, then roll them in the poppy seed mixture to coat. Sprinkle with the reserved almonds and serve warm.

**Serves 4**



*Traditional*



# Pierogi

Over 50 Recipes to Create Perfect Polish Dumplings

**Zuzanna Zak**

September 2022 | HC | CKB065000

\$24.99 | 9781787137783

160pp | 6.9 x 8.9" | 1lb 7oz

Full-color photography throughout

ISBN 978-1-78713-778-3



**The essential cookbook for preparing perfect Polish dumplings at home**

Delve deep into regional recipes from all over Poland with the traditional ingredients and stories that define these delicious dumplings. From the Baltic Sea with its abundance of fish, to the unique smoked and sour flavors of the mountainous south and beyond, discover endless options to satisfy every craving.

As well as Polish classics, Zuzanna Zak offers sweet and savory dumplings for every occasion, with fun twists and original crowd-pleasing recipes – you'll find festive options perfect for celebrations, and even vegan and gluten free modern takes on dumplings.

With beautiful location photography, thoughts on the history and development of pierogi, and tips and tricks for perfecting them, *Pierogi* is a deep dive into this compelling and culturally significant food.

**Zuzanna Zak** calls herself a Storyteller Cook and her aim is to inspire the world to cook and eat more food from Eastern Europe. Both in her writing and her food-focused PhD at the School of Slavonic and East European Studies (UCL, UK), Zuzanna explores food in the context of identity, society, and culture and is the author of *Polska* (Quadrille, 2016) and *Amber & Rye* (Murdoch, 2021).



**Also available**

*Polska*

9781849497268

\$35 | 2016

- With over 15 million people of Polish descent in the US alone, pierogi have become a ubiquitous and instantly recognizable comfort food
- Contains stunning location photography

**Tomato and basil sauce with tagliarini and burrata**

Whenever I cook this dish, I always think of Ruthie Rogers, founder of The River Café. She loved this dish and would always put it on the menu. It is so simple and so delicious – but the simplicity works only if you use really good-quality tomatoes and olive oil. I have added chopped burrata, which the Pugliese often add to tomato pasta sauce. In Puglia this sauce would come with *orecchiette*, rather than tagliarini – egg-rich pasta is not common in the south of Italy. So, using tagliarini isn't authentic... but it tastes really good.

Place the quartered plum tomatoes in a large bowl along with the whole cherry tomatoes and use a stick blender to blitz them to a fine pulp.

Heat the olive in a large non-stick frying pan over a medium heat. Once hot, add the garlic and half the torn basil leaves. Cook for 30 seconds, then add the puréed tomatoes. Lower the heat and simmer the tomato sauce gently for 20 minutes, until the liquid has reduced by half and the sauce is syrupy. Check the seasoning, adding salt and pepper if needed.

Bring a large pan of salted water to a boil. Add the tagliarini and cook it for 1 minute less than the packet suggests. Remove the pasta from the water with a pair of tongs and place it in the tomato sauce, along with a handful of the pasta water. Cook over a medium heat, stirring so the starch from the pasta thickens the sauce.

Check the seasoning, then serve the pasta and sauce in warmed pasta bowls with the chopped burrata and the remaining basil sprinkled on top. Finally, drizzle with a little extra olive oil and finish with a crack of black pepper.

- Serves 4**
- 500g (1lb 2oz) fresh plum tomatoes, quartered
  - 300g (10½oz) cherry tomatoes
  - 2 tablespoons extra-virgin olive oil, plus extra for drizzling
  - 1 garlic clove, finely sliced
  - 6 basil leaves, roughly torn
  - 500g (1lb 2oz) dried egg tagliarini
  - 150g (5¼oz) burrata, chopped to a pulp
  - sea salt and freshly ground black pepper



TOMATOES

**Polenta, pistachio and orange cake**

This is truly a cake for everyone. Made with polenta and olive oil, it is both dairy-free and gluten-free. The syrup really makes a difference here as it keeps the cake moist and juicy. I made this as a birthday cake for my friend Emin. He's from Turkey so knows a thing or two about syrupy, nutty desserts, and he told me that it was the best cake he had eaten outside of Turkey... I took that as a compliment! Thanks Emin.

Preheat the oven to 200°C/380°C fan/400°F. Gas 6. Grease a 24-cm (10in) springform cake tin with oil, and line the base with baking paper.

In a large bowl, mix the ground pistachios, orange zest and the polenta together. Crack the eggs into another bowl and whisk in the honey, orange juice and olive oil until smooth.

Pour the wet mixture into the dry and thoroughly combine to a smooth batter; then pour the batter into the prepared tin. Bake the cake for 40 minutes, until a skewer inserted into the centre comes out clean, then remove the cake from the oven and transfer it to a wire rack to cool in the tin. Once the cake is cool, release it from the tin and transfer it to a large plate.

To make the syrup, stir the orange juice and honey together in a small saucepan. Place the pan over a medium-low heat and bring the ingredients to a simmer, stirring to fully combine. Immediately remove the syrup from the heat.

Using a fine skewer, prick a few holes into the top of the cake and pour the honey and orange syrup over the top. Sprinkle on the orange zest and pistachios to decorate.

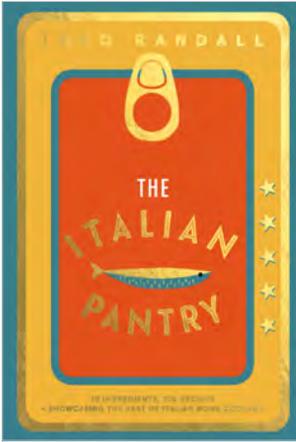
- Serves 8**
- 200g (7oz) pistachio kernels, finely ground – use a spice grinder or food processor
  - zest and juice of 1 orange
  - 200g (7oz) instant polenta
  - 4 eggs
  - 150g (5¼oz) runny honey
  - 200ml (7fl oz) extra-virgin olive oil, plus extra for greasing

**For the syrup & decoration**

- zest and juice of 1 orange
- 75g (2½oz) runny honey
- 50g (1½oz) pistachio kernels, roughly chopped



POLENTA



# The Italian Pantry

10 Ingredients, 100 Recipes – Showcasing the Best of Italian Home Cooking

**Theo Randall**

September 2022 | HC | CKB047000

\$37.50 | 9781787138421

256pp | 6.6 x 9.7" | 2lb

Full-color photography throughout

I S B N 978-1-78713-842-1



**Elevate your cooking and eating the easy way with *The Italian Pantry***

World-renowned chef Theo Randall shares his ten pantry staples and reveals his favorite ways to cook with them through 100 fabulous recipes covering Tomatoes, Porcini Mushrooms, Parmesan, Lemons, Leafy Greens, Ricotta, Polenta, Pine nuts, Honey, and Breadcrumbs. From simple pasta dishes and more extravagant dinners for when you have people over, to delectable desserts and classic Italian cakes, you'll delight in Theo's take on the very best of Italian home cooking. Packed with flavor and stunning photography, this is an essential cookbook and a modern take on the best of Italian ingredients.

**Theo Randall** launched his first restaurant, Theo Randall at the Intercontinental, which now has two more locations in Hong Kong and Bangkok, in 2006. Theo is a regular on a number of UK TV shows, including *Masterchef*. He also works with high profile brands including Natoora, Coco Di Mama, and Ask Italian. He has written three previous cookbooks: *Pasta*, *My Simple Italian*, and *The Italian Deli Cookbook*.

- Taps into the popularity of pantry cooking using readily available ingredients
- Theo is an internationally renowned chef with restaurants in London, Bangkok and Hong Kong
- Theo appears regularly on UK television



**Also available**  
The Italian Deli  
Cookbook  
9781787135963  
\$35 | 2021

-  use dairy-free butter, milk and chocolate
-  use lactose-free milk and chocolate
-  use lactose-free milk and chocolate
-  use lactose-free milk and chocolate

## CHOCOLATE DOUGHNUT CELEBRATION CAKE

Serves 12-15 • Prep 20 mins • Cook 55 mins

**You know I said earlier I like to snuck in doughnut-related bakes wherever I can? Well, here I am again, baking a cake in the shape of a doughnut! This chocolate cake recipe is one of the easiest you'll find and a bundt tin makes any cake look impressive, I think – just make sure you prepare the tin well! The icing is glossy, the cake is chocolatey and moist; basically you need to make this cake and me, you don't need a reason to. Just do it (it is a great celebration cake though!).**

- 1** Preheat your oven to 160°C fan (320°F gas). Grease a 22cm (9in) bundt tin with softened butter, and dust over a mixture of flour and cocoa powder. Or use cake-release spray.
- 2** In a large bowl, cream together the butter and sugar until light and fluffy. Add in the rest of your ingredients except the chocolate chips and mix using an electric hand mixer, to combine. Fold in your chocolate chips.
- 3** Spoon the mixture into the prepared tin and bake for 40-50 minutes or until a skewer inserted comes out clean. Leave for 10 minutes in the tin before inverting onto a wire rack to cool completely.
- 4** To make the icing, melt together the butter and chocolate in a medium bowl. Gradually add the icing sugar. It will become quite thick. Gradually mix in enough boiling water for the icing to turn glossy, and a thick, pourable consistency.
- 5** Spoon the icing over the cake so it gently drips down the sides – it shouldn't be so heavy that it completely drips off. Sprinkle with colourful sprinkles and enjoy.

**TIP** If you don't have a bundt tin, no worries: this cake is amazing as a loaf cake, just reduce the eggs to 3 and the other ingredients scaled down accordingly. Bake for 50 minutes in a 900g (2lb) loaf tin (pan).

- 300g (1½ cups) butter, plus extra, softened, for greasing
  - 300g (1½ cups) caster (superfine) sugar
  - 5 medium eggs
  - 225g (1½ cups) gluten-free self-raising (self-rising) flour
  - ¼ tsp xanthan gum
  - 1 tsp gluten-free baking powder
  - 140g (5oz) ground almonds
  - 165ml (⅓ cup) milk
  - 40g (1½oz) unsweetened cocoa powder
  - 100g (3½oz) chocolate chips
- For the icing**
- 55g (¼ cup) butter
  - 75g (2½oz) dark chocolate
  - 100g (scant ½ cup) icing (confectioner's) sugar, sifted
  - Gluten-free sprinkles

100 LAY CLASSICS • NO-BAKE DESSERTS



-  use 2 tbsp dairy-free cream instead of cream cheese
-  use lactose-free cream cheese
-  use lactose-free cream cheese and non-FODMAP pasta. Just add a quarter of the listed oil to suit the FODMAP serving size.

## ONE-POT CREAMY CAJUN CHICKEN PASTA

Serves 2-3 • Prep • Cook 25 mins

- 2 tbsp garlic-infused oil
  - 400g (14oz) chicken breast fillet, chopped into 2.5cm (1in) chunks
  - 1 red (bell) pepper, chopped into 2.5cm (1in) chunks
  - 400g (14oz) canned chopped tomatoes
  - 400ml (1½ cups) gluten-free chicken stock
  - 200g (7oz) gluten-free dried pasta
  - 3 tbsp cream cheese
  - Handful of spring onion (scallion) greens, chopped
- For the Cajun spice blend**
- 2 tsp smoked paprika
  - ½ tsp dried chili flakes (optional)
  - ½ tsp ground cumin
  - 2 tsp dried oregano or mixed herbs
  - Pinch of cayenne pepper
  - 1 tsp salt
  - 1 tbsp cornflour (cornstarch)

**In case you hadn't noticed already, I'm very averse to diners that result in a mountain of washing up; so if you're feeling the same, then I'm dedicating this recipe to you! Who'd have thought you could cook spicy Cajun pasta in a cream sauce with chicken all in the same pan?**

- 1** Place a large pan that has a lid, or a Dutch oven, over a medium heat and add the garlic-infused oil.
  - 2** Put the chicken and the ingredients for the spice blend in a bowl and mix until well coated. Once the oil is hot, add the chicken to the pan and fry for 2 minutes before adding in the red pepper.
  - 3** Fry the pepper until slightly softened, then add the chopped tomatoes, stock and pasta. Bring to the boil, then bring down a simmer and pop the lid on. Cook for 10-15 minutes, or until the liquid has reduced to a sauce-like consistency and the pasta is completely cooked.
  - 4** Remove the lid and turn off the heat. After 1-2 minutes of cooling, stir in the cream cheese until combined before topping with chopped spring onion greens.
- TIP** You can speed up this recipe even more by using a Cajun spice blend from the supermarket – just use 2 teaspoons if it's mixed. Don't forget to add the cornflour, however!

WEEKNIGHT FAVOURITES 197



draft cover

# Quick and Easy Gluten Free

Over 100 Fuss-Free Recipes for Lazy  
Cooking and 30-Minute Meals

**Becky Excell**

October 2022 | HC | CKB111000

\$29.99 | 9781787138254

224pp | 7.4 x 9.8" | 2lb

Full-color photography throughout

I S B N 978-1-78713-825-4



9 781787 138254

## The essential book for convenient gluten free home cooking

*Quick & Easy Gluten Free* will show you just how simple it is to recreate all the meals you miss as well as introduce you to some new week-night favorites – but best of all, nothing tastes or looks 'gluten free'. Why spend hours cooking when you can get Crispy Lemon Chicken on the table in under 30 minutes, enjoy 3-ingredient Sticky BBQ Ribs with just 5 minutes of prep time, and lazy bakes that can be thrown together in a flash? Packed with over 100 recipes for everything from 30-minute fakeouts and easy breakfast and lunch dishes to party food, classic bakes and simple no bake desserts, this book instantly brings back the thing that a gluten free diet takes from us all: convenience. What's more, Becky includes slow cooker, air fryer, oven, and hob options for lots of the recipes, plus the usual dairy free, lactose free, low FODMAP, veggie, and vegan options.

**Becky Excell** is a best selling author and full-time gluten free food writer. She's been eating gluten free for over 10 years and now works in food full-time. She has written recipes for numerous online publications, as well as doing cooking demos at events including the *Cake and Bake Show* and *BBC Good Food Show* 2021. This is her fourth cookbook.

- She has a following of over 450k across her social media channels, including 198k on Instagram
- Becky's first two books were instant bestsellers, attracting the attention of Nigella Lawson
- It is estimated that 3.1 million people in the US are gluten free



### Also available

How to Make Anything  
Gluten Free  
9781787136618  
\$29.99 | 2021



### Also available

How to Bake Anything  
Gluten Free  
9781787136632  
\$29.99 | 2021



### Also available

How to Plan Anything  
Gluten Free  
9781787138247  
\$16.99 | 2022

FOOD & DRINK





# Spice

A Cook's Companion  
**Mark Diacono**

October 2022 | HC | CKB040000  
\$35.00 | 9781787136434  
272pp | 7.1 x 10.6" | 2lb 8oz  
Full-color photography throughout

I S B N 978-1-78713-643-4



**Spice is a vibrant exploration of flavor, fragrance and heat celebrating over 50 spices**

Packed with ideas for enjoying and using spices, *Spice* is much more than your average recipe book. Beginning with a guide to 50 of Mark's much-loved spices and blends, the book then offers over 100 innovative recipes that make the most of your new spice knowledge, with additions throughout from chefs and food writers including Jose Pizarro, Honey and Co, Maunika Gowardhan, and Yuki Gomi. Mark Diacono shares the techniques at the heart of sourcing, blending, and using spices well, enabling you to make delicious food that is as rewarding in the process as it is in the end result. Focusing on the familiars including cumin, turmeric, and vanilla, *Spice* will also open the door to some lesser known spices such as grains of paradise, asafoetida, tonka beans, and passion berries.

**Mark Diacono** is a multi-award winning food writer who is lucky enough to spend most of his time eating, growing, writing, and talking about food. He has written four *River Cottage* books and also writes regularly for a range of publications including *The Telegraph*, and *Country Life*, and his features have appeared in *The Observer*, *Guardian*, and more.

- With the help of chefs from around the globe, Mark offers up a wealth of spice knowledge
- Mark Diacono's previous books have been nominated for (and won) numerous prizes
- Mark is recognized as an authority in food, flavors and growing



**Also available**  
Herb  
9781787136359  
\$35 | 2021



**Also available**  
Sour  
9781787132269  
\$35 | 2019



## SPICY WONTONS

Taking inspiration from the Sichuan province, my sweet, savoury, spicy and garlicky sauce is a deliciously rich and tingy dressing for these juicy and delicately flavoured dumplings.

 **20 MINUTES**  **10 MINUTES**  **SERVES 2**

**For the wontons**  
 170g (6oz) minced (ground) pork  
 2 spring onions (scallions), finely chopped  
 1 tsp sesame oil  
 1 tbsp Chinese rice wine (Shaoxing wine)  
 pinch of salt  
 pinch of white pepper  
 1 tsp dark soy sauce  
 2 tsp light soy sauce  
 1 tsp cornflour (cornstarch)  
 20 wonton wrappers  
 1 egg, beaten

**For the spicy sauce**  
 1 tsp black rice vinegar  
 4 tbsp Chinese chili oil  
 3 tsp light soy sauce  
 3 garlic cloves, minced  
 1 tbsp honey  
 1 tsp sesame oil

Place all of the wonton ingredients (except the wonton skins and beaten egg) into a food processor and whizz for 30-45 seconds until everything is chopped finely and well mixed.

In another bowl, mix the sauce ingredients together and set to one side.

To assemble the dumplings, angle a wonton wrapper on your hand so that it faces you like a diamond. With your fingertips or a spoon, spread a thin layer of beaten egg along the top two edges of the wrapper. Place 1 teaspoon of filling into the centre of the wrapper. Fold the bottom tip to the top tip to form a triangle and pinch along the edges, sealing the wonton and squeezing out the air to securely enclose the filling. Then fold the two corners together to create an ingot shape, brushing with a little more water to help them stick together. Repeat until all of the filling has been used.

Bring a large saucepan of water to the boil, then drop your wontons into the water in batches of 6-8 and cook for 2-3 minutes. Drain and arrange on a serving plate. Pour over your spicy sauce and serve immediately.

STARTERS 39

## CHINESE MUSHROOMS IN SCALLOP SAUCE

My mum's favourite 'meaty' mushrooms dressed in a delicate yet luxurious scallop sauce.

 **35 MINUTES**  **5 MINUTES**  **SERVES 2**

12-15 whole dried Chinese mushrooms  
 50g (2oz) dried scallops  
 1 tbsp vegetable oil  
 2 garlic cloves, minced  
 3 slices of ginger  
 2 tbsp oyster sauce  
 1 tbsp Chinese rice wine (Shaoxing wine)  
 1 tsp sugar  
 2 tsp dark soy sauce  
 60ml (¼ cup) chicken or fish stock  
 1 tsp cornflour (cornstarch) mixed with 2 tsp of water  
 dash of sesame oil

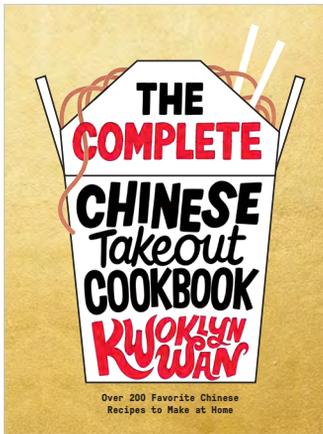
Place the dried mushrooms in a bowl of boiling water and allow to soak for 30 minutes to rehydrate, then remove and discard the stalks. At the same time, place the dried scallops in another bowl of hot water, allow to soak for 15 minutes, then drain.

Slice the mushrooms into bite-sized pieces.

Heat the vegetable oil in a wok over a medium heat, add the garlic and ginger and stir-fry for 20 seconds, then add the mushrooms and fry for 2 minutes. Next, add the scallops, oyster sauce, rice wine, sugar, dark soy sauce and stock. Stir all of the ingredients together in the wok, then give the cornflour (cornstarch) mixture a quick mix and slowly add to the sauce, stirring constantly until thickened to your desired consistency. Once thickened, turn off the heat, add a dash of sesame oil and serve.



142 SEAFOOD



# The Complete Chinese Takeout Cookbook

Over 200 Favorite Chinese Recipes to Make at Home

**Kwoklyn Wan**

October 2022 | HC | CKB017000

\$35.00 | 9781787137394

352pp | 7.4 x 9.8" | 3lb 6oz

Full-color photography throughout

I S B N 978-1-78713-739-4



***The Complete Chinese Takeaway Cookbook* brings together 200 of Kwoklyn Wan's best recipes**

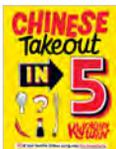
For the first time Kwoklyn offers 150 of his most popular recipes in one book, everything from Crispy Duck Salad, BBQ Chicken Ribs, Tom Yum Soup, and Sesame Seed Shrimp Toast to speedy Egg Fried Rice, Spring Rolls, and Tofu Ramen. Plus, there are 50 brand new and delicious recipes that you won't find anywhere else. Packed with easy, step-by-step instructions and Kwoklyn's foolproof tips, this comprehensive collection of classic recipes is the only Chinese cookbook you will ever need.

**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 Takeaway Cookbook* (2019), *The Veggie Chinese Takeaway Cookbook* (2020), *Chinese Takeaway in 5* (2021), and *10 Minute Chinese Takeaway* (2022), and presents his own show on Amazon Prime, *Kwoklyn's Chinese Takeaway Kitchen*.

- Kwoklyn's previous books have sold over 100,000 copies in the English language
- This book follows the success of *Curry Guy Bible*, combining classic favorites and new recipes
- Kwoklyn has his own cooking TV show, *Kwoklyn's Chinese Takeaway Kitchen*, on Amazon Prime and other streaming services



**Also available**  
10-Minute Chinese Takeout  
9781787137431  
\$23.99 | 2022



**Also available**  
Chinese Takeout in 5  
9781787136533  
\$22.99 | 2021



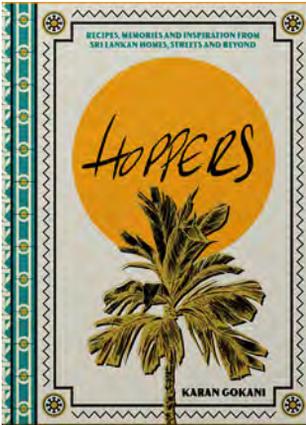
**Also available**  
The Veggie Chinese Takeout Cookbook  
9781787134571  
\$22.99 | 2020



**Also available**  
Chinese Takeout Cookbook  
9781787134195  
\$22.99 | 2019

FOOD & DRINK





draft cover

# Hoppers: The Cookbook

Recipes, Memories and Inspiration from Sri  
Lankan Homes, Streets and Beyond

**Karan Gokani**

October 2022 | HC | CKB090000

\$42.00 | 9781787138704

352pp | 8 x 10" | 3lb

Full-color photography throughout

I S B N 978-1-78713-870-4



**The hotly anticipated first cookbook from the multi-award winning and acclaimed Hoppers restaurants**

Serving up the best of Sri Lankan cooking, *Hoppers: The Cookbook* showcases signature recipes from the cult London restaurants, while also going beyond their four walls to explore the dishes, places and people that inspired them. The book celebrates both home cooking and the food served at roadside shacks, kitchens and stalls across Sri Lanka. From spicy devilled dishes to crab kari (curry), crunchy deep-fried mutton rolls, dosas and sambols, Kalupol chicken and satisfyingly rich kothu roti, Karan Gokani explores the classics as well as new recipes developed at Hoppers restaurants. Stunning location photography, glorious food, warmth, personality and generosity suffuse the pages of this cookbook – join the Hoppers family in a personal and vivid journey exploring and celebrating the food from this extraordinary island.

With three restaurants in London, **Hoppers** takes inspiration from the home cooking and roadside stalls of Sri Lanka and southern India. Co-founder and director of Hoppers **Karan Gokani** grew up in Mumbai and opened the first Hoppers in 2015 with the Sethi siblings, founders of JKS Restaurants. Karan now oversees creative development and back- and front-of-house operations across the Hoppers group.

- Features stunning location and food photography
- Hoppers was one of the most eagerly anticipated restaurant openings in London in 2015
- Features testimonials from the likes of Danny Meyer, Noble Rot and Fay Maschler

## THE WHISKEY SOUR (AND OTHER BROWN SOURS)

**GLASS:** rocks  
**GARNISH:** lemon twist and cherry  
**METHOD:** Shake and strain over ice (preferably one large hunk)

50ml bourbon/rye whiskey  
 25ml lemon juice  
 12.5ml sugar syrup  
 1 dash Angostura Bitters  
 15ml egg white

Whiskey. Lemon juice. Syrup. Bitters. Raw egg white. It's an ugly old recipe on paper. But something magic happens to these ingredients when you give them a really hard shake. All the posity elbows and dull top notes, the hot alcoholic and jagged proteins soften and lengthen and harmonize, and create something utterly new — a pillow-y, aromatic sunshine-yellow sour that hits you pleasantly in the solar plexus.

The Whiskey Sour is a drink that can take a lot of sweetness — I like it best with an easy-sipping bourbon. If you find it lacks definition, you can always add more bitters.

I always feel slightly horrified adding the egg white — but when I taste the end result I'm always glad I did. It binds the drink and lifts it; gives it more generosity in the mouth. If it turns you off, though, leave it out (or use chickpea water — see Non-Alcoholic Ingredients). As the Pencil and the Sidcar prove, you can make a fine sour without albumen.

A good Whiskey Sour is shout-out-loud amazing — but a bad one is a real car crash. So this is one recipe where I would strongly recommend sticking rigidly to the rules. Use eggs and lemons that are as fresh as possible. Shake with lots of ice and shake extra-hard, so it really fluffs up. And serve over one slow-melting ice-block so it doesn't dilute too fast.

The garnish is the part of the Whiskey Sour where you can have real fun. Scent the surface with a fragrant orange twist or a spritz of rosewater. Dropper little dots of Angostura Bitters on the top and drag a toothpick through them to create patterns, banana-style. Or just looily spoon one cherry into the drink, so the scarlet syrup drizzles through the foam.



## AIR MAIL

You could call this a sparkling Ram Sour, a champagne cocktail with a bit more sass to it, or a Ram Punch with the lift of a spritz — either way it's a gorgeous combination of pungent, rum-soaked fruit, sharp lime and tongue-tingling fizz. A great party drink.

**GLASS:** rocks  
**GARNISH:** mint sprig  
**METHOD:** Shake the first three ingredients with ice. Strain over ice and top with sparkling wine. Stir.

30ml golden/dark rum  
 10ml lime juice  
 15ml honey syrup (see Sugar Syrup)  
 50ml sparkling wine



## APPLE & BAY LEAF SOUR

Buoyantly fruity apple brandy meets cool, eucalyptus-like bay in this autumnal sour twist. It would work with cognac too, but you'd miss the apple bit.

**GLASS:** rocks  
**GARNISH:** bay leaf or orange twist  
**METHOD:** Shake and strain

50ml Calvados apple brandy or applejack  
 25ml lemon juice  
 12.5ml bay leaf syrup (see Sugar Syrup)  
 2 dashes orange bitters  
 15ml egg white

## SIDECAR

Sidcar recipes run the gamut from bracingly sour to sickly. This recipe, I hope you will agree, steers a sensible course between the two. If you like this 1920s classic, you may also like my Stoned Sidcar: 30ml cognac, 12.5ml triple sec, 25ml lemon juice and 12.5ml Market peach or apricot liqueur.

**GLASS:** cocktail glass  
**GARNISH:** lemon twist  
**METHOD:** Shake and strain

50ml cognac  
 25ml triple sec  
 15ml lemon juice



# The Cocktail Edit

Everything You Need to Know About How to Make All the Drinks that Matter

**Alice Lascelles**

October 2022 | HC | CKB006000

\$24.99 | 9781787138643

176pp | 6.9 x 8.9" | 1lb 8oz

Full-color photography throughout

I S B N 978-1-78713-864-3



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**The only cocktail book you will ever need, with 100 recipes**

Cocktails should be simple. Acclaimed drinks writer Alice Lascelles knows everything there is to know about making drinks at home with minimal equipment and fuss. The core of the book acts like a capsule cocktail cabinet: 12 essential cocktails, with 6 twists on each one. Accompanying these are tips on simplifying your spirits supply and glassware, and a few lesser-known cocktails for the more adventurous drinker. Alice really gets under the skin of how cocktails work so that by the time you've made a few from the book, you'll have the confidence to experiment yourself.

**Alice Lascelles** is an award-winning journalist, author, presenter and drinks expert, who has been covering the drinks industry in all its forms for almost 20 years. She writes the drinks column for *Financial Times How to Spend It* magazine and is also a regular contributor to *FT Weekend*. She was previously drinks columnist for *The Sunday Times* and *The Times*. Alice is a regular on numerous UK radio programs. She is a former winner of Fortnum & Mason Drinks Writer of the Year and IWSC Spirits Communicator of the Year, and a former runner-up in the Guild of Food Writers Awards and the Louis Roederer Wine Writer Awards.

- Alice is one of the UK's foremost drinks writers
- Features all the classics, with twists on each one
- Contains tips on ingredients, equipment and glassware for perfect, fuss-free cocktails



**CAMPARI CORRETTO**

*25ml/1oz Campari  
125ml/4¼oz sparkling wine  
a few drops of orange bitters (optional)*

Pour the Campari into a flute and top up with sparkling wine. The orange bitters are entirely optional but do transform this drink into something rather sublime.

Campari Corretto (meaning 'corrected') is a riff on the Bellini that uses Campari in place of the peach purée. I've selflessly tested this at some length and can report that it's best with a heavy hand on the Campari so that its personality stands out amid all the sparkles.

**BELLINI  
AND VARIOUS FIZZY COUSINS**

*100ml/4oz white peach purée  
1 bottle (70cl/25fl oz) sparkling wine*

Stir the purée and wine together in a jug. Pour slowly into chilled flutes, stirring gently as you go.

The classic Bellini, invented by Giuseppe Cipriani in 1948 at Venice's famous Harry's Bar and named after the 15th-century painter Giovanni Bellini, takes white peach purée and tops it up with prosecco.

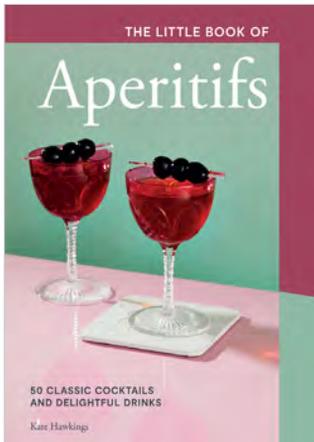
Make your own purée by poaching very ripe peaches in a little water then straining through a fine sieve (sweeten it a little, if you like). Other summer fruits work well treated the same way – try raspberries, strawberries, blackcurrants or (my favourite) redcurrants. When autumn hits try blackberries, and in the depths of winter use rhubarb. Fruit liqueurs such as crème de cassis (blackcurrant), crème de mûre (blackberry) or even apricot brandy are a handy standby, and damson and sloe gin also work well.

Red vermouths rub along nicely with sparkling wine, and to my mind make brilliant aperitifs as their appetising bitterness broods in the background of the fruity bubbles. About 20ml/¾fl oz

of vermouth in the bottom of a flute should do it, although the weight and intensity of your vermouths may mean you want to go lower or higher.

If I'm drinking decent fizz, it seems rather like gilding the lily to add anything else to its classy finesse. Sparkling wines of a more lowly pedigree, however, often respond well to a little gilding. Cheap fizz can be punishingly acidic after a glass or two, yet its edges can be so easily softened to give drinks real pizzazz. Be aware that prosecco tends to have an underlying sweetness to it while cava is usually drier, so you may want to adjust things accordingly.





draft cover

# The Little Book of Aperitifs

50 Classic Cocktails and Delightful Drinks  
**Kate Hawkings**

October 2022 | HC | CKB088000

\$15.00 | 9781787138797

96pp | 5.3 x 7.3" | 9oz

Full-color photography throughout

I S B N 978-1-78713-879-7



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## 50 simple cocktails and pre-dinner drinks

*The Little Book of Aperitifs* offers 50 recipes for everything from the perfect Gin and Tonic, classic Martini, effervescent Bellini, refreshing Spritz, to the beloved Negroni – all made with panache and minimal ingredients, and illustrated with gorgeous color photos.

A well-made drink before dinner is the height of sophistication and the perfect way to start an evening with friends. Whether you're a gin lover or a Campari queen, these little glassfuls of nectar will get your taste buds geared up for a night to remember.

This sleek little book features all the recipes from *Aperitif* (2018), plus 17 new ones, including a whole new chapter for delectable non-alcoholic drinks.

**Kate Hawkings** has a monthly drinks column in *Olive* magazine, and has written on food, travel and interiors for publications including the *Guardian*, *Independent*, *Telegraph*, *The Sunday Times*, and *Elle Deco*. Kate is a restaurant and wine consultant in Bristol, UK.

- Gifty cocktail and gin books are perennially popular
- Picks up on the popularity of bitter drinks like Campari, Vermouth and Aperol, sales of which boomed during 2021
- Perfectly fits the trend for lighter, lower-alcohol drinks that has been growing over the past few years

Torta Caprese

— gluten free

- 200g whole unblanched almonds
- 160g dark chocolate chips (50% - 55%)
- 40g unsweetened cocoa powder
- 1 tsp baking powder
- 160g unsalted butter, softened
- 180g caster sugar, divided into two halves
- 1 tsp vanilla paste
- 1/2 tsp natural almond extract
- 2 tsp rum
- 250g egg (approx. 5 medium eggs), yolks and white separated
- Pinch of salt
- 3 tbsp icing sugar for decoration

Torta Caprese owes its name to the beautiful and romantic island of Capri, just off the coast of Naples, from which it originates. The recipe is naturally gluten-free: in fact, the story goes that this cake is the result of a mistake made at the beginning of the 20th century by a local chef who, in a hurry, forgot to add flour to the batter of his cake. The result is a light and flavoursome cake with a crispy, delicate skin and a moist centre.

Some modern variations use ready-made ground almonds, but I find that blitzing whole unblanched almonds in your food processor together with the chocolate chips delivers a better, more rustic texture, while preserving the freshness and the flavour of the nuts. For a deeper flavour, you can also roast the almonds in the oven for 8 to 10 minutes at 180°C. In this case, allow them to cool down completely before blitzing them.

Torta Caprese is traditionally baked in a deep tart tin with smooth, flaring sides, but it may be baked equally well in a standard spring form tin. It is served up-side-down smothered in a thick layer of icing sugar, often decorated with a stencil. This cake is delicious on its own, but it goes particularly well with a drizzle of pouring cream or smothered with a generous dollop of orange marmalade or raspberry jam.

1. Preheat it to 170°C static.
2. Grease bottom and sides of the tin and dust with flour.
- Tip: If you want to keep the recipe gluten-free, dust the tin with corn flour instead. I recommend also lining the bottom of the tin with a disk of baking paper as this will ensure a smoother cake top.
3. Start by grinding almonds and chocolate chips together in a food processor at high speed for about 1 minute until the mix looks gritty. It is perfectly acceptable to leave some coarser bits of almond in the mix: these will give the cake a pleasant bite.
4. Sift the cocoa powder and the baking powder into the almonds and chocolate mix and combine well with a spoon. Set aside for later.

GIUSEPPE'S ITALIAN BAKES



GIUSEPPE'S ITALIAN BAKES

— gluten free  
— dairy-free  
— nut-free

- 90g egg yolk (approximately 5 medium egg yolks)
- 80g caster
- 80g dry Marsala wine

Zabaione is a very rich, traditional and versatile custard-like preparation, based on egg yolk, sugar and a sweet wine, roughly in the same quantities. There are as many theories about its origin as there are variations of the basic recipe. Sweetness can be adjusted by modifying the amount of sugar and the final thickness can be controlled by adding more or less wine to produce either a pourable custard or a creamy, eggnog-like drink. The recipe below will produce an ideal texture for dipping hard biscuits like roccoco [add ref] or dry cakes such as sbrisolona [add ref]. To obtain a thickness suitable for filling cannoccini [add ref], use half the amount of wine.

Preparation is easy, but to reach the all-important silky smooth texture, keep whisking the egg mixture over the bain marie continuously and steadily, taking it off the heat as soon as it reaches 80°C: scrambled eggs are just behind the corner.

A bit of a warning: steer clear of zabaione if you are not a fan of very rich and sweet creams; on the other hand, if you are after an energy kick, this will certainly give you all the calories you need!

1. Prepare a bain marie by bringing one inch of water to a gentle simmer in a pan.

Zabaione

2. Beat the egg yolks and the sugar with electric mixers at high speed in a metal bowl until pale and fluffy – it will take 4 to 5 minutes.
3. Add the marsala wine to the egg mixture and move the metal bowl over the pan with simmering water. Immediately lower the setting to the lowest possible heat.
4. Keep whisking vigorously and steadily with a hand whisk until the temperature reaches 80°C.
5. If you do not have a thermometer, a good sign that the egg is cooked is that the mixture is no longer liquid, and the whisk will leave marks that do not disappear.
6. Remove from the bain marie and keep whisking until the zabaione is cooled down.
7. If you are not using it immediately, pour the zabaione into a cold bowl (preferably a wide glass or ceramic tray) and line the surface with cling film.

ALSO TRY...

The traditional recipe calls for Marsala, but any sweet wine, such as vin santo or Moscato d'Asti, will do. For a stronger version use rum instead, or for a lighter, slightly fizzy drink go for spumante or prosecco. Spices such as cinnamon or nutmeg are ideal additions during the Christmas period, while fresh, acidic berries are excellent to cut through the richness and sweetness of zabaione.

BASE PREPARATIONS



author photo

# Giuseppe's Italian Bakes

60 Classic Cakes, Desserts and Savoury Bakes

**Giuseppe Dell'Anno**

October 2022 | HC | CKB004000

\$29.99 | 9781787139282

176pp | 7.4 x 9.8" | 1lb 12oz

Full-color photography throughout

I S B N 978-1-78713-928-2



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**Giuseppe Dell'Anno** won hearts the world over when he was crowned winner of the *Great British Baking Show* in 2021. In *Giuseppe's Italian Bakes*, his first cookbook, Giuseppe shares his skill, knowledge and love of baking through 60 new sweet and savory recipes.

Growing up in Italy and learning to cook at the side of his beloved chef father, Giuseppe has mastered everything from focaccia to florentines, each with his own signature twist on the classics of Italian baking.

Through his step-by-step recipes, Giuseppe guides you through making the classic *Torta della Nonna*, *Crostata* with Almonds and Orange, *Savory Pizzette*, *Monte Bianco*, and *Marzipan* and *Cherry Pasticciotti*, among many other delectable treats. With gorgeous color photos throughout and tips and tricks from the master of the technical challenge, bring a taste of the Italian bakery to your home with *Giuseppe's Italian Bakes*.

**Giuseppe Dell'Anno** was crowned champion of the *Great British Baking Show* 2021. In his professional life he is an engineer; he grew up in Italy and now lives in Bristol, UK, with his family.

- 6.9 million viewers tuned in to see Giuseppe triumph in the final of *The Great British Baking Show* in November 2021
- 60% of Giuseppe's 220,000 Instagram are based in the US
- Ideal family cookbook of favorite sweet and savory recipes inspired by the flavors of Italy





draft cover

# Foolproof Vegetarian One-Pot

60 Vibrant and Easy-going Vegetarian Dishes  
**Alan Rosenthal**

November 2022 | HC | CKB086000  
\$19.99 | 9781787138360  
144pp | 6.3 x 8.3" | 1lb 2oz  
Full-color photography throughout

I S B N 978-1-78713-836-0



## Tasty, practical vegetarian dishes for every lifestyle

Whether you're a vegetarian, flexitarian or just looking to cut down on meat (and dishes to wash), celebrate the essence and simplicity of one pot cooking. With everything from creamy pastas and risottos to fragrant curries and stir-frys, these 60 delicious, modern recipes are all effortless and full of flavor.

The 'Foolproof' series celebrates the simple ways to cook, eat and enjoy different dishes and techniques, and offers amazing new ways to elevate classics, as well revealing new sure to be favorites. The series includes: *One Pot*, *BBQ*, *Freezer*, *Fish*, *Picnic*.

**Alan Rosenthal** is a chef, recipe writer, cooking teacher and supperclub host. He has also launched a food brand in supermarkets and worked for Brindisa and Providores as well as heading up the food team at the recipe box company, Gousto. He is the author of *Stewed!*, *One Pot Wonders* (2010) and *Foolproof One Pot* (2021) and has been teaching one pot cooking courses at Leith's School of Food and Wine since 2010.

- Everyday recipes with the emphasis on simplicity and no fuss
- One pot recipes are often meat focused, but this book offers interesting vegetarian flavor combinations and lots of variety
- Skip the sink full of dishes tonight and let these one pot dishes do all the heavy lifting



**Also available**  
Foolproof One-Pot  
9781787135949  
\$19.99 | 2021



**Also available**  
Foolproof Freezer  
9781787136595  
\$19.99 | 2021



**PEARS POACHED  
IN SAUTERNES  
AND VANILLA**

Delicious warm with ice cream or crème fraîche, or enjoy cold later, these sweet pears make a simple but sophisticated dessert.

80g soft light brown sugar  
200ml sauternes  
Pared zest of ½ orange  
1 vanilla pod  
4 pears, peeled, halved and cored  
crème fraîche or ice cream, to serve

Preheat the slow cooker, if necessary.

Put the sugar in a saucepan with 200ml water and heat for a few minutes until the sugar dissolves and you have a very light syrup. Tip it into the slow cooker and add the sauternes and orange peel.

Scrape the seeds from the vanilla pod and add them to the slow cooker along with the pod itself. Add the pear halves, spreading them out in as flat a layer as you can so they are all submerged in the liquid.

Cook for 1½ hours on HIGH or 3 hours on LOW until the pears are tender. Remove them from the slow cooker, then pour the poaching liquid into a saucepan. Cook over medium heat for a few minutes until thickened.

Spoon the pears into bowls and drizzle with the poaching syrup. Serve with crème fraîche or ice cream.

Serves 4  
Prep xx  
Cook xx

Vegetarian

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**POLISH SMOKED  
SAUSAGE  
HOTPOT**

Deeply smoked sausages, rich dried mushrooms and sweet onions and cabbage make this simple peasant-style stew richly filling. Serve simply with buttered crusty bread to mop up the juices.

20g dried porcini mushrooms  
2 large onions, sliced  
100g spicy kabanos sausage, sliced into 2.5cm lengths  
500g smoked podwawelska sausage, sliced into thick discs  
400g button chestnut mushrooms, halved or quartered if large  
650ml Polish lager  
1½ tsp caraway seeds  
1 tsp crushed juniper berries  
2 chicken jelly stock pots  
1 white cabbage, sliced  
sea salt and freshly ground black pepper  
crusty bread, to serve

Preheat the slow cooker, if necessary.

Put the dried porcini in a jug and pour over 200ml boiling water. Let them soak while you prep the rest of the stew.

Add all the remaining ingredients to the slow cooker, then strain in the mushroom soaking liquid through a sieve to catch any gritty bits. Put the soaked mushrooms onto a chopping board and chop roughly, then add these to the slow cooker too.

Cook the stew for 7 hours on LOW, or 3½ hours on HIGH. Taste and season with salt and pepper. Serve with crusty bread.



Serves 6  
Prep xx  
Cook xx

Vegetarian



draft cover

# Foolproof Slow Cooker

60 Modern Recipes That Let The Cooker Do The Work

**Rebecca Woods**

January 2023 | HC | CKB109000

\$19.99 | 9781787138995

144pp | 6.3 x 8.3" | 1lb 2oz

Full-color photography throughout

I S B N 978-1-78713-899-5



9

***Foolproof Slow Cooker* features 60 exciting recipes – all mouth-watering and easily achievable**

Beginning with clear instructions and top tips for how to get the most out of this humble appliance (like salting your meat ahead of time and pre-heating your slow cooker beforehand), followed by delicious and practical recipes that will transform the way you use your slow cooker; you'll find everything from juicy Korean Barbecue Brisket to Maple Bacon Beans, and Butternut and Pomegranate Tagine to a comforting Seafood Chowder, or convenient Overnight Shakshuka.

The 'Foolproof' series celebrates the simple ways to cook, eat and enjoy different dishes and techniques, and offers amazing new ways to elevate classics, as well revealing new sure to be favorites. The series includes: *One Pot, BBQ, Freezer, Fish, Picnic*.

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

- Recipes with minimal prep and maximum flavor
- Meals that make the most of the slow cooker tick all of the boxes – hearty, convenient and comforting
- With delicious ideas for meat and poultry, fish and seafood, vegetables, grains and pulses, and sweets and preserves



**Also available**  
Foolproof BBQ  
9781787136717  
\$19.99 | 2021



**Also available**  
Foolproof Fish  
9781787137912  
\$19.99 | 2022

FOOD & DRINK





draft cover

# Easy Speedy Vegan

100 Quick Plant-Based Recipes

**Katy Beskow**

November 2022 | HC | CKB125000

\$32.50 | 9781787137875

224pp | 7.4 x 9.8" | 2lb

Full-color photography throughout

I S B N 978-1-78713-787-5



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**Easy Speedy Vegan** is the ultimate guide for plant based mealtimes, bringing you 100 new recipes from bestselling author Katy Beskow

Easy to prepare, quick to cook and using readily available ingredients, this book is not only the go to cookbook for new and established vegans, but also for home cooks looking for effortless ways to bring plant-based meals into their kitchen. The modern world of vegan cooking can be confusing, but with a list of easy-to-source pantry essentials, useful kitchen equipment, common vegan substitutions, plus explanations of popular vegan ingredients (think jackfruit and silken tofu), you'll be able to produce delicious food every time hunger calls. Clearly labelled as 15 minute, 30 minute, 5 ingredient or one pot, the recipes cater for every craving. This is feel good, effortless food by an expert in vegan cooking – and the only plant based cookbook you'll ever need.

**Katy Beskow** is an award winning cook, writer and cooking 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, Katy now lives in rural Yorkshire and cooks from a small (yet perfectly functioning) kitchen. She blogs at [www.katybeskow.com](http://www.katybeskow.com). This is her eighth book.

- Over 100 versatile recipes
- Eighth book from the bestselling author of *15 Minute Vegan* (over 13,000 copies sold in the US)
- Veganism has risen by 350% in the last decade



**Also available**  
Vegan Roasting Pan  
9781787137028  
\$22.99 | 2021



**Also available**  
Easy Vegan Bible  
9781787135666  
\$31 | 2021



**Also available**  
Five Ingredient Vegan  
9781787135284  
\$29.99 | 2020



# Wellness & Spirituality



Before getting started with face yoga, there is some advice that is worth knowing. This will help you to make the most of your practice.

Key tips for enjoying and making the most of your practice

1



### Create a space that entices you to practise

It is not a coincidence that most yoga centres light incense or a candle to provide warmth, as a pleasant environment can entice you to practise. I invite you to do likewise and to create a welcoming atmosphere where you can enjoy performing the exercises.

Choose a place where nobody can bother you, and try to tidy and clear the area to reduce visual 'noise'. Also do your best to keep it clean. Add any scent you like, either with a diffuser or by lighting incense, palo santo or a scented candle. Personally, I prefer to use aromas to relax and soothe the nerves.

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Face yoga and massages to care for every part of your face

### To eliminate wrinkles on the neck

The skin on the neck is one of the areas that we usually neglect, along with that of the neckline, and yet it is one of the areas that most reveals our age. One common reason for the formation of horizontal wrinkles on the neck is our habit of inclining our head downwards, something that is all too common, for example when doing household chores or using mobile devices. Another reason is the use of excessively high pillows, which force us to incline our head forwards while sleeping.

To combat horizontal wrinkles on the neck, we must avoid these positions whenever possible (see page 186 for more information). In addition, we need to strengthen the platysma muscle of the neck, which helps to reduce and also prevent future wrinkles in the area.

#### Benefits

- Reduces existing wrinkles on the neck.
- Prevents the appearance of future wrinkles on the neck.
- Reduces puffiness.



Area worked on  
Platysma muscle

150

Face yoga and massages to care for every part of your face



#### Step 1

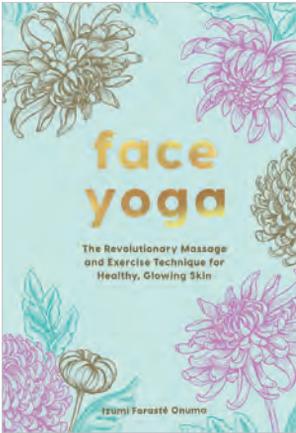
Place your hands on top of your sternum (above your chest) and raise your chin so that it forms a straight line with the front of your neck. Next, bring your jaw up and out, as though you wanted to touch the ceiling with it. Hold for 5 seconds.

Use a mirror to check as you work, to see how your chin and jaw are performing the exercise.

#### Tip

If you notice any pain while looking upwards, you should not do this exercise. In this case, you can raise your jaw slightly diagonally (to a point where you do not feel any pain) and do the same exercise.

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# Face Yoga

The Revolutionary Massage and Exercise Technique for Healthy, Glowing Skin

**Onuma Izumi**

September 2022 | HC | HEA025000

\$19.99 | 9781787139053

224pp | 5.7 x 8.3" | 1lb 6oz

Black and white photography throughout

I S B N 978-1-78713-905-3



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**Face Yoga** features 40 facial yoga exercises compiled by **Izumi Forasté Onuma**, a specialist in this self-care practice from Japan

Face yoga combines exercises and massage techniques to work different areas of the face and enhance your skin's overall firmness and luminosity. With exercises to reduce bags and dark circles, to lift the eyelids and open up the eyes, or to reduce a double chin or lines around the lips, each movement is accompanied by step-by-step instructions and illustrations.

The Japanese practice of facial yoga is the simple, cheap and natural way to reduce wrinkles and maintain smooth skin. Face yoga can produce amazing results within just a few weeks and takes only a few minutes every day.

**Izumi Forasté Onuma** is a half-Japanese, half-Spanish beauty and self-care specialist. Her Spanish YouTube channel demonstrating her facial yoga techniques has over 220,000 subscribers.

- Features exercises and massage techniques to work different areas of the face and enhance your skin's overall firmness and luminosity
- Facial yoga is a massive trend on TikTok



*Does the shape of the stone have an impact on its energy?*

The shape of the stones that you choose to accompany you in your energy work has an impact. It determines to a certain extent the way in which each stone will communicate with your energy. The first big distinction to make is between raw stones, which have undergone very little processing by man, and processed stones.

**1. RAW STONES**

The energy of these stones is "pure", as nothing has altered them. However, they are not necessarily better: it is possible to work just as effectively with a tumbled stone (presented on page 38) as with a raw stone. At this point, it seems appropriate to remind that the objective of this book is to support you in your choice, not to force you to act in any particular way. Your intuition, your feeling and your opinion are real guides that deserve your attention more than anything else.

Raw stones are often less expensive than cut or tumbled stones, because they required less work. Let's take the example of rose quartz, a stone that is full of gentleness. It would probably be cheaper to purchase a large piece of raw stone so that its energy can fill the whole room rather than a big piece of polished rose quartz. Beyond the financial aspect, raw stones either attract or repel, depending on the person. Listen to yourself. Personally, I love raw stones; as I'm writing these lines, that's all I have on my desk!



**Labradorite**

- ◆ Chakras: throat and third eye
- ◆ Colours: grey to black, most often with green or blue streaks, sometimes orange, yellow or purple
- ◆ Keywords: Spiritual protection, introspection, intuition, wisdom

Labradorite acts as a **true energy shield** all around the aura to "block" negative energy coming from other people. It also allows us to detach ourselves from what others think and to live our life fully, solely for ourselves.

This **very spiritual stone** encourages us to elevate our consciousness and to use our intuition. It highlights psychic gifts and simulates the art of being "at the right place at the right time". It helps us decode messages from our subconscious, making it easier to understand them. It is the perfect stone for working on our spiritual development, because it prepares the body and mind for change. It reinforces trust in ourselves and in the Universe and banishes insecurities and fears as well as past disappointments. It allows us to have new ideas and imagination.

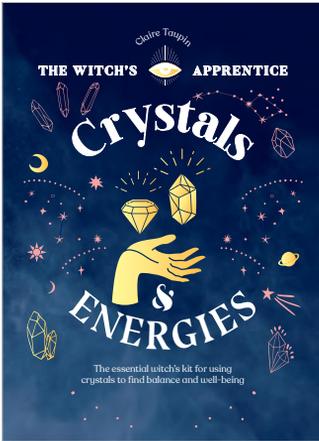
It is very useful for introspection sessions and invites us to forge a kind of intuitive wisdom.



*How is it used?*

If you work in a place where people confide in you a lot, or where you absorb the emotions of others, a relatively large labradorite placed in this area would be very useful. You can also carry a tumbled stone on your body. If you are very sensitive to energies, places with a lot of people can be exhausting, personally, I always wear a labradorite bracelet in this kind of situation. To promote work where intuition is important, wear a tumbled stone for a longer period of time.





# Crystals and Energies

The Essential Witch's Kit for Using Crystals to Find Balance and Well-Being

**Claire Taupin**

October 2022 | HC | OCC004000

\$14.99 | 9781787139299

144pp | 4.7 x 6.1" | 10oz

Full-color photography throughout

I S B N 978-1-78713-929-9



## The crystals reveal their secrets...

*Crystals and Energies* is a pocket spell book: a guide to working with crystals, teaching you how to incorporate them into your daily life, and providing everything the modern witch needs to know in order to live in harmony with nature and the elements.

Starting with the importance of the chakras, *Crystals and Energies* explains how to choose crystals according to your needs, how to store and recharge your stones and how to put together your own crystal 'first aid kit'. Packed with solutions to common questions, such how to store and recharge your crystals, *Crystals and Energies* is the perfect guide to beginning your own journey with these precious stones.

**Claire Taupin** runs her own crystal shop and online store, Mysticbox. Having been on the spiritual path for many years, she is proud to call herself a 'witch'. In *Crystals & Energies*, she offers her advice on how to start or develop your own practice with crystals.

- Following on from the huge success of Yulia van Doren's *Crystals*
- Beautiful gift format, with stunning foil cover
- A perfect entry-level guide for the witchcraft-curious, mixing practical tips with charming illustrations



## Wiccan deities

### *The Goddess and the God*

The Goddess and the God have been given so many names over the centuries that they are also known as the Nameless Ones. They represent all the deities that were born on earth and are present in many forms.

**Feminine and masculine**

The Goddess and the God represent feminine and masculine energies, as well as the feminine in the masculine and the masculine in the feminine, similar to yin and yang. Similarly, a part of them lives in us, and a part of us in them. That is why we can connect with them by connecting with our inner vibration.

The Goddess and the God are complementary and equal. They are the creators of all realms: plant, animal, human and ethereal.



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Rituals



### *Rituals to perform*

The full moon marks a moment of achievement and mental openness during which we express gratitude. Many rituals can be performed at this time.

**How to perform rituals**

Generally, we start by opening a circle. After a moment of meditation, we perform the ritual, and then finish with a card reading (oracle or tarot) before closing the circle.

**TOOLS:** tarot, oracle, notebook, pencil

**ALTAR:** white candles, offering bowl, crystals, plants



#### *Ritual steps*

1. Cast the circle
2. Meditation
3. Ritual
4. Card reading
5. Close the circle




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# Little Magic Rituals

The Essential Witch's Kit for Reconnecting with Yourself and with Nature

**Océane Laïssouk and Estelle Modot**

October 2022 | HC | OCC026000

\$14.99 | 9781787139305

192pp | 4.7 x 6.1" | 10oz

Full-color photography throughout

I S B N 978-1-78713-930-5



## Awaken the witch in you...

This little guide celebrates ancient magic rituals: rites and ceremonies which can be practiced throughout the year, helping you to reconnect with yourself and with the power of the elements.

Learn all about the basics of Wicca, the gods and goddesses witches celebrate and common offerings and how to make them – along with how to put together your own witch's kit and altar, and how to prepare your first rituals.

*Little Magic Rituals* shows you how to celebrate key dates in different seasons, from Imbolc in February to Yuletide in December, and includes herbal remedies and essential recipes that every modern witch needs to know.

**Océane Laïssouk** is an amulet maker, illustrator and practitioner of Japanese medicine. She can be found on her Instagram [@almatribal\\_therapie\\_](#)

**Estelle Modot** is an alchemist, herbalist and botanist who is passionate about the dream world. She can be discovered on her Instagram [@lespotionsdelitha](#)

- TikTok videos with the hashtag #witchtok have gained more than 11 billion views
- Beautiful gift format, with stunning foil cover
- A perfect entry-level guide for the witchcraft-curious, mixing practical tips with charming illustrations

### THREE-PART BREATH



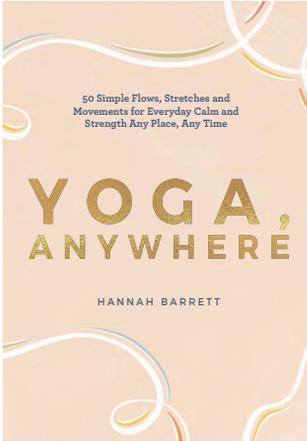
- ▶ From a seated position, gently rest the right fingertips on the ground beside the right hip.
- ▶ Take a breath in as you bring the left hand to the crown of the head, and as you breathe out slowly bring the left ear towards the left shoulder using the hand as a gentle guide.
- ▶ Take five breaths here and then inhale, release and repeat on the other side.



- ▶ Place one hand over the belly and one onto the heart. Take a deep inhale through the nose from the base of your stomach feeling the stomach expand like you're blowing up a balloon. Keep inhaling, sending the breath upwards through the chest, feeling the ribs moving outwards, sideways and backwards. Finally, send the breath all the way to the collarbones, filling the lungs as full as they will go. Exhale slowly through the nose, feeling the body release all the way down to the base of the stomach.
- ▶ Aim for each inhale and exhale to be as slow as possible (4-8 counts or longer). Repeat for 10-20 rounds, 2-3 minutes, or for as long as desired.

### SEATED NECK STRETCH





draft cover

# Yoga Anywhere

50 Simple Movements, Postures and Meditations for Any Place, Any Time

**Hannah Barrett**

August 22 | CA | HEA025000

\$16.99 | 9781787138445

54 cards | 3.7 x 5.5"

Full-color illustrations throughout

I S B N 978-1-78713-844-5



## 50 accessible moves and exercises for everyday calm and strength

Hannah Barrett's revolutionary *Yoga, Anywhere* will prompt you to move and stretch no matter where you are.

Featuring 50 short, easy exercises and techniques, presented in the handy form of a card pack, you can mix and match movements. This handbag essential provides the building blocks for getting in touch with your body and mind. A resource for you to turn to again and again. Best yet, none of what you will find here requires much more space than that which your body already fills.

With delightful illustrations and step-by-step instructions, there couldn't be a simpler way to keep your body supple and your mind clear.

**Hannah Barrett** is a yoga practitioner and teacher, who founded her own online community of over 370,000 people (@hannahbarrettyoga) and launched her own yoga app. She is an author, wife and mother. After the traumatic birth of her daughter, yoga helped Hannah rediscover who she was and her purpose in life. The transformational effect and growth yoga had on Hannah's recovery gave her passion to help others find strength and calm with yoga in the chaos of life.

- Perfect for busy people on the move
- The user can mix and match to create their own bespoke routine and workout
- 300 million people practice yoga across the world



**Also available**

Yoga Happy

9781787137677

\$29.99 | 2022

## Planetary cycles

Each planet circles constantly through all twelve signs of the zodiac. Each one makes its rounds in its own time depending on how close to or how far from the Sun it is. These cycles underpin this book for understanding various points in history and for looking ahead to the future.

Taking a snapshot of any one planet at any one moment is useful, but it exists within a larger system, as do we. However, it's a place to begin, especially when you're learning. Focus in on one thread, then add it in context to other cycles, and the mix of signs and aspects at that time.

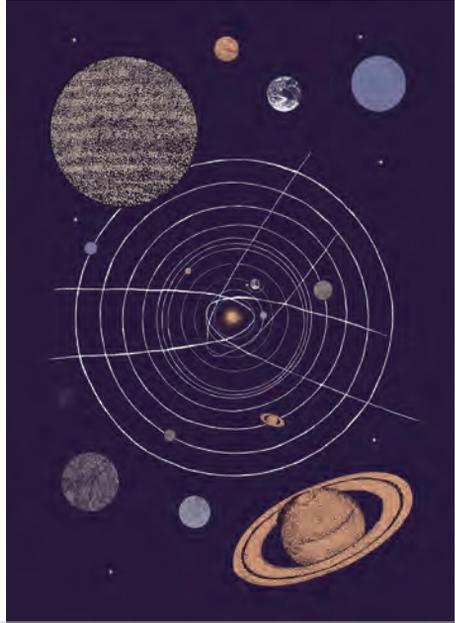
## The personal versus the collective destiny

Looking at transits is particularly interesting as the influence of planetary transits has an effect on both the long-term trends and the collective and also the individual. Keep in mind throughout this book that I'll be toggling between both levels.

The collective transits refer to planets in signs and in relationship to each other. Making it personal means overlaying the transiting planets onto your birth chart. This goes a long way to explaining why people may thrive better than others at various points in their lives. The transiting planets of the times are locking into your chart in a different way from theirs (unless you were born at exactly the same date, place and time). It's a good reminder not to compare your life to anyone else's and to respect that each of you has a unique journey.

Cycles

22



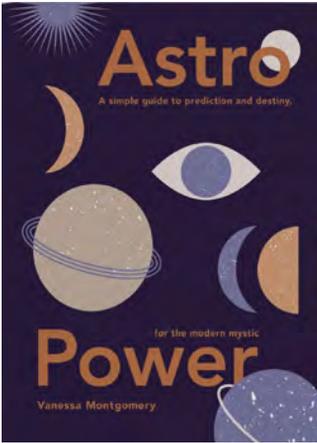
## Neptune

For example, Neptune tells us the spirit of the times. Its 14-year transit through a sign means an entire decade and then some will be stamped with its signature themes. Since Neptune shows up visually in arts and spiritual trends, it's easy to identify. The swinging sixties were all about sexual revolution and Neptune was in exciting and independent Scorpio. Waistlines dropped to the hips, emphasizing the pelvic region, which happens to be the area of the body ruled by Scorpio.

In the 1970s, Neptune was in exotica-loving, globe-trotting Sagittarius. The West embraced Eastern spirituality and proportion became exaggerated: those bell bottom flares, big glasses, explosive hairstyles and platform shoes.

In early 2022, Neptune moved into Pisces. Over this period, we saw a renewed interest in modern mysticism, tarot, astrology, crystals and compassion through veganism. It will be remembered for all these things and the colour to rule them all, millennial pink.

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# Astro Power

A Simple Guide to Prediction and Destiny,  
for the Modern Mystic  
**Vanessa Montgomery**

October 2022 | HC | OCC009000

\$18.99 | 9781787138896

192pp | 5.3 x 7.3" | 1lb

Full-color photography throughout

I S B N 978-1-78713-889-6



## Use the stars to predict your destiny

*Astro Power* is a simple, practical handbook revealing astrological wisdom for the modern mystic. Easy-to-follow chapters will show you how to forecast your cosmic calendar, teaching you to tap into various transits, time periods and moon phases to see exactly what life has in store for you. You'll learn to predict your destiny, from when cosmic periods of your life will begin and end, to how to make the most of favorable periods. Plus, understand which archetypal themes are at play, what areas, moods or industries will rise and fall, and how to calculate the best times to chase your dreams, and when to be patient yet persistent.

Also available in the Power trilogy are *Star Power* and *Cosmic Power*.

**Vanessa Montgomery** is a professional astrologer based in Australia. She specializes in psychological astrology, helping to heal and transform many aspects of her clients' lives. Her personal motto is: free your mind, own your power, change your world. She's the official astrology expert at US *Glamour* magazine with the weekly column *It's Cosmic!* and appears regularly in the media and on podcasts.

- A contemporary update on a classic subject that's very on-trend
- Taps into the new wave of positive feminism
- *Star Power* (2018) and *Cosmic Power* (2020) have had excellent sales in North America



Also available

Star Power

9781787132245

\$17.99 | 2018



Also available

Cosmic Power

9781787135758

\$17.99 | 2021



# SPRING

Can words describe the fragrance of the very breath of spring?

Nelje Blanchan

SPRING

## SCENT

### THE NATURAL FRAGRANCE OF SPRING

Finding happiness through your olfactory system can be a wonderful discovery, especially if you haven't explored it fully before. You can do it in several ways.

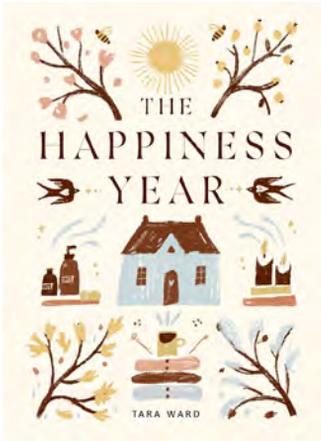
One is through flowers and their scents. Probably the best-known spring flowers are crocus, daffodil, tulip, iris, bluebell and lily of the valley. Each one has a very different odour and you can find out what makes you feel the most uplifted by experimenting. A flower shop or stall is a great starting point if you don't have a garden, park or woods near you.

Taking a walk amongst nature and focusing on the smells can be wonderful too. If you close your eyes and cover your ears, it may enhance your ability to pick up the fragrances. Breathe deeply and try to separate all the smells that you can. Take your time. The more you focus, the more you are likely to realize you don't know what some of them are. Open your eyes and explore. Can you determine where some are coming from? What do you like the most? What makes you smile as you breathe it in? What makes you happy?

### EXPLORING ESSENTIAL OILS

Another area worth exploring is the range of essential oils that can be found in most health shops. There are so many on offer and some might seem more suited to one particular season. For spring, recommendations that could lift your mood are the delightfully astringent grapefruit, lemon or peppermint as they are good for awakening the energy. More soothing choices are geranium, chamomile and bergamot. You can find testers in shops and start smelling. Having a sniffing session with essential oil testers is a fun way to connect with the joy of scent.





draft cover

# The Happiness Year

How to Find Joy in Every Season

**Tara Ward**

January 2023 | HC | SEL016000

\$19.99 | 9781787138872

128pp | 5.3 x 7.3" | 13oz

Full-color illustrations throughout

I S B N 978-1-78713-887-2



9 781787 138872

## A seasonal guide to finding happiness

Seasons tend to be associated with certain behaviors: spring with hope, summer with sociable relaxation, autumn with harvesting, winter with hibernating. So, how often do you fall into patterns of behavior through the year, based on a belief of how you should be and what you ought to feel? What would happen if you let go of some of those beliefs?

Explore different ways of discovering happiness and nurture this in your everyday life. With tips and rituals to encourage you to break away from certain behaviors and breathing and meditation exercises to enable you to recharge and reflect, as well as simple craft projects and seasonal affirmations, this book is for anyone seeking joy and wanting to explore the true meaning of happiness.

**Tara Ward** is a best-selling author on personal development and spiritual wellbeing with sales of more than half a million copies worldwide. Tara runs workshops and gives talks on meditation and mindfulness and has published fourteen books.

- A holistic approach to happiness (physical, mental, emotional, spiritual) from a best selling author
- Encompasses key trends: mindfulness, meditation, yoga, balance, wellness – all linked to seasonal slow living
- Most lives have been impacted by the pandemic and this books shows you how to find true happiness



**Also available**  
The Mystical Year  
9781787136083  
\$19.99 | 2020



**Also available**  
The Self-Care Year  
9781787137653  
\$19.99 | 2021



# Craft & Fashion

STYLING

# Ruffled Patchwork Cushion

Patchwork is having a huge moment on the catwalks and in the sustainable fashion circles and I am a huge fan. A great way to save offcuts, samples and scraps from ending up in landfill! They can be used to sew any number of items, here I'll show you how to create this very simple and beautiful cushion using patchworking. The perfect project for any of your fabric samples that turned out well too.



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STYLING



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#### You will need

Enamel paints in 2-3 colours, these should be non-toxic to ensure safety as these candles will be lit so avoid any solvent based flammable paints. You could choose more colours if you're going for a more varied effect. If you're choosing to marble coloured candles consider how the colours will all work together and you may decide to reduce the palette to just two colours with the third being your candles.

Tray - long enough to fit the candles into, a bowl will also work if you're planning on dipping just one and of the candles

Taper or Dinner candles

Water (room temperature, distilled water will work best)

Scrap paper to clean the water bath and sample colours

Table cover & cloth to keep things clean

Candle holders to place wet candles in to dry upright

Rubbing alcohol and a cloth

#### Technique

Will be using the water marbling technique using ready made inks for this project. You can refer to the technique section for the full method, best practices and troubleshooting.

#### Preparation

Using the cloth and a small amount of rubbing alcohol wipe the candles free of any dust and surface residue. This will give you a clean surface to marble onto.

#### How to

Fill the tray with about an inch of water or if using a bowl fill it two thirds of the way up with water.

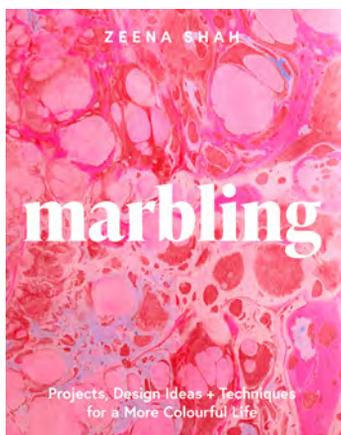
Enamel paints like nail polish will dry very quickly so I'd recommend pouring these into your water bath in spirals or circles and creating patterns that will transfer onto your candles without any manipulation. You can test the colours out in a smaller water bath first to see how they disperse as with all paints the varying pigments will work differently.

When happy with your design, dip your candles into the water and pull out to reveal the pattern!

Leave to dry upright in a candle holder for a few hours before they are ready to use.

**TIP -** Pour the paints as close to the water as you can to aid with the fast drying time.

**TIP -** Shake and open all the paints before you get started to ensure no delays during the process.



# Marbling

Projects, Design Ideas and Techniques for a More Colorful Life

**Zeena Shah**

September 2022 | PB with flaps | CRA025000

\$22.99 | 9781787138407

160pp | 7.9 x 10" | 1lb 6oz

Full-color photography throughout

I S B N 978-1-78713-840-7



**Marbling will show you how to create and transfer colorful patterns onto things you own while inspiring you to live a more colorful life**

Throughout this book, Zeena Shah will help you to find your own eye for color through marbling. All you need is some inks and paper to start. Discover how accessible marbling can be as you learn to upcycle objects you already own and give them a new lease of life by playing with color.

Including a collection of 20 projects from dyeing scrunchies and picture frames to a lampshade and patchwork cushion, as well as a section on seasonal projects including baubles and Easter eggs – this book covers everything you need to know to marble.

Learn how to find your color confidence and uncover your love of marbling with this modern guide for craft lovers everywhere.

**Zeena Shah** is an Art Director, Stylist, Designer, Illustrator and Author based in East London. A textile designer by training, having studied at Chelsea School of Art & Design, and author of *How to Print Fabric* (2015, David and Charles), Zeena's love of surface pattern continues with her DIY craft tutorials and Sunday Crafternoon's over on Instagram.

- Features 20 projects
- Appeals to crafting newbies and papercraft lovers alike as little equipment is needed to start
- Explores how color can have such a big impact on our psychology



**'A WOMAN CAN  
BE OVERDRESSED,  
NEVER OVER-  
ELEGANT.'**  
COCO CHANEL

In 1923 Porter Woodruff illustrated a Chanel fashion show for Vogue Paris (left), who described it as a "pleasure for the eyes" and declared that, with Chanel, "the Parisienne with good taste is in her element."

Illustrating a society ball (right), Vogue reported that "Mrs Jacques Poiné chose a Chanel gown... one of those slim models of diamonds and crystal."



relatives. Chanel adored flowers but she explained to the perfumer that she wanted her scent to be an original blend of an array of floral notes, unlike the single-note scents which had been around for years. 'I don't want hints of roses, or of lilies of the valley,' she explained. 'I am an artisan, so I want a perfume that is composed – a paradox.' 'One thing is certain,' said fragrance expert Michael Edwards of that initial encounter, 'Chanel wanted a tenacious perfume that clung to the skin and was as versatile as her clothes.' Beaux presented Chanel with ten sample scents organised, he recalled, in two series: 1 to 5 and 20 to 24. Ultimately No 5 – composed of rose, jasmine, ylang-ylang, jonquil, lily of the valley and sandalwood – seduced her. Beaux suggested that a preventative measure against piracy would be to make the formula 'too expensive' to imitate. 'Do it – I want to make it the world's most expensive perfume,' was Chanel's response. She had the budget to produce it, paying for Beaux's services with £40,000 (today's equivalent of US \$1,000,000) left to her in Boy Capel's will. 'What name will you give it?' Beaux asked Chanel. 'We will let this sample number five keep the name it has already – it will bring good luck,' she is said to have replied.

Chanel presented her couture collections on the fifth day of the fifth month; her affinity with the number five went back to her school days at Aubazine where 'emphasis [was placed] on numerology [and] five symbolized the pure embodiment of a thing, its spirit and symbolic meaning,' asserts Tilar J. Mazzeo. Chanel's zodiac symbol was Leo, the fifth sign, adds Lisa Chaney, who concluded, 'Whatever the true source of her superstition, she believed with a passion that the number five brought her luck.'

It is possible that Chanel already had the prototype for N°5's distinctive cube-shaped bevelled glass flacon. According to his daughter Jeanine, Maurice Dèpinois, who operated Dèpinois Glassworks, had helped Chanel design it before the war. Its minimalist look adhered to Chanel's fashion philosophy of 'costly simplicity' and would prove not only directional, since it was the antithesis of the *objet d'art* containers innovated by François Coty, but also absolutely dateless.

A caricature by 'Bem' – the artist Georges Gourinat – depicting Coco, as 'Marchioness of the perfume fauch', inside a bottle of Chanel N°5.



M. le docteur - sans vergogne  
Il n'y a rien - à nous coco  
La seule toilette de Coco  
Confiance à l'eau de Coco...  
Où Coco... de cocotage  
Marquis de la Flaconnerie



draft cover

# Vogue On: Coco Chanel

**Browyn Cosgrave**

October 2022 | FB | BIO035000

\$21.99 | 9781787138834

160pp | 6.3 x 8.3" | 1lb 5oz

Full-color photography throughout

I S B N 978-1-78713-883-4



## A *Vogue* insiders' view of the world of Coco Chanel

This essential companion to the world of Coco Chanel traces her iconic designs and glamorous, racy life, from the opening of her Chanel Boutique in Paris – still a destination store today – and the launch of her first perfume, Chanel No. 5, in 1921, to perhaps her most important contribution to the fashion world, the simple, much imitated 'little black dress', which made its debut in 1926. Featuring stunning photography from *Vogue's* unique archive, as well as original illustrations, discover the world of Chanel via the most authoritative and prestigious source of reference on fashion.

Other titles in the *Vogue on* series include *Vogue on: Cristobal Balenciaga*; *Vogue on: Christian Dior* and *Vogue on: Elsa Schiaparelli*.

**Browyn Cosgrave** is a curator, broadcaster, luxury brand consultant and the successful author of acclaimed fashion history books. She is the former features editor of *British Vogue*, and a regular contributor to international editions of *Vogue*.

- The essential guide to 'the most influential female designer of the twentieth century'
- A *Vogue* insiders' view of Coco Chanel's iconic designs, signature scents and glamorous life, with exclusive access to *British Vogue's* unique archive of photographs and original illustrations
- The *Vogue on* series has sold over 300,000 copies worldwide

Schiaparelli's skiwear for December 1930 was made from waterproof gabardine, the jacket fastened with industrial steel hooks. In a flash of brilliance, Schiaparelli took the newly invented industrial zip and similarly brought it into high fashion. These fasteners reflected her attitude towards modern life: iconoclastic but practical, offering women a quick alternative to button fastening. This, too, was taken up by an author to indicate a time in the future, when women matched the speed of their lives with clothes that were easy to wear. To the male hero of Aldous Huxley's *Brave New World* (1932), living in AD 2540, the zips on the female protagonist Lenina's man-made velvet shorts were a fetishistic delight: 'Zip, zip, and then zip; he was enchanted'.

Illustration by Giron showing Lanstin (left) and Schiaparelli. Her double-breasted grey gabardine ski jacket is closed with six clasps, Schiaparelli's alternative to buttons. Her striped ascot – here in grey and lavender – were becoming fashionable accessories.



The influential American writers Thérèse and Louise Bonney included Schiaparelli in their *Shopping Guide to Paris* in 1929, mythologising her as a savant, who had 'felt the pulse of the style world, sprang into the market overnight, and made an instantaneous success. She designs herself, and has [the models] made under her direction. This combination of individual design and direction is worth money, and she values her products accordingly.' This sense of meteoric success was a journalistic fantasy: Schiaparelli had come into the fashion world a mature 37-year-old, her taste was well defined, she had been drawing and working as a designer herself for a number of years and was experienced in the fashion industry as a saleswoman and promoter of haute couture. What the American authors liked was her 'can do' approach to her business; in 1929 she was one of around sixteen Parisian couturiers whose designs were available at leading US department stores and through *Ladies' Home Journal*.

The modernity of Schiaparelli also attracted *Vogue*. When Main Bocher resigned, Condé Nast replaced him with Michel de Brunhoff, a man for whom images were of primary importance. Driven by the desire to be the 'best in everything', in 1929 Nast appointed the visionary Dr M. F. Agha as overall art director to bring *Vogue* into step with contemporary design. The erudite Dr Agha was himself

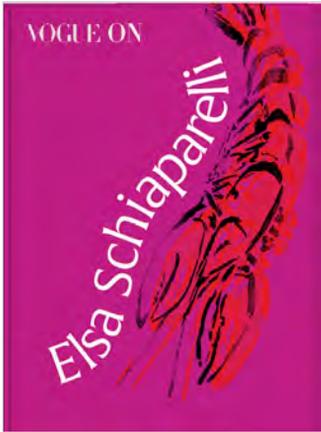


Models wearing versions of Schiaparelli's 'Mad Cap' with their morning suits, in a powerful fashion image that would have been styled by provocative fashion editor Babe Boulet-Williams. Illustration by René Boulet-Williams.

SCHIAPARELLI SPENT THE YEARS 1931-4 creating her signature silhouette, experimenting with the latest fabrics and fibres, inventing fabulous colours, and building on her reputation as a fashion leader. Schiaparelli said that she was shy, so shy that sometimes simply saying 'hello' made her feel ice-cold. Nevertheless, in order to promote her work during this period she had to assume the role of fashion celebrity, the *enfant terrible* of French couture, setting her apart from her peers, all of whom – with the exception of Chanel, so like Schiaparelli in many ways – were reticent and controlled when working with the press.

Schiaparelli's description of herself indicates a personality for whom life was a constant series of highs and lows: '[I am] profoundly lazy,' she wrote, 'but work furiously and rapidly. [My] laughter and tears collide; on a job of work [I am] fun, soaring from despair to heavenly delight.' This mental turmoil was part and parcel of the creative process, as is the case with so many designers. Dress, maquillage and wigs were partly a mask behind which she could remain private, presenting different 'faces' to the public in an aggressive marketing drive. This public persona was expressed in her 'hard chic', the sculptured silhouette, for which she commanded women to train their bodies. By extension, she offered women flattering shapes but in practical, hard-wearing fabrics, both man-made and traditional. With a backdrop of the Depression and the growing militarisation in the run-up to the Second World War, Schiaparelli therefore catered to the tough frivolity of the decade.

'People were not afraid of being different then,' Schiaparelli wrote wistfully in her memoirs in 1954, when Christian Dior's elegant femininity was dominating the couture. She was the daring iconoclast who in 1931 shocked London with her divided skirt trousers, worn by Spanish tennis player Lili de Alvarez at Wimbledon, but designed for everyday life, not just for sport; and though often self-conscious, she herself donned wigs while skiing at St Moritz: 'I have never been shy of appearing in public in the most fantastic and personal get-up. Antoine made me



draft cover

# Vogue On: Elsa Schiaparelli

**Judith Watt**

October 2022 | FB | BIO035000

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160pp | 6.3 x 8.3" | 1lb 6oz

Full-color photography throughout

I S B N 978-1-78713-885-8



## **A *Vogue* insiders' view of the world of Elsa Schiaparelli**

Shocking, witty and eccentric, the designs of Elsa Schiaparelli are among the most innovative and influential in the history of fashion. This essential companion to the world of Elsa Schiaparelli guides you through her iconic designs, from the black gloves with golden fingernails and buttons shaped like lips of the 1930s, to her collaborations with the likes of Salvador Dalí and Man Ray and her costume designs for film stars from Mae West to Marlene Dietrich. Featuring stunning photography from *Vogue's* unique archive, as well as original illustrations, discover the world of Schiaparelli via the most authoritative and prestigious source of reference on fashion.

Other titles in the *Vogue on* series include *Vogue on: Cristobal Balenciaga*; *Vogue on: Coco Chanel* and *Vogue on: Christian Dior*.

**Judith Watt** is a fashion historian, writer and broadcaster. She teaches Fashion History at Central Saint Martins College of Art and Design. She is the Editor of the *Penguin History of 20th Century Fashion Writing* and author of *Ossie Clarke: 1965-1974* and *Dogs in Vogue*.

- The essential guide to one of the most influential designers of the twentieth century
- A *Vogue* insiders' view of Elsa Schiaparelli's iconic designs, with exclusive access to *British Vogue's* archive of photographs and original illustrations
- The *Vogue on* series has sold over 300,000 copies worldwide



A wool jersey day dress of 1941 that coulede the ease and economy for which Balenciaga quickly became known. The gables at the waist and neck are closed, while the body of the dress is black. 'Oh, sister! (as history)' said Vogue, 'is the best-balanced shako.' Photographed by Horst.

oerlea Alongside his love of historicism, there was a modernist mood to Balenciaga, seen in his stark shapes and also his use of bold black and white, as in this case. From spring 1938 (room with the same dress that opened this chapter). The model is Chloette, Balenciaga's favourite house model.

requisitioned materials like wool and leather, and women were reduced to making clothes from old sofa covers and hats from newspaper and straw. Lucien Lelong, the head of the Chambre Syndicale de la Couture, engaged in constant tussles with the authorities for more fabric to be allocated to couture, a move that must have irritated the hard-pushed ordinary Frenchwoman. In 1941, *Le Figaro* ran an article addressed to her, explaining how important it was to the economy for couture to continue. When things got back to normal, Paris could then take its rightful place again as the fashion capital of the world.

The Nazis, however, had different ideas and attempted to move couture wholesale to Berlin and Vienna. They were thwarted by delaying tactics from Lucien Lelong. They also paid a visit to Balenciaga. He recalled the incident in his interview with Prudence Glynn, in words that show how couturiers themselves saw their work during the war: 'Hitler wanted to transfer the French couture to Berlin. He sent six enormous Germans to see me – much taller than I – to talk about it [Balenciaga was tall]. I said that he might just as well take all the bulls to Berlin and try and train bull-fighters there.' Haute couture was as essential to the culture of France as the *corridillo* was to Spain. By keeping it alive in Paris, the designers felt they were being patriotic.

Like others, Balenciaga adapted to the privations. Always a fan of clothes that could transform from one thing into another, he made dresses with detachable long skirts so they could double for day and evening. To compensate for the lack of heating, he lined clothes with rabbit fur. In the absence of petrol women took to bicycles, and in response he designed a cycling outfit of short skirt, blazer and red woolly stockings. During the show, the model lifted her skirt to reveal tight purple jersey bloomers that ended above the knee. The couturiers pulled together. When the Germans shut down Madame Grès and Balenciaga himself for flouting the fabric restrictions the others mucked in to finish their collections for them. Little news of Paris fashions leaked out during the Occupation,

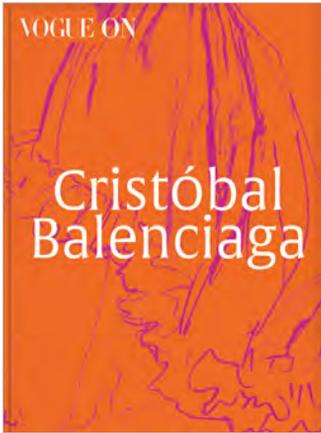
and *Vogue Paris* had closed, judging there to be 'No honourable way of publishing a magazine under the Germans.' But Balenciaga's clothes did make their way to the outside world. According to Gloria Guinness 'More Balenciaga dresses were smuggled out of Paris than any other French item, including perfume.' And a Spanish newspaper described his clothes as 'objects of significant contraband.'

The Allies liberated Paris in August, 1944. Bettina Ballard, who had taken a sabbatical from *Vogue* to work for the Red Cross, followed a few months later. At Balenciaga she found the salon unchanged though the paint was yellowing and the curtains dingy. The only strange note was struck by a group of 'noisy, fat, fancy-hatted women' examining a rail of discounted clothes. They were black market customers whom Balenciaga explained he tried to discourage. 'They are so *cursi*!' he told Ballard, using a Spanish word he favoured meaning pretentious or tacky. What she says about the man himself is telling: 'he seemed very little touched by the war, or for that matter, the liberation... As always he led his own secluded life, busying himself with the only thing that he really knew anything about – clothes.'

By October 1944, he was back in *Vogue*, and in February his 'overload here' with 'cascade of caramel coloured ostrich feathers' was photographed by Cecil Beaton. 'Nothing more feminine – more becoming' ran the caption. Femininity was what women now craved. But the first Paris collections received a mixed reaction from Britain and America. Fabric rationing was still in force in both countries. A cascade of ostrich feathers would have seemed somewhat exotic when the use of pockets, cuffs, and even turn-ups on men's trousers were strictly limited. *Vogue* railed against 'the genius-thwarting austerity restrictions,' but official bodies such as the American War Production Board protested against the excess of fabric in the French clothes, forbidden to American manufacturers: 'The constant flow of pictures showing clothes so diametrically the opposite of ours cannot help but

In 1946, the French sent the 'Théâtre de la Mode' across Europe and America to promote the return of Parisian couture. The exhibit consisted of a tableau of dolls, each dressed by a different couturier. This sketch is of an outfit Balenciaga contributed, and shows a silhouette radically different from that of the war years. The softened shoulder, waup waist and voluminous skirts are strikingly similar to Dior's 'New Look', launched two years later.





draft cover

# Vogue On: Cristóbal Balenciaga

Susan Irvine

October 2022 | FB | BIO035000

\$21.99 | 9781787138865

160pp | 6.3 x 8.3" | 1lb 6oz

Full-color photography throughout

I S B N 978-1-78713-886-5



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## A *Vogue* insiders' view of the world of Cristobal Balenciaga

This essential companion to the world of Cristobal Balenciaga takes you through two decades of designs; from revolutionizing the female silhouette in the Fifties, when he experimented with the semi-fitted shape, the sack dress, the cocoon and the babydoll, to the bold, fluid lines of his last two collections in the Sixties. Featuring stunning photography from *Vogue's* unique archive, as well as original illustrations, discover the world of Balenciaga via the most authoritative and prestigious source of reference on fashion.

Other titles in the *Vogue on* series include *Vogue on: Elsa Schiaparelli*; *Vogue on: Coco Chanel* and *Vogue on: Christian Dior*.

**Susan Irvine** has written on fashion and beauty for *Vogue*, *Sunday Telegraph*, and other newspapers and magazines, and for nine years was beauty director of *Condé Nast Asia Pacific*. She is the author of *Perfume: The Creation and Allure of Classic Fragrances* and *The Perfume Guide*.

- The essential guide to one of the most influential designers of the twentieth century
- A *Vogue* insiders' view of Cristobal Balenciaga's iconic designs, with exclusive access to British *Vogue's* unique archive of photographs and original illustrations
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“

A small orchid grows in the Lapland wilderness, and that's where the inspiration for this sweater came from. The heath-spotted orchid is found in forested wetlands and peaty meadows – places with scenery that I hold dear. The stranded knitting throughout makes the sweater especially warm. The little patches also make the smooth knit, which can sometimes tend to be slightly tedious, a little more fun. The sweater is knitted from the top down, with short rows in the neck. Why not try out other colour schemes? Even grey could work well here!

# Flora

DESIGNED: ANNA KONTTAINEN

13

## FLORA

MODEL SHOWS SIZE M

Size: S (M, L)

Material: 100% Wool

Dimensions of finished sweater:

Length circumference: 95 (105, 115) cm

Length from armhole to hem:

57 (58, 59) cm

Circumference of upper sleeve: 22 (23, 24) cm

Wrist circumference: 21 (22, 23) cm

Inner sleeve length: 41 (44, 46) cm

\*Note: Inner length 40 (42) cm, wrist 20 (21) cm

and sleeve length 40 (42) cm

MC: 100% Fine Green Heather 515 A (100% wool)

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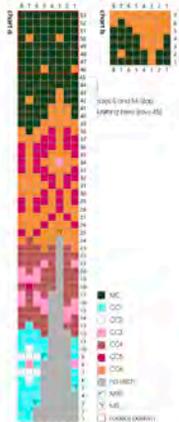
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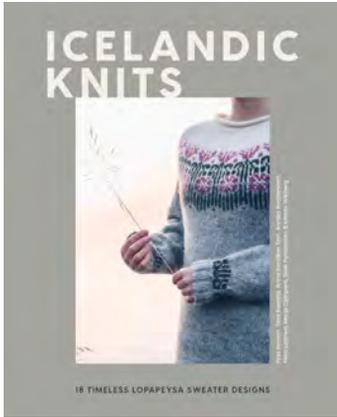
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**YOKE**  
Using A's, knit needles (CO) and on (MC) 46, 50, 54.  
Row 1: 1 row in stock stitch and knit "1" off ribbing in the neck join in the round (the orange knit line that the stocking is knitted into "1" off ribbing) for 3 cm. The part of B below you will be at the neckband. Mark the neck hole for the neck.  
**Row 1 (RS)** 4 (6, 8, 10, 12, 14) knit, 1 row.  
**Row 2 (WS)** 1 (1, 1) knit, 1 row.  
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**Row 98 (WS)** 1 (1, 1) knit, 1 row.  
**Row 99 (RS)** 4 (6, 8, 10, 12, 14) knit, 1 row.  
**Row 100 (WS)** 1 (1, 1) knit, 1 row.



draft cover

# Icelandic Knits

**Pirjo Iivonen, Tiina Kaarela,  
Annika Konttaniemi, Niina Laitinen,  
Merja Ojanperä, Soile Pyhänniska,  
Anna-Karoliina Tetri and Minttu Wikberg**

January 2023 | HC | CRA015000

\$22.99 | 9781787139374

224pp | 7.8 x 9.7" | 11b 12oz

Full-color photography throughout

I S B N 978-1-78713-937-4



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## 18 contemporary sweater designs inspired by Icelandic knitting traditions

*Icelandic Knits* features 8 trending Finnish knitwear designers and featuring their own interpretations of the famous lopapeysa sweater. The designs include a mix of the more traditional as well as some designs with a modern twist, such as addition of a hood or creating a cardigan instead of a jumper. There are also instructions for hand-dyeing the yarn to personalize your look.

Including a collection of 18 sweater designs for women, men and children. The instructions are presented with clear diagrams and stunning photographs showcasing the stunning landscapes of Lapland that will make you yearn for the cozy jumpers and Nordic noir.

*Icelandic Knits* brings together eight popular Finnish authors **Pirjo Iivonen, Tiina Kaarela, Annika Konttaniemi, Niina Laitinen, Merja Ojanperä, Soile Pyhänniska, Anna-Karoliina Tetri and Minttu Wikberg**, who have made their own interpretations of the traditional Icelandic curved sweater.

- Featuring designs from 8 of the most popular Finnish knitters
- Featuring designs for intermediate and advanced knitters, for men, women and children
- The rights have already sold to Denmark and Germany



INTRODUCTION 8

After much trial and error, experimentation with wax, wicks, oils, troubleshooting "scented candles" with no scent, we finally got the hang of it. And so, Our Lovely Goods was born, our brand is really an extension of us and weaves together our passions for home, family, and heritage.

Our initial range consisted of four candle scents, all inspired by a special place or pivotal moment in our life. It was an amazing and surprisingly emotional experience coming up with scents that we felt reflected special memories. First in our range was a candle we called The Month of May, May 2018 held a lot of significance for us, it was the month our first daughter was born and also the month that Eb's father unexpectedly passed away just a few days after she gave birth. Through the pain that we felt during that time, the birth of our first daughter was a light that kept us going. And so, in creating this candle we chose to use oils with fresh and mood boosting

scents, life may change and basil we know Eb's dad would have wanted us to find some joy through the pain of losing him so we felt a bright and invigorating scent was perfect to reflect this. Another one of our first scents was the Road to Port Harcourt candle, inspired by Emmanuel's home town, Port Harcourt Nigeria. The scent is deep and earthy with grassy notes of Vetiver and spice from black pepper reflecting the city in which Emmanuel spent so many years of his life growing in.

This is what makes candle making so special to us. The ability to create feelings or bring back memories through scent is a magical thing.

We launched online in 2019 and since then we have seen our candles and wider range stocked all over the world - from Scotland where we live and further afield across the UK to places like Helsinki and Austria, and even as far as Taiwan. It's such a thrill to see products we are so passionate about, in so many homes worldwide as well as featured in magazines like Elle Decoration and stocked in shops like Anthropologie. We have also had the honour of teaching hundreds of people the art and science of candle making through workshops and events.

Finding joy in expressing ourselves through scent and sharing this through our brand is really a dream and, in this book, we wanted to share that joy with you and encourage you to celebrate the feeling of home through candles and fragrance. It's such a simple way to enhance every day moments and the pride you feel when you have created a beautiful candle with your own hands is immense. Additionally, you want you to think of candles as a key aspect of your home interiors.

## HOW TO USE THIS BOOK

In this book you will learn the fundamentals of making candles. From scented jar candles, to tea lights and dinner candles. We will walk you through everything we have learnt about wax, essential oils, fragrance oils, wicks and blending. We've included fun projects for you to get stuck into and focused on how you can live in tune with the seasons through the scents and ingredients you use.

In Candle 101 you will learn the building blocks of candle making which will then give you the confidence to try your hand at the various projects included in this book. You will see that the book has been broken down into seasons. At the start of each section, we have suggested some of our favourite fragrances to use for candle making at that time of year. As well as this, the various candle projects we have included in these sections are some of our favourite types of candles to use for that season. Think paper candles for summer evenings and dinner with friends (pg. xxx), crackling wood wick candles for autumn (pg. xxx) or fragrant aromatherapy candles, celebrating spring botanicals.

We know that often people think of candles as purely a special treat for autumn and winter but candles can and should be enjoyed year-round!

CANDLES 9

## What is a candle?

At its core, a candle is a block of fuel (wax) wrapped around a wick which is ignited, burning the fuel (wax) to produce light, warmth and sometimes scent. In the early days, candles were primarily a functional item, used as a source of light. In more recent times, candles have become a big part of home decor and this has encouraged the development of new techniques and materials.

### Different Types of Waxes

When making candles, one of the most important considerations is the type of wax you will be using. The choice will come down to the type of candle you are making and, in some cases, environmental considerations. Below we have detailed a few of the most commonly used waxes on the market.

#### SOY WAX

Soy wax is one of the newer waxes on the candle making scene. It was developed in the early 90s as a natural demand for natural candles growing, soy wax was developed in the early 1990s from hydrogenated soybean oil. This is our wax of choice for our candles due to its use of wax with most fragrances, and high performance in container candles.

#### BEESWAX

Bee wax is probably the oldest candle making wax, used by ancient civilisations across the world from around 3000BC. This was its great for making candles which was housed in a container as it is one of the stronger waxes when set.

#### PARAFFIN WAX

Paraffin wax or 'Mineral' wax is derived from petroleum which is drilled out of the ground from oil rigs and refined. It is a fairly impervious wax and is used widely in commercial candle making because it can hold a high amount of fragrance and colour. It also comes in various melt points, making it suitable for making many different types of candles, from containers to pillars.

#### RAPESEED WAX

Rapeseed wax comes from the rapeseed plant and is a natural vegetable wax. It has similar properties to soy wax however it has a lower melting point which means it is a softer wax than soy or paraffin.

#### COCONUT WAX

Coconut Wax is one of the newer waxes on the candle making scene. It is soft creamy and white and similarly to rapeseed wax has a low melting point and also often performs well when blending with another wax.

#### WAX BLENDS

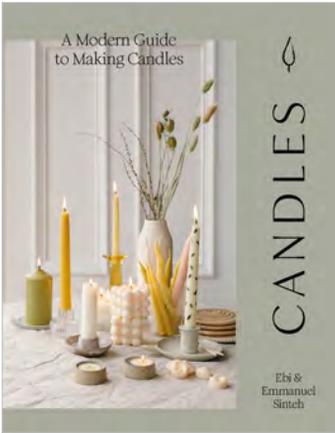
Blended candle waxes are made by combining waxes together to get the most out of the positive properties found in each wax. Paraffine is often blended with natural waxes such as soy, rapeseed and coconut. Additionally you can also find natural wax blends which are combinations of 100% naturally derived waxes.

### Choosing the right wax

Choosing the wax, you would like to use will depend on several factors, including the form of candles you would like to make, the kind of wax you would prefer to use (for example, is using an all natural wax important to you?), the amount of scent throw you'd like the candle to have, the level of difficulty that you want the project to offer, and even the type of finish you would like to see on your candles. Taking the time to consider all of these factors will help you decide which wax is right for your project.



CANDLE MAKING 101 10



draft cover

# Candles

## A Modern Guide to Making Soy Candles Ebi Sinteh

November 2022 | PB with flaps | CRA049000

\$22.99 | 9781787138933

144pp | 7.9 x 10" | 1lb 4oz

Full-color photography throughout

I S B N 978-1-78713-893-3



9 781787 138933

### The ultimate modern guide to making your own soy wax candles to enjoy at home

*Candles* is a modern guide to making your own soy wax candles to enjoy at home. It is a celebration of candles and the making process. It will introduce you to the different types of vessels and products you can create and show you how to make your own. Discover the secret of blending scents that suit your mood and be inspired by beautiful lifestyle photography that captures the very essence and joy of this craft.

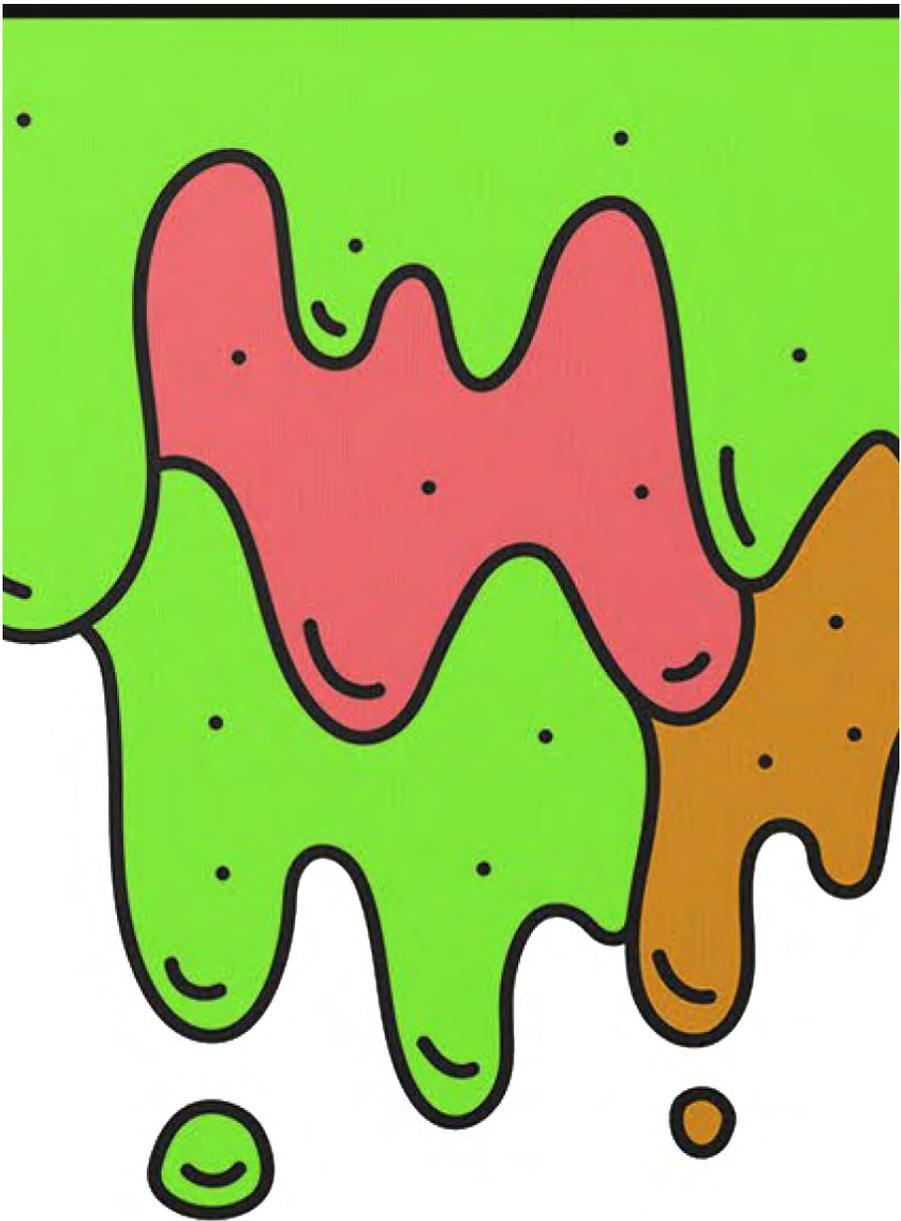
This is a craft for all so snuggle up and make candles you can enjoy when seeking for a moment of cosiness.

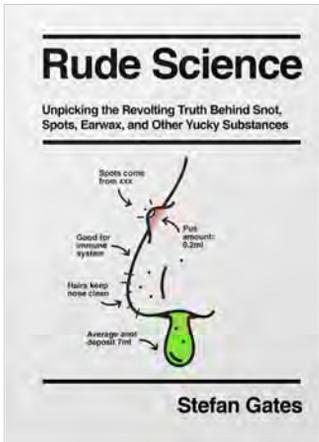
**Ebi and Emmanuel Sinteh** are the founders of Our Lovely Goods, a candle shop using only the best quality and purest ingredients. Their candles have been featured in numerous publications such as *ELLE Decoration*, *Grazia* and *Ideal Homes* and are loved by customers around the world, including celebrities such as Victoria Beckham. They have an Instagram following of 27,000, plus 5,500 subscribers to their website.

- Features 15 beautifully photographed projects, plus top tips on making scents that suit you
- The natural process of candle making is not only relaxing but also eco-friendly
- This modern guide to candle making seamlessly fuses craft projects with stories of scent, heritage and tips on how to enjoy and celebrate your home



Gift





draft cover

# Rude Science

Everything You Want to Know About the Science No One Ever Talks About

**Stefan Gates**

November 2022 | HC | HUM016000

\$16.99 | 9781787136403

128pp | 5.1 x 7.3" | 10oz

Full-color illustrations throughout

I S B N 978-1-78713-640-3



**Unpick the revolting truth behind snot, spots, earwax, and other yucky substances**

*Rude Science* follows in the flatulent footsteps of *Fartology*, taking on those unmentionable body substances with which we're all so familiar, but rarely talk about in polite company. Stefan tackles eternal questions such as:

- How much snot can a person produce in one day?
- What's ear wax for?
- What is toe cheese?

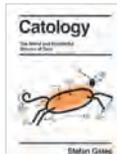
It's packed with weird and wonderful facts about our bodies and the disgusting gloops and gunks we ooze every single day. Reclaim your bodily functions with fun and scientific facts that will fascinate kids and adults alike.

**Stefan Gates** has spent years researching revolting science and experimenting on himself for TV, books and live tours including *Fartology* and his *Utterly Revolting Science* family shows staged at venues including the Royal Academy and Butlin's Centrestage. He has made over 20 TV series and written nine books.

- The ideal gift for the big kid in your life
- Brilliantly combines humor and popular science: *52 Things to Do While You Poo* meets *What If?*
- BBC presenter Stefan Gates will be touring his new live show in 2022



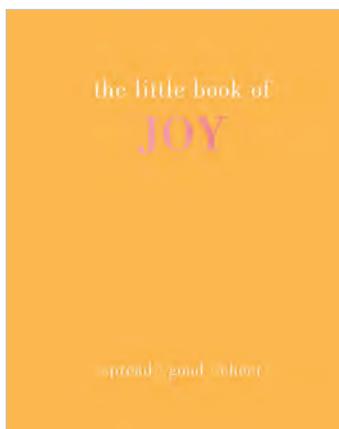
**Also available**  
Fartology  
9781849499682  
\$14.99 | 2018



**Also available**  
Catology  
9781787136328  
\$16.99 | 2021



**Also available**  
Dogology  
9781787136335  
\$16.99 | 2021



## The Little Book of Joy

Spread Good Cheer  
**Joanna Gray**

September 2022 | HC | SEL016000  
\$11.99 | 9781787138049  
192pp | 4.1 x 5" | 7oz  
Text only

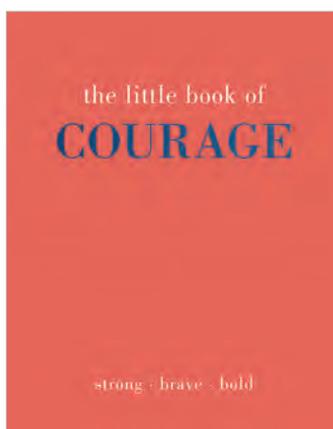
ISBN 978-1-78713-804-9



**“I find ecstasy in living; the mere sense of living is joy enough.” – Emily Dickinson**

With joyful tasks, words of wisdom and simple yet practical tips for looking on the bright side of life, *The Little Book of Joy* will show you how to sprinkle an extra serving of happiness into your every day.

- The Little Book of series has sold 1 million copies worldwide
- Joy and courage are major buzzwords following the pandemic
- #joyfulmoments has 68.3k tags on Instagram; #couragequotes has 115k



## The Little Book of Courage

Strong. Brave. Bold  
**Joanna Gray**

December 2022 | HC | SEL023000  
\$11.99 | 9781787138810  
192pp | 4.1 x 5" | 7oz  
Text only

ISBN 978-1-78713-881-0

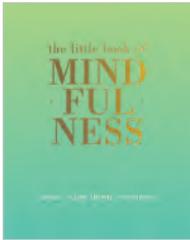


**“What would life be if we had no courage to attempt anything?” – Vincent Van Gogh**

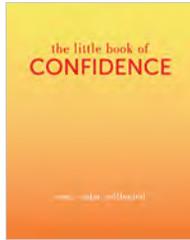
With inspirational quotations, practical guides and thoughtful exercises, *The Little Book of Courage* will guide you to be brave and face your fears.

**Joanna Gray** is the author of *The Little Book of Kindness*, *The Little Book of Gratitude* and *The Little Book of Positivity*. She runs festival events and educational programmes for Wimbledon BookFest and co ordinates the Jane Gardam Short Story Award.

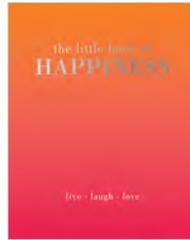
# Also Available



The Little Book of Mindfulness  
9781849494205  
\$11.99 | 2013



The Little Book of Confidence  
9781849494518  
\$11.99 | 2015



The Little Book of Happiness  
9781787131125  
\$11.99 | 2018



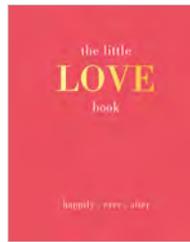
The Little Book of Sex  
9781787134096  
\$11.99 | 2019



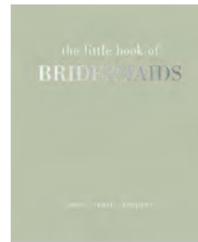
The Little Book of Self-Care  
9781787135178  
\$11.99 | 2019



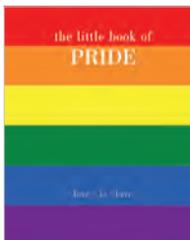
The Little Book of Kindness  
9781787136052  
\$11.99 | 2020



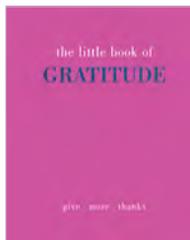
The Little Love Book  
9781787136113  
\$11.99 | 2020



The Little Book of Bridesmaids  
9781787136076  
\$11.99 | 2021



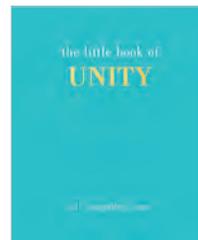
The Little Book of Pride  
9781787136069  
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The Little Book of Gratitude  
9781787137363  
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The Little Book of Positivity  
9781787136786  
\$11.99 | 2021



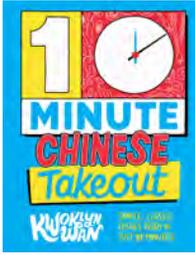
The Little Book of Unity  
9781787138001  
\$11.99 | 2022



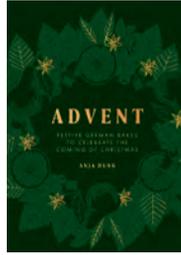
# Backlist

BACKLIST

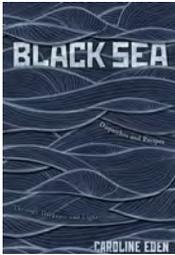
INTERNATIONAL COOKING



**10-Minute Chinese Takeout**  
**KWOKLYN WAN**  
 9781787137431 | \$23.99  
 CKB017000 | HC | 160  
 6.9 x 8.9"



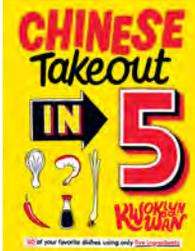
**Advent**  
**ANJA DUNK**  
 9781787137264 | \$35.00  
 CKB014000 | HC | 272  
 6.8 x 9.7"



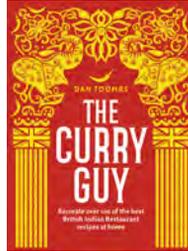
**Black Sea**  
**CAROLINE EDEN**  
 9781787131316 | \$35.00  
 CKB092000 | HC | 288  
 6.6 x 9.7" | 2lb 3oz



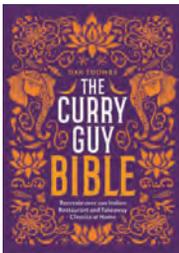
**Bowls and Broths**  
**PIPPA MIDDLEHURST**  
 9781787137769 | \$24.99  
 CKB079000 | HC | 176  
 7.4 x 9.8"



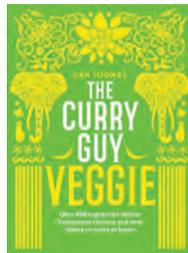
**Chinese Takeout in 5**  
**KWOKLYN WAN**  
 9781787136533 | \$22.99  
 CKB017000 | HC | 160  
 6.9 x 8.9"



**Curry Guy**  
**DAN TOOMBS**  
 9781787131439 | \$19.99  
 CKB044000 | HC | 160  
 6.8 x 8.9" | 1lb 7oz



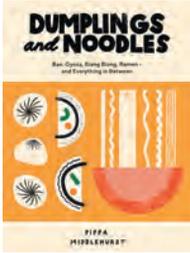
**Curry Guy Bible**  
**DAN TOOMBS**  
 9781787134638 | \$35.00  
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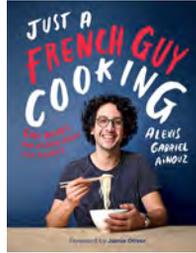
**Curry Guy Veggie**  
**DAN TOOMBS**  
 9781787132580 | \$19.99  
 CKB090000 | HC | 160  
 6.8 x 8.9" | 1lb 7oz



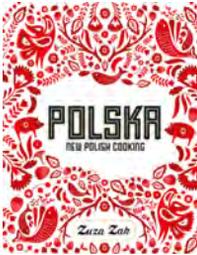
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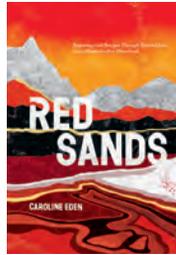
**Dumplings and Noodles**  
PIPPA MIDDLEHURST  
9781787135376 | \$24.99  
CKB090000 | HC | 192  
7.4 x 9.8" | 1lb 10oz



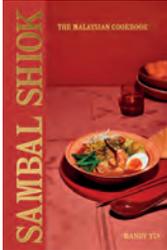
**Just a French Guy Cooking**  
ALEXIS GABRIEL AÏNOUZ  
9781787132238 | \$19.99  
CKB034000 | HC | 176  
7 x 9" | 1lb 8oz



**Polska**  
ZUZA ZAK  
9781849497268 | \$35.00  
CKB065000 | HC | 256  
7.5 x 8.9" | 2lb 6oz



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



**Sambal Shioek**  
MANDY YIN  
9781787137042 | \$35.00  
CKB129000 | HC | 256  
7.1 x 10.6"



**Scandinavian Baking**  
TRINE HAHNEMANN  
9781849493796 | \$37.50  
CKB074000 | HC | 288  
7.7 x 9.4"



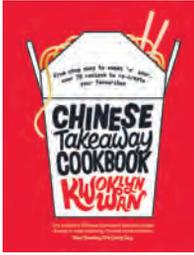
**Scandinavian Comfort Food**  
TRINE HAHNEMANN  
9781849498593 | \$35.00  
CKB074000 | HC | 288  
7.6 x 9.3" | 2lb 9oz



**The Nordic Baker**  
NORDGREN, SOFIA  
9781787137141 | \$29.99  
CKB004000 | HC | 224  
7.4 x 9.8"



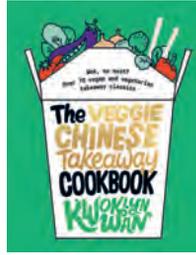
BACKLIST



**The Chinese Takeout Cookbook**

**KWOKLYN WAN**

9781787134195 | \$22.99  
CKB017000 | HC | 160  
6.9 x 8.9" | 1lb 8oz



**The Veggie Chinese Takeout Cookbook**

**KWOKLYN WAN**

9781787135741 | \$22.99  
CKB017000 | HC | 160  
6.9 x 8.9" | 1lb 8oz



HEALTHY EATING



**Five Ingredient Vegan**

**KATY BESKOW**

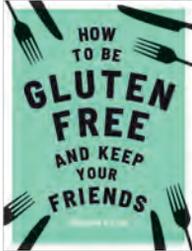
9781787135284 | \$29.99  
CKB125000 | HC | 224  
7.4 x 9.8" | 2lb 4oz



**Easy Vegan Bible**

**KATY BESKOW**

9781787135666 | \$31.00  
CKB125000 | HC | 320  
7.4 x 9.8" | 2lb 6oz



**How to be Gluten free**

**ANNA BARNETT**

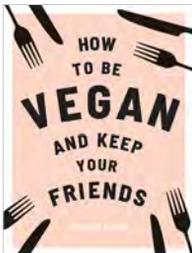
9781787132917 | \$19.99  
CKB11000 | HC | 160  
6.3 x 8.3" | 1lb 3oz



**How to be Sugar-Free and Keep Your Friends**

**MEGAN DAVIES**

9781787136267 | \$19.99  
CKB025000 | HC | 160  
6.3 x 8.3" | 1lb 2oz



**How to be Vegan**

**ANNIE NICHOLS**

9781787132740 | \$19.99  
CKB125000 | HC | 160  
6.3 x 8.3" | 1lb 3oz



**How to Bake Anything Gluten free**

**BECKY EXCELL**

9781787136632 | \$29.99  
CKB11000 | HC | 224  
7.4 x 9.8"



# BACKLIST



## How to Make Anything Gluten free

BECKY EXCELL

9781787136618 | \$29.99  
CKB000000 | HC | 224  
7.4 x 9.8" | 2lb 4oz



## How to Plan Anything Gluten free

BECKY EXCELL

9781787138247 | \$16.99  
CKB110000 | FB | 176  
5.3 x 7.3"



## The Immunity Cookbook

KATE LLEWELLYN-WATERS

9781787136793 | \$29.99  
CKB039000 | HC | 224  
7.4 x 9.8" | 2lb 3oz



## Infused Waters

GEORGINA DAVIES

9781787134201 | \$24.99  
CKB008000 | HC | 128  
6.3 x 8.3" | 1lb 0oz



## Plants-Only Kitchen

GAZ OAKLEY

9781787134980 | \$27.50  
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 BBQ

KATY BESKOW

9781787138605 | \$22.99  
CKB125000 | HC | 160  
6.9 x 9.8"



## Vegan Christmas

GAZ OAKLEY

9781787132672 | \$19.99  
CKB125000 | HC | 176  
7.4 x 9.8" | 1lb 8oz



# BACKLIST



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



**Vegan Roasting Pan**  
KATY BESKOW  
9781787137028 | \$22.99  
CKB125000 | HC | 160  
6.9 x 8.9"



**The Yoga Kitchen**  
KIMBERLY PARSONS  
9781849498999 | \$24.99  
CKB039000 | HC | 192  
6.8 x 9.7" | 1lb 11oz



## FOOD & DRINK



**A Good Day to Bake**  
BENJAMINA EBUEHI  
9781787138018 | \$32.00  
CKB004000 | HC | 192  
7.4 x 9.8"



**A Year in Cake**  
PEGGY PORSCHEN  
9781787136861 | \$32.50  
CKB014000 | HC | 192  
7.9 x 10"



**Baking with Kim-Joy**  
KIM-JOY  
9781787134584 | \$24.99  
CKB014000 | HC | 176  
7.4 x 9.8" | 1lb 11oz



**Batched & Bottled Cocktails**  
NOEL & MAX VENNING  
9781787138452 | \$16.99  
CKB088000 | HC | 192  
5.2 x 7.3"



BACKLIST



**Celebrate with Kim-Joy**  
KIM-JOY

9781787137899 | \$29.99  
CKB014000 | HC | 192  
7.4 x 9.8"



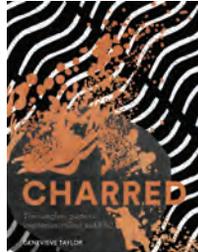
**Christmas with Kim-Joy**  
KIM-JOY

9781787135826 | \$22.99  
CKB004000 | HC | 128  
7.4 x 9.8" | 1lb 6oz



**Camper Van Cooking**  
CLAIRE THOMSON & MATT WILLIAMSON

9781787136847 | \$29.99  
CKB000000 | HC | 208  
6.8 x 9.7"



**Charred**  
GENEVIEVE TAYLOR

9781787134270 | \$22.99  
CKB005000 | HC | 160  
6.9 x 8.9" | 1lb 7oz



**Cooking on the Big Green Egg**  
JAMES WHETLOR

9781787135871 | \$35.00  
CKB005000 | HC | 208  
7.4 x 9.8" | 2lb 3oz



**Crave**  
ED SMITH

9781787135796 | \$35.00  
CKB127000 | HC | 256  
6.6 x 9.7" | 2lb 4oz



**Fire Feasts**  
DJ BBQ

9781787138384 | \$24.99  
CKB005000 | HC | 224  
6.9 x 8.9"



**Foolproof BBQ**  
GENEVIEVE TAYLOR

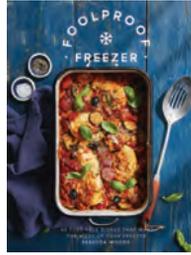
9781787136717 | \$19.99  
CKB005000 | HC | 144  
6.5 x 8.5" | 1lb 4oz



BACKLIST



**Foolproof Fish**  
LIBBY SILBERMANN  
9781787137912 | \$19.99  
CKB076000 | HC | 144  
6.3 x 8.3"



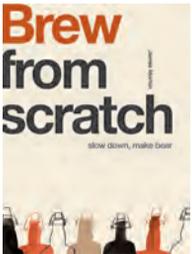
**Foolproof Freezer**  
REBECCA WOODS  
9781787136595 | \$19.99  
CKB101000 | HC | 144  
6.3 x 8.3"



**Foolproof One-Pot**  
ALAN ROSENTHAL  
9781787135949 | \$19.99  
CKB101000 | HC | 144  
6.5 x 8.5" | 1lb 4oz



**Foolproof Picnic**  
MARIA FILIPPELLI  
9781787137936 | \$19.99  
CKB060000 | HC | 144  
6.3 x 8.3"



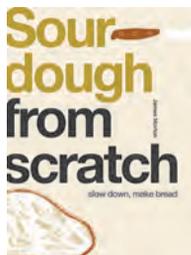
**From Scratch: Brew**  
JAMES MORTON  
9781787136977 | \$16.99  
CKB005000 | FB | 176  
5.3 x 7.3 | 1lb 1oz



**From Scratch: Charcuterie**  
TIM HAYWARD  
9781787138155 | \$16.99  
CKB054000 | FB | 176  
5.3 x 7.3 | 1lb 1oz



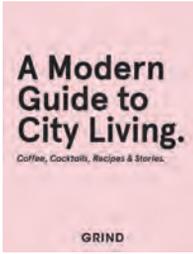
**From Scratch: Ferment**  
MARK DIACONO  
9781787138346 | \$16.99  
CKB015000 | FB | 176  
5.3 x 7.3 | 1lb 1oz



**From Scratch: Sourdough**  
JAMES MORTON  
9781787136953 | \$16.99  
CKB005000 | FB | 176  
5.3 x 7.3 | 1lb 1oz



BACKLIST



**Grind: A Modern Guide to City Living**

GRIND  
9781787137080 | \$22.99  
CKB012000 | HC | 160  
6.9 x 8.9"



**Herb**  
**MARK DIACONO**  
9781787136359 | \$35.00  
CKB040000 | HC | 272  
7.1 x 10.6" | 3lb 4oz



**Home Cocktail Bible**  
**OLLY SMITH**  
9781787138056 | \$29.99  
CKB088000 | HC | 320  
6.9 x 8.9"



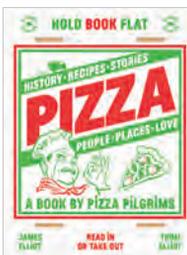
**Home Cookery Year**  
**CLAIRE THOMSON**  
9781787134874 | \$45.00  
CKB077000 | HC | 416  
6.8 x 9.7" | 3lb 1oz



**Modern Pressure Cooking**  
**CATHERINE PHIPPS**  
9781787135321 | \$40.00  
CKB129000 | HC | 352  
7.4 x 9.8"



**Outside**  
**GILL MELLER**  
9781787137479 | \$40.00  
CKB060000 | HC | 320  
7.1 x 10.6"



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



**Posh Toast**  
**EMILY KYDD**  
9781849497008 | \$19.99  
CKB009000 | HC | 192  
6.3 x 8.3"



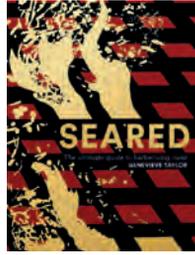
BACKLIST



**Root, Stem, Leaf, Flower**

GILL MELLER

9781787134331 | \$40.00  
CKB086000 | HC | 320  
7.1 x 10.6" | 2lb 9oz



**Seared**

GENEVIEVE TAYLOR

9781787137455 | \$29.99  
CKB005000 | HC | 224  
6.9 x 8.9"



**Sheet Pan Magic**

SUE QUINN

9781787130487 | \$19.99  
CKB070000 | HC | 160  
7 x 9" | 1lb 7oz



**Super Sourdough**

JAMES MORTON

9781787134652 | \$32.50  
CKB009000 | HC | 256  
7.4 x 9.8" | 2lb 6oz



**The Dusty Knuckle**

MAX TOBIAS,  
REBECCA OLIVER &  
DAISY TERRY

9781787137745 | \$29.99  
CKB009000 | HC | 208  
7.4 x 9.8"



**The Italian Deli Cookbook**

THEO RANDALL

9781787135963 | \$35.00  
CKB047000 | HC | 256  
6.9 x 8.9" | 2lb 4oz



**The Little Chocolate Cookbook**

SUE QUINN

9781787138568 | \$14.99  
CKB018000 | HC | 96  
5.3 x 7.3"



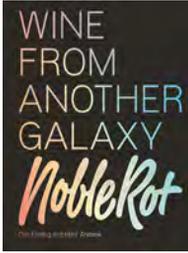
**The Modern Preserver's Kitchen**

KYLEE NEWTON

9781787135383 | \$32.00  
CKB015000 | HC | 224  
6.8 x 9.7"



BACKLIST



**The Noble Rot Book: Wine from Another Galaxy**

DAN KEELING

9781787132719 | \$45.00  
CKB126000 | HC | 352  
7.4 x 9.8" | 3lb 1oz



**The Pasta Man**

MATEO ZILONKA

9781787136199 | \$22.99  
CKB061000 | HC | 160  
6.6 x 9.7" | 1lb 3oz



**The Wicked Baker**

HELENA GARCIA

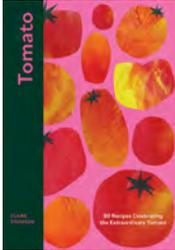
9781787136007 | \$19.99  
CKB101000 | HC | 128  
6.3 x 8.3" | 1lb



**Three**

SELIN KIAZIM

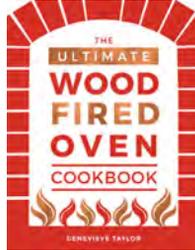
9781787137288 | \$35.00  
CKB101000 | HC | 256  
6.8 x 9.7"



**Tomato**

CLAIRE THOMSON

9781787137851 | \$32.50  
CKB085000 | HC | 224  
6.8 x 9.7"



**Ultimate Wood-Fired Oven Cookbook**

GENEVIEVE TAYLOR

9781787131774 | \$19.99  
CKB060000 | HC | 192  
6.9 x 8.9" | 1lb 10oz



**Weekend**

MATT TEBBUTT

9781787137578 | \$29.99  
CKB012000 | HC | 224  
7.4 x 9.8"



**Wings and Things**

BEN FORD & DAVID TUROFSKY

9781787135000 | \$19.99  
CKB101000 | HC | 192  
6.9 x 8.9" | 1lb 9oz



BACKLIST

CRAFT, LIFESTYLE & HOME



**Ahead of the Curve**  
JENNY RUSHMORE  
9781787136304 | \$37.00  
CRA009000 | PB | 192  
7.9 x 10"



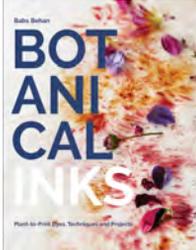
**Bargello**  
NERRISA PRATT  
9781787137257 | \$22.99  
CRA021000 | PB | 144  
7.9 x 10"



**The Bike Repair Book**  
GERALD JANSSEN  
9781787136885 | \$14.99  
CRA032000 | HC | 112  
7.3 x 4.9" | 11b 10z



**Blacksmith**  
ALEX POLE  
9781787136458 | \$29.99  
CRA017000 | HC | 224  
6 x 9.2"



**Botanical Inks**  
BABS BEHAN  
9781787131569 | \$22.99  
CRA007000 | PB | 192  
7.9 x 10" | 11b 10oz



**Botanical Soaps**  
MARTA TARALLO  
9781787136687 | \$22.99  
CRA064000 | FB | 176  
7.5 x 9.4" | 11b 2oz



**Breaking the Pattern**  
LAURA & SAARA HUHTA  
9781787131835 | \$35.00  
CRA009000 | FB | 192  
7.9 x 10" | 21b 3oz



**Building the Pattern**  
LAURA HUHTA & SAARA HUHTA  
9781787135499 | \$37.50  
CRA035000 | PB | 192  
7.9 x 10" | 21b 2oz



# BACKLIST



## Dried Flower Embroidery

OLGA PRINKU

9781787136823 | \$22.99  
CRA008000 | PB | 160  
7.9 x 10"



## Embroidery

AROUNNA  
KHOUNNAJ

9781787138315 | \$22.99  
CRA008000 | PB | 160  
7.9 x 10"



## Fragrance Your Home

LESLEY BRAMWELL

9781787136229 | \$22.99  
HEA029000 | HC | 176  
6 x 9.2" | 11b 2oz



## From Seed to Bloom

MILLI PROUST

9781787137349 | \$29.99  
GAR004010 | HC | 208  
7.9 x 10"



## Green Home

ANDERS RØYNEBERG

9781787136182 | \$24.99  
GAR010000 | HC | 160  
6.8 x 9.7" | 21b 3oz



## Green Living

JEN CHILLINGWORTH

9781787138186 | \$22.99  
HOM022000 | HC | 160  
6 x 9.2"



## Grow and Gather

GRACE ALEXANDER

9781787135840 | \$29.99  
GAR004000 | HC | 208  
6 x 9.2" | 21b 3oz



## KIY: Knit it Yourself

EMMA WRIGHT

9781787134768 | \$22.99  
CRA015000 | PB | 160  
7.9 x 10" | 11b 6oz



BACKLIST



**Little Book,  
Big Plants**  
EMMA SIBLEY

9781787135062 | \$14.99  
GAR010000 | HC | 144  
6.5 x 7" | 0lb 14oz



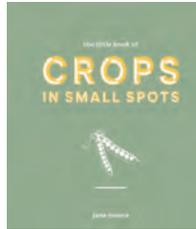
**Little Book  
of Bonsai**  
MATTHEW PUNTIGAM

9781787136472 | \$14.99  
GAR013000 | HC | 160  
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 of  
Crops in Small  
Spots**  
JANE MOORE

9781787137318 | \$14.99  
GAR025000 | HC | 160  
6.3 x 7.1"



**Little Book of  
House Plants**  
EMMA SIBLEY

9781787131712 | \$14.99  
GAR010000 | HC | 144  
6.5 x 7" | 0lb 14oz



**Macramé**  
FANNY ZEDENIUS

9781849499408 | \$22.99  
CRA055000 | PB | 144  
7.9 x 10" | 1lb 4oz



**Macramé 2**  
FANNY ZEDENIUS

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

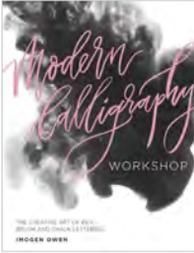


**Modern  
Calligraphy:  
The Workbook**  
IMOGEN OWEN

9781787136922 | \$22.99  
DES007050 | FB | 144  
7.9 x 10"



BACKLIST



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



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



**Planting for Garden Birds**  
 SARAH WYNDHAM LEWIS  
 9781787138292 | \$16.99  
 GAR000000 | HC | 144  
 5.3 x 7.3"



**Planting for Honeybees**  
 SARAH WYNDHAM LEWIS  
 9781787131460 | \$16.99  
 NAT013000 | HC | 144  
 5.3 x 7.3"



**Planting for Wildlife**  
 JANE MOORE  
 9781787136755 | \$16.99  
 GAR000000 | HC | 144  
 5.3 x 7.3"



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



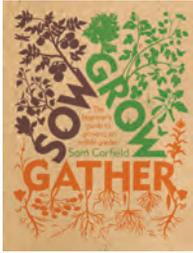
**Quilting by Hand**  
 RIANE ELISE  
 9781787136120 | \$32.99  
 CRA031000 | HC | 192  
 7.9 x 10"



**Rewild Your Home**  
 VICTORIA HARRISON  
 9781787136656 | \$29.99  
 HOM003000 | HC | 192  
 6 x 9.2"



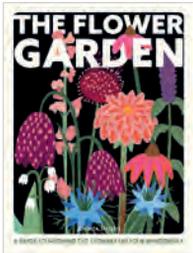
# BACKLIST



**Sow Grow Gather**  
**SAM CORFIELD**  
 9781787137165 | \$23.99  
 GAR025000 | FB | 176  
 6.9 x 8.9"



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



**The Flower Garden**  
**JENNITA JANSEN**  
 9781787136908 | \$19.99  
 GAR004010 | HC | 128  
 5.9 x 7.1" | 1lb 10oz



**The Flower School**  
**JOSEPH MASSIE**  
 9781787138209 | \$40.00  
 CRA010000 | HC | 304  
 7.9 x 10"



**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



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



**The Witch-Crafting Handbook**  
**HELENA GARCÍA**  
 9781787137837 | \$22.99  
 OCC012000 | HC | 160  
 6.3 x 8.3"



BACKLIST



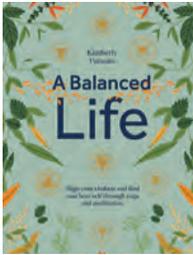
**Wreaths**  
**TERRI CHANDLER & KATIE SMYTH**  
 9781787131200 | \$22.99  
 CRA010000 | PB | 144  
 7.9 x 10" | 1lb 4oz



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



WELLNESS & INSPIRATIONAL



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



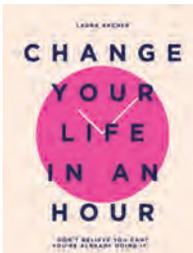
**Blank**  
**GILES PALEY-PHILLIPS  
 & JIM DALY**  
 9781787136168 | \$24.99  
 SEL031000 | HC | 256  
 5.4 x 8.5" | 1lb 3oz



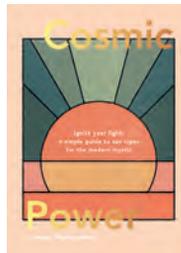
**Be the Fittest**  
**TYRONE BRENNAND**  
 9781787135581 | \$23.99  
 HEA007000 | PB | 224  
 7.4 x 9.8" | 1lb 13oz



**The Book of  
 Healing**  
**TARA WARD**  
 9781787136939 | \$19.99  
 SEL010000 | HC | 176  
 5.3 x 7.3"



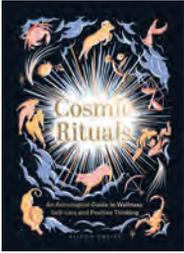
**Change Your Life  
 in an Hour**  
**LAURA ARCHER**  
 9781787135505 | \$13.99  
 SEL016000 | HC | 144  
 4.7 x 6.1" | 0lb 8oz



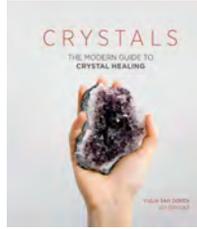
**Cosmic Power**  
**VANESSA  
 MONTGOMERY**  
 9781787135758 | \$17.99  
 OCC009000 | HC | 192  
 5.3 x 7.3" | 1lb 0oz



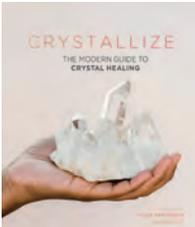
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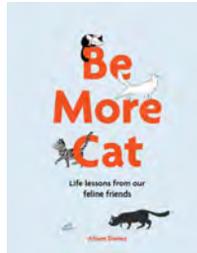
**Cosmic Rituals**  
ALISON DAVIES  
9781787138131 | \$19.99  
OCC002000 | HC | 128  
5.3 x 7.3"



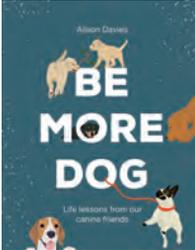
**Crystals**  
YULIA VAN DOREN  
9781787130357 | \$14.99  
OCC004000 | HC | 144  
6.3 x 7.1" | 0lb 14oz



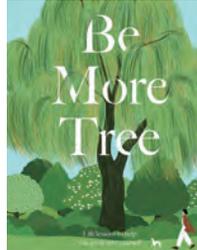
**Crystallize**  
YULIA VAN DOREN  
9781787134522 | \$14.99  
OCC004000 | HC | 144  
6.3 x 7.1" | 0lb 15oz



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



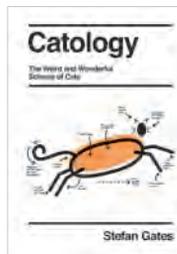
**Be More Dog**  
ALISON DAVIES  
9781787134546 | \$12.99  
PET004000 | HC | 144  
4.7 x 6.1" | 0lb 8oz



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



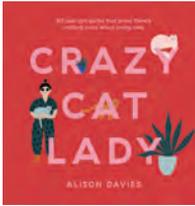
**Brutally Honest**  
MELANIE BROWN &  
LOUISE GANNON  
9781787133525 | \$26.99  
BIO005000 | HC | 296  
6.1 x 9.2" | 1lb 6oz



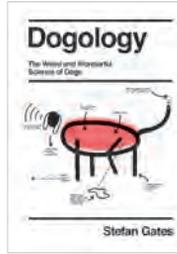
**Catology**  
STEFAN GATES  
9781787136328 | \$16.99  
HUM009000 | HC | 160  
5.1 x 7.1" | 0.9lb



BACKLIST



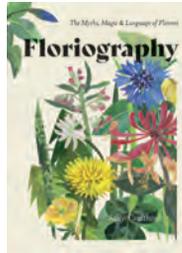
**Crazy Cat Lady**  
ALISON DAVIES  
9781787135550 | \$11.99  
PET003000 | HC | 112  
5 x 5" | 0lb 10oz



**Dogology**  
STEFAN GATES  
9781787136335 | \$16.99  
HUM009000 | HC | 160  
5.1 x 7.1" | 0.9lb



**Fartology**  
STEFAN GATES  
9781849499682 | \$14.99  
HUM000000 | HC | 144  
5.17.3" | 0lb 13oz



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



**Fuck it, I'm Coloring**  
BECKY GLASS  
9781787136816 | \$12.99  
GAM019000 | PB | 96  
7.8 x 9.7" | 0lb 7oz



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



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



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

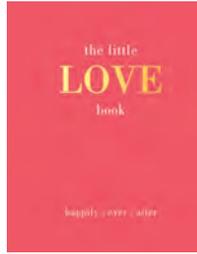


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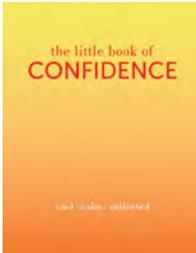
**List Yourself Happy**

JESS INDEEDY  
9781787138117 | \$16.99  
SEL016000 | HC | 224  
5.3 x 7.3"



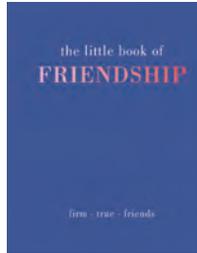
**Little Love Book**  
JOANNA GRAY

9781787136113 | \$9.99  
FAM029000 | HC | 192  
4.1 x 5" | 0lb 6oz



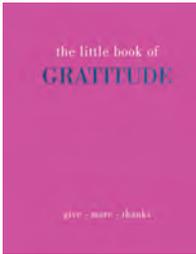
**Little Book of Confidence**

TIDDY ROWAN  
9781849495158 | \$9.99  
SEL023000 | HC | 192  
4.1 x 5" | 0lb 6oz



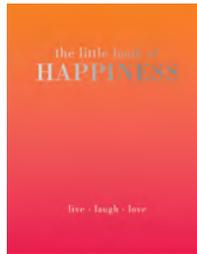
**Little Book of Friendship**

TIDDY ROWAN  
9781849495356 | \$9.99  
FAM021000 | HC | 192  
4.1 x 5" | 0lb 6oz



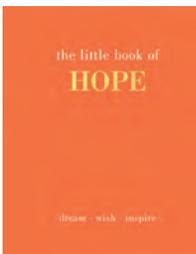
**Little Book of Gratitude**

JOANNA GRAY  
9781787137363 | \$11.99  
| HC | 192  
4.1 x 5" | 0lb 6oz



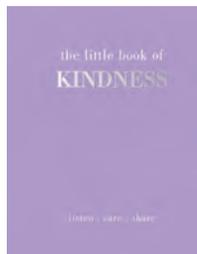
**Little Book of Happiness**

ALISON DAVIES  
9781787131125 | \$11.99  
SEL016000 | HC | 192  
4.1 x 5" | 0lb 6oz



**Little Book of Hope**

JOANNA GRAY  
9781787138032 | \$11.99  
SEL031000 | HC | 192  
4.1 x 5" | 0lb 6oz

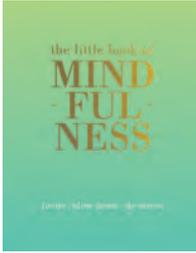


**Little Book of Kindness**

JOANNA GRAY  
9781787136052 | \$9.99  
SEL031000 | HC | 192  
4.1 x 5" | 0lb 6oz



BACKLIST



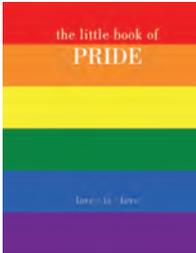
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TIDDY ROWAN

9781849494205 | \$9.99  
SEL000000 | HC | 192  
4.1 x 5" | 0lb 6oz



**Little Book of Positivity**  
JOANNA GRAY

9781787136786 | \$11.99  
| HC | 192  
4.1 x 5" | 0lb 6oz



**Little Book of Pride**  
JOANNA GRAY

9781787136069 | \$11.99  
FAM029000 | HC | 192  
4.1 x 5" | 0lb 6oz



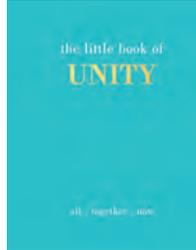
**Little Book of Self-Care**  
JOANNA GRAY

9781787135178 | \$11.99  
SEL016000 | HC | 192  
4.1 x 5" | 0lb 6oz



**Little Book of Sex**  
JOANNA GRAY

9781787134096 | \$11.99  
HUM015000 | HC | 192  
4.1 x 5" | 0lb 6oz



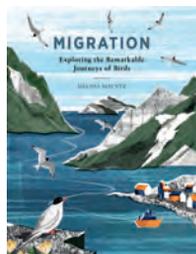
**Little Book of Unity**  
JOANNA GRAY

9781787138001 | \$11.99  
SEL021000 | HC | 192  
4.1 x 5" | 0lb 6oz



**Little Stories of Your Life**  
LAURA PASHBY

9781787137110 | \$24.99  
SEL009000 | HC | 2246  
x 9.2"



**Migration**  
MELISSA MAYNTZ

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



BACKLIST



**Restore, Recharge,  
Flourish –  
52 Cards**  
JOANNA GRAY  
9781787137301 | \$16.99  
SEL031000 | CA | 52



**Star Power**  
VANESSA  
MONTGOMERY  
9781787132245 | \$17.99  
OCC002000 | HC | 192  
5.1 x 7.3" | 11b 0oz



**The Mystical Year**  
ALISON DAVIES  
9781787136083 | \$19.99  
SOC011000 | HC | 144  
5.7 x 7.3" | 01b 13oz



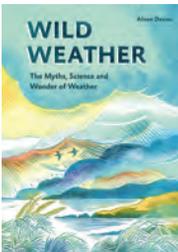
**The Self-Care Year**  
ALISON DAVIES  
9781787137653 | \$19.99  
SEL016000 | HC | 128  
5.3 x 7.3"



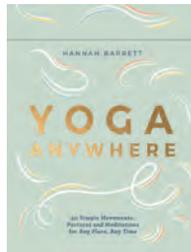
**Titania's Fortune  
Cards**  
TITANIA HARDIE  
9781787132696 | \$21.99  
OCC008000 | KI | 96  
4.4 x 6.5" | 01b 11oz



**What a Time  
to Be Alone**  
CHIDERA EGGERUE  
9781787132115 | \$16.99  
FAM021000 | HC | 192  
5.4 x 8.5" | 11b 3oz



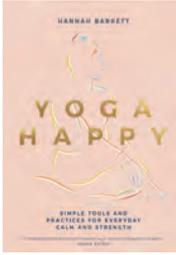
**Wild Weather**  
ALISON DAVIES  
9781787136250 | 19.99  
NAT036000 | HC | 144  
5.3 x 7.3"



**Yoga Anywhere**  
HANNAH BARRETT  
9781787138445 | \$19.99  
HEA025000 | CA | 54  
3.7 x 5.5"



## BACKLIST



**Yoga Happy**  
HANNAH BARRETT  
9781787137677 | \$29.99  
6.8 x 9.7" | HC | 224



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**Tails of the Unexpected:**  
**A Journal of Memories and Misadventures of my Cat**  
9781787135420 | \$19.99  
NON000000 | JN | 112  
6.3 x 8.3" | 1lb 2oz



**Tails of the Unexpected:**  
**A Journal of Memories and Misadventures of my Dog**  
9781787135437 | \$19.99  
NON000000 | JN | 112  
6.3 x 8.3" | 1lb 2oz



**What a Time to Journal**  
CHIDERA EGGERUE  
9.78179E+12 | \$16.99  
NON000000 | HC | 160  
5.4 x 8.5" | 0lb 12oz



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