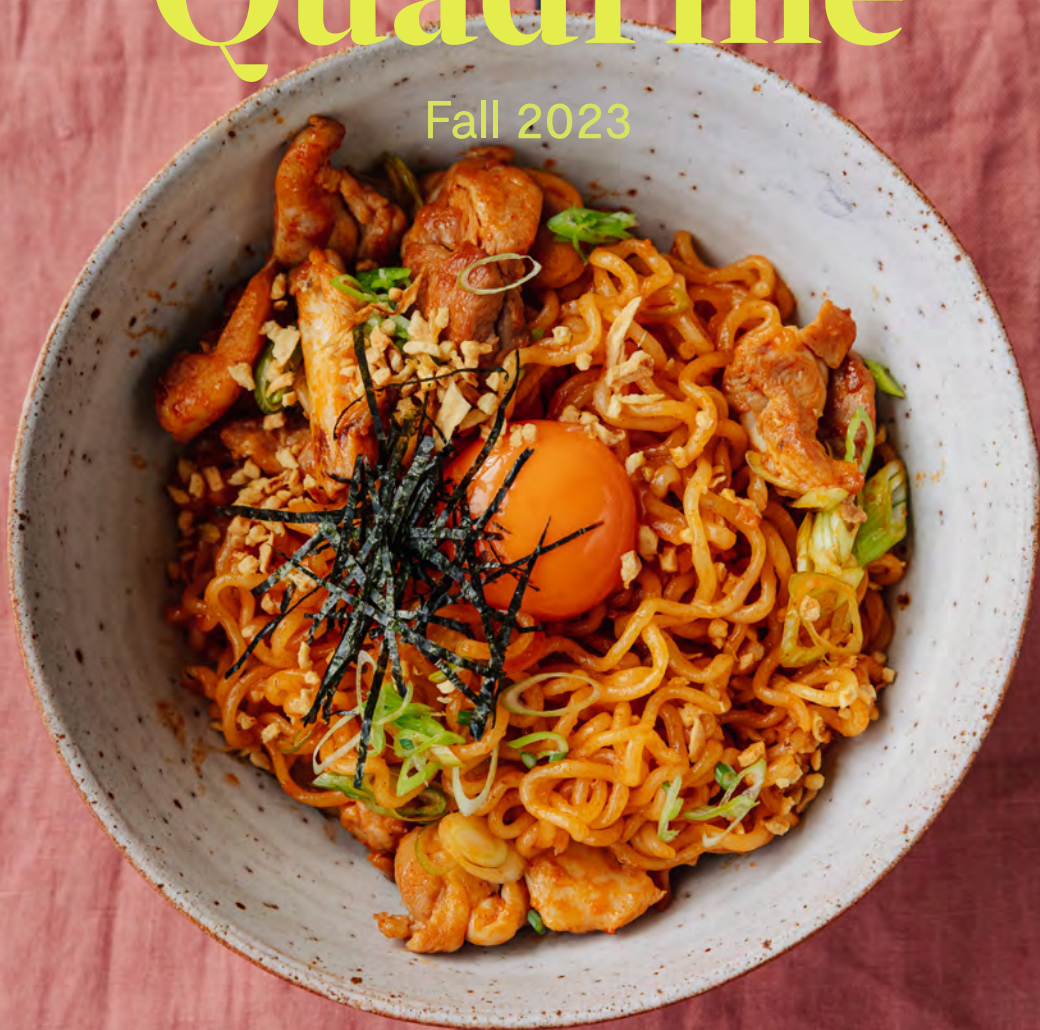




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Fall 2023



Hardie Grant

QUADRILLE



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Food & Drink



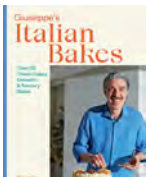
Giuseppe's Easy Bakes

Cakes and Bakes for Everyday Italian Treats

Giuseppe Dell'Anno

October 2023 | Hardcover | CKB004000
\$32.50 | 9781787139855
176 Pages | 7½ x 9¾ in
Full-color Photography

[View on Edelweiss](#)



Giuseppe's Italian Bakes
9781787139282
\$29.99 | Hardcover

Bake yourself a sweet bite of Italy, every day!

Giuseppe's Easy Bakes is all about accessible, achievable bakes, and Italian flavors. Most of the recipes take no more than 20 minutes to prepare, and are ideal for both the novice baker and seasoned cooks looking for some Italian inspiration.

With Giuseppe's foolproof instructions and classic flavors, these glorious Italian goodies are the perfect way to conjure up a kitchen treat!

Born and bred in Italy, **Giuseppe Dell'Anno** moved to the UK with the plan to stay only for six months. Twenty years, one PhD, one happy marriage, three UK-born sons, and one *Great British Baking Show* triumph later, Giuseppe has officially crowned himself a "Britalian". Following the global success of the *Great British Baking Show*, Giuseppe quit his engineering job and focused his efforts entirely on his ambition to share his family's cooking knowledge far and wide.

- Giuseppe was the winner of 2021's *Great British Baking Show* and has a devoted following of over 250k fans on Instagram
- This new book presents new bite-sized cakes and biscuits with short preparation and cooking times
- Fail-safe, foolproof, easy recipes for everyday baking

Canestrelli

— nut-free

MAKES ABOUT 50

3 medium eggs
130g (½ cup) soft wheat 00 flour,
plus extra for dusting
120g (½ cup) cornflour (cornstarch)
150g (½ cup) cold unsalted butter, diced
80g (generous ½ cup) icing (confectioners')
sugar, plus extra to decorate
zest of 1 organic lemon
1 tsp vanilla bean paste
¼ tsp salt

Canestrelli are a small and delicious biscuit, typical of the Liguria and Piedmont regions. Their texture is simply unique: it is reminiscent of the flakiest shortbread; however, the cunning addition of boiled egg yolk and cornflour to the pastry produces a fine, delicate, almost creamy crumb that literally melts in the mouth.

The secret of canestrelli is to take them out of the oven before they start to colour. I recommend baking each tray of biscuits separately, to control their status in the oven more closely for this reason. The technique I have devised to work out when canestrelli are ready, is to check their bottoms, rather than being guided by their tops; when the bottoms are lightly golden, they are ready.

Their shape is traditionally that of a simple daisy: you can even buy special cutters to mould the pastry. I use a standard biscuit cutter instead and carve the hole in the middle with the tip of a smooth piping nozzle.

Canestrelli are the perfect companion for a tea or coffee, and they make a good gift as they keep fresh for over a week in a sealed container.

1. Place the eggs in a small saucepan, cover with cold water and bring to a simmer over a medium heat. Once the water starts simmering, reduce the heat and boil the eggs for 8 minutes, then drain and set aside to cool.
2. While the eggs cool, place both flours in a large bowl and add the butter. Work the mixture by pinching the pieces of butter with the tips of your fingers to break them into very small lumps, fully coated in flour. Keep working the mixture quickly without crushing it until it resembles fine, loose breadcrumbs.
3. Peel the cold eggs, discard the whites and sieve the yolks by pushing them through the mesh of a strainer with the back of a spoon. Add the sieved yolks, icing sugar, lemon zest, vanilla and salt to the flour and butter mixture. Combine all the ingredients well by scooping the mixture up from the bottom of the bowl and mixing it gently with your fingers without crushing it.

GIUSEPPE'S ITALIAN BAKES



SMALL & SWEET

Piadine

— egg-free
— nut-free

MAKES 8

For the piadine
400g (1 cup) soft wheat 00 flour, plus
extra for dusting
1 tsp salt
½ tsp baking powder
60g (¼ cup) lard or unsalted butter, diced,
at room temperature
180g (½ cup) lukewarm water

For the filling
80g (2½ oz) rocket (arugula)
200g (7 oz) crescenza cheese
16 slices of Parma ham

Piadine are a type of flatbread with an unusually long pedigree: documented references to this type of bread date back to the 14th century with some early evidence of piadina-type preparations dating to the Roman Empire.

Although today they are a common sight across most of central Italy, accompanied by an array of fillings and often served as a street food, the official birthplace of piadine remains Romagna, where they are not only ubiquitous, but also revered as a true institution.

Piadine vary significantly across the region: my version works with a variety of fillings and is thin enough to be folded easily while remaining soft and pliable. The recipe could not get any simpler: the list of ingredients is short, the process is quick and requires no proving, just a brief rest to soften the dough. Traditionally, piadine are cooked on flat earthenware, stone slabs or cast-iron frying pans, but a non-stick frying pan serves the purpose just as well.

Piadine can be prepared in advance and stored well wrapped up in clingfilm; however, they are at their best if filled and served freshly made, while still warm. They make the perfect centrepiece for an informal dinner: one where a choice of fillings is shared so each guest can build their own.

I am proposing a very basic filling with Parma ham and crescenza; however, the usual combo of cheese, cured meat and vegetable can be articulated in infinite ways. Robiola, Parmesan, mozzarella, scamorza, Brie, Gorgonzola or, ideally, squacquerone are great dairy fillings, while pretty much any cured meat would do, or even sausage. Options for vegetables, other than almost any salad, are grilled peppers, sautéed mushrooms, fresh or sun-dried tomatoes, caramelized onions or even figs. If you do not fear the wrath of purists, you can even indulge in a piadina with chocolate and hazelnut spread while nobody is watching!

MAKE THE PIADINE

1. Add the flour, salt, baking powder and lard to the bowl of a stand mixer fitted with the dough hook. Weigh the water in a spotted jug, then start the mixer on medium speed and slowly trickle the water into the bowl. Continue mixing until the dough looks smooth. The mixer should not work for longer than 3–4 minutes from when you start pouring water into the mixing bowl.
2. Drop the dough on to a clean, dry worktop. Roll it into a sausage shape, divide it in half with a knife or a scraper, then divide each part in half two more times until you have 8 pieces, about 80g (2½ oz) each. Shape each piece

GIUSEPPE'S ITALIAN BAKES



SAVOURY BAKES



[View on Edelweiss](#)



Scandinavian Baking
9781849493796
\$37.50 | Hardcover

Simply Scandinavian

Cook and Eat the Easy Way, with Delicious Scandi Recipes

Trine Hahnemann

June 2023 | Hardcover | CKB074000

\$37.50 | 9781787139015

240 Pages | 6¾ x 9¾ in

Full-color Photography

***Simply Scandinavian* is a beautifully inspiring collection of easy and delicious recipes.**

In a nod to the Scandinavian way of eating, the book offers over 80 unpretentious and straightforward dishes with a focus on ease of cooking and seasonality. By showing just how achievable it is to get amazing flavors out of a handful of good ingredients, Trine creates solutions for easy breakfasts, mid-week meals, and simple but impressive ways to entertain family and friends.

This is an uncomplicated and greener way to cook and eat, from an expert in Scandinavian cookery.

A chef and food writer, **Trine Hahnemann** has written several cookbooks, including *Scandinavian Baking*, *Scandinavian Comfort Food*, *Copenhagen Food* (winner of the Guild of Food Writers award for International or Regional Cookbook), and most recently *Scandinavian Green*.

- Reduce time spent in the kitchen, cut down on meat, shop sustainably, eat seasonally, and be kinder to the planet and your plate
- An ideal companion cookbook for those who wants inspiring yet achievable mid-week meals



SPINACH AND POTATO GRATIN

These days, supermarkets seem to show big leafy winter spinach in *fewer* of plastic bags of ready-to-eat baby spinach. The biggest stuff is useful when you need to cook in a hurry, but for this dish the hearty large-leaved spinach is best. If you can't get it fresh, use frozen spinach.

SERVES 4

400g (1lb 5oz) spinach (see recipe introduction)
1 tbsp olive oil
2 leeks, sliced and well washed (see page 30)
2 large garlic cloves, chopped
4 eggs
200ml (8 fl oz) single (light) cream
1 tsp freshly grated nutmeg
5-6 medium baking potatoes, well scrubbed
2 tbsp salted butter, plus more for the dish
sea salt flakes (see page 14) and freshly ground black pepper

Rinse the spinach thoroughly; it might take several washes until it is clean. Drain well. Wilt the spinach in the water clinging to its leaves in a large saucepan, then drain well again.

Heat the olive oil in a frying pan (skillet) and sauté the leeks and garlic over a medium heat for about 5 minutes. The leeks should turn translucent but not take on any colour. Turn off the heat and add the wilted spinach.

Lightly beat the eggs, cream and nutmeg in a bowl and season with salt and pepper, then fold into the spinach mixture and set aside.

Preheat the oven to 180°C/350°F/Gas Mark 4.

Cut the potatoes in slices as thin as you can, using a mandoline if you have one.

Butter a 30 x 25cm (12 x 10in) ovenproof dish. Arrange half the potatoes in it, in layers, making sure the slices overlap a little. Spread the spinach mixture over the potatoes, add the remaining potatoes over the spinach, add the 2 tbsp of butter in small dots and sprinkle with salt and pepper.

Bake in the oven for 30 minutes, then serve right away.

17
Daily Comfort Food

TOMATO AND COURGETTE SALAD

Over the last decade, knowledge about different tomato varieties has grown and so many more are now available. I can think of few other vegetables that are used in so many ways. The classic Scandinavian way, *marinated*, is, in the summer, a piece of rye bread, butter, tomato slices, mayo and cheese – so simple, yet so tasty. I've given another variation elsewhere in this book (see page 71). I remember, as a young woman, tasting tomato and mozzarella salad with basil for the first time... I was blown away. From then on, endless tomato-salad combinations were born. This goes especially well with Smoked Mackerel with Cauliflower Two Ways (see page 116).

SERVES 4

2 courgettes (zucchini), cut into 1cm (1/2in) slices on an angle
1 tbsp olive oil
8 tomatoes, ideally multi-coloured, sliced
50g (1 1/2oz) walnuts
50g (1 1/2oz) dill, coarse stalks removed
sea salt flakes (see page 14) and freshly ground black pepper

For the dressing

1/2 garlic clove, finely grated (see page 14)
1/2 tsp ground coriander seeds
juice of 1 lime
1 tsp granulated sugar
1 tsp freshly ground black pepper
3 tbsp vegetable oil

In a frying pan (skillet), fry the courgette slices in the olive oil on both sides, sprinkling with salt and pepper.

Place the sliced tomatoes on a platter with the courgettes.

For the dressing, in a bowl, mix together the garlic, coriander, lime juice and sugar with the pepper, then gradually whisk in the oil. Pour the dressing over the tomatoes.

Finely chop the walnuts and dill and sprinkle them evenly over the tomatoes and courgettes. Serve right away.





Gluten Free Christmas

80 Easy Gluten-Free Recipes for a Stress-Free Festive Season

Becky Excell

September 2023 | Hardcover | CKB111000

\$32.50 | 9781787138278

224 Pages | 7½ x 9¾ in

Full-color Photography

[View on Edelweiss](#)



9 781787 138278



Quick and Easy Gluten Free

9781787138254

\$29.99 | Hardcover



How to Make Anything Gluten Free (The Sunday Times Bestseller)

9781787136618

Fuss-free, simple and delicious recipes to see you through the festive season, that all of the family will love!

Gluten Free Christmas will show you just how simple it is to recreate all your festive favorites, from Christmas Eve nibbles and the main event, to sweet treats, edible gifts, and a Boxing Day feast.

Best-selling author Becky Excell has spent years developing delicious dishes and sharing them with her followers on Instagram. She is here to show you that a gluten-free Christmas can be enjoyable and easy, without having to miss out on anything. An essential book when it comes to gluten-free home cooking, *Gluten Free Christmas* will ensure that you have the best Christmas ever.

Becky Excell is a best-selling author and full-time gluten-free food writer with a following of over 500,000 on her social media channels, and over 1 million monthly views on her award-winning blog. She won Observer Food Monthly Food Personality of the Year 2022.

- Over 80 simple recipes for festive meals
- Becky's first four books were instant bestsellers, attracting the attention of Nigella Lawson. The first book has over 5k 5-star reviews on Amazon!

SHOW-STOPPING

Gingerbread House

D

use a hard dairy-free butter alternative

LL

V

VE

Makes 1

Takes 2 hours

For the gingerbread

- 250g (1 cup plus 2 tbsp) butter
- 100g (½ cup) golden syrup
- 200g (1 cup) light brown sugar
- 600g (4½ cups) gluten-free plain (all-purpose) flour, plus extra for dusting
- 2 tsp bicarbonate of soda (baking soda)
- ½ tsp xanthan gum
- 4 heaped tsp ground ginger

For the icing

- 3 medium egg whites
- 675g (4½ cups) icing (confectioners') sugar

To decorate

- 2 boiled sweets (candies)
- Gluten-free small colourful sweets (candies)
- 2 tsp icing (confectioners') sugar

Unlike most festive baking where the joy comes with eating it, there's definitely an unparalleled satisfaction in making your own gingerbread house and keeping it on display for all to see, for as long as possible. Note that this recipe is totally different from the gingerbread people recipe in my second book; this gingerbread doesn't spread whatsoever when baked and is super-strong – both really important factors for making a self-supporting structure.

To make the templates

1 Grab three sheets of A4 (letter) paper or card, a 20cm (12 inch) ruler, a pencil (sharpened) and a pair of sharp scissors, or ideally a small craft knife (use on a scratch-proof work surface).

2 Take the first and second sheets of paper, then measure, mark and cut out two identical 17 x 25cm (6½ x 9¾ inch) rectangles. Write 'roof' on one and 'front/back' on the other. On the third sheet, cut out a 14 x 6cm (5½ x 2¼ inch) rectangle and write 'side' on it.

3 Take the shape marked 'front/back'. With one of the shortest sides closest to you, measure and mark 6cm (2¼ inches) up from the bottom on both sides. Next, along the very top edge of the shape, measure and mark the very middle (it should be 8.5cm/3½ inches). Place your ruler from the left mark to the centre mark and draw a line to connect them, then repeat on the right side. Cut along these lines to create the front and back of the house.

Continued...

Follow the dairy-free advice and use 170ml (½ cup) aquafaba (beaten and frothy) instead of the eggs for the royal icing



Cheesy Pesto Christmas Tree

D

use dairy-free pesto, cream cheese and grated dairy-free cheese

LL

use lactose-free cream cheese and pesto

F

use lactose-free cream cheese and lactose-free pesto

V

ensure the pesto is veggie-friendly

VE

use dairy-free white and leath with a non-stick baking parchment, adorned with instead of eggs

Serves 7-8

Takes 30 minutes

- 2 x 280g (10oz) store-bought gluten-free puff pastry sheets
- 3 tbsp cream cheese
- 3 tbsp green pesto, plus extra to dip
- Small handful of grated mozzarella
- 1 egg, beaten
- 10 sweetie drop red peppers (from a jar), drained

Here's an easy peasy, tear-and-share party food favourite that never fails to impress, filled with oozing creamy cheese and pesto, sandwiched between layers of golden puff pastry. If you've got a lot to prepare then this recipe is always a great choice as it only requires 10 minutes of actual effort!

1 Remove the pastry sheets from the fridge 10 minutes before starting – this makes it easier to unroll them without breaking or cracking.

2 Preheat the oven to 200°C fan / 220°C / 425°F. Unroll one of the pastry sheets and place on a baking tray lined with non-stick baking parchment, discarding any paper it was rolled in.

3 Mix together the cream cheese and pesto in a small bowl, then spread it over the first pastry sheet. Unroll the second puff pastry sheet and place on top of the first.

4 Using a long, sharp knife (a long ruler helps to keep things straight), cut the layered pastry into the shape of a Christmas tree with a base trunk 5cm (2in) thick. Use a 5cm (2in) star-shaped cutter to cut out 4-5 stars from the excess pastry. Take the remaining pastry offcuts and place to one side for now – you can always bake it after as a chef's treat!

5 Next, with the trunk of the tree closest to you, use a sharp knife to cut 2cm (¾in) branches on both sides of the tree. Cut lines on each side, but stop around 5cm (2in) before the middle.

6 Gently pinch and twist each branch a couple of times, so they look like mini cheese twists – you'll only be able to twist the small branches once. Brush the tree with beaten egg and place the pastry stars on the very top of the tree and down the centre. Brush the stars with egg too.

7 Spoon pesto on top in small dollops to create pesto baubles and adorn with the sweetie drop peppers (pointy side upwards). Next, sprinkle all over the grated mozzarella.

8 Bake for 20 minutes, or until risen and golden brown, covering loosely with foil once it starts to look golden. Remove from the oven and allow to cool for 5-10 minutes before transferring to a serving board. Add a few more small dollops of pesto, as though they were pesto baubles.





Easy Vegan Christmas

80 Plant-Based Recipes for the Festive Season

Katy Beskow

September 2023 | Hardcover | CKB125000
\$29.99 | 9781787139459
192 Pages | 6¾ x 8¾ in
Full-color Photography

[View on Edelweiss](#)



***Easy Vegan Christmas* is a 80-recipe cookbook showcasing simple vegan recipes, for a fuss-free festive season.**

Whether you're cooking for your vegan family, looking for inspiration for your first vegan guest, or simply want to add new flavors and dishes to your Christmas dinner table, you'll find stress-free, plant-based recipes to get you through the happy holidays. With an *easy tip* for each recipe, plus advice on whether the recipe is suitable for freezing, this book is perfect for getting ahead! You'll also find a handy *menu planner* to take the stress out of deciding what to cook. All of the ingredients are available in supermarkets, with a focus on seasonal winter produce.

The magic of Christmas is in togetherness and giving, and there's nothing that shows this more than a special, hearty meal, prepared with love.

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



Easy Speedy Vegan
9781787137875
\$32.50 | Hardcover



Five Ingredient Vegan
9781787135284
\$29.99 | Hardcover

- 80 versatile recipes for quick and easy, vegan Christmas cooking
- Tenth book from the bestselling author of *15 Minute Vegan* (over 12k copies sold in North America)
- The number of people choosing a vegan lifestyle has risen by 350% in the last decade



Apricot, pistachio and pomegranate roasted squash

This *gluten-free* dish has it all – from bold flavours and colours to satisfying textures. Don't waste the excess softened flesh that you remove in the recipe; either mash it with pistachio or mix into squash pancakes! Serves six half portions with roasted harissa spouts with dukkah (page 83) and garlic mashed potatoes (page 88).

Serves 6

3 large butternut squashes, scrubbed clean and cut in half lengthways, seeds removed and discarded
 1 kg olive oil
 200g (7oz) dried apricots, roughly chopped
 150g (½ cup) shelled pistachios, roughly chopped
 80g (3oz) pack of pomegranate seeds, or the seeds of 1 whole pomegranate
 250g (9oz) pouch of cooked Puy (Pirch) lentils
 generous handful of fresh mint, finely chopped
 generous handful of flat leaf parsley, finely chopped
 1 tsp harissa paste
 squeeze of juice from an unseeded lemon
 pinch of sea salt

Easy tip

There's no need to peel the butternut squash as the skin becomes tender during cooking and is deliciously edible; just make sure it is embedded clean, and no sticky labels are in place!

- 1 Preheat the oven to 190°C/375°F/gas mark 5.
- 2 Lay the butternut squash halves on one large or two smaller roasting trays, cut side up. Brush with olive oil, then roast in the oven for 30 minutes.
- 3 Meanwhile, add the apricots, pistachios and half of the pomegranate seeds to a large bowl. Add in the lentils, mint and parsley, then stir to combine.
- 4 Remove the roasted butternut squash halves from the oven and allow to cool for a few minutes. Scoop out some of the soft flesh, leaving a 2–4cm (¾–1½in) border around the edge of each one.
- 5 Lightly brush the spaces with harissa, then spoon in the apricot mix. Return to the oven for a further 20 minutes.
- 6 Remove from the oven and squeeze over the lemon juice. Sprinkle over the remaining pomegranate seeds, then finish with a pinch of sea salt.

The nutritionist 39

Easy rich chocolate torte

This decadent chocolate torte uses store-cupboard ingredients to create a luxurious dessert. Vacuum packed chestnuts are blined into a smooth paste before being combined with dark chocolate, and a pinch of flaky sea salt. Prepare in advance, then slice just before serving for best results.

Serves 6

2 tsp amaretto
 120g (½ cup) vegan butter
 100g (generous ½ cup) icing (confectioners') sugar, plus extra for dusting
 pinch of sea salt
 200g (7oz) good-quality dark chocolate (ensure vegan), broken into even squares
 180g (6oz) vacuum-packed chestnuts
 1 tsp cocoa powder, for dusting
 To serve (all optional)
 edible gold leaf
 1 or 2 clementines, peeled and sliced into rounds
 vegan whipping cream, whipped to soft peaks
 dark chocolate, grated (ensure vegan)

Easy tip

For easy serving, slice a sharp knife under hot water between slicing each portion.

- 1 Line a small 450g (1lb) loaf tin with cling film (plastic wrap), ensuring there is overhang.
- 2 In a bowl, stir together the amaretto, vegan butter, icing sugar and salt. Use an electric whisk to beat until light and fluffy.
- 3 Bring a pan of water to a simmer and set a heatproof bowl over it, making sure the base does not touch the water beneath. Add the chocolate to the bowl and allow to melt fully, then leave to cool for a few minutes.
- 4 Meanwhile, add the chestnuts to a high-powered jug blender or food processor and blitz until they become a thick, smooth paste.
- 5 Stir the melted chocolate and chestnut paste into the beaten butter and sugar mix. Spoon into the lined loaf tin, cover with the overhanging cling film, then allow to chill overnight, or for at least 8–10 hours.
- 6 Remove the set torte from the fridge and carefully turn out onto a clean surface. Dust with icing sugar and cocoa powder. Slice just before serving (see Easy Tip).
- 7 This is delicious served on its own, but I love to elevate it with any or all of the following. Press a single gold leaf onto each slice, then garnish with a slice of clementine, a dollop of cream and scatter over chocolate shavings, before serving.





The Book Of Gingerbread

50 Spiced Bakes, Houses, Cookies, Desserts and More

Helena Garcia

October 2023 | Hardcover | CKB004000
\$23.99 | 9781837830411
160 Pages | 6¾ x 8¾ in
Full-color Photography

[View on Edelweiss](#)



The Witch-Crafting Handbook
9781787137837
\$22.99 | Hardcover

Gingerbread is beloved the world over, its very smell and taste signalling that the holidays are here.

The Book Of Gingerbread conjures up inspiring recipes for cakes and bakes, cookies, desserts, drinks, and gingerbread houses. From everyday bakes like Maple and Ginger cupcakes and Ginger Spiced Banana Bread, to spooky creations such as Ginger Pumpkin Pie-thon, Baba Yaga's Hut, and a terrifying Gingerbread Demogorgon, Helena Garcia's inventive recipes take gingerbread flavors to new heights.

And what could be more festive than Gingerbread Trifle, Traditional Gingerbread Men (well, sort of) and a Gingerbread Pub dressed up for Christmas, all washed down with a warming Gingerbread Latte or (for the grown-ups) Gingerbread Eggnog.

Featuring templates for the gingerbread houses and a beautiful photo for every recipe, *The Book of Gingerbread* will brighten up even the darkest evenings—and give you a tingle in your toes.

Helena Garcia was inspired by her first experience of Halloween whilst living in Las Vegas, and quickly became hooked on all things gothic and quirky, a passion that infused her bakes when she competed in the *Great British Baking Show* 2019, with her eccentric style and fun-loving personality making her an exceptionally popular contestant.

- Helena's first book *The Wicked Baker* sold over 12k copies worldwide in its first 3 months
- Showcases 50 accessible and showstopping festive bakes



Russian Mushroom Cookies

175grs (1 cup) unsalted butter, at room temperature
200grs (1 cup) caster sugar
160grs (1 cup) mayonnaise
2 large eggs
57grs (1/4 cup)
2 tsp ground ginger
1 tsp ground cinnamon
1/2 tsp bicarbonate of soda
Pinch of salt

FOR THE STEM ICING
Royal icing
150grs (1 cup) poppy seeds

FOR THE CHOCOLATE GANACHE
225grs (8oz) dark chocolate, plus a little extra to use as glue
240mls (1 cup) double cream

These traditional Russian cookies make the perfect holiday treat. Either to eat or to gift to friends and family. I am giving these mushroom cookies or 'Gribechky' a delicate touch of ginger because it just works beautifully. I happen to have an old Lithuanian mushroom cookie pan because I love old kitchenalia but you don't need it to make these, they can be shaped by hand.

~~~~~

Sift in the flour, ginger, cinnamon, bicarbonate of soda and salt into a medium bowl and set aside.

In the bowl of an electric mixer with the paddle attachment, beat the butter and sugar until light and fluffy on medium speed.

Add mayonnaise and continue mixing making sure to scrape the sides and bottom of the bowl. Add one egg at a time and continue mixing until fully incorporated.

Turn the mixer on to low speed and slowly mix in the dry ingredients. The batter will be soft but pliable. Tip the dough into your surface and bring it together into a ball. Cover with cling film and put in the fridge for 15 minutes.

Pour the royal icing into a medium bowl, thin it out slightly with a little water to get a dipping consistency, cover and set aside.

If you happen to have a mushroom cookie pan, roughly shape the dough into a mushroom and place in the pan. Heat over medium heat on the hob for 3 minutes. Flip it over and cook for another minute or so. Release and repeat process with the rest of the dough.

CONTINUED OVERLEAF →

7



## Ginger Speed Banana Bread

4 eggs  
100grs (1/2 cup) caster sugar  
100grs (1/2 cup) dark brown sugar  
100mls (1/2 cup) vegetable oil  
150 grs (1 cup) plain flour  
1/2 tsp cinnamon  
1/2 tsp ground ginger  
1/2 tsp baking powder  
1 tsp bicarbonate of soda  
Pinch of salt  
4-5 medium bananas, mashed

### TO SERVE

Whipped cream  
Ginger syrup from a stem  
ginger jar  
Freshly grated nutmeg

I find banana bread makes the perfect breakfast food. I'm Spanish, we tend to eat something sweet for breakfast and banana bread ticks many boxes, it has fruit in it for a start. Adding a ginger based spice mix makes this recipe a warming and nutritious snack for a chilly winter morning.

~~~~~

Preheat the oven to 180C (350F) and grease a loaf tin.

In the bowl of an electric mixer fitted with the paddle attachment, mix the eggs, sugars, and oil until combined.

Add the flour, spices, baking powder, bicarbonate of soda and salt and continue mixing.

Mix in the mashed bananas and beat until just mixed in.

Pour the batter into your prepared tin and bake for 30-35 minutes.

Optional: Serve with whipped cream sweetened with ginger syrup and sprinkled with freshly grated nutmeg.





Spice Kitchen

Vibrant Recipes And Spice Blends For The Home Cook

Sanjay Aggarwal

May 2023 | Hardcover | CKB044000

\$32.50 | 9781787139398

208 Pages | 7½ x 9¾ in

Full-color Photography

[View on Edelweiss](#)



The best way to create flavor is to add spice. And it doesn't have to be complicated—including one spice blend can elevate an ordinary recipe to an instant crowd pleaser.

Sanjay's *Spice Kitchen* is here to demystify spices, reassuring you that you don't need endless time, fancy equipment, or a full pantry to create delicious dishes with ease. Enjoy Spiced Peach and Goat's Cheese Salad, Harissa Chickpea Stew, Fiery Blackened Cajun Chicken, and Mamma Spice's Dal Makhani and, to emphasize how versatile spices can be, within each chapter there is a 'Spice Freedom' recipe that allows you to switch the spice blend to your preference.

Sanjay also showcases his award-winning spice blends—including Tandoori, Garam Masala, Sri Lankan, Mexican, Za'atar, Jerk, Harissa, Baharat, and Cajun—so you can make them at home.

Sanjay Aggarwal runs Spice Kitchen, an award-winning company that produces spice blends. It has won three Great Taste Awards, was featured in the *Hairy Bikers* television show and appeared in the media numerous times.

- An accessible cookbook with straightforward recipes—Sanjay wants to simplify and celebrate cooking with spices
- No lengthy ingredients' lists

Spice Freedom

Ready to experiment with your blends? This recipe is equally amazing with: Za'atar, Jark, Tandoori, Harissa

Serves 4

300g (10½oz) baby new potatoes
1 tbsp vegetable, sunflower or rapeseed (canola) oil
1 tbsp Tandoori Masala (page 27)
100g (3½oz) kale (hard stalks removed) and chopped
100g (3½oz) frozen peas
6 eggs
100ml (about ⅓ cup) double (heavy) cream
Generous pinch of salt
1 tbsp chopped chives

Salad

5 tbsp Greek-style yoghurt
1 tbsp olive oil
2 tsp lemon juice
2 tsp Tandoori Masala (page 27)
200g (7oz) mixed salad leaves or rocket (arugula)

Spiced Frittata with a Leafy Salad

I make this all the time with any potatoes left in the fridge after the weekend. It's also a great lunch for the team at Spice Kitchen when we've got a busy day, because it serves a few and is really quick to throw together.

Heat your oven to 180°C fan/200°C/400°F/gas mark 6.

Boil the potatoes, add to a small saucepan, and cover with cold water. Bring to the boil, then turn down to simmer for 10 minutes, until the potatoes can be pierced with a fork. Drain and set aside to cool a little.

Slice the potatoes in half or in thirds. Warm the oil in a frying pan (skillet), ideally one that can go in the oven, add the potatoes and sprinkle over the spice mix. Cook for a couple of minutes and everything smells gorgeously fragrant, then add the kale.

Continue to cook until the potatoes are crisp and golden at their edges and the kale is crisp but still vibrant green. Stir through the peas, then remove from the heat. If you don't have an ovenproof frying pan you can tip the vegetables into a baking dish once they're cooked.

Beat the eggs with the cream, season with salt, and add the chives. Pour over the vegetables and transfer to the oven.

Cook for 8 minutes until puffed and brown. Meanwhile, whisk together the yoghurt, olive oil, lemon juice and tandoori blend. Taste for seasoning.

Wash and dry the salad leaves if needed, then toss through the dressing. Serve the frittata hot, in large slices, with the salad.



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Legendary Tandoori Chicken

Serves 4

700g (1½lb) chicken thighs, skin off, bone-in (or 500g/1½lb 2oz boneless)
2 tbsp Ginger-Garlic Paste (page 190)
1 tsp salt
4 tbsp Greek-style yoghurt
2 tsp Tandoori Masala (page 27)
2 tbsp lime juice

To serve

4 pitas (breads or wraps, warmed)
Crispy salad leaves
4 tsp Zingy Mint and Coriander Chutney (page 198)
4 tbsp Garlic Yoghurt (page 195)

An all-time Indian classic and definitely one of our family favourites: we bring you the legendary tandoori chicken! Please note the time needed for marinating the chicken; it's definitely worth it for the flavour.

Mix the chicken with the ginger-garlic paste and salt, cover, and leave in the fridge for at least 30 minutes so the flavours can develop. Meanwhile, combine the yoghurt with the tandoori masala and lime juice in a large non-metallic bowl.

After 30 minutes, add the chicken to the spiced yoghurt, cover once again and pop back in the fridge to marinate for 2-3 hours for longer if you can.

When it's time to cook, preheat your grill (broiler) to medium-high. Add the chicken thighs and grill for 8-10 minutes, turning regularly, taking care not to burn them.

Slice the largest piece in the middle to see if the juices run clear; if they don't, continue to grill for a couple of minutes longer.

Serve immediately onto warm pitas or wraps, then pile on some crispy salad leaves, zingy chutney and the garlic yoghurt.



84

Messy and Casual

85



[View on Edelweiss](#)



One Pan Chicken

70 All-in-One Chicken Recipes For Simple Dinnertimes

Claire Thomson

November 2023 | Hardcover | CKB067000
\$24.99 | 9781837830886
176 Pages | 6¾ x 8¾ in
Full-color Photography

A staple of every kitchen, this is the ultimate guide to cooking chicken in one pan.

Providing solutions for if you're cooking in the oven, on the stovetop, or need to use up leftovers, best-selling author and professional chef Claire Thomson offers up her best 70 recipes with chicken as star of the show, revealing just how simple it is to create delicious one-pan meals that all of the family will love.

Whether you're using a casserole dish, roasting pan, sheet pan, frying pan, or stockpot, you'll find delicious and inventive recipes using all your favorite cuts, including Chicken Parmigiana, Miso Butter Chicken, and the best-ever Chicken Stir-fry. There are even whole bird recipes like Chicken Roasted with Fennel and Bay, and Roast Chicken with Porcini and Truffle Stuffing.

Claire Thomson is a chef, food writer and a constant source of family-cooking inspiration to her thousands of Instagram followers. Claire is a columnist for *The Telegraph* newspaper and *Country File Magazine* and has written about food for publications including the *Guardian*, *BBC Good Food Magazine*, and *Ocado Magazine*. Claire has appeared on BBC1's *Saturday Kitchen*, Channel 4's *Sunday Brunch*, and BBC Radio 4's *Woman's Hour*.

- Chicken is used as a key ingredient around the world
- The ONLY one-pan chicken book on the market!
- Stunning photography of every recipe
- Easy, family-friendly recipes from a professional chef



Chicken Roasted with Grapes

Serves 4

- 8 chicken thighs
- 2 bay leaves
- 3 tablespoons olive oil
- 300g (10½oz) black or green grapes, split into small bunches
- 1½ tablespoons thyme leaves
- 2 small fennel bulbs, trimmed and very thinly sliced, or 4 celery sticks, sliced
- 1 teaspoon fennel seeds, toasted and lightly crushed
- 1 small red onion, peeled and thinly sliced
- salt and freshly ground black pepper

Bursting with the heat from the oven, roasted grapes are a wonderfully sweet and fragrant foil for the chicken here. Seasonal sensibilities say prepare this dish in late summer or early autumn, when the grapes hang heavy on the vine. But, as we all know, grapes, like lemons and apples, are a fruit so widespread that their appeal is year-round. Use black or green grapes. Muscat are especially good.

1. In a bowl mix the chicken with the bay, 1 tablespoon of the oil, and ½ teaspoon of salt. Season with plenty of black pepper, then refrigerate for an hour.
2. Heat the oven to 220°C/fan 200°C/425°F/Gas 7.
3. Transfer the chicken, skin-side up, to a lined baking dish and bake for 20 minutes, until cooked at the edges.
4. Turn down the oven to 200°C/fan 180°C/400°F/Gas 6 and add the small bunches of grapes and thyme to the dish. Season with ½ teaspoon of salt and bake for a further 15–20 minutes, until the chicken is cooked through.
5. In a mixing bowl, toss together the fennel, fennel seeds and red onion with a big pinch of salt and the remaining olive oil.
6. Add the fennel and onion mixture to the baking dish with the cooked chicken and grapes, to soften ever so slightly, adding salt and pepper to taste. Serve immediately. Some crusty bread to mop up the juices is nice here, likewise some cooked rice or potatoes.

1

2

Butter Chicken

Serves 4

- 600g (1lb 5oz) skinless, boneless chicken thighs, diced into 3cm (1½in) pieces
- 75g (2½oz) full-fat natural (plain) yogurt
- juice of ½ lemon
- 3 tablespoons tandoori spice blend
- 60g (2oz) ghee or butter (or a neutral oil, such as sunflower or vegetable)
- 4 garlic cloves, finely chopped
- about a 2cm (¾in) piece of fresh ginger, grated (shredded), skin on is fine
- 1 teaspoon garam masala
- 1 teaspoon dried fenugreek leaves (optional)
- ½ teaspoon hot chilli powder, or to taste
- 400g (14oz) tomatoes, finely chopped, or use 1 x 400g (14oz) can of plum tomatoes, chopped
- 2 tablespoons tomato purée (concentrated paste)
- 1 teaspoon caster (superfine) sugar
- ½ teaspoon salt, plus more to season
- 60ml (2fl oz) double (heavy) cream
- freshly ground black pepper

Butter Chicken is a Punjabi curry and traditionally made using two different cooking methods, first by charring the marinated chicken in a tandoor oven until blackened, then by finishing it off in a swath of deeply flavoured sauce made with tomatoes, garlic, ginger, and other spices, of which dry fenugreek leaves are key. Ghee (a generous amount of it) and cream are also elemental to this dish, making it a lavish treat to both cook and eat.

1. In a bowl mix together the diced chicken with the yogurt, lemon juice and tandoori spice blend and leave to marinate for 1 hour or up to 8 hours.
2. Melt the ghee or butter in a saucpan over a moderate heat. Add the garlic and ginger and fry for 1 minute, until soft and fragrant. Add the garam masala, fenugreek, if using, and chilli and cook for 30 seconds, then add the tomatoes, tomato purée, yoghurt, salt and 100ml (3½fl oz) of water and cook for 5 minutes, or until the tomatoes have begun to break down, thickening to form a sauce.
3. Add the chicken (including all of the marinade), stirring well and cooking for about 5 minutes over a moderate-high heat until simmering.
4. Cover the pan, turn down the heat to moderate-low and cook for 20–30 minutes, until the chicken is cooked through, and the sauce is rich, thick and deeply flavoured.
5. Stir in half the cream, check the seasoning, then season with salt, pepper and more chilli powder, if necessary. You can also stir in a splash more water if you would like a looser consistency for the sauce. Remove from the heat and let the curry rest for at least 5 minutes before spooning over the remaining cream to serve.



3

4



[View on Edelweiss](#)



Absolut. Cocktails

Absolut Vodka Drinks For Every Occasion Absolut Vodka

October 2023 | Hardcover | CKB130000

\$29.99 | 9781837831586

208 Pages | 6¾ x 8¾ in

Full-color Photography

***Absolut Cocktails* is the ultimate guide for great tasting vodka cocktails that are right for every occasion.**

A collection of 80 delicious contemporary and classic recipes divided into five easy chapters from Fuss-free Crowd Pleasers to Cocktails to Impress, Summer Sippers, Holiday Favourites and even Mocktails – there are drinks for everyone.

Along the way, you'll find expert mixing tips, sneaky little hacks as well as QR codes to online video tutorials.

Enjoy the story of arguably the most iconic vodka brand in the world, and how this Swedish icon took the world by storm when it launched internationally in 1979, driving positive change through creativity, culture and mixology.

Absolut Vodka is the world's most famous vodka, enjoyed in 156 markets. Launched in the US in 1979, it completely redefined the premium vodka landscape, becoming synonymous with art, culture and nightlife. Absolut became an icon in its own right with its award-winning advertising campaign. Absolut believes in progress, being open-minded and embracing diversity.

- A cocktail book from the world's no. 1 premium vodka - every hour 90k Absolut drinks are consumed
- One of the most recognisable brands in the world, with high design and quality status
- 80 cocktails, including original Absolut-created recipes and a fascinating insight into the story of Absolut Vodka

LYCHEE MARTINI

Unmistakably delicate, perfumed lychee is amplified by the smooth, clean Absolut vodka – this is a one-on-one combo that gives both ingredients the freedom to express themselves. The result is candied and sweet but alcohol forward. Sometimes a cocktail doesn't need anything else.

Ice Cubes

45ml (1½ Parts/1½oz) Absolut Vodka

15ml (½ Part/½oz) Lychee Liqueur

1 Whole Lychee

Fill a mixing glass with ice cubes, add the vodka and lychee liqueur. Give it all good stir to combine it beautifully and get it nice and cold. Strain into a martini or coupe glass and garnish with a lychee for that finishing touch.

HOW-TO-MIX
VIDEO



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LONG COSMOPOLITAN

The original Cosmopolitan is a sophisticated A-lister of a cocktail that's guaranteed to enliven any evening occasion; here's its laidback little sister, who's just as happy having a chilled night in as she is hitting the town. In other words, this still has the zesty natural lemon of Absolut Citron, but it's all layered and lengthened into an easy-to-mix highball.

Ice Cubes

45ml (1½ Parts/1½oz) Absolut Citron

25ml (⅓ Part/⅓oz) Triple Sec

5ml (⅓ Part/⅓oz) Simple Syrup

120ml (4 Parts/4oz) Cranberry Juice

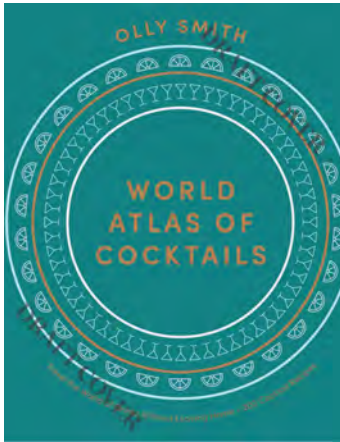
1 Wedge Orange

Pour Absolut Citron, Triple Sec and simple syrup into a highball glass and give it a good stir. Now fill to the top with ice cubes before adding the cranberry juice. Little tip: it helps to add the ice before topping the drink off so it doesn't splash or spill over. Garnish with an orange wedge.



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World Cocktail Atlas

Travel the World of Drinks Without Leaving Home - 200 Cocktail Recipes
Olly Smith

September 2023 | Hardcover | CKB006000
\$32.50 | 9781787139565
320 Pages | 6¾ x 8¾ in
Full-color Photography

[View on Edelweiss](#)



Home Cocktail Bible
9781787138056
\$29.99 | Hardcover

Sail away on the most stylish of booze cruises, all from the comfort of your own home!

In his *World Cocktail Atlas* Olly Smith serves up the best cocktail recipes the world has to offer. From the prohibition-inspired speakeasy drinks of the US, to the art of the Japanese Izakaya, Italian spritzes and amaro, Mexican margaritas, Korean soju sippers, Brazil's many caipirinha-based classics, to Singapore slings and West Indian rum punches, every country has its own signature concoctions.

Arranged by region, the recipes take you on a global tour and there are even non-alcoholic options for days off the booze.

With Olly's insider knowledge and deft way with flavor combinations, you too can be transported to a beautiful beach or snowy peak, with perfectly mixed drink in hand.

Olly Smith is a multi-award-winning drinks writer and TV presenter. He writes a weekly column for the *Daily Mail's* Weekend magazine. His popular podcast, *A Glass With...*, reaches 150,000 listeners globally. Olly is currently the regular wine expert on BBC1's *Saturday Kitchen*.

- Olly's previous book, *Home Cocktail Bible*, has sold over 10k copies since publication in November 2021
- The global cocktail theme is perennially popular
- The book showcases cocktail recipes from cocktail centers across the world

ZOBO (HIBISCUS) MARTINI

Nigeria

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60 ml (2 oz) Vodka

15 ml (1/2 oz) Grand Marnier

22.5 ml (3/4 oz) Hibiscus syrup

15 ml (1/2 oz) freshly squeezed lime juice

Garnish: Edible Flowers

Method: Shake/Strain

Fill a cocktail shaker with ice

Add all of the ingredients and shake hard to combine and chill

Strain into a chilled cocktail glass

Garnish with a hibiscus flower or any other edible flower



CHINA BLUE

China

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30 ml (1 oz) Lychee liqueur

30 ml (1 oz) Blue Curacao

120 ml (4 oz) freshly squeezed pink grapefruit juice

Glass: Collins

Garnish: Orange slice/Spearhead lychee

Method: Shake/Strain

Fill a cocktail shaker with ice

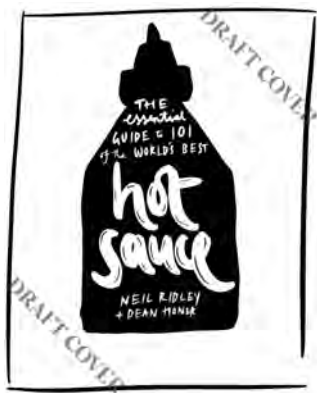
Add all of the ingredients

Shake vigorously to combine and chill

Strain into a Collins glass filled with ice

Garnish with an orange slice and the spearhead lychees





[View on Edelweiss](#)



Hot Sauce

The Essential Guide to 101 of the World's Best

Neil Ridley and Dean Honer

October 2023 | Hardcover | CKB102000

\$19.99 | 9781837830626

176 Pages | 5¼ x 7¼ in

Full-color Photography

With absolute classics and a plethora of new and unusual sauces from nearly 50 countries, discover everything you need to know about hot sauce.

From moderately mouth-tingling Secret Aardvark Habanero, to alive and kicking Diemen's Stinger, this indispensable guide takes you through an expert selection of the world's best.

In addition, you'll find an extensive introduction that covers the history, culture and science of hot sauce, tips and tricks from the top industry 'saucerers', as well as a seriously tasty recipe for your own homemade style—not to mention 10 simple, mouth-watering recipes for pairing with your collection.

Neil Ridley is an award-winning writer, broadcaster, and consultant in the world of food and drink. He has co-written six books about spirits, cocktails, and drinks culture. Alongside drinks, he has had a life-long passion for electronic music and the culture of hot sauce, which led him to a great friendship with his writing partner, Dean Honer.

Dean Honer is a musician and record producer. An eventful night supporting Iggy Pop in Austin, Texas, turned him into a hot sauce devotee and the rest of the US tour was spent exploring the taco trucks, boutique sauce shops, and farmers markets, in search of the perfect hot sauce and the hottest chilis.

- Each profile includes a heat rating system, from magnificently mild to stupendously scorching
- The global hot sauce market is projected to grow from \$2.89 billion in 2022, to \$4.72 billion by 2029, at a CAGR of 7.26% in forecast period, 2022–2029

CHOLULA Original

Arguably the mother of all Mexican hot sauces, Cholula (pronounced Cho-loo-la) is based on a recipe developed by the Harrison family, originally from Chapala in Jalisco. The name originates from the Mayan name of Cholula, the oldest still-inhabited settlement in North America, dating back some 2,500 years. The brand is now owned by the Jose Cuervo company and this Original sauce is rated at 1,000–2,000 Scoville Heat Units.

Tasting Notes

Medium consistency, with a smooth texture, initially salty, with a punch of vinegar, leading to an appealing aromatic dryness with paprika notes. Superbly complex and deep, with layers of warmth as it warms. Distinctively dry, with a hint of stickiness and a moderate rising heat.

Origin Mexico

CHILI Type Chipotle, Green Pepper and Sweet Habanero.

Fire Eater's Heat Rating



Other Varieties

To Seek Out Buffalo Chipotle and Jalapeño.

Use It For

A Bloody Maria cocktail – with tequila instead of vodka (see page 100).

cholula.com



EL YUCATECO Salsa Picante Roja de Chile Habanero

El Yucateco was started in 1968 by Priamo José Gamboa Ojeda in Yucatán, Mexico. Gamboa made and sold his home-made Habanero hot sauces and condiments locally and today, El Yucateco is one of the bestselling Habanero hot sauces in the US, offering five different varieties, plus Jalapeño and Chipotle versions and a host of other condiments.

Tasting Notes

A distinctive aroma of tomatoes, peppers and spices on opening the bottle. An initial taste of sweet tomatoes, laced with complex spices and a lovely fruity Habanero kick. The pepper heat builds to a significant warmth that is long lasting.

Origin Yucatán, Mexico

CHILI Type Habanero

Fire Eater's Heat Rating



Other Varieties

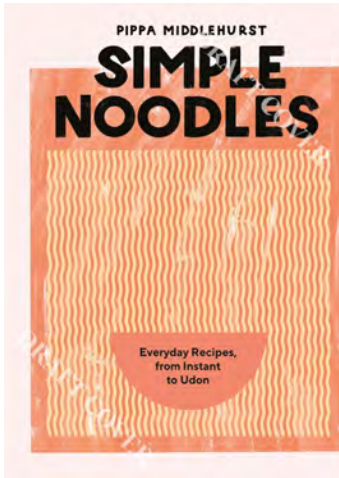
To Seek Out El Yucateco Chile Jalapeño sauce and Salsa Picante Verde de Chile Habanero sauce.

Use It For

Great with shrimp/prawns and works perfectly in a Bloody Mary.

elyucateco.com





Simple Noodles

Everyday Recipes, from Instant to Udon
Pippa Middlehurst

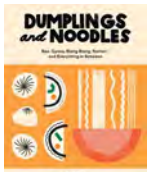
August 2023 | Hardcover | CKB070000

\$29.99 | 9781787139541

176 Pages | 7½ x 9¾ in

Full-color Photography

[View on Edelweiss](#)



Dumplings and Noodles

9781787135376

\$24.99 | Hardcover



Bowls & Broths

9781787137769

\$24.99 | Hardcover

From the best-selling author of *Dumplings and Noodles* and *Bowls and Broths*, *Simple Noodles* is a fuss-free cookbook for every night of the week.

In *Simple Noodles*, Pippa Middlehurst guides you through making your favorite noodle dishes at home with 60 versatile recipes that make the most of packet noodles.

From quick stir-fries to saucy noodles, soupy noodles and jazzed-up instant noodles, each recipe is useful, practical, and easy to follow—perfect for anyone who wants quick and easy dishes that don't compromise on flavor.

Pippa Middlehurst is the winner of the first series of BBC1's *Britain's Best Home Cook*. She hosts regular sell-out workshops, masterclasses and supper clubs across the UK, as well as running Noodle Haus, a permanent space in the heart of Manchester that celebrates creativity, community, sharing, and learning. Pippa is the author of *Dumplings and Noodles* (2020), which was nominated for Guild of Food Writers "First Book Award", and *Bowls & Broths* (2021).

- A fresh approach from Pippa, with 60 versatile recipes for quick and easy noodles
- Includes a chapter for jazzing up instant noodles
- Third book from the bestselling author of *Dumplings and Noodles* and *Bowls and Broths* (over 12k copies and 6k copies sold respectively)
- Since Covid-19, people have been drawn to simple, easy-to-achieve recipes

Hot & Sour Red Oil Broth

SERVES 2

- 2 tbsp dried, threaded black fungus mushrooms
- 1 egg
- 2 nests thin wheat noodles
- 1 head of pak choy (bok choy), cut in half, stem removed
- 1 tsp toasted sesame oil
- 2 garlic cloves, grated or crushed
- 2 spring onions (scallions), finely chopped
- 2 tbsp toasted sesame seeds
- 2 tbsp Sichuan chili (red pepper) flakes or gochugaru
- 4 tbsp neutral oil
- 2 tsp light soy sauce
- 2 tsp Chongqing black rice vinegar
- 100g oyster sauce
- 100g chicken or mushroom bouillon powder
- 1/2 tsp sea salt
- 1 tsp light (soft) brown sugar
- 1 small handful of coriander (cilantro), roughly chopped

One of the quickest ways to make a delicious, fragrant sauce, with minimal washing up, is to add the chopped aromatics – garlic, spring onion (scallion), chili (red pepper) flakes, sesame seeds – to a bowl and pour over burning hot oil, this technique is what inspired my Sizzling Red Oil Noodles (see page XX). The oil quickly cooks the aromatics, releasing a burst of fragrance into the air, while also creating a snap, crackle and pop and this technique can also be used to create a very quick and inviting broth.

Yu Pe Mien – the dish famed for this technique – originates in Shaanxi province, China, and would typically use thicker handmade noodles, such as *biang biang* noodles.

Be sure to use Sichuan chili (red pepper) flakes, or at a pinch, gochugaru. These chili flakes will create the beautiful red colour that we want. Sichuan flakes are much spicier than gochugaru, as they are made from different chillies, so tailor to your own taste.

- 1 Rehydrate the black fungus mushrooms in a mug of boiling water for 10 minutes.
- 2 Bring a large pan of water to the boil. Drop in the egg and set a timer for 6 minutes 45 seconds. When there is 5 minutes remaining on the timer (or after the time stated on the noodle packet), add the noodles. When there is 4 minutes remaining, add the pak choy (bok choy). When the time is up, pop everything into a colander and rinse under cool water. Pick out the egg, peel and set aside. Pick out the pak choy (bok choy) and set aside. Add the toasted sesame oil to the noodles and toss to coat. Set aside.
- 3 Into the centre of two large, deep bowls, add the garlic, spring onions (scallions), sesame seeds and chili (red pepper) flakes in distinct piles, so each can be clearly seen and neither is buried underneath another.
- 4 Heat the neutral oil until it reaches smoking point. Pour 2 tbsp hot oil over each pile of aromatics. This will pop and bubble a little. Once soiled, to each bowl, add 1 tsp light soy sauce, 1 tsp Chongqing black rice vinegar, 100g oyster sauce, 100g bouillon powder, 1/2 tsp sea salt, 1 tsp sugar and 150ml (5 fl oz) freshly boiled water from a kettle. Stir until combined.
- 5 To the bowls of broth, add the noodles, pak choy (bok choy), half an egg, the soaked black fungus and top with coriander (cilantro).



80 REALLY EASY NOODLES

REALLY EASY NOODLES 81



Beef & Charred Spring Onion Noodles

SERVES 2

- For the marinade**
- 100g neutral oil
 - 2 tsp fish sauce
 - 100g light soy sauce
 - 100g golden caster (superfine) sugar
 - 2 garlic cloves, crushed or grated
 - 100g confit (cornstarch)
 - 1 large chicken or beefy steak

- For the dressing**
- 100g fish sauce
 - 100g golden caster (superfine) sugar
 - 100g lime juice
 - 1 red bird's eye chili, finely sliced
 - 100g crushed, crushed or grated

- For the noodles**
- 2 nests thin wheat or wide rice noodles
 - 1 small carrot, peeled
 - 1 small cucumber, sliced diagonally
 - 1 small handful of coriander (cilantro), roughly chopped
 - 200g roasted salted peanuts, crushed or chopped

- For the spring onions (scallions)**
- 100g neutral oil
 - 6 spring onions (scallions), cleaned but left whole
 - 100g sea salt

This recipe utilizes a technique known as *velveting*, where a protein, usually beef or chicken, is marinated in cornflour (cornstarch) or sometimes bicarbonate of soda (baking soda) to make the meat soft and delicious when stir-frying. It's a technique commonly used in Chinese cookery and in Chinese restaurants. If you've ever wondered how chefs create that deliciously browned but tender meat in stir-fries or noodle dishes – this is how! Typically you would marinate the meat for a little longer than stated here, but marinating for a shorter time still works a treat. The combination of the charred spring onion (scallion) and tender-but-crispy beef is simply dreamy.

- 1 To make the marinade, combine the neutral oil, fish sauce, light soy sauce, sugar, garlic and cornflour (cornstarch) in a shallow bowl. Add the steak and turn it a few times so it is completely covered. Set aside while you prepare the rest of the ingredients.
- 2 To make the dressing, combine fish sauce, sugar, 300g water and the lime juice with the red bird's eye chili and garlic. Mix well and set aside.
- 3 Cook or sear the rice noodles according to the packet instructions. Drain and rinse under cool water, separating the noodles with your fingers, to prevent them from sticking. Set aside.
- 4 Using a vegetable peeler, cut the carrots into very thin ribbons. Set aside.
- 5 Drain the neutral oil over the spring onions (scallions). Set a griddle pan, pan-fry or non-stick, heavy-based frying pan (skillet) over the highest heat you can. Once hot, add the spring onions (scallions) and allow them to grill on an older until slightly charred and smoky. It can help to lay something flat and heavy on top of them, like a smaller pan. Once cooked, season with the salt and cut into 25cm (10 in) pieces and set aside.
- 6 In the same hot pan, cook the marinated steak for 3–4 minutes on either side (or to your liking) until crispy and brown. Allow to rest for 3–4 minutes while you assemble the bowls.
- 7 Divide the noodles between two bowls. Arrange the carrot and cucumber to one side, along with the coriander (cilantro), peanuts and charred spring onion (scallion). Add the dressing to two small dipping bowls.
- 8 Slice the steak against the grain and serve on top of the noodles.

100 MINIMAL EFFORT NOODLES

MINIMAL EFFORT NOODLES 101



[View on Edelweiss](#)



Thai Made Easy

Over 70 Simple Recipes

Yui Miles

September 2023 | Hardcover | CKB083000

\$29.99 | 9781787139947

192 Pages | 7½ x 9¾ in

Full-color Photography

Dive into Thai cooking with this delicious collection of more than 70 authentic, easy-to-follow recipes.

With clear, uncomplicated instructions and accessible, supermarket-friendly swaps for traditional Thai ingredients, *Thai Made Easy* demystifies the process of cooking flavorful Thai dishes at home.

You'll learn to cook everything from classics like chicken satay, spring rolls and pad Thai, to all your favorite Thai curries from scratch, from red and green to Panang, massaman and beyond. With plenty of plant-based recipes, this cookbook contains every Thai recipe you'll ever need.

Discover just how easy it is to recreate your favorite dishes at home, with *Thai Made Easy*.

Yui Miles comes from a Thai-Chinese family where cooking and eating have always been a key focus of daily life. With her passion and skill she was able to secure a spot on *Masterchef UK* 2019, reaching the quarter finals, and also appeared on and won *Beat the Chef* on Channel 4. She now works as a cookery teacher, recipe creator, and private chef, including partnering with various brands. This is her first book.

- Recreate your favorite cuisine at home with whatever you have in the fridge
- The focus is one ease of cooking, with simple swaps for unusual ingredients
- *Vietnamese Made Easy* and *Thai Made Easy* are the first two titles in a new cuisine-led series

Vegetarian spring rolls

(POR PHER PAK)

Easy and delicious Thai spring rolls to make in no time at home. We often have this for a snack or party food and they are perfect for cooking in a big batch and freezing for later. If you can't get hold of spring roll wrappers, try filo (phyllo) pastry instead but place 2-3 layers on top of each other for each roll. You can also add minced (ground) pork, chicken or prawn (shrimp) for a different filling.

Makes 12

Cooking time: 30 minutes

1 small packet (50-60g/2-3oz) glass noodles
200g (7oz) vegetable oil, plus 2 tbsp
2 garlic cloves, finely chopped
1/2 sweetheart cabbage, finely sliced
1 small carrot, finely shredded
2 tbsp fish sauce
2 tbsp oyster sauce
1 tsp sugar
1 egg, roughly beaten
5 spring onions (scallions), finely sliced
2 handfuls of bean sprouts
Pinch of ground white pepper
12 medium (20cm/8in) spring roll wrappers
1 quantity of jerk sauce (see page 102) to serve

Put the glass noodles into a heatproof bowl, add boiling water to cover and leave to soak for 10 minutes. Drain and cut into bite-sized pieces.

Heat the 2 tablespoons of vegetable oil in a pan over a medium heat, add the garlic and stir well for 1-2 minutes, then add the cabbage, carrot and chopped glass noodles and cook for another 5-6 minutes.

Add the soy sauce, fish sauce, oyster sauce and sugar, then stir well. Add the egg and stir until the egg mixes with the other ingredients and absorbs the moisture. Let cook for a couple of minutes then add the spring onions (scallions) and bean sprouts. Season with the pepper, take off the heat and set aside.

Separate out the spring roll wrappers and lay on a flat surface. Add about 1 tablespoon of filling to the first wrapper. Starting from the side nearest to you, roll the wrapper over the filling, then fold both sides up and roll all the way to the end. Add a little water to the far edge and close it over to seal. Repeat the process to use up all the wrappers and filling. Cover with a damp dish towel to prevent them from drying out.

Heat the vegetable oil in a wok or deep frying pan over a medium-high heat, and fry 4-5 spring rolls at a time for about 3-4 minutes on each side. Once cooked, place them on paper towels to drain, then serve with jerk sauce for dipping.

THAI SNACKS



Pad Thai kung pad

Pad Thai is a delicious stir-fried flat rice noodle dish, commonly served as a street food in Thailand, that I proudly present here with my easy cook-at-home version. You can use glass noodles in place of rice noodles if you prefer. Stir-fried rice noodles with king prawns (shrimp) in sweet sticky tamarind sauce – what's not to enjoy?

Serves 2

Cooking time: 25 minutes

200g (7oz) rice noodles
3-4 tbsp vegetable oil
2-3 garlic cloves, finely chopped
2 shallots, finely sliced
200g (7oz) raw peeled king prawns (shrimp)
4-5 tbsp (soaked) bean sprouts, roughly crushed in a pestle and mortar
2 eggs
Handful of bean sprouts
4 spring onions (scallions) or Chinese chives, chopped into 1cm (1/2in) lengths

For the sauce

2 tsp rice wine sugar
4 tbsp palm sugar (or use more brown sugar)
2 tbsp tamarind paste
2-3 tbsp fish sauce
1/2 tsp (1/2in) rice wine

To serve

1 tsp Thai chili flakes (optional)
1 lime, cut into wedges

Soak the rice noodles in cold water in a large bowl for about 10 minutes, until softened. Drain and set aside.

Put all the sauce ingredients into a small saucepan. Place over a medium heat until the sugar dissolves and the sauce thickens to a gravy consistency (add a little more water if it turns too thick). Take off the heat.

Heat 2-3 tablespoons of oil in a frying pan or wok over a medium heat, add the garlic and shallots and stir well for a minute.

Add the prawns (shrimp) and stir well until cooked, then remove to a small plate and set aside.

Add the drained rice noodles to the same pan and stir well, then add about 2-3 tablespoons of your prepared sauce and mix well. Add about 1 tablespoon of the crushed peanuts and mix everything together. Taste the noodles, they should be sweet, sour and salty – add more sugar, tamarind or fish sauce if you like.

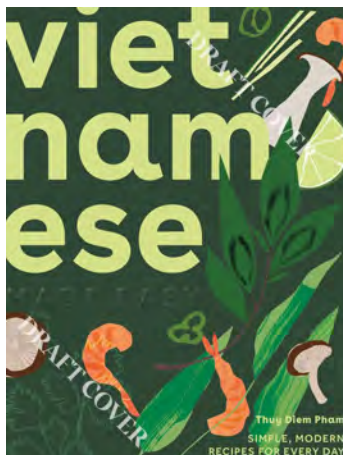
Move the noodles to one side of the pan, add about 1 tablespoon of oil and then the eggs, one at a time. Leave the eggs to cook for a few minutes before moving them through the noodles.

Add the cooked prawns back to the pan, stir well then add the bean sprouts along with the spring onions (scallions) or Chinese chives.

Serve the noodles with the remaining sauce over the top, sprinkled with the crushed peanuts. Top with the chili flakes, if using, and serve with a wedge of lime and extra bean sprouts on the side, if you like.

THAI STREET FOOD





[View on Edelweiss](#)



Vietnamese Made Easy

Simple, Modern Recipes for Every Day

Thuy Diem Pham

October 2023 | Hardcover | CKB070000

\$29.99 | 9781787139688

192 Pages | 7½ x 9¾ in

Full-color Photography

From broths and noodle soups to salads and stir-fries, *Vietnamese Made Easy* is a modern and vibrant collection of quick, easy, flavorful recipes.

Vietnamese food is all about the balance of sweet and salty and sour and bitter and umami, as well as the contrast of elements like texture and temperature, but it doesn't need to be complicated.

With accessible ingredients and simple, practical instructions, *Vietnamese Made Easy* reveals how you can easily prepare delicious Vietnamese dishes bursting with flavor at home.

Thuy Diem Pham is an author and chef, and owner of the multi-award winning restaurant The Little Viet Kitchen. Having moved to the UK aged seven, Thuy's distinctive approach to cooking combines her genuine understanding of Vietnamese culture and cuisine, with a deft handle on London's food scene; she's widely regarded as one of the UK's most prominent voices on Vietnamese cooking.

- Accessible ingredients and genuine shortcuts that maintain the integrity of the dishes (but remove the hard work)
- In 2019 Thuy and The Little Viet Kitchen won the Golden Chopsticks' highest award, the 'Best Restaurant in England'; in 2021 Thuy and LVK became the first restaurant to retain their title, as well as taking home the 'Best UK Street Food' award in the prestigious OFM awards

Baked Tamarind Tiger Prawns

Serves 4

Cooking time: 35 minutes

- 12 raw tiger prawns (shrimp), shells and heads on (rinsed and drained)
- 2 tsp butter
- 1 tbsp vegetable oil
- 1 whole garlic bulb
- 6 coriander (cilantro) stems, finely chopped
- 3 alliums, finely chopped
- 1 wedge, finely sliced
- 1 lime, cut into sections, to serve

For the sauce

- 1 tbsp vegetable oil
- 6 tbsp sweet chili sauce
- 2 tbsp tamarind paste
- 4 tbsp fish sauce
- 4 tbsp water

A showstopper dish! When you've not got much time to create something fancy, this should be your go-to – it's a very forgiving recipe with minimal prep, and it's almost impossible to get wrong. Just make sure you get the freshest prawns you can find and the rest will take care of itself.

Preheat the oven to 200°C/400°F/Gas 6.

Put the prawns (shrimp) on a baking tray and evenly rub the butter, vegetable oil and sesame oil onto them. Add the garlic bulb to a separate tray and bake the prawns for 12–20 minutes, until pink, and the garlic for 30 minutes, until soft.

Meanwhile, put all the sauce ingredients into a small saucepan and place over a medium heat for 2 minutes. When you see bubbles starting to form, turn off the heat and set aside.

Arrange the prawns on a plate, pour over the sauce and squeeze those amazing roasted garlic cloves out of their skins, on top of the prawns. Sprinkle over the coriander (cilantro), all and chili, slices and serve with a lime wedge, and jasmine rice if you'd like to turn it into a main course.



MAIN DISHES

Grilled Aubergine with a Mint Fish Sauce Glaze

There are many ways to cook aubergine (eggplant), but for me nothing quite beats the charred flavour of cooking it over fire. Whether on a fancy BBQ or the flames of your stove, that wonderful smoky taste complements Vietnamese fish sauce perfectly.

Switch the fish sauce for soy sauce and this becomes a perfect vegan summer dish.

Serves 4

Cooking time: 40 minutes

- 4 aubergines (eggplants)
- 25g (two) coriander (cilantro), roughly chopped
- 20g (two) mint, leaves picked
- 2 garlic cloves, roughly chopped
- 15ml (1 tbsp) lime juice or white wine vinegar
- 50ml (1 1/2) tbsp sesame oil
- Pinch of salt
- Pinch of sugar
- 2 tsp crushed black peppercorns
- 4 spring onions (scallions), finely chopped
- 400ml (1 1/2) cups nuoc cham (fish sauce) (see page 100)
- 4 top-quality fresh shalloes (see page 101)

Light your BBQ (grill) and when the coals are ready, place the aubergines (eggplants) on the grill. Cook for 15–20 minutes, depending on size, turning every 5 minutes to ensure an even cook, until soft to the touch with the skin burnt and flaky. Take off the heat, leave to cool for 10 minutes then carefully peel the skin off. Patience is needed here, but I promise it's worth it.

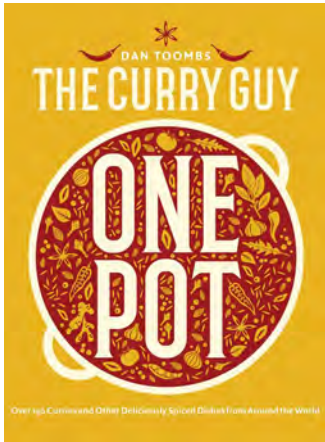
While the aubergines are cooling, make the dressing. Put the coriander (cilantro), mint, garlic and lime juice in a food processor or blender and blitz for 3–5 seconds. Pour into a bowl, then add the sesame oil, salt, sugar and black pepper. Mix everything together and set aside.

Put the aubergines on your serving plate and firmly run a fork down the length of each one a few times. You're aiming to make deep enough grooves that the dressing can fully soak in.

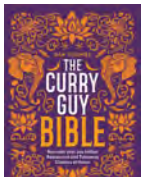
Sprinkle over the spring onions (scallions), pour on the nuoc cham (fish sauce), then drizzle the mint and coriander sauce on top. Serve topped with the crispy fried shalloes.

OVER THE COALS





[View on Edelweiss](#)



The Curry Guy Bible
9781787134638
\$35.00 | Hardcover



Curry Guy BBQ (Sunday Times
Bestseller)
9781787138070
\$23.99 | Hardcover

Curry Guy One Pot

Over 150 Curries and Other Deliciously
Spiced Dishes from Around the World
Dan Toombs

October 2023 | Hardcover | CKB044000
\$40.00 | 9781787139206
272 Pages | 7½ x 9¾ in
Full-color Photography

Dan Toombs a.k.a The Curry Guy has spent the last two decades traveling and researching the best curries the world has to offer. In *Curry Guy One Pot* his mission is to bring you all the best one-pot curries, stews, soups, stir-fries, braises, and roasts you could ever need.

Dan has drawn over 150 recipes from a lifetime of global travels, spending over five months on the road researching this book. Collaborating with local chefs and restaurants all over the world, he has developed an extraordinary collection of spicy delights, from Malaysian Devil Curry to Sri Lankan Black Pork Curry, Cape Malay Bobotie to Hungarian Goulash. Plus his popular curry house dishes no longer need a base sauce to taste just as delicious, including Chicken Tikka Masala, Beef Madras, and Chicken Dhansak.

Packed with beautiful color photography, and featuring tips and tricks to make the perfect dish every time, *Curry Guy One Pot* will transport you thousands of miles without having to leave your own kitchen!

Dan Toombs (aka The Curry Guy) has perfected the art of the restaurant curry. After over 20 years of travelling around, sampling dishes, learning secrets from restaurant chefs, and refining those recipes at home, Dan has created recipes that taste just like a takeaway but in less time, and for less money.

- Over 150 recipes that can be made in one pot or roasting pan created in collaboration with local chefs and restaurants all over the world
- Dan has spent the last two decades traveling and researching the best curries

TOM YUM MEE HOON

SERVES 6-8

Although this popular soup can be made on your stovetop, I often cook and serve it at the table. If you have a portable, electric burner or even a table hot pot or Instant Pot, you can cook this at the table, snacking on prawn crackers and enjoying a drink while the soup cooks to perfection. I featured a recipe for nam prik pao (chili jam) in my book *The Curry Guy Thai*. You could substitute the sambal oelek on page 60 instead, or purchase a bottle from many Asian shops or online.

PREP TIME: 20 MINS
COOKING TIME: 20 MINS

- 1 bag (15oz) mee hoon (Thai rice vermicelli noodles) [check quantity at glenside]
- 2 tbsp vegetable (canola) oil
- 1 lb (1 cup) lean chicken stock [see page 60], unsalted chicken stock, prawn stock or water
- 2 lemongrass stalks, smashed and cut into about 3 pieces
- 8 lime leaves, roughly torn and stems thinly sliced
- 2 cm (1 in) pieces of galangal, thinly sliced
- 1 garlic clove, roughly chopped
- 1 tbsp tamarind paste [see page 60 or see shop bought]
- 8 mushrooms, quartered
- 1 tbsp chili jam [see prik pao - shop bought is fine] (optional)
- 1 tbsp minced chili garlic oil with some of the garlic at the bottom [see page 60 or see shop bought is fine]
- 3-4 tbsp Thai fish sauce*
- 1 green bird's eye chiller, smashed and cut lengthwise
- 1 small handful of coriander (cilantro), roughly chopped
- 40g (1.5 oz) prawns, deveined and cleaned
- 1 tbsp vegetable oil (optional)
- 2 tomatoes, quartered
- 2 tsp palm or white sugar (optional and to taste)
- 3 spring onions (scallions), roughly chopped
- Handful of (chopped or sliced) vegetables, such as cabbage, bean sprouts, stir-fried carrots (optional)

Put the mee hoon (Thai vermicelli rice noodles) in a bowl and cover with boiling water. Allow to sit in the water for about a minute and then strain and set aside.

Heat the oil in a large saucepan over a medium-high heat until shimmering hot. Add the shallots and fry for about a minute. Then add the stock or water, lemongrass, lime leaves, galangal and garlic and bring to a boil. Reduce the heat and simmer this aromatic liquid for about 30 minutes. Stir in the tamarind paste.

Add in the mushrooms, chili jam, chili oil, fish sauce, green bird's eye chilies and coriander (cilantro). Continue simmering and stir in the prawns and mushrooms and continue cooking for 5 to 10 minutes or until the prawns turn pink and the mushrooms have opened. Discard any muscles that don't open. Once all of these ingredients have been added and are cooked through, taste it and adjust the seasoning as desired.

To finish, add the expected milk (if using) and quartered tomatoes and let them cook through in the hot stock. At this stage you should try the soup and add sugar to taste if you prefer a sweeter flavour, and/or adjust the sour, spicy and savoury flavours to taste. Add the spring onions (scallions) and any other vegetables you would like to add. I often add bean sprouts, cabbage and carrots but this is totally optional - add whichever veggies you like, but be sure to cook them through.

To serve, divide the noodles between four to six bowls and pour the hot broth and seafood over them.

NOTE

* Many Thai fish sauces contain gluten, but there are gluten-free brands available.

THAI



MEXICAN SEAFOOD SOUP

SERVES 6-8

Lupa's Mexican Cantina in Leeds serves some of the best Mexican food on the planet. The Mexican co-owner and chef, Budi, ensures that all of the dishes served are spot on and authentic. Whenever we dine there, we order pretty much everything on the menu as we don't want to miss a thing. This Mexican seafood soup recipe they sent me is out of this world! You could just use seafood stock cubes, but if you want the real taste of Lupa's you'll need to take a few minutes to prepare your own seafood broth, which is explained below. The more fresh seafood you add to this soup the better, so go for it!

PREP TIME: 15 MINS
COOKING TIME: 45 MINS

- 1 to 1 1/2 quills - chillies, seeds and membranes removed

FOR THE FISH STOCK

- Bones and heads of 1 to 2 fish such as sea bass, haddock or halibut
- 1 onion, roughly chopped
- 3 cloves garlic, smashed
- 1 bay leaf
- 300g (10 1/2 oz) prawns
- 3 litres (11 cups) water

FOR THE SOUP

- 3 tbsp olive oil
- 1 onion, roughly chopped
- 3 cloves garlic, smashed
- 1 celery stalk, thinly sliced
- 3 tomatoes, diced
- 2 bay leaves
- 2 tbsp coriander (cilantro), chopped
- 1 tsp pink pepper or 1/2 tsp dried (optional)
- 1 large potato, diced
- 1 carrot, sliced
- 1 tsp Mexican dried oregano or other dried oregano
- A selection of seafood such as: prawns, mussels and/or clams, 2 sea bass, halibut and prawns

Using the pot you intend to cook the soup in, toast the guajillo chillies over a medium-high heat for about a minute per side or until fragrant. Be careful not to blacken them or they will turn bitter. Transfer the chillies to a bowl and add just enough hot water to cover them. Soak for 20 to 30 minutes to rehydrate and soften and then blend the chillies with the soaking water until smooth. Set aside.

If making the fish stock, place the fish heads and bones in the pot and add the remaining stock ingredients. Bring to a simmer over a medium-high heat and simmer for 15 to 20 minutes. Strain through a fine sieve into a bowl and set aside. Discard all the solid ingredients.

To make the soup, wipe the pot dry and heat the olive oil over a medium-high heat. Add the chopped onion, garlic and celery to the oil and fry for about 3 minutes to soften. Stir in the blended chillies and the diced tomatoes and cook, stirring constantly for about 4 to 5 minutes. Pour in the fish stock, bay leaves, chopped coriander (cilantro) and oregano and bring to the boil.

Add the diced potatoes, carrot and oregano to the boiling stock. Reduce the heat to a simmer, covered for about 10 to 15 minutes or until the potatoes and carrots are tender. Add the suggested seafood or other seafood of choice and continue simmering until the mussels and clams have opened and the fish is just cooked through.

MEXICAN



[View on Edelweiss](#)



SLICE

A Delicious Stack of 30 Pizza Recipes

Thom Elliot and James Elliot

June 2023 | Flexibound | CKB047000

\$19.99 | 9781787139718

128 Pages | 5¼ x 7¼ in

Full-color Photography

***SLICE* is packed with over 30 recipes to make sure you finally delete your local takeaway from speed dial #1. From an NY slice, to true Neapolitan pizza made in a frying pan, *SLICE* offers classic and new creations, and even a sweet Nutella pizza ring!**

Learn how to make the greatest Neapolitan pizza dough, the perfect San Marzano tomato topping, then grace your creation with the finest ingredients—from Double Pepperoni and Spicy Honey, through Aubergine Parmigiana, from Carbonara to Capricciosa; and the fiery Burrata Diavola.

What's not to love? Go on, grab a SLICE!

Brothers **Thom** and **James Elliot** ditched their jobs in 2012 to go on a life-changing pilgrimage to Naples, the home of pizza, to learn how it's done from the source. Back in the UK, they set up a market stall in Soho selling pizza from the back of their trusty Ape van. **Pizza Pilgrims** now run 20 pizzerias (and counting) across the UK serving award winning Neapolitan pizza to thousands of people every day.

- Pizza is officially the world's favorite takeaway food
- Over 5 billion pizzas are consumed worldwide each year
- 'You will struggle to find it done better than Pizza Pilgrims' *Daily Telegraph*

Double Pepperoni & Spicy Honey

Spicy honey on pizza is an idea that we borrowed from our good friend Paulie Gee, of Paulie Gee's pizzeria in Greenpoint, NYC. Along with his first head chef, Mike, he created the Hellboy, a Marg topped with sopresata picante sausage and hot honey made by Mike. Mike ended up moving on from Paulie Gee's and starting Mike's Hot Honey, which is hands down the best spicy honey there is. We took this idea and put our own spin on it by adding two different types of pepperoni. We tried to import Mike's honey from the US but, after two failed attempts in which cases of honey got incinerated at customs (don't ask), we decided to create our own.

INGREDIENTS

1 ball of Neapolitan pizza dough (see page 100)
80g (3oz) tomato sauce (see page 104)
4-5 basil leaves
Parmesan, for grating
1 tbsp good-quality olive oil
30g (1oz) each of 2 different types of sliced pepperoni
1 fresh chili, sliced
80g (3oz) for di latte mozzarella, torn or sliced

FOR THE SPICY HONEY

Makes enough for 10 pizzas
40g (1½oz) fresh chili, sliced
100ml (scant ½ cup/3½fl oz) honey

METHOD

1. First, make the spicy honey by adding the chili to the honey and leaving it to develop (at least 12 hours, but it keeps for up to 3 weeks).
2. Preheat the grill (broiler) to its absolute highest setting, and place a large, ovenproof frying pan (skillet) over a high heat and let it get screaming hot.
3. Meanwhile, flatten and stretch the dough ball (following the instructions on page 101) to make a 10-inch pizza base.
4. Lay the pizza base flat in the hot, dry frying pan, then, using a small ladle (or a large spoon), spoon the tomato sauce onto the middle of the pizza. Using the back of the ladle, make concentric circles to spread the sauce, beginning in the middle and finishing 1½in from the edges. Then add the basil, a grating of Parmesan, the olive oil, pepperoni and fresh chili.
5. Once the base of the pizza has browned, about 1-2 minutes, add the mozzarella, then place the frying pan under the grill on the highest shelf.
6. Once the crust has taken on some colour, about 1-2 minutes, drizzle with some spicy honey and eat.



Aubergine Parmigiana

We wanted a pizza on the menu that would be both vegetarian and a real comfort food hit. The one dish that makes all our pizzaioli go weak at the knees, except pizza, is aubergine parmigiana. So, we put it on a pizza.

FOR THE PARMIGIANA

Makes enough for 5 pizzas
2 aubergines (eggplant), cut into 2cm/¾in cubes
3 garlic cloves, finely chopped
100ml (scant ½ cup) good-quality olive oil
50g (1½oz) tomato paste
2 x 400g (14oz) cans good-quality peeled plum tomatoes
100ml (scant ½ cup) water
a small handful of basil leaves
salt and freshly ground black pepper

FOR THE PIZZA

1 ball of Neapolitan pizza dough (see page 100)
4-5 basil leaves
Parmesan, for grating, plus 5g (½oz) shavings to finish
1 tbsp good-quality olive oil, plus extra for drizzling
25g (1oz) cherry plum tomatoes
80g (3oz) for di latte mozzarella, torn or sliced

METHOD

1. First, toss the aubergine cubes in salt in a colander set over a bowl and leave for at least an hour. Preheat your oven to 250°C/482°F/Gas 10.

2. Add your garlic and olive oil to a large, ovenproof saucepan and place over a medium heat. Slowly cook until the garlic is golden brown.
3. Dry the aubergine cubes with a clean cloth, then add them to the pan and cook until the aubergine has softened.
4. Stir in the tomato paste and cook for a further 2 minutes, then add the canned tomatoes and water. Place in the hot oven (with the lid off), stirring occasionally for 30-40 minutes until the sauce has reduced and the aubergine is soft and tender. Season with salt and pepper to taste and leave to cool.
5. Preheat the grill (broiler) to its absolute highest setting, and place a large, ovenproof frying pan (skillet) over a high heat and let it get screaming hot.
6. Meanwhile, flatten and stretch the dough ball (following the instructions on page 101) to make a 10-inch pizza base.
7. Lay the pizza base flat in the hot, dry frying pan, then spread over 100g (3½oz) of the aubergine parmigiana. Top with the basil, a grating of Parmesan, the tablespoon of olive oil and cherry tomatoes.
8. Once the base of the pizza has browned, about 1-2 minutes, add the mozzarella, then place the frying pan under the grill on the highest shelf.
9. Once the crust has taken on some colour, about 1-2 minutes, finish the cooked pizza with the Parmesan shavings and a drizzle of olive oil.





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The Little Book of Bowl Food

Simple and Nourishing Recipes in a Bowl

Quadrille

May 2023 | Hardcover | CKB039000
\$16.99 | 9781837830275
112 Pages | 5¼ x 7¼ in
Full-color Photography

***The Little Book of Bowl Food* features 40 recipes for delicious, easy-to-construct bowls of goodness.**

Discover how to build your own hearty, wholesome meals in a bowl, with everything from breakfast bowls to light options, nourishing vegan dishes, and more.

With countless combinations of vegetables, grains, meat, and fish, these recipes will show you how to combine textures and colours for simple, healthy meals.

Eating well has never been so enticing—or easy.

Conceived and edited by **Quadrille**.

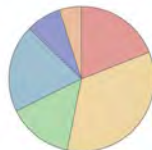
- Recipes cover breakfast bowls, light bowls, and main meals
- Each bowl contains a balanced combination of protein, carbohydrates, vegetables, and fruit, and leafy greens
- Easy entry point for those who want to eat more healthily but don't want to follow a full diet/paleo plan
- Recipes originally published in *Nourish Bowls*



MAKING YOUR BOWL FOOD

The basic concept of bowl food is to include all the nutritional elements you ideally need in one meal: protein (whether it be plant-based, dairy, fish, or meat), seasonal fruits or vegetables, leafy greens, complex carbohydrates, healthy fats, and any optional extras you fancy like a dressing, a few nuts, or seeds. Let your imagination go.

- **PROTEIN**
aim for approximately 20 to 25 per cent of your bowl to be made up by protein
- **VEGETABLES & FRUIT**
vegetables, fruits, or a combination of the two, should form the largest proportion of your bowl
- **LEAFY GREENS**
include a large handful of leafy greens in every bowl
- **COMPLEX CARBOHYDRATES**
ensure that healthy carbs occupy approximately 25 per cent of your bowl
- **HEALTHY FATS**
whenever possible, make approximately 10 per cent of your bowl include a healthy fat
- **TOPPINGS & DRESSINGS**
add any optional toppings and dressings to add extra bite or flavour



- ● **CRAYFISH RICE VERMICELLI**
- ● **GRAPEFRUIT & MINT SALSA**
- ● **GINGER KALE & FENNEL FRONDS**
- ● **AVOCADO**

FOR THE GRAPEFRUIT & MINT SALSA

Peel, segment and chop a pink grapefruit. Mix with some sweet chilli sauce or 1 tsp freshly chopped chilli pepper and 2 tbsp honey, 2 tbsp red wine vinegar, and plenty of freshly chopped mint leaves.

FOR THE CRAYFISH RICE VERMICELLI

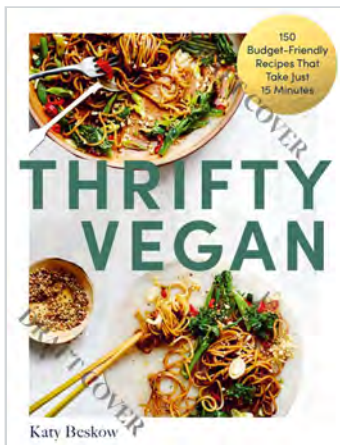
Mix 80–100g (3½–1½ cup) cooked and cooled crayfish (large shrimp) with 55g (2oz ½ cup) cooked and cooled rice vermicelli.

FOR THE GINGER KALE & FENNEL FRONDS

Rinse a large handful of kale, remove the thick stalks, shred, and sauté in a little coconut oil and chopped ginger. Allow to cool then season with sea salt and toss gently with the crayfish and rice vermicelli. Add some thinly sliced raw fennel, including the fronds, and ½ diced avocado, and check again for seasoning.

TO ASSEMBLE YOUR BOWL

Add the crayfish and rice vermicelli salad to the bowl and serve with a few tablespoonfuls of the grapefruit and mint salsa.



Thrifty Vegan

150 Budget-Friendly Recipes That Take Just 15 Minutes

Katy Beskow

December 2023 | Paperback - with flaps | CKB125000

\$24.99 | 9781837830374

320 Pages | 6¾ x 8¾ in

Full-color Photography

150 of the best recipes from Katy Beskow's original *15-Minute Vegan* books.

In as little as 15 minutes you can have a delicious meal on the table using readily available, budget-friendly ingredients, and fuss-free cooking techniques. *Thrifty Vegan* starts with Katy's introduction to plant-based cooking, with advice on the equipment you need to make your cooking go faster, plus essential pantry ingredients.

With 150 recipes to satisfy at any time of day, this book is not only the go-to cookbook for new and established vegans, but also for home cooks looking for effortless and wallet-friendly ways to bring plant-based meals into their kitchen. This is feel-good, effortless food by an expert in vegan cooking—nothing could be simpler and faster than the *Thrifty Vegan*.

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

- 150 versatile recipes for quick and easy, year-round, vegan cooking
- A bind-up edition of Katy's first three books (*15 Minute Vegan*, *15 Minute Vegan on a Budget*, and *15 Minute Vegan Comfort Food*)
- The number of people choosing a vegan lifestyle has risen by 350% in the last decade

[View on Edelweiss](#)



Easy Speedy Vegan

9781787137875

\$32.50 | Hardcover



Five Ingredient Vegan

9781787135284

\$29.99 | Hardcover

three-ingredient banana pancakes

Makes about 9 small pancakes

These fluffy pancakes are my favourite way to start the day. The riper the banana, the sweeter the pancakes, so use up that banana you're ready to throw away.

Serve with toasted pecan nuts, vegan yoghurt and maple syrup if you happen to have some. Maple syrup can be expensive, however you can buy premium grade maple syrup from low-price supermarkets. It lasts for ages. If it is out of your price range, drizzle with golden syrup, or substitute for pureed seasonal soft fruits.

1 tbsp sunflower oil, for frying

1 medium ripe banana, peeled

100g (3½oz) rolled oats

300ml (1½ pint/1¼ cups) sweetened soya milk

Heat the oil in a frying pan over a low-medium heat while you prepare the pancake batter.

Throw the banana, oats, and soya milk into a jug blender, or add the ingredients to a bowl and use a hand blender to blitz to a semi-smooth batter.

Add tablespoon-sized amounts of the batter to the hot pan, cook for 2 minutes until golden, then flip and cook the other side for a further 2 minutes. Serve hot.

These pancakes work well with any type of non-dairy milk you have available. For a nuttier flavour, try almond milk.



grilled peach, basil and walnut salad

Serves 2

There's something beautiful about hot, caramelised peaches placed over fragrant basil that makes this more than just a salad. Team with hot, toasted walnuts for added bite.

4 ripe peaches, halved and stones removed

2 generous handfuls of watercress

2 handfuls of lamb's lettuce

30g (1oz) fresh basil leaves

2 tbsp walnut pieces

Drizzle of extra virgin rapeseed oil

Pinch of black pepper

Heat a griddle pan over a high heat. Place the peaches cut-side down and cook for 4–5 minutes until caramelised with grill marks.

In the meantime, arrange the watercress, lamb's lettuce and basil over plates.

Place the hot peaches over the leaves while you carefully toast the walnuts in the pan for 30 seconds, then sprinkle them over the salad.

Drizzle with the rapeseed oil, season with black pepper and serve.

The slight bitterness of rapeseed oil works perfectly drizzled over this salad.





Foolproof Air Fryer

60 Quick and Easy Recipes That Let the Fryer Do the Work

Louise Kenney

August 2023 | Hardcover | CKB081000

\$20.99 | 9781787139671

144 Pages | 6¼ x 8¼ in

Full-color Photography

Discover everything you need to know about cooking in an air fryer, with 60 recipes and clear, step-by-step instructions.

Air frying is a miraculous cooking method: you get all the satisfaction of fried food, without the mess, it's versatile (as well as "frying", you can bake, roast, steam and more), and it makes simple and satisfying dishes in minimal time.

From golden, fluffy chips and flaky Empanadas to sweet and smoky Chicken Wings and cheesy Arancini—*Foolproof Air Fryer* includes a huge variety of quick and easy dishes that make the most of this must-have kitchen appliance.

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.

Louise Kenney trained as a chef at Ballymaloe Cookery School then ran her catering business for 10 years. She is now a food stylist, home economist and recipe writer and she is the author of *Dinner's in the Bag* (Quadrille). She is passionate about food, farming, and avoiding doing the dishes.

- Over 25 million air fryers have been sold in the last two years
- Consumers are looking for appliances that make their food prep easier, faster, and energy efficient
- Air fryer cookbook sales reached 971 million units in 2021

[View on Edelweiss](#)



Foolproof Slow Cooker

9781787138995

\$20.99 | Hardcover



Foolproof One-Pot

9781787135949

\$19.99 | Hardcover

CAJUN SWEET POTATO FRIES

Fries are a staple air fryer recipe and these are no exception. Great served with the garlic yogurt on page XX or alongside the aubergine dip on page XX. You could also double the recipe and serve them as a side with the Whole Roast Chicken on page XX.



- 2 x 300g (10½oz) sweet potatoes, peeled and cut into 5mm (¼in) thick fries
- 2 tbsp olive oil
- 1 tsp sea salt
- 1 tsp smoked sweet paprika
- 1 tsp garlic powder
- ½ tsp dried oregano or thyme
- ½ tsp freshly ground black pepper
- ½ tsp chili flakes

Preheat the air fryer to 200°C (400°F).

Using your hands, mix together the sweet potato fries with the olive oil, salt and all the spices. Make sure all the fries are well coated in the oil and spices.

Transfer half the fries to the air fryer and air-fry for 10 minutes, shaking the basket halfway through. Repeat with the remaining fries.

Serve immediately.

Serves 2
Prep 5 mins
Cook 30 mins



SPANISH CHICKEN THIGHS

A great midweek meal since it takes a short time to prepare. The chicken skin crisps up nicely, but the thighs are juicy and tender. This has become a favourite recipe in our house and would work well alongside the potato rösti on page XXX. This recipe is best made in a basket air fryer, but you could also cook it in an ovenproof dish in an oven-style air fryer.



- 4 large chicken thighs, skin on
- 50g (1½oz) cooking chorizo, cut into 5mm (¼in) slices
- 1 red onion, peeled and cut into wedges
- 1 red (bell) pepper, deseeded and cut into 5mm (¼in) strips
- 4 garlic cloves, thickly sliced
- 2 tsp rosemary, finely chopped
- pinch of saffron, soaked in 1 tsp boiling water
- 1 tsp smoked paprika
- 1 tbsp extra virgin olive oil
- sea salt and freshly ground black pepper
- lemon wedges, to serve

Preheat the air fryer to 200°C (400°F).

In a large bowl, mix all of the ingredients together, ensuring the chicken is well coated in the herbs and spices. Season well with salt and pepper.

Tip the chorizo and vegetables into the basket of the air fryer, then place the chicken thighs, skin-side up, on top.

Cook for 20 minutes until the skin is crispy and the chicken is cooked through. Check the juices run clear when the chicken is pierced with a sharp knife.

Serves 2
Prep 10 mins
Cook 20 mins





Foolproof Roasting Pan

60 Effortless One-Pan Recipes Packed with Flavour

Sue Quinn

April 2023 | Hardcover | CKB070000
\$20.99 | 9781787139817
144 Pages | 6¼ x 8¼ in
Full-color Photography

One roasting tray, one complete meal—no fuss, and minimal clean up!

[View on Edelweiss](#)



Foolproof BBQ
9781787136717
\$19.99 | Hardcover



Foolproof Veggie One-Pot
9781787138360
\$20.99 | Hardcover

With convenience and budget in mind, *Foolproof Roasting Pan* offers delicious, imaginative recipes for every meal of the day, all in one pan. Try Berry and Banana Breakfast Traybake, Lime-roasted Squash with Lentils, Ricotta and Basil Oil, or Lamb with Harissa and Sweet Potato Mash.

With straightforward instructions, easy-to-find ingredients, and no-nonsense tips for getting the most flavor out of your cooking, not only will you have everyday meal solutions, but less hassle and mess in the kitchen too.

Sue Quinn is an award-winning food writer, cookbook author, and journalist. Her articles and recipes regularly appear in the UK's leading food publications including *delicious* and *BBC Good Food* magazines. She won the Fortnum & Mason's Online Food Writer Award in 2016.

- Foolproof recipes that are straightforward, yet delicious
- One pan cookbooks continue to be on trend, especially as people are looking for economical solutions to cooking nutritious meals from scratch



POTATO RÖSTI WITH SMOKED HAM AND EGGS

Just a handful of humble ingredients come together here for a joyous lunch (or even breakfast) that's far easier to make in a roasting pan than in a frying pan. As ever, keep your eyes glued to the eggs as they bake: all ovens are different and you want the yolks to spill their loveliness over the rösti when you cut into them, not require a carving knife.

3 tbsp duck or goose fat, or olive oil
4 medium waxy potatoes,
about 180g (6½oz) each
4 thick slices of smoked ham,
about 40g (1½oz) each, chopped
sea salt flakes and freshly ground
black pepper
4 large eggs

Preheat the oven to 200°C/400°F. Place the fat or olive oil in a 30 x 20 x 5cm (8 x 12 x 2in) roasting pan to melt and/or get hot.

Grate the potatoes into a bowl – you can peel them if you like, but the skin adds flavour. Add the ham, season with salt and pepper and mix well.

Spoon 4 mounds of potato into the prepared roasting pan, and gently spread into circles, about 1.5cm high. Spoon a little of the hot fat or oil over the top of each one. Roast for 30 minutes, or until golden at the edges and beginning to turn brown on top.

Make an indentation in each rösti with the back of a soup spoon and crack in an egg. Return to the oven for a further 6–8 minutes, or until the whites are just set and the yolks are still runny. Serve immediately.

Makes 4
Prep 5–10 mins
Roast 38–40 mins

42 *Shutterstock.com*

POLENTA SLICES WITH BLACKBERRIES AND APPLE

250g (1 cup plus 2 tbsp) unsalted
butter, softened, plus extra
for greasing
160g (scant 1½ cups) ground almonds
160g (1 cup) fine polenta or semolina/
cornmeal (it must be finely ground)
160g (scant 1½ cups) self-raising
(self-rising) flour
2 tsp baking powder
pinch of salt
250g (generous 1½ cups) golden caster
(unrefined superfine) sugar
4 large eggs, lightly beaten
finely grated zest and juice of 2 lemons
350g (12oz) eating apples
3 tbsp milk
150g (generous 1 cup) blackberries

This is a slab of gorgeousness: tender chunks of apple in a buttery, lemony cake and studded with juicy berries. It can make a lovely pudding served with lightly whipped cream. Or pack it for a picnic.

Preheat the oven to 180°C/350°F. Line a 30 x 20 x 5cm (8 x 12 x 2in) roasting pan with foil so that it overhangs the sides. You will probably need to use two sheets, one lengthways and one crossways. Butter the foil well.

Whisk the almonds, polenta or semolina, flour, baking powder and salt together in a bowl and set aside. Beat the butter and sugar together in another bowl, ideally with an electric beater until light and fluffy. Slowly beat in the eggs and lemon zest.

Peel, core and chop the apples into 5mm (¼in) cubes, transferring to a bowl and tossing with a little of the lemon juice as you go to prevent them discolouring.

Gradually stir the flour mixture into the eggs and butter mixture, alternating with the lemon juice and milk, to make a smooth batter. Fold in the apples.

Scrape the mixture into the prepared tray and smooth the top with a spatula. Press the blackberries into the top, pushing them down well.

Bake for 30 minutes until a skewer pushed into the centre comes out clean. Cool in the tray, then cut into 12 large squares.



Makes 12
Prep 20 mins
Bake 30 mins, plus
cooling



Craft



Sewing the Curve

Learn How to Sew Clothes to Boost Your Wardrobe

Jenny Rushmore

October 2023 | Flexibound | CRA035000

\$39.00 | 9781837830763

192 Pages | 7¼ x 9¼ in

Full-color Photography and Illustrations

[View on Edelweiss](#)



Ahead of the Curve

9781787136304

\$37.00 | Paperback

Learn to sew a wardrobe of confidence-boosting clothes with *Sewing the Curve*, even if you've never picked up a needle before!

When you're curvy or plus size, it can be hard finding clothes that fit well and express your personality—but learning to sew can also be intimidating, especially if you're not in the size range of most beginner sewing patterns. Jenny will have you sewing fantastic clothes—that fit!—in no time, with 6 full-size sewing patterns (US size 12–32) including a wrap skirt, swing dress, quilted jacket, and knit pants.

Start with core skills, from threading a sewing machine, to understanding sewing patterns, and measuring yourself accurately, and then once you've mastered the basic techniques, learn how to put them to the test, and sew your first garment—one you will love to wear.

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

- An entry level guide to sewing your own curvy clothes
- Featuring 6 scalable patterns in sizes sizes 12–32 and cup sizes C–H, plus variations to create multiple garments
- Packed with essential sewing tips, from measuring yourself and choosing fabrics, to batch sewing and fitting as you go

Get Ready to Sew

Almost all garment sewing consists of five actions: joining pieces of fabric with straight or curved lines of stitches, pressing the fabric, adding shape to the fabric with features like darts, finishing the edges of the fabric, and adding fastenings like buttons or zippers. Once you learn this set of skills, you can sew everything in this book, and many – if not most! – other sewing patterns, too.

This chapter will take you through each of these steps in detail, teaching you the most common skills you need for each step, and preparing you to sew the 6 garments included in the book. You can either work through this chapter and practice the skills, and then tackle the garments, or you can start with a garment and refer back to the techniques as needed (look out for the <S> icon to indicate it's covered in the skills section). Each skill also has a video on our website to help provide even more guidance – go to cashmerette.com/learntosew.

But, before we jump into actual sewing, there are two important things to learn first: using your sewing machine and cutting and marking fabrics.

Using your sewing machine

To prepare for sewing, you need to insert a needle, thread your machine, put on the correct presser foot, set it to the stitch type you want, and practice on a scrap of fabric.

Before starting, find the manual that came with your machine, and consult it as you read through: it will explain the specifics of these steps for your machine.

INSERT THE NEEDLE

A universal needle will work for most projects, but for knits you should use a ballpoint, stretch or jersey needle, and you should also change out your needles regularly to keep them sharp. Most machines come with a small screwdriver that you use to loosen the needle housing, slip out the old needle, and put the new one in before tightening again.

ATTACH THE PRESSER FOOT

Make sure you have the right presser foot attached to the sewing machine, and if you don't, keep it out (your manual will show you how). Typically, you will want a "standard" foot for a straight stitch; for a zigzag, you need to make sure the presser foot has a wider opening; for a buttonhole, you'll need the buttonhole foot. There is a lever that moves the presser foot up and down – make sure it's up when you thread the machine and down when you're sewing.



Ardley Pants





Winter Celebrations

A Modern Guide to a Handmade Christmas

Arounna Khounnoraj

September 2023 | Hardcover | CRA034000
\$29.99 | 9781837830664
160 Pages | 7¼ x 9¾ in
Full-color Photography and Illustrations

***Winter Celebrations* is a celebration of the festive season through craft, featuring a beautiful collections of over 33 decorations and gifts that draw upon Arounna Khounnoraj's natural aesthetic.**

In this ultimate maker's guide to the festive season, Arounna will cover a variety of different crafts from embroidery, block printing, sewing, and pottery, through the 33 projects learn how to make your own wrapping paper, cards, paper garlands, and more.

Designed with sustainability in mind, the projects will teach you how to think innovatively and reusing whatever materials you might have to hand, including found and natural objects. There will also be an emphasis on techniques that don't require a lot of tools or equipment, as well as projects that can be achieved in a short amount of time.

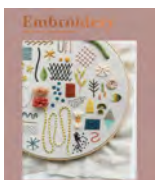
Arounna Khounnoraj is a Canadian artist and maker based in Toronto, where she emigrated with her family from Laos at the age of four. In 2002 she started Bookhou, a multi-disciplinary studio with her husband John Booth, together they explore a variety of printing and embroidery techniques through making utilitarian objects such as bags, home goods, and textiles.

- The ultimate modern, practical book that will show you how to create your own handmade Christmas
- Over 20 projects for decorations and gifts with a focus on sustainability and natural crafting
- A variety of beginner-level projects in various craft disciplines makes this an accessible project book for makers of all levels

[View on Edelweiss](#)



Visible Mending
9781787136106
\$22.99 | Paperback - with flaps



Embroidery
9781787138315
\$22.99 | Paperback - with flaps

Paper Garland

A garland is a lovely way to decorate a doorway, mantle, ceiling or wall. And every time you put it up it always seems new, taking on new shapes and patterns as it hangs in different ways. I especially like this one because of its botanical reference – it reminds me of a little bit of ivy. I decided to use wire instead of string because I like that you can bend and manipulate how the piece hangs and moves. The leaves on this garland are all the same but have a nice organic feel due to the twisting of the wire support. And they are really easy to make with simple repeated folds. You can make them colourful with different papers if you like, although I prefer quiet tones that always work well with other decorations in the room.

WHAT YOU NEED

Template on page XXX

Pencil

Cardboard (such as a cereal box)

Paper scissors

25 x 25 cm (10 x 10 in) of kraft paper for each leaf

38 cm (15 in) of 24 gauge copper wire

for each leaf

Wire cutters

Paper glue stick

Nails and hammer for hanging

Tips

— I used kraft paper to make the leaf shapes on the garland. When you cut paper for folding make sure that you know which direction the grain of the paper is going – you will find that it is much easier to fold paper with the grain. If you slightly bend the paper and you don't feel resistance and it bends easily that means your folds are going with the grain. This will determine the direction you should place your template.

— You can also use wrapping paper or wallpaper to create this project.



Small Patchwork Pouch

Patchwork is one of my favourite ways of making bags and personal items. Even the smallest of pouches can have a modern and artisanal look. These small, curved pouches are made from fabric remnants and are quite versatile – the added wristlet makes them so easy to wear as a small wallet, but they are equally useful as a pouch for all your small odds and ends to help keep your bag or luggage organized. I begin patching in an improvisational way – I don't have a specific pattern or intention in mind, which makes the process very freeing.

WHAT YOU NEED

Selection of fabric remnants in assorted colours

Sewing machine with thread to coordinate with fabric colours

Template on page XXX

Pencil

Scissors

15 x 20 cm (6 x 8 in) of linen fabric for the back

30 x 20 cm (12 x 8 in) of cotton twill lining fabric

23 cm (9 in) metal zipper

Pin

1 x 33 cm (1/4 x 13 in) leather strip for wristlet

Rivet hole punch

Rivet

Hammer





Macramé Accessories

A Modern Guide to Knotting Accessories

Fanny Zedenius

June 2023 | Paperback - with flaps | CRA055000
\$24.99 | 9781787139152
144 Pages | 7¾ x 9¾ in
Full-color Photography

[View on Edelweiss](#)



Macramé
9781849499408
\$17.99 | Paperback - with flaps

Fanny Zedenius is back and taking on the world of macramé accessories.

Learn how to knot, wear, and style 23 simple projects with *Macramé Accessories*, from necklaces to cushions, skirts, hair accessories, a lantern, and more. Fanny will show you how to master all the knots featured throughout this book through clear step-by-step illustrations, charts, and instructions, demystifying this ancient craft.

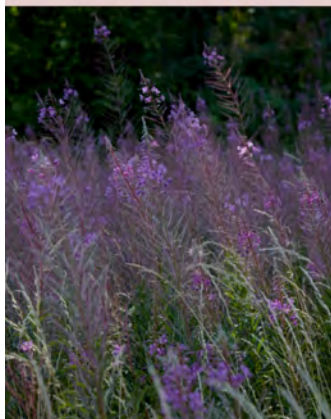
Discover different materials you can use beyond rope to help expand your knotting experience. Packed with stunning lifestyle photography that draws on Fanny's signature Scandi style, this book is indispensable whether you are a beginner, or looking for new knotting challenge to tackle.

Take your craft further with *Macramé Accessories*, and knot stylish projects for yourself and your home.

Fanny Zedenius is a fiber artist and the creative mind behind the popular Instagram account Createaholic. In 2015 Fanny opened a webshop from which she sells her designs all over the world. She hosts macramé workshops throughout Sweden where she teaches others how to master this addictive craft.

- Fanny's profile has continued to grow and she has amassed a large dedicated following who love her designs and want more patterns
- Macramé remains a popular craft of choice since it first reemerged in 2006

Cipher Necklace



This is one of my favorite accessories I've ever made. The combination of colours, bamboo and cotton and the mix of vertical and horizontal diagonal half hitches – there's just something about this necklace that I love. The design reminds me somehow of a cipher message – why not pretend that it's just what it is!



KNOTS AND TECHNIQUES

Square Knot (SQ) page 52
Diagonal Double Half Hitch (DDHH) page XX
Continuous Lark's Head Knot (CLHK) page XX
Holding cord ends in a row of Double Half Hitches page XX
Square Knot Sling (SKS) page XX
Overhand Knot (OK) page XX

YOU WILL NEED

100 cm (40 in) of metal ring, thick enough to keep in shape and not bend too easily
Wire cutters
Tape measure
Scissors
2.8 m (9 ft) of 2 mm (3/16 in) pink bamboo string (or 3 mm (1/8 in) string separated in two)
9.6 m (31 ft) of 2 mm (3/16 in) yellow bamboo string (or 3 mm (1/8 in) string separated in two)
2.3 m (7 ft) of 2 mm (3/16 in) white bamboo string (or 3 mm (1/8 in) string separated in two)
Small tapestry needle or Forceps (or similar)

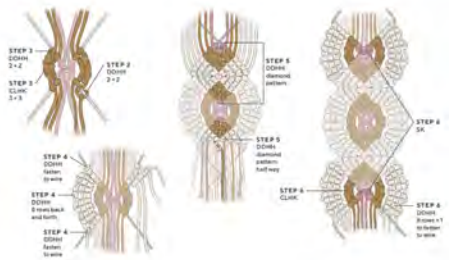
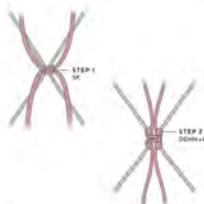
TIPS

To get a thin bamboo string I doubled a 3 mm (1/8 in) strand in two, by connecting it to around the fibres and then gently sliding the string in half. Another option could be to use combed/braided yarn (such as Omega Pirella mechanical cotton), which has a similar diam. and then double or triple each strand to get the right thickness.



Instructions

- STEP 1**
Cut two wires, each 60 cm (24 in) long. These will act as filler cords in your headband to give it a good shape. Cut two 1.8 m (70 in) strands of the 2 mm (3/16 in) pink string. Lay the wires across each other so that their middle points meet and then use the pink strands to tie a square knot (SQ) around the crossing. This will be the middle of your headband. Make sure the ends of the pink strands are equally long once the knot is tightened.
- STEP 2**
Take the ends of the pink strands and tie one diagonal double half hitch (DDHH) with each and around the wire.



- STEP 3**
Cut two 2 m (79 in) strands and two 2.8 m (110 in) strands of the 2 mm (3/16 in) yellow string. Use the 2 m (79 in) strands to tie two diagonal double half hitches around the wire, placed next to the upper pink diagonal double half hitch with the ends equally long. Then do the same with the 2.8 m (110 in) strands. Take the ends of the yellow strands and tie a series of three continuous lark's head knots (CLHK) on each side. Then fasten the ends into the wire below using diagonal double half hitches.
- STEP 4**
Of the white string, cut two 5 m (197 in) strands, two 2.8 m (110 in) strands, two 2.2 m (89 in) strands, and two 1.5 m (59 in) strands. Fasten the 5 m (197 in) strands next to the upper yellow knots using diagonal double half hitches. Try to make the lower ends about 20 cm (8 in) longer than the upper ends. Then continue the same way with the 2.8 m (110 in) strands, then the 2.2 m (89 in) strands, and finally the 1.5 m (59 in) strands, also making the lower ends 20 cm (8 in) longer. Take the white strands closest to the middle and use them as filler cords to tie a row of three diagonal double half hitches on each side going outwards. Continue with 7 more rows, bending the filler cord back and forth. Once you have 8 rows, fasten the strands to the wire using diagonal double half hitches.
- STEP 5**
To make sure the knots don't move around on the wires, bend the wires inwardly right after the diagonal double half hitches and cross the two wires on each side of the knots. Now tie a diamond pattern of diagonal double half hitches on each side of the headband. Start with the first half of both diamonds (three rows underneath the knots around the wire), leaving the filler cord and last working cord loose on each new row. Then continue with the second half of the diamonds, finishing with diagonal double half hitches around the wires.
- STEP 6**
Tie square knots around the wire crossings on each side using the pink strands and then fasten them to the wires with diagonal double half hitches. Use the yellow strands to tie two more series of three continuous lark's head knots before you fasten them on the wires once more. Then take the white strands and tie 8 more rows of diagonal double half hitches, going back and forth, before you fasten these to the wires.



Sew Your Own Scandi Wardrobe

Oda Stormoen and Kristin Vaag

October 2023 | Hardcover | CRA035000

\$29.99 | 9781837831081

224 Pages | 7¾ x 9¾ in

Full-color Photography

[View on Edelweiss](#)



9 781837 831081

The best garments in your closet are ones you want to wear over and over again. Clothing should make you feel comfortable and confident and reflects who you are as a person. *Sew Your Own Scandi Wardrobe* will show you how you can sew your own capsule closet full of staple garments made to last.

The core designs can be combined to form a multitude of outfits, that can be worn for everyday life as well as special occasions. Featuring 22 designs, with suggestions on adjustments and variations that enable you to create and design garments that suit your style and expression.

Packed with stunning fashion photography, *Sew Your Own Scandi Wardrobe* will inspire and offer you techniques and tips for easy ways to get started and succeed with sewing, both as a beginner and advanced sewer.

Oda Stormoen and **Kristin Vaag** set up Flid in Fall 2020 to help more people make, repair and create their own favorite garments. By offering modern sewing patterns, guidance, and inspiration, with a focus on creative joy and good design, they hope to inspire conscious clothing consumption and good sewing experiences.

- Scandi-style dressmaking book for beginner to intermediate level sewers
- Sew your own capsule wardrobe with 22 designs to enjoy
- Womenswear sizes US 1–20



Vanskelighetsgrad ●●●●●

Visste du at jumpsuiten har sin opprinnelse fra antrekket falkeskjermhoppere bruker når de hopper ut av fly? Det ligger jo i navnet. Jumpsuit for kvinner ble først introdusert i motebildet i 1930-årene og har senere blitt lansert i en rekke former og varianter. Jumpsuiten har utviklet seg fra å være et statementplagg som kun de mest vågale turte å bruke, til å bli et plagg som mange har flere eksemplarer av i garderoben. Vi elsker hvordan jumpsuiten representerer et fullverdig antrekk i ett og samme plagg. Med sneakers blir den en behagelig hverdagsdrakt, mens med høye hæler er du plutselig klar for fest.

Jumpsuit

Du trenger

Stoff

Tabellen på side 17 viser hvor mye stoff du trenger til grunnmønsteret for form-sydd overdel og bukse i din størrelse. Når du skal beregne stoffbehovet, må du i tillegg ta hensyn til eventuelle tilpassinger, variasjoner og deler du tegner selv.

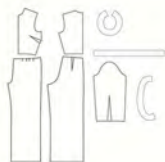
Tilbehør

- Viselin til belegg og linning
- Skjult glidelås (minimum 60 cm)

Stofftips

Vi synes jumpsuiten er fin i lin eller litt tykkere bomull. Andre gode alternativer kan være crepe og denim.

147



Mønsterdeler

MØNSTERDEL	KLIPPEVEILEDNING
Åpen ermer	Med ermer
Formsydd overdel forstykket	Klipp 1 mot brett
Formsydd overdel bakstykket	Klipp 2 – legg til sammen langs midtlinjen
Bukse forstykket	Klipp 2
Bukse bakstykket	Klipp 2
Linning ^a	Klipp 1 + 1 i viselin
Formsydd overdel ermer	Klipp 2
Belegg hals ^a	Klipp 1 mot brett + 1 mot brett i viselin
Belegg ermehull ^a	Klipp 2 + 2 i viselin

Tegn selv

Belegg

Du må tegne et 6 cm bredt belegg til halsåpning og eventuelt ermehull dersom du velger å sy varianten uten ermer. Se fremgangsmåte for å tegne belegg på side 106.

Linning

Du skal sy inn en linning mellom overdel og bukse. Denne skal være 6 cm høy og like bred som lengden langs øvre kant på bukse / nederkant på overdel etter at legg og innsett er sydd. Dersom du måler dette på manstredene, må du huske å ekskludere bredden på innsett, legg og sømrom. Du kan alternativt vente med å måle og klippe linningen til de øvrige delene er sydd sammen, for å treffe eksakt på mål.



Variasjonsmuligheter

Halsåpning

Jumpsuiten kan varieres med ulike halsåpninger. Se side 242 for hvordan du kan lage ulike halsåpninger.

Ermer

Dersom du skal sy varianten med ermer, kan du også endre fasetingen på ermene som vist på side 238. Vår designfavoritt er å sette ermene ved albueleddet og legge til volum i bredden.

Knyttébånd eller belte

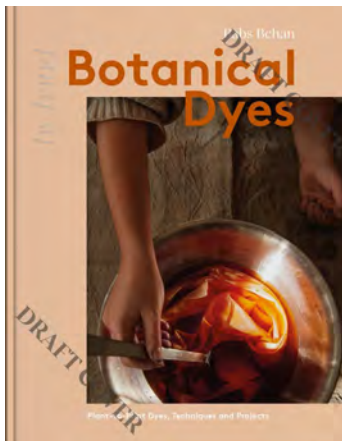
Du kan sy beltestropper på jumpsuiten og bruke den med et matchende belte eller knyttébånd. Vi har sydd knyttébånd og festet 4 beltestropper. Se side 232 – 236 for fremgangsmåte.

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149



Home & Lifestyle



Botanical Dyes

Plant-to-Print Techniques and Tips

Babs Behan

August 2023 | Hardcover | CRA007000

\$22.99 | 9781837830305

144 Pages | 6¼ x 8¼ in

Full-color Photography

[View on Edelweiss](#)



***Botanical Dyes* features recipes and top tips on everything you need to know to make your own natural dyes.**

The process of turning plants into print can help you reconnect with nature, find a creative outlet and develop a mindful sense of presence. It also promotes an awareness of sustainable practices and how to reduce our impact on the planet.

Extracting from and updating her book *Botanical Inks*, Babs talks the home crafter through everything from foraging for dyes, making mordants, creating an array of colors and then putting your new knowledge to the text through some simple projects.

With more than 10 dye recipes, clear step-by-step instructions, troubleshooting tips, and explanations of what works and why, *Botanical Dyes* is the accessible handbook that modern makers everywhere have been waiting for.

Babs Behan is the founder of Botanical Inks—an artisan natural dye studio based in Bristol. Her work ranges from natural dyeing for textiles, clothing, and paper products, to surface application techniques, including Shibori tie-dyeing, bundle dyeing with flowers, and block printing.

- Explores an on-trend craft that's part of the 'slow-living' movement
- Will appeal to people interested in foraging and sustainable practices
- A comprehensive guide that covers making the dyes and application techniques

common hawthorne. (*crataegus monogyna*)

The beauty of this dye for me is not only the colour, but my relationship to the plant and its fruits and flowers, as a Hawthorne. The gentle lovely, warm colours, synonymous with the herbal actives, it offers a beautiful experience for the body and for the artist.

One of our ancient native trees here in the British Isles and found commonly across Europe and North America as a hedgerow plant. Blooming in May hence its other name (Maythorn). Hawthorn is a crossbreed of a hawthorn and when found with Ash and Oak, meant to be a pack of Baylors. The flowers are part of the reason why this tree is considered protective and would be gathered and brought into the home as a protective amulet each year. The five petal pentagon of the flowers is also said to be a magical symbol.

This tree is very much linked to May Day or Beltane, the festival of fertility here in Britain. The flowers May Flowers would be used to be in bloom on May Day but the calendar was revised in 1752, bringing May 1st forward by 13 days and taking the seasonal dyes out of sync with the calendar. The fragrance of the flowers was thought to transport a once to another state of being, perhaps more connected to the heart and fertility.

colour

Beautiful dusty rose pinks from light to deeper shades on cellulose and more orangey colours on protein fibres.

ports used

The whole hawthorn can be used, including leaves, flowers and berries.

where

Commonly found in hedgerows throughout Europe and North America. Always harvest in a way that is kind to the tree to plant, and don't over-harvest.

Can be growing found in abundance and easily harvested to trim back the tree without doing harm.

medicinal use

Only *Crataegus oxyacantha* and *C. monogyna* can be used medicinally. Hawthorn berries are one of the most important natural heart and circulatory tonics in traditional herbal medicine. Normalises both high and low blood pressure, with a regulating action on the heart, improving overall heart function and supporting a weak or damaged heart, both physically and emotionally. Combats the stress and heart tension, nervous heart problems, irregular heartbeat and other heart ailments and conditions.

mordants/modifiers

Mordant with alum for brighter and deeper colours. The tannin in the branches and leaves will help, but the colour to the center connected to a substantive dye and an additional mordant is therefore not necessary.

ph

Use an alkali solution to shift colours into deeper darker shades.

recipe

Chop the branches, leaves, twigs and berries into small chunks and cover with water. If you rankles them to soak for a day or two the water will soften the matter and allow colour to release more easily. Boil for 2-3 hours. Label overnight and fold again for an hour or two the next day to release the most colour before removing plant material from the dye water and adding your fibres. Protein fibres can be gently simmered for an hour while cellulose can be boiled for longer and of greater depth of colour is reached. Option to leave in the dye bath overnight to cool and for deeper saturation.

fastness

Good fastness, improved with a mordant.



96 dye colours

clutch extract. (*acacia catechu*)

The Acacia tree is a long revered being, whose spirit calls for wisdom, fortitude and purity. In some traditional rituals the plant's evergreen leaves are said to represent immortality. It is used to build temples throughout Asia and some historians suggest that this sacred wood may have been the Tree Of Life and the Burning Bush of the Bible. It is burned in sacred rituals in the Tantric East and for cleansing, space of malignant energies in Tibet. With this in mind, you may enjoy working with this dye to transform your clothing and textiles into empowering and supportive amulets.

colours

Fairly common shades of beige to light chestnut brown (longer dye times lead to pink shades).

ingredients:

Acacia catechu

Heartwood of cutch tree

info/about

The heartwood of the cutch tree from the region of the same name in Gujarat, India, named after the most important dyestuff. The name describes the colour of the earth here which is the colour given by the dye. A khaki, which has been used to colour the army's uniforms as it creates camouflage in the landscapes so that one is hidden from a despotic. The extractiveness is to "wash" or "soil". Cutch contains the natural dye chromatic catechu along with tannic acid which acts as both a dye and a mordant.

herbal and traditional uses

Cutch has been used for centuries as a medicine for purifying the blood, and as a skin-renewing herb. In Ayurvedic medicine, cutch is used for its astringent qualities, as well as its mild laxative health. Traditional recipes for psoriasis in France and Italy. It is also used in South Asian cooking of paan (mints and gulab). Its high tannin content has led to its usage of tanning leather hides. Since the early 19th century cutch was preferred for tanning animal hides as it was less expensive than other tanning materials such as oak tannin.

recipes:

15% WOF to dye a light cinnamon

20% WOF to dye a light chestnut brown

30% WOF to dye a medium chestnut brown

Put the required amount of powder in a bowl, add a few drops of boiling water to make a paste. As it is a heartwood material, it is a little viscous and will take a little extra work to smooth out lumps and dissolve properly into a solution. Once smooth, add a few more tea spoons of boiling water to make a mix.

To make a dye, add enough hot water to create the space required for your fibres to move around freely in. Add fibres and heat for 30-60 mins until the desired depth of colour is achieved. Leave to subside overnight for deeper shades. Remove and wash, rinse, dry. Refer botanical ink book for further info on dyeing instructions for cellulose/protein fibres, mordanting etc.

Have a few extra aims to dye lighter shades in your natural bath as fibres will be plenty of dye still available after the first batch for several more.

fastness

High colour fastness

mordants/modifiers:

Pre-mordant with alum for caramel tones

After-mordant with 2% WOF iron for deeper browns

Alkalines such as soda ash will shift colours to pink/red shades.

Mixed with other natural dyes to expand a colour range of browns

Over-dye with indigo for a grey green

ph sensitivity

Very stable.

origin:

Found in India, Gujarat, India

(Cutch is common to most parts of India, Burma, Indonesia and Persia.)

Produced using systems approved by the Global Organic Textile Standard (GOTS 4.0)



[View on Edelweiss](#)



Wreaths

Fresh, Foraged & Dried Floral
Arrangements

Terri Chandler and Katie Smyth

September 2023 | Hardcover | CRA010000
\$22.99 | 9781837830770
144 Pages | 6¼ x 8¼ in
Full-color Photography

***Wreaths* explores the art of creating wonderful floral pieces, to gift or keep, through a collection of 18 beautiful and natural designs. Learn how to play around with color, foliage, texture and architectural forms with a craft that is no longer just for Christmas.**

Packed with ideas, skills, and techniques, Katie and Terri will inspire you to bring a touch of nature indoors as they offer a fresh and modern approach to wreath design. Going beyond the traditional shapes, this book will equip you with the know-how to create impressive statement pieces, tropical and dried wreaths, as well as beautiful garlands and a late summer chandelier.

Presented through exquisite photography and step-by-step instructions, *Wreaths* shows how best to maintain and display these botanical creations in your home.

Katie Smyth and **Terri Chandler** make up WORM London. They quit their jobs after feeling stuck in a rut and started up a flower business, designing flowers for weddings, supper clubs, and parties. They also work as flower stylists for magazines, book and TV shoots.

- Wreaths have become a key addition to interiors design and are heavily featured on Instagram
- Not just for Christmas, wreaths are now being made in all the seasons with courses running throughout the year
- Featuring 18 designs for wreaths, garlands, mobiles, an impressive flower wall, and more

basic wreath shape

This is very straightforward. The vine is really malleable (we used a clematis vine here) and can be bent into a wreath shape very easily.

You may want to loop the vine around itself a few times, depending on how thick the vine is and how you would like it to look. For thick vines, just one loop with a small overlap to fix the ends together is usually sufficient; for thin, delicate vines, use three or four loops to ensure that it feels sturdy. For extra security bind together with a short piece of twine.

1 Use secateurs to cut the vine to the length that you need.

2 Begin by bending the vine into the size you want the wreath to be, and then start to weave the vine around itself once or twice to give a rough circle shape (it doesn't have to be a perfect circle).

3 Using twine or binding wire, tie the vine together tightly at three or four points around the circle to make sure it is completely secure. Weave in the end to conceal it and stop it from poking out.

4 Snip off any excess twine.

create an organic wreath shape from a plant vine

MATERIALS

One plant vine: the length depends on how big you want the wreath to be, and how thick the vine is

Secateurs

Twine or roll of binding wire

Small scissors or florist's scissors

TIP

You can keep the pieces of vine that you cut off at the start and use them to make a miniature wreath or the base of a mobile.



FRESH

FRESH

wild spring wreath

a little patch of wild garden indoors

Without a doubt spring is one of the most wonderful times of year. It is hard to beat that feeling you get when the flowers and trees start to bloom, and you know that there are many months ahead of being able to use all your favourite flowers. As florists, we always have to get up early, and the cold, dark winter mornings make this particularly hard. But when the season starts to change, the weather gets warmer and the days brighten it makes being up with the dawn a much nicer and easier experience.

We love the concept of a seasonal wreath: the idea that you can celebrate any season and the fact that this brings you a little closer to nature and the ever-changing world around you. You can go for a walk, take a few cuttings and make a wreath that really reflects and celebrates what is growing around you.

This is a really simple project and the base can be used again and again. As the fresh flowers won't be kept in water, it is best used for a gathering or special occasion. The upside of this is that you can make it look different every time. The willow pre-made wreath base is treated with varnish and looks attractive in its own right, so there is no need to cover the whole shape if you prefer not to.

This wreath will brighten up any space, bringing a little patch of wild garden inside. It also works well hanging in the hallway, giving the feeling that you have brought a piece of springtime with you into your home.



FRESH

FRESH



[View on Edelweiss](#)



Oh My Gosh, I Love Your Shoes

A Decade of Head-turning Heels

Sophia Webster

September 2023 | Hardcover | BIO035000
\$55.00 | 9781787139275
352 Pages | 7½ x 9¾ in
Full-color Photography and Illustrations

Artist. Entrepreneur. Mum. Bosslady.

Leading British shoe designer Sophia Webster is known for her sense of fun, playful, and feminine touches—but less well known is the story behind the shoes, and how Sophia juggled a fledgling business with a young family, turning her love of drawing into a renowned brand.

Celebrating a decade of head-turning heels, *Oh My Gosh, I Love Your Shoes* is an inspiring, uplifting showcase of Sophia's remarkable shoes, inspiration, and expertise. Gathering together the stories and learnings behind Sophia's most cherished designs, it's also a celebration of the many famous feet who have worn Sophia's shoes on red carpets all over the world—from Taylor Swift to Beyoncé, Gwen Stefani, and Michelle Obama.

British luxury accessories designer **Sophia Webster** founded her eponymous label in 2012. A graduate from the London College of Fashion and The Royal College of Art, Sophia has become internationally renowned for her unique, creative, and uplifting designs. Sophia lives in East London with her husband Bobby and their five children.

- Sophia Webster's shoes are stocked widely throughout the US—in Bloomingdale's, Neiman Marcus, and Bergdorf Goodman
- A stunning package, with a bold, eye-catching jacket, and vibrant sprayed edges

She who leaves a trail of glitter is never forgotten.



16 • Finding My Feet



My Nanmy Peggy shopped how I think about beauty. She grew up in the thirties and was definitely not short of attention and admirers. When my mum dropped me to her before school she wouldn't answer the door until she had put her make up on. Nan would make an effort to look glamorous, even if she was just peeling potatoes.

As a girl I used to sneak upstairs and sit at her dressing-table, trying lipsticks, shimmery shadows, and rouge, so she called it. Nanmy Peggy had cupboards and drawers full of make-up, not varnishes, creams, potions, and perfumes. I'd go downstairs with make-up all over my poker face and act as if nothing had happened. One of my favourite things she used to let me do was pick rose petals from their garden and find a little glass bottle to put them in to make perfume. She had lots of beauty tricks, like covering her hands with cold cream and sleeping with gloves on. And she swore putting egg yolk on her hair made it extra shiny.

Even Nan's slippers were glamorous, peep-toe fluffy mules with a little wedge



heel. My Mum always says whenever I design a fluffy mule, like my Char design, it reminds her of Nan's slippers. One time, Nanmy went to one of the outlet shopping villages and bought a new pair of sparkly shoes. She was really excited to tell us about them as my Grandad Harry had to recall the brand name. He was sure it started with a "V".

"Versace?" my sister asked excitedly.

"Yes, yes, I think that's it," Nan replied, delighted that her granddaughters were so impressed with her new sparkly shoes. We had made her day! She skipped upstairs to rummage in her wardrobe and came back a few moments later and modelled them for us, scuntering around her tiny dining room. I noticed the brand name on the box did begin with a V but I had never heard of it. My sister and I gave each other a knowing look. A collective agreement that neither of us would burst Nanmy's bubble and we would let her continue basking in the bliss of buying a fancy bargain. From then on Nan saved those shoes for "best" and they were referred to by all as her "designer ones."

Finding My Feet • 17



Kosika

A major inspiration for the Spring/Summer '16 show was the scene in cult film *American Beauty*, where rose petals fall from the sky in a dream sequence. I designed a cloud-like, super extreme platform with rose petals captured mid-fall.

We tried a lot of worn-out, muppire and came up against problems after problem with the material of the petals, colour-matching, fabric fraying, and more. We had started working with an additional designer to help for this group of rose-petal shoes but they were not keen to make the glass platform for us, and take on the problems of problem that came with the extravagant design. We made tell problems to them that we would get them directly up on the earlier stages and in turn they agreed to make one pair of platform. They weren't most pleased when only one of the additional designs made it through to production - a polka-dot shoe with a glass rose-petal sole and lining. We were hopeful that the well-thought would be great and we could fulfil long-quantified for them the following season, as it turned out the entire center of that show was stolen in



traced from the Italian factory to the shipping facility and the shoes never made it into the stores. They did rather beautifully, so it was a bit of a bummer. I was happy to say, that factory were not interested in working with us again.

The platform that caused all this drama were worn in the show by one of my favourite models - Britains - standing next to a giant dandelion. Anna Simola wore them for a photograph and we even quoted the saying in them to her "Dance" music video!



Head in the Clouds • 18



[View on Edelweiss](#)



Wild Isle Style

Resourceful, Original And Inventive Design Ideas

Banjo Beale

October 2023 | Hardcover | HOM003000

\$32.50 | 9781837830435

224 Pages | 7½ x 9½ in

Full-color Photography

Living on the remote island of Mull has inspired Banjo to be resourceful and inventive in his design outlook. With sustainability and budget in mind, he combines vintage finds with clever design and re-purposes the old. His spaces are characterful, curated, and eco-conscious.

In *Wild Isle Style*, Banjo wants to give people the confidence to give design a go and create their own signature style. No matter your style, from budget bougie to boho, nouveau, or deco, this book will uncover universal ideas that you can easily implement into your home design. It's an accessible roadmap to creating authentic, sustainable, and cost-effective interiors.

Including interviews with collectors, sellers, and makers, *Wild Isle Style* gives you permission to have fun with your interiors, to turn shopping into an adventure and help you reclaim your home and your budget.

Banjo Beale is an interior designer who won the BBC1 series *Interior Design Masters* in 2022. He has worked on many interior projects since winning the show, as well as collaborating with John Lewis and Etsy on sustainability. Banjo is a judge on Scotland's *Home of the Year* and has his own BBC2 series, *Designing the Hebrides*, coming out in 2023.

- Banjo was the obvious winner from the start on series 3 of *Interior Design Masters*, with 4 million people watching the show
- Banjo's warmth, wit and creativity emanate from every page, making his clever, budget-friendly, and sustainable advice accessible to all



wild

Unruly.
Natural.
Foraged.

6

isle

Resourceful.
Local.
Slow



style

Characterful.
Curious.
Collected

7



"The designer does not begin with some pre-conceived idea. Rather, the idea is the result of careful study and observation, and the design a product of that idea."

PAUL RAND

Sometimes we set out to find a reclaimed material to fill a pre-determined need. Other times a material may inspire the design itself. All it takes is to flip our thinking, and instead of thinking in a linear fashion - designing a room or a piece of furniture and then choosing a material - what if we start with the material and let that dictate the outcome?

Before you rush out to the hardware store or fire up the delivery site, consider what you need and how it might already be under your nose or be readily available at a fraction of the cost of new.

Here, imperfections are celebrated or buffed out if you're that way inclined. The keys lie in the form. Think what you need and then rethink what else could be used in place of that.

WOOD

The largest furniture company in the world uses 1% of the world's timber supply and is the biggest landowner in Romania. Although timber is natural, renewable and sustainable, we have an opportunity to contribute less to deforestation by avoiding virgin timber and the skyrocketing cost associated with it, by using reclaimed wood. With reclaimed comes character, patina and a story.



rethink materials

9



[View on Edelweiss](#)



Color Confidence

A Practical Handbook to Embracing Color
in Your Home

Jessica Sowerby

August 2023 | Hardcover | HOM003000

\$22.99 | 9781837830282

160 Pages | 6¼ x 8¼ in

Full-color Photography

***Color Confidence* will demystify the technical world of color as it helps empower you to live a bolder and more colorful life.**

Including a blend of everything from identifying your palette to creating a harmonious color scheme and accessorizing to achieve that perfect color ratio, this book will show you how to use color to transform your life. Get inspired with expert tips and tricks to create a home that will truly reflect your personality.

Discover how color can impact your space and mood. Jess will show you how to embrace those darker tones to add interest and show you how to successfully bring a cohesive look together, whether that is pastels, brights, neutrals, earthy tones or even brights—find your color confidence whatever your style.

Following her house renovation, **Jessica Sowerby** set up a Color Consultancy Service and has gained a mixed base of clients from across the UK, Canada, and Australia.

- A modern, accessible guide to help you bring more color into your life
- Home improvement stores have seen a rise in sales since 2020
- There has been a rise in millennial inspired paint companies with a new direct-to-consumer paint start-up which offer a curated selection of colors perfect for a new generation of DIYers, who are lured by their stylish branding

BRIGHTS

Acid yellow. Bottle green. Cobalt blue. Candy pink.
60s mauve. Tangerine. Pillar box red. Turquoise.
Sky blue. Lime. Hot pink. Marigold. Coral.
Absinthe green. Scarlet. Electric blue. Violet.

The colour wheel turned up to 150% is where the bright colours live. Bold and beautiful, these hues don't so much welcome you as greet you with a flamboyant cheer. Brights are equal parts striking and alluring – even people who don't profess to be colour lovers can't help but be curious. If you crave interiors that pack a punch, these colours are for you.

TOP TIP

In my opinion, brights should either be used to create an all-in wow-factor-full scheme, or to add a minimal accent pop of colour – no middle ground. Because they are delightful and daring, that is exactly how they

should be used – to be bold and create drama. If bright colours are your thing, go for it – I mean really go for it. Walls and ceiling adorned in an electric hue will elevate your rooms from everyday to exceptional. No one will forget them. Conversely, an equally powerful way to utilise a bright is to use it to add an accent pop of colour in an otherwise neutral space. Like a lighthouse beacon in a storm, painting just one element in your room a show-stopping shade will allow it to shine as a fearless focal point. Your staircase, your ceiling, even your window reveal – pick your favourite feature and highlight it with the boldest colours around.

Colour schemes



LIGHT DIRECTION

'Colours are the deeds of light.' Johann Wolfgang von Goethe, writer

Observing how the light of a single day alters colour is mesmerising. Anyone who has sat curled up in a chair with a good book while the shadows of the day creep leisurely across the room will know the magic I'm referring to. You can see the space move from glow-filled, warm and bathed in sunlight, to atmospheric and moody within a few hours, all just because of a shift in light. And I can guarantee that if you have experienced this, the room in which you did so was past north facing. No, I'm not Mystic Meg, that's just how light works. From season to season, hour to hour, or even room to room, our perception of a colour ebbs

and flows with the ever-shifting natural light. Light is the reason you can't simply take a paint shade you have spotted in your friend's kitchen, paint it on your own walls and expect the same results. Without a doubt, the most common colour query I hear is 'I tried a paint sample that I saw in someone's house in a magazine, but it looks different in my house.' That is because, unfortunately, unless you actually live in **their house**, it won't. Your rooms aren't their rooms, and your light isn't their light. Let's not forget, light is how we are able to perceive colour; it is the **most** important element when choosing paint. Light should be at the top of the list when making any colour decision. Instead of trying to emulate a look, find a shade that's similar and, most importantly, tailored perfectly

The tedrapal bits 111



Wellbeing & Inspirational



Pocket Power from the Slumflower

Know Your Worth and Act On It
Chidera Eggerue

November 2023 | Hardcover | SEL031000
\$14.99 | 9781837831326
96 Pages | 4¾ x 5¾ in
Text-only

[View on Edelweiss](#)



What a Time to be Alone
9781787132115
\$16.99 | Hardcover



How To Get Over A Boy
9781787134805
\$17.99 | Hardcover

***Pocket Power from The Slumflower* is the handy friend who reminds you to think of *yourself* a little more often.**

Chidera aka The Slumflower is the angel on your shoulder, giving you tips and wisdom for reclaiming your power as a woman.

Read Chidera's inspiring advice to help you achieve your potential, find a way through challenges, and embrace every opportunity along the way.

Chidera Eggerue is an acclaimed writer, presenter, and social commentator. Referred to by *Elle* magazine as a 'millennial mastermind', Chidera has featured in publications including *Financial Times*, *Vogue*, *Playboy*, and *Grazia*, and starred in her own Channel 4 documentary *Bring Back the Bush*. She debuted her first live show 'Chidera Eggerue: How To Get Over a Boy' to a sold-out audience, and hosts the popular podcast *The Slumflower Hour*.

- Chidera's first book *What a Time to Be Alone* has sold over 100k copies worldwide
- Chidera has over 300k followers on Instagram and her own podcast *The Slumflower Hour*
- Gift book in the style of the *Pocket Wisdom* books



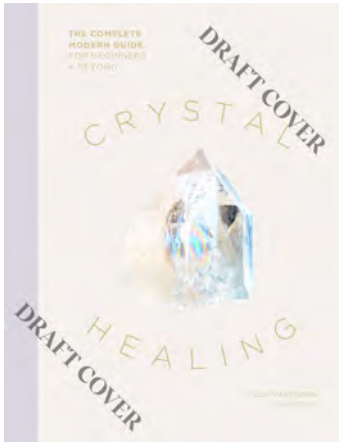
There are no rewards for being

'the nice girl.'

Just resentment

for not receiving the reciprocation you deserved.





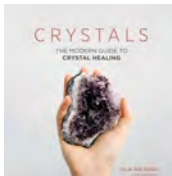
Crystal Healing

The Complete Modern Guide for Beginners and Beyond

Yulia Van Doren

October 2023 | Hardcover | OCC004000
\$29.99 | 9781837830794
272 Pages | 6¾ x 8¾ in
Full-color Photography

[View on Edelweiss](#)



Crystals
9781787130357
\$14.99 | Hardcover



Crystallize
9781787134522
\$14.99 | Hardcover

Change your energy and enhance your life through the power of crystals.

This beautiful, modern crystal compilation features over 100 crystals to raise your vibrations in bestseller's Goldirocks signature fresh and accessible approach to crystal healing. Explore a directory of crystals and minerals, and their individual properties and learn new ways to connect with their glimmering energies to improve your life. Learn how to cleanse your mind, body and spirit, heal your home, and harness the power of the rocks.

This practical guide will equip you with everything you need to reconnect with your spiritual self.

Crystal Healing is the perfect companion for Yulia Van Doren's previous bestselling titles *Crystals* and *Crystallize*.

Yulia Van Doren is the founder of Goldirocks and one of the innovators of the modern holistic wellness movement. In addition to her role as a crystal pinioneer, she is a Grammy-nominated international opera singer and sound healer.

- The ultimate guide to crystals. This directory of over 100 crystals featuring 20 brand new rocks
- Perfect for anyone who wants to take their crystal healing further, with advice on styling and pairing
- #crystalhealing is one of the most popular hashtags on Instagram and TikTok

THE CRYSTALS

Galena

ANALYTICAL THINKING + FOCUS + ORGANIZATION

- Color Metallic gray
- Born in USA, Peru, Bulgaria
- Chakras Solar Plexus, Root
- Care Lead-based, wash hands
- Water Cleansing ☒ Y ☐ N

MAGIC Do you find that your attention starts going in a million directions right when you need to get some solid work done? Have a hard time staying focused on the task at hand? Or maybe you pick up your phone a billion trillion times a day as distraction? It sounds like you might benefit from a little Galena magic in your workspace, friend. This geometric crystal is brilliant at helping calm overactive and distracted minds, and helps you ground into a vibration of focus for long-thought, in-depth productivity. A sister crystal to golden Pyrite, Galena helps you get down to the nitty-gritty details, while Pyrite is more about manifesting and bigger-picture

thinking. These metallic minerals make a great workspace pair — keep them within eyesight while you're working, and whenever you feel your focus or attention slipping (when you're tempted to pick up your phone for pure distraction, for example), take a moment to gaze at their shining, magnificently precise angles. Inhale / exhale a deep breath, and then dive right back into your work with fresh focus and grit. The world needs your magnificent creations, so grab some Galena and get back to it, magic maker!

NOTES Galena crystallizes in cubic shapes, and often forms paired with a wide variety of minerals. Mined mainly for industrial use as the primary ore of lead, one of the oldest recorded uses of Galena is as kohl eyeliner, still used as traditional makeup in North Africa and the Middle East. Wash hands after touching and keep out of reach of little mouths due to Galena's high lead content. (guh-jee-nah)

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THE CRYSTALS

Ruby

GROUNDING + PROTECTION + ABUNDANCE + PASSION

- Color Shades of red
- Born in Myanmar, Sri Lanka, East Africa
- Chakras Root, Sacral, Heart
- Water Cleansing ☒ Y ☐ N

MAGIC Rubies are one of humanity's most beloved gemstones. Treasured by everyone from ancient warriors, to Renaissance alchemists, to today's Vedic astrologers, Rubies have been prized throughout history for their combination of physical beauty and intense metaphysical magic. Supremely powerful grounding and protective crystals, they strongly resonate with our two lower chakras, helping clear deeply rooted issues related to self-worth, scarcity, and survival — and we've all got plenty of those issues to work through during this lifetime. So spend time with a Ruby placed right below your tailbone (between your thighs) for help working through old patterns and stagnant energies (meditating and / or sleeping with

Ruby is also a great way to integrate its magic). This blood-red crystal is also great for spicing up all facets of your love life: keep one close to your heart for romantic love (slip one into your bra!), and tuck Ruby under your mattress for passionate bedroom fire. A classic abundance crystal, keep Ruby in spots you associate with money — there's nothing like opening your wallet and seeing a little Ruby rattling around to make you feel like a high-roller!

NOTES A form of the mineral corundum (Sapphire is its blue-hued sister), gem-quality Rubies are expensive, but affordable tumbled stones are easy to find. Naturally occurring hexagonal crystals often include specks of black tourmaline for an added boost of grounding energy, and triangular markings transform the stone into a Record-keeper Ruby (pictured), said to contain ancient metaphysical wisdom. Ruby is a modern birthstone for July.

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The Lunar Year

Moon Magic Through the Seasons

Alison Davies

October 2023 | Hardcover | OCC002000

\$19.99 | 9781837830909

144 Pages | 5¼ x 7¼ in

Full-color Illustrations

[View on Edelweiss](#)



Discover the transformative power of the lunar cycle in *The Lunar Year*, your year-long companion to the magic of the moon.

With a chapter for every month of the year, *The Lunar Year* reveals how to tune into Mother Nature and celebrate the power of the moon. In this beautifully illustrated guide, you will explore the phases of the moon and learn to tap into lunar wisdom. Discover how to harness the power of your emotions by getting in touch with your moon sign and find inspiration in the wisdom lunar gods and goddesses of traditions past.

Filled with ancient traditions, grounding rituals, and spells for a sprinkle of magic for every season, this is the essential companion to the lunar cycle.

Celebrate the magic of the moon in every season with *The Lunar Year*.

Alison Davies is the author of over 30 books, she runs storytelling workshops at universities across the UK. Alison writes for a wide selection of magazines, including *Soul & Spirit*, *Fate and Fortune*, *Spirit and Destiny*, and *Kindred Spirit*.



The Mystical Year

9781787136083

\$19.99 | Hardcover



The Self-Care Year

9781787137653

\$19.99 | Hardcover

- The natural follow-up to *The Mystical Year*, this is for lunar obsessives and modern mystics alike
- Based on the Wheel of the Year, this book will appeal to modern day Pagans and Wiccans
- Publishing in time for Halloween



SEPTEMBER

HARVEST MOON

The vibrant light of this month's full moon allowed the farmers and gatherers of the fields to harvest their crops late into the evening. Closest to the autumn equinox, this moon is a powerhouse of potential. Its extraordinary brightness hints at the joy of things to come. The perfect moment to give thanks for nature's abundance, this was a time of accomplishment and reward, but also a moment to plan, to wipe the slate clean of all that had gone before and start afresh.

OCTOBER

HUNTER'S MOON

The burnished glow of this month's full moon also gives it the title Blood Moon and Sanguine Moon, but most commonly it was named after the hunting season. The fields, now clear of crops, were open spaces where prey could be seen and predated with ease, and so it became the Hunter's Moon; a gift to those early tribes who needed to prepare for the long winter ahead. A herald to the change in seasons, this moon's energy promotes transformation. Along with the chill in the air, there is a seismic shift in all things.





[View on Edelweiss](#)



Attract the Love You Deserve

An Astrological Guide to Empowered Relationships

Sara Gomar

September 2023 | Hardcover | OCC009000

\$22.99 | 9781837830329

288 Pages | 5¼ x 7¼ in

2-color Illustrations

Tell me your Venus and your Moon signs, and I'll tell you how you love others, and how you feel love in return.

This complete guide teaches you how to decode your birth chart and how to overcome the trials and tribulations of romantic relationships. With more planetary knowledge in your astrological toolkit, you'll be well-equipped not only to understand how you love, but why you love the way you do, and how to form the relationships you deserve.

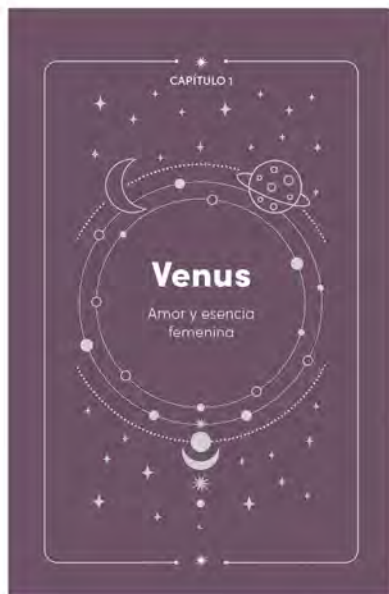
The key to finding love is already inside you: this book will show you how to unlock the door.

Sara Gomar is a Spanish astrologer, psychologist, therapist, and life coach, with a wealth of knowledge and training in the field of personal development. In 2014, Sara became an astrological consultant and in 2019 created Astro Realización ('astrological development'), a project dedicated to teaching astrological wisdom with psychological perspectives.

- Neatly combines themes of astrology with romantic compatibility and self-love
- Sara Gomar has 189k followers on her Spanish-language Instagram

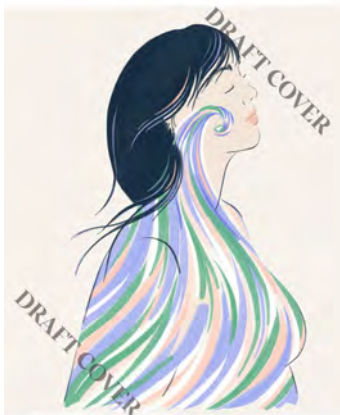
Cada uno vivimos el amor de forma distinta, sentimos diferente, y tenemos una manera particular de percibir la seguridad emocional y de vivir la sexualidad. Y si a esto le añadimos todas las circunstancias que hemos experimentado a lo largo de nuestro recorrido vital y las heridas que arrastramos, pues todo se vuelve muy complejo. Pero en lugar de trabajar para construir algo sólido, nos hemos acostumbrado a la inmediatez y a abandonar al menor problema, sobre todo al terminar el hechizo inicial y el deleite de los primeros meses. En cuanto las cosas se ponen difíciles, salimos de una relación a otra, en lugar de intentar entender lo que está pasando. Podemos cambiar de pareja, pero si no trabajamos en nuestro desarrollo personal, seguiremos repitiendo una y otra vez las mismas situaciones. Sabemos que nada dura para siempre, pero ¿por qué se acabó la magia tan rápido? ¿Qué hace que no podamos entender nuestras diferencias y trabajar para transformar esos obstáculos en más amor?

He escrito el libro que a mí me hubiera gustado encontrar hace años, y estoy convencida de que leerlo me hubiera ahorrado mucho sufrimiento innecesario. El propósito de estas páginas es arrojar un poco de luz para que entiendas el papel que juegas en todo lo que te sucede y hasta qué punto eres capaz de cambiar las circunstancias que vives. Para tener relaciones más plenas y conscientes es necesario aventurarse en un viaje que te lleve a conocerte y elevar tus posibilidades, solo así podrás crear el amor que te mereces. La llave está en ti, no en el exterior. Recuerda siempre el poder que posees.



MEDITACIÓN CON VENUS

1. Busca un lugar a solas donde nadie pueda interrumpirte. Limpia ese espacio con incienso, salvia o palo santo. Acómoda tu estancia bajando la luz, te será más fácil meterle hacia dentro si el lugar está en penumbra. Siéntate cómodamente con la espalda erguida en una silla o cojín. Cierra los ojos y permanece unos segundos en silencio.
2. A continuación, visualiza una luz blanca y dorada que cae en cascada desde tu cabeza a la planta de las pies. Respira profundamente llevando tu atención a la zona del vientre. Inhala y exhala. Siente cómo va relajándose la respiración. Respirar es sentirte uno con todo. Siente cómo en cada aliento existe la oportunidad de amar y ser amado. Siente cómo en cada respiración vas abriendo espacio para crear todo lo que deseas en tu vida.
3. Recuerda un momento en el que disfrutabas de la vida, en el que te sentías muy feliz y alegre. Trae al presente ese poderoso recuerdo y vuelve a recrear esa sensación de bienestar y plenitud. Experimenta de nuevo esas emociones y nota cómo sientes una cálida sonrisa en tu rostro. ¿Estás sintonizado? Pues ahora lleva esa sonrisa a todas las células de tu cuerpo y agradece a cada parte de ti su función. Ama y sonríe a cada uno de las partes de tu cuerpo: tu rostro, tu cuello, tus pechos... Delante donde creas que es necesario, tómate tu tiempo, no hay ninguna prisa...
4. Ahora, lleva tu atención a la planta de tus pies e imagina unas largas raíces que penetran profundamente en la tierra. Sonríe a la energía femenina que habita en tu interior y



[View on Edelweiss](#)



Breathe

Simple Breathing Techniques for a Calmer, Happier Life

Jean Hall

January 2024 | Hardcover | OCC010000

\$19.99 | 9781837830718

144 Pages | 5¼ x 7¼ in

Full-color Illustrations

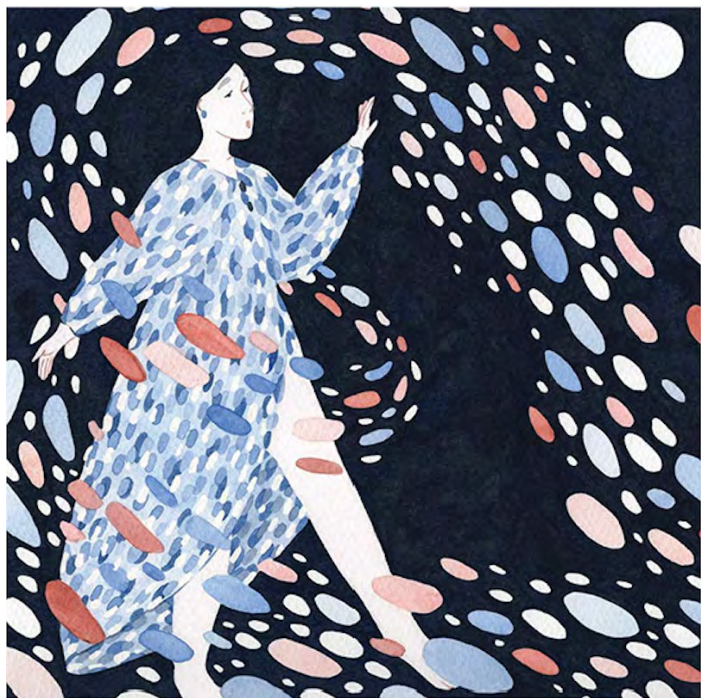
***Breathe* is an introduction to breathing your way to a calmer, happier life. Through 20 simple breathwork techniques that will help enhance your wellbeing, learn how to master the power of your breath with this pocket-sized book.**

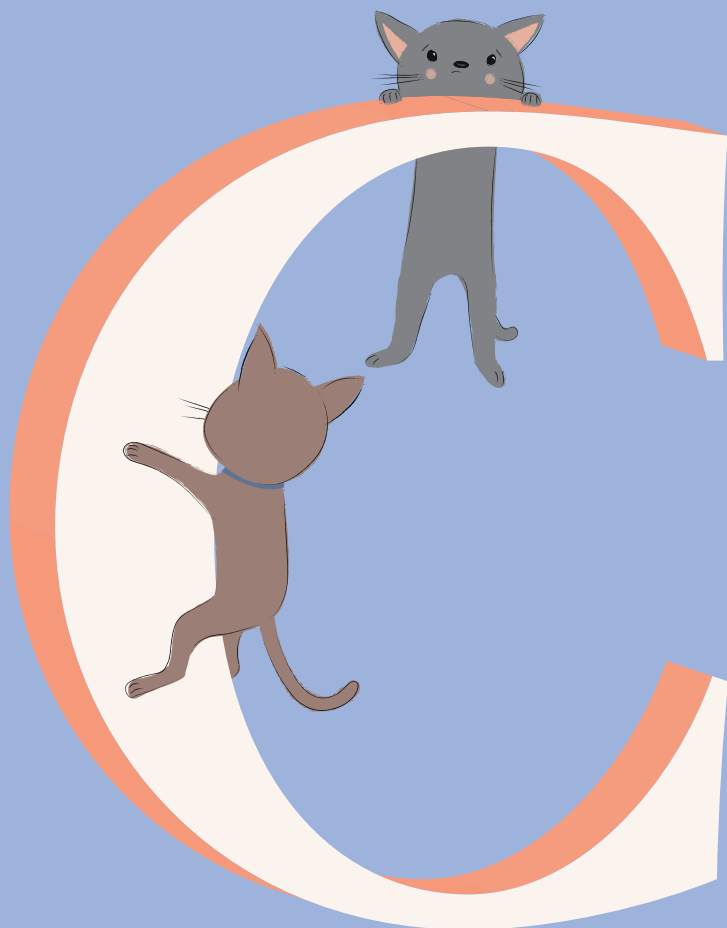
Breathing is essential to life, and it is one of the simplest methods to increase awareness, mindfulness and reduce stress. In this age of anxiety, breathwork is one of the simplest ways to improve wellbeing and it is flexible—you can practice alone or remotely.

Featuring 20 breathwork exercises and covering the essentials such as moving breath, mindful breathing, and how to rebalance the breath, follow the clear, step-by-step instructions to improve the way you breathe and open yourself up to feelings of renewed energy.

Jean Hall is one of the UK's most inspiring yoga teachers. She qualified as an Iyengar yoga teacher in 1995 and continues to explore and study different forms of yoga and movement systems. Jean teaches yoga classes, workshops, and retreats in the UK and internationally, and is a published author of yoga books.

- A modern guide to 20 simple breathwork exercises that help reduce anxiety and improve wellbeing
- Breathwork went mainstream during the Covid era as people complement medication with breathing techniques





Gift & Humor



The Little Book of Manifesting

Dream. Believe. Achieve.

Joanna Gray

September 2023 | Hardcover | SEL032000
\$12.99 | 9781837830503
192 Pages | 4¼ x 5 in
Text-only

[View on Edelweiss](#)

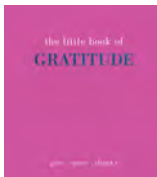


Bring your dreams to life with *The Little Book of Manifesting*.

With motivational quotations, fun tasks, and thoughtful exercises, *The Little Book of Manifesting* will show you how to manifest the life you've always dreamed of.

The *Little Book of* series has sold 1 million copies worldwide, with titles like *The Little Book of Mindfulness*, *The Little Book of Gratitude*, and *The Little Book of Love*.

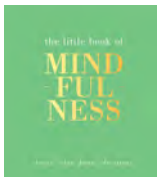
"Life must not be a novel that is given to us, but one that is made by us." – Novalis



The Little Book of Gratitude
9781787137363
\$11.99 | Hardcover

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

- The *Little Book of* series has sold 1 million copies worldwide
- Google searches for 'manifesting' have increased by 550% since March 2020



The Little Book of Mindfulness
9781849494205
\$9.99 | Hardcover

Definition of Self Love

1. An event, action, or object that clearly shows or embodies something abstract or theoretical
2. The action or fact of showing something
3. Making everything you want to think and feel a reality...via your thoughts actions and beliefs and emotions and to allow and trust the universe will bring all you desire and wish

4

Manifestation: otherwise known as...

Agency
Asking the universe
Being purposeful
Curating your own future
Daring to dream
Fantasising
Forward planning
Harnessing energy
Imagining
Intent

5

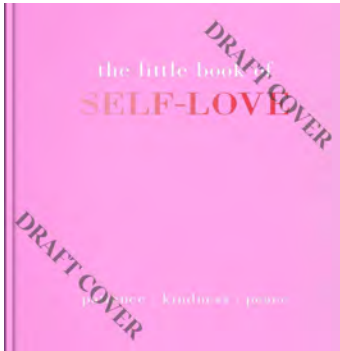
"In this state of absorbed contemplation, there is no longer any question of holding an object in view; the vision is such that seeing and seen are one; object and act of vision become identical!"

PLOTINUS, NEO-PLATONIC PHILOSOPHER

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Much like the 'basket' in our online shopping account, manifestation requires us to imagine the object of our desire in our mind's eye, as if it is already ours. It sits, waiting, in our mind's online basket for us to check out. Visualise your mind's basket containing the perfect necklace for your sister's significant birthday for example. While the online purchase takes one click, the transfer of the object from our mind's basket to checkout requires input from ourselves, others and the cosmos. Picturing the ideal necklace as already yours will help you recognise it in a shop's window when you least expect it.

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The Little Book of Self-Love

Patience. Kindness. Peace.

Joanna Gray

November 2023 | Hardcover | SEL004000

\$12.99 | 9781837830510

192 Pages | 4¼ x 5 in

Text-only

[View on Edelweiss](#)



The Little Book of Self-Care

9781787135178

\$9.99 | Hardcover



The Little Book of Happiness

9781787131125

\$9.99 | Hardcover

Nurture your relationship with yourself with *The Little Book of Self-Love*.

The Little Book of Self-Love will show you how to practice self-compassion and kindness with uplifting quotations, real-world tips, and gentle exercises, teaching you how to love yourself a little bit more every day.

The *Little Book of* series has sold 1 million copies worldwide, with titles like *The Little Book of Courage*, *The Little Book of Gratitude*, and *The Little Book of Kindness*.

"I celebrate myself and sing myself." – Walt Whitman

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

- The *Little Book of* series has sold 1 million copies worldwide

“If you love yourself, you love everybody else as you do yourself. As long as you love another person less than you love yourself, you will not really succeed in loving yourself but if you love all alike, including yourself, you will love them as one person.”

MEISTER ECKHART

Definition of Self Love

1. Regard for one's own wellbeing and happiness
2. Self-Love is an essential action that allows you to properly observe, care and love your body, mind and soul in order to fully and properly love others. Understanding you are worthy of your own love is the first step to unrolling the love within your heart to others.

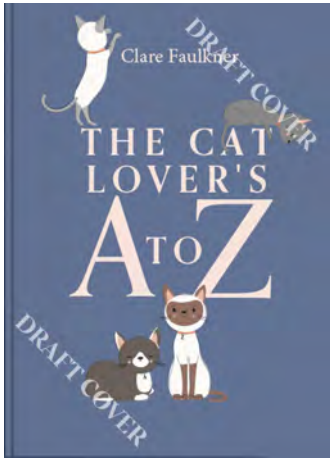
Focus on the parts of your body or personality that you have historically found difficult to love and relearn reasons for showing it gratitude and affection. Think carefully and honestly about why you hate them and consider if your reasoning is exaggerated and proportionate. Gently turn away from your negative responses and look upon those troublesome areas with compassionate love. There will be reasons to swap hate for love if you just allow yourself to look with a loving heart.

Play the *Hate/Love* Swapsies Game

I hate my legs they are too hairy...I love my legs for they support me, they carry me, they do my bidding day in day out. I love my legs.

I hate blushing... I love the emotional honesty of my response.

I hate being a nervous flyer...I love the fact this does not stop me travelling.



[View on Edelweiss](#)



The Cat Lover's A to Z

Clare Faulkner

October 2023 | Hardcover | PET003000

\$19.99 | 9781837831074

144 Pages | 5¼ x 7¼ in

Full-color Illustrations

A Cat Lover's A to Z is a charming, illustrated guide for cat fans everywhere.

Mixing cute illustrations with fun observations and facts, it's a pawsome celebration of the special, and often very funny, relationship between our favorite pets and their devoted human servants.

Did you know that the feline sense of smell is 14 times better than yours? Or that a slow blink is often the most sure-fire way to make a new cat friend?

Combining a mix of interesting cat trivia, feline idiosyncrasies, a scattering of quotes, and new playful language from social media, this purrfect A to Z will amuse and inform any cat devotee.

Clare Faulkner is a freelance graphic designer and the illustrator of the bestselling *The Little Book of Sloth Philosophy* and *The Little Book of Otter Philosophy*. Clare lives in London with her family and a mischievous Siamese cat, who is the inspiration for this book.

- Nearly 1 in 3 adults in the US own a cat, and 68% of households are pet owners
- Clare is the illustrator of the hugely successful *The Little Book of Sloth Philosophy* sold 60k in North America and has been translated into many languages



CATDAD OR CATMUM

Devoted human parent. Duties will vary wildly, but mostly a food provider and payer of vet bills. See also **FUR BABY**.

CATURDAY

The biggest day of the week in any cat-owning household, this is a chance to share and celebrate our cats' peculiar charms. With humans more likely to be at home on a Saturday, cats either love it or hate it, depending on your furry friend's sensibilities.

CHONK

Also known as round, tubby or simply fat. Although this dictionary is not here to judge, if you suspect your cat is a little on the chunky side, a diet or some gentle encouragement to exercise might be advised. Your cat may disagree. See also **SLONK**.

CROISSANT

Arguably the most popular of feline sleeping positions, the classic croissant is a slightly open bun with paws visible. Some cats apparently enjoy a nibble on a real croissant too.



The 'Croissant'

Siamese Sun worshipper



SIAMESE

One of the most famous and recognizable breeds in the world, Siamese cats have distinctive slinky bodies and striking blue eyes. Originally from balmy Thailand, these chatty cats will do anything for a spot in the sun.

SIBERIAN

These big cats are the self-proclaimed champions of Floof. Hailing from sub-arctic forests, they have long, thick coats, to protect them from the freezing winters of long ago. Contrary to their sneeze-inducing looks, they are said to be a good option for those with cat allergies. See also **FLOOF**.

SLEEP

Many humans will be jealous of their cat's easy life and it is not surprising when you find out our fluffy friends sleep an awe-inspiring twelve to eighteen hours a day. Although we are gravely advised never to interfere with a sleeping cat, they are experts at disturbing a sleeping human and will use any arsenal at their disposal, from enthusiastic purrs, to face batting and curtain climbing. See also **LAPCAT**.

SLONK

A slinky, long-legged, slender cat, such as a Siamese or Oriental. Don't be complacent, however, for even slonky cats have been known to slide over to the chunky side.

SLOW BLINK

No honour is received more gratefully by a cat lover than the solemn but loving slow blink. Narrow your eyes and then gently close them and open them and your cat may slow blink in return. Use this method when approaching a new cat too and you are more likely to get a friendly response. Cat owners don't need evidence, but there is scientific research to confirm the slow blink is a positive way for cats and humans to communicate. See also **NOSEBOOP**.

SMELL

The feline sense of smell is fourteen times better than yours, and that was before Covid came along. Your cat will want to stick its nose into literally anything that enters the house to check it is up to cat standard. This is particularly impawtant for shopping bags and boxes and it may be necessary to try them out for size too. See also **GROCERIES**.

SOFTS

Also known as scratch posts, clouches are a favourite attention-grabbing tool to display feline prowess. Bow down, watch and weep as they exercise those claws on your most expensive item of furniture. Throws and blankets are your friends.



Siberian Kings and Queens of Floof



[View on Edelweiss](#)



Damp Squids and Card Sharks

A Compendium of Commonly Confused Phrases and Linguistic Muddles

Robert Anwood

October 2023 | Hardcover | HUM019000
\$19.99 | 9781837830855
128 Pages | 5¼ x 7¼ in
Full-color Illustrations

The English language can be very confusing. But it's not rocket surgery. *Damp Squids and Card Sharks* is a fascinating suppository of false facts and common errors, a minefield of information.

Have we wetted your appetite? Peaked your interest? Are you waiting with baited breath? Or could you care less? Pull your socks together! For all intensive purposes, this is the book for you.

This cute, funny book features gorgeous illustrations alongside the 50 amusing malapropisms, mixed metaphors, and mondegreens. In one foul swoop you'll learn why so many people get muddled by the same phrases!

Robert Anwood is the author of the bestselling *Bears Can't Run Downhill* and *Emus Can't Walk Backwards*. His hobbies include going to the pub and arguing. Robert is the keyboard player with the UK band Jody and the Jerms.

- Cute humor and gift book about wordplay and language
- Will appeal to fans of *Lost in Translation* and *Eats, Shoots and Leaves*
- Perfect stocking filler



Flower snowstorm

HANA FUBUKI

花
吹
雪

Cherry blossom, or sakura, is well known for its short-lived and transient beauty. A gust of wind can easily lift the petals from the trees and the expression hana fubuki evokes the delicate beauty of a shower of cherry blossom petals flying in the sky so thickly that it looks as if white snow is falling. While many people think that the cherry blossom petals are always pink, some kinds of cherry trees grow rather white or pale pink petals, which makes the falling petals look as if there is a soft snowstorm in spring.

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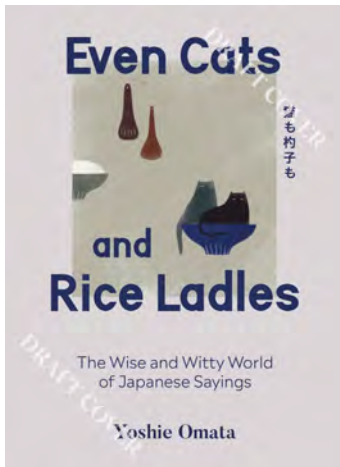
Even cats and rice ladles

NEKO MO SHAKUSHI MO

猫
も
杓
子
も

You may know what neko is - it means a cat. But what about shakushi? Shakushi is an ancient Japanese term for a rice paddle or ladle; known as shamoji in modern Japanese. Both cats and rice spoons are, of course, very common, so the expression simply means 'everyone'. There are several explanations as to why rice ladles became part of the saying. One of the best-known arguments suggests it is linked with the phrase 女子も獅子も / meko mo jakushi mo, which means women and children. At some time in the distant past, it was misheard and then passed down until the original meaning was lost. In any case, cats and rice ladles are now known to represent everybody - just like 'every Tom, Dick and Harry'.





[View on Edelweiss](#)



Even Cats and Rice Ladles

The Wise and Witty World of Japanese Sayings

Yoshie Omata

October 2023 | Hardcover | HUM021000
\$19.99 | 9781837830671
112 Pages | 5¼ x 7¼ in
Full-color Illustrations

Discover 50 expressions you never knew you needed in your life in this charming, illustrated collection of Japanese sayings.

What do cats have to do with rice ladles? What do the moon and soft-shell turtles have in common? And why is your boss like a crane? You'll find out the answers to these and so many more in this light-hearted look at Japan's wisest and wittiest turns of phrase.

Perfect for language lovers and Japanese culture fans alike, *Even Cats and Rice Ladles* will make a unique addition to your bookshelf (even if the books are already packed like sushi...).

Explore the wonderful world of Japanese sayings in *Even Cats and Rice Ladles*.

Yoshie Omata was born and raised in Fuji-san, Japan, where she developed a love of languages and music. After studying in England for her Master's Degree, she became a certified Japanese language tutor. She also speaks English and French.

- Gift book that capitalises on the trend for all things Japanese
- Similar title *Lost in Translation* (with sayings from all over the world) sold over 50k in the US and UK combined
- Perfect Christmas gift appeal with cute package and illustrations

Marinading

If you're planning to barbecue a load of meat – or, in my case, a load of tofu – you might want to marinate it in sauce before cooking, so that it thoroughly absorbs the flavours. (You might also want to clean the barbecue while you wait, because you probably didn't bother to scrape off all the congealed food last time you finished using it.) The sauce in question would be a marinade.

Like it or not (and I'm absolutely certain you don't) 'marinate' is a verb, while 'marinade' is a noun.

By all means go around parading, serenading or wading – all at the same time, if you want – but don't go around marinading, as that would just be degrading. Oh, and don't try to marmelate your toast, either.



Revert

There's nothing wrong with the word 'revert' – normally, it can mean 'to turn back into', as in: 'He reverted to his usual nit-picking self.' Referring to a legal sense of ownership, it can mean 'to pass back to', as in: 'Due to a lack of interest by the publisher, the rights reverted to the author.'

However, in recent years a new meaning has crept into corporate communication which is extremely irritating: people using 'I will revert to you', or simply 'I will revert', to mean that they will respond to you later once they have more information. Just like 'I'll get back to you', a phrase which already exists, and which there was no need to replace.

If you say you will revert to me, you're basically saying that at some future point you will be turning back into me. That makes no sense, because not only can you not become me, but you never were me to begin with – something for which I'm very grateful, because that would presumably mean that I was you. And I don't want to be you, because you use the word 'revert' incorrectly.





[View on Edelweiss](#)



K Culture

K-pop, Cuisine, On Screen, And More - Celebrating The Korean Wave Simon Clair

September 2023 | Hardcover | TRV003080
\$45.00 | 9781837830879
256 Pages | 8½ x 11¼ in
Full-color Photography

Celebrate Korean culture whilst learning about its past and present in this stunning and fascinating guide.

In recent years, Korean popular culture has taken the form of a tidal wave sweeping over the West. Whether it's music, film, drama series, fashion, or cuisine, South Korea is establishing itself as a key player on the world stage. And the Korean Wave (Hallyu) shows no sign of stopping. Even before *Squid Game* and the award-winning film *Parasite*, K-pop had become a \$5 billion industry and Korean food had become the exciting new regional cuisine in restaurants and bars.

K Culture reveals all aspects of South Korea's way of life, both historically and in its new found fame. Including sections on K-pop bands, cinema, drama, art, comics, food, fashion, and night-life, with features within each section on the best films, shows, stars, artists etc.—this book offers different gateways into contemporary South Korea and what drives it.

Simon Clair is a music journalist and an author. He has partnered with publications such as *Stylist* or *Slate*, and is the author of the book *Lizzy Mercier Décloux, uneéclipse* (2019) and *Territoires durap* (éditionsE/P/A).

- A stunning and informative overview of the Korean wave—called the Hallyu
- Focuses on K-pop bands, cinema, drama, art, comics, food, fashion, and night-life

Beyond K-pop



There's more than just K-pop in South Korea. The country also has dozens of traditional musical styles and at least as many contemporary equivalents.



Today, it also has received such a level of popularity all over the world that its success tends to eclipse all other forms of Korean music. It's difficult to make yourself hear when you come here's K-pop, K-pop, K-pop, when it comes to music, South Korea is a country with a fascinating array of genres. In terms of traditional sounds, the harmonic systems are very different from what you might hear in the West, and the rhythmic patterns used can seem almost to Western ears. The term *gugak*, which literally means "music of the country", is often used to describe this type of folk composition, based on instruments such as the *janggu* (a kind of twelve-stringed zither), the *haengmo* (a two-stringed wind played vertically), the *aeol* (the Korean oboe) and the *daenggu* (a large hand-drum transverse flute). During the Joseon dynasty (1392-1910), some of these instruments were used to develop musical styles intended for the royal court, such as *jeongguk* - of Chinese inspiration - or *gugak* which originated in the Three Kingdoms period. The Joseon dynasty (1392-1910) saw the emergence of *gugak*, a type of Korean music accompanied by percussion, as well as *minyo*, a popular form of song also widespread in Japan.

As a result of the popularity of K-pop, the traditional music of South Korea has become a major part of the country's cultural heritage.

Rihanna's favourite brand comes from South Korea



✓ **Model** wearing the designer's outfit. She is wearing a blue and white patterned dress. The outfit is made of a mix of traditional Korean and modern Western styles. It is a mix of traditional Korean and modern Western styles. It is a mix of traditional Korean and modern Western styles.



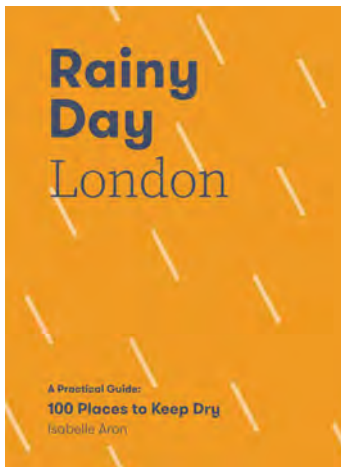
Supported since her debut by the singer Rihanna, designer Hyeyun Seo has turned Korean fashion on its head, combining it with Flemish avant-garde styling and American streetwear.

In 2014, Hyeyun Seo was just 23 when she left her native South Korea for the city of Antwerp in Belgium. Here she studied fashion at the prestigious Royal Academy of Fine Arts. Her goal was to become a fashion designer and so she created a first collection which earned her an invitation to New York Fashion Week as an emerging designer. It was at this point that everything started to speed up. Always keen to embrace the latest trends, Rihanna spotted her, and in the same year the American singer appeared in a full outfit by Hyeyun Seo for her performance at the MTV Movie Awards alongside rapper Eminem. From that moment onwards, the young student's career went into orbit, as she told the magazine *OZ*: "After that evening, there was so much demand that I had to make time away from my studies to produce the collection immediately." But the love story between Rihanna and Hyeyun Seo didn't end there. The following year, the pop star continued to wear the creations

of the young Korean whenever she could. For example, she appeared in a T-shirt featuring the words *SCHOOL KILLS* which would become one of her signature outfits. Hyeyun Seo continues this sense of reverence in her creations by mixing influences drawn from her memories as a teenager but also from American streetwear, while at the same time embracing a more avant-garde, unisex and minimalist approach to clothing inherited from her studies in Antwerp. A style in stark contrast with others in her native country of South Korea, where a still highly conservative and patriarchal society pressures young people to adopt styles that are often relatively restrained and classic in feel, but this hasn't stopped Hyeyun Seo - who prefers the public to focus on her designs rather than on her as a person - from becoming one of the hottest designer labels of the new generation and from continuing to stand out as one of a kind in the world of Seoul fashion.



Travel



[View on Edelweiss](#)



Rainy Day London

A Practical Guide: 100 Places to Keep Dry Isabelle Aron

March 2023 | Paperback | TRV009070

\$18.00 | 9781787138957

128 Pages | 5¼ x 7¼ in

Full-color Photography

Cozy pubs, vibrant restaurants, world-class galleries and everything in between—London is full of incredible things to do, whatever the weather.

From iconic institutions to local, under-the-radar spots, *Rainy Day London* is the essential guide to 100 of the best things to do in the city when it's raining (which is a lot of the time).

Whether you're looking for delicious places to eat, inspiring museums to mooch around, or bars serving up creative cocktails, this handy book has it covered.

Isabelle Aron is an award-winning freelance journalist and editor who writes about food, drink, travel, pop culture, and the arts, as well as human interest stories. She's written for the likes of *VICE*, *Stylist*, *The Independent*, and *Cosmopolitan*. She's also spent a large part of her career writing about London. She was previously Features Editor at *Time Out London*, where she worked for seven years. During that time, she developed an in-depth knowledge of the best things to do in the city, from the major institutions to hidden gems.

- A compact and handy format
- Features culinary and cultural highlights, with a mix of classic institutions and hidden gems
- Includes a map of the city and handy symbols for each listing to show which are free, family-friendly, walk-in friendly, and more

Barbican Centre

This iconic Brutalist building is pretty much a one-stop shop for all your cultural needs. With three cinema screens, two theatres, two art galleries and a concert hall, the Barbican Centre's diverse programme covers film, art, photography, theatre, music and dance. It's also home to the London Symphony Orchestra, which performs here 70 times a year, but there's plenty of contemporary music on offer, too. There are several places to eat and drink, as well as libraries where you can peruse the books or get lost in classic vinyl at the listening station. Don't miss the foliage-filled conservatory (check the website for opening times) – you can wander around and admire the greenery or book ahead to enjoy a drink and snacks at the bar in its lush surroundings.

Silk Street, EC2Y 8DS
barbican.org.uk
@barbicancentre
📍📺

24 | Central Art & Culture



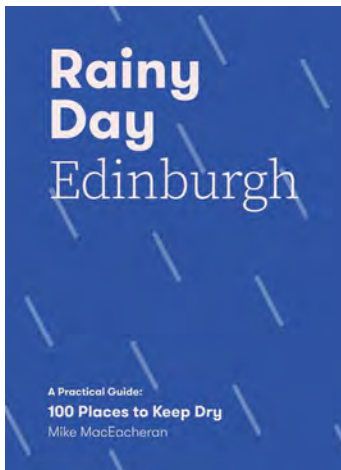
Pophams

Crispy bacon, flaky pastry, drizzles of maple syrup – the sweet and savoury Bacon and Maple Syrup Pastry at Pophams is legendary. In fact, all the pastries at this brilliant bakery will have you drooling. The Marmite, Schlossberger Cheese and Spring Onion Pastry is another classic, but it also serves more 'conventional' croissants (regular, chocolate, almond), alongside ever-changing seasonal specials. You can get pastries for breakfast and toasters for lunch at its three cafés, but the London Fields spot has the added bonus of serving up fresh pasta dishes by night (the menu varies, but think: Ravioli stuffed with Beetroot and Gorgonzola or Braised Rabbit Cannelloni). Pophams is walk-ins only, except for the pasta nights, which you might want to book ahead.

197 Richmond Road, E8 3NJ
Other locations: Islington, Victoria Park
pophamsbakery.com
@pophamsbakery
📍



106 | East Cafés & Restaurants



[View on Edelweiss](#)



Rainy Day Edinburgh

A Practical Guide: 100 Places to Keep Dry

Mike MacEacheran

July 2023 | Paperback - with flaps | TRV009070

\$18.00 | 9781837830688

128 Pages | 5¼ x 7¼ in

Full-color Photography

Cozy pubs, vibrant restaurants, world-class galleries, and everything in between, Scotland's lively capital is full of incredible things to do, whatever the weather.

From iconic institutions to local, under-the-radar spots, *Rainy Day Edinburgh* is the essential guide to 100 of the best things to do in the city when it's raining (which is a lot of the time).

Whether you're looking for delicious places to eat, inspiring museums to mooch around, or bars serving up creative cocktails, this handy book has it covered.

Mike MacEacheran is a travel journalist and guidebook author based in Edinburgh, Scotland. He holds two degrees, including a postgraduate masters in journalism, and spent seven years as the editor of travel magazines before going freelance. Mike's clients include: *The Times*, *The Telegraph*, *The Guardian*, *National Geographic*, and *Monocle* among others. He's written guidebooks for Lonely Planet, Rough Guides, and DK Eyewitness.

- Publishing in time for Fringe festival
- Written by a local
- In 2019 alone, there were over 150 million visits to Scotland from around the world. Almost 6 million of those visits were from England (1 in 10 people). In coming months and years, this number is likely to shoot up as pandemic restrictions are lifted
- Includes a map of the city and handy symbols for each listing to show which are free, family-friendly, walk-in friendly, and more



Elliott's

Elliott's

Take one cookbook writer and food stylist (Jens Elliott Dennison), add one artist (Phillippa Henley), and you have the recipe for this Marchmont cafe, bakery and studio that has one eye on morning cakes and scones and the other on kitchenware, store cupboard ingredients, and cookery demonstrations. The cafe and studio are a few doors apart, so it's the former that where you really get a sense of the local community and what life is like in one of Edinburgh's loveliest residential areas. The cakes and bakes are of the come-back-for-more variety, ranging from grapefruit amaretti and prune, maple, and spelt scones to fennel sausage rolls and vegetable galettes. For the more anglic, there are teas, coffees and organic juices, plus preserves and pickles to pop in your bag for home and signed copies of Jens's books for that extra special someone. Should it stop raining, the nearby Meadows comes alive with joggers and dog walkers — the perfect place to work off any potential calories.

27 Sciennes Road, Marchmont, EH9 1NX
elliottsedinburgh.com
@elliotts_edinburgh

Union Brew Lab

Coffee shops are no longer coffee shops: these days and this glorious artisan roastery-cum-lifestyle coffee shop is a case in point. It's both a coffee provisions store and a training lab, with barista courses, filter brewing masterclasses, and specialty experiences to help you up your coffee game. There's plenty still to enjoy for those who want a simple latte or cappuccino though, and the stripped-back stop is a magnet for students from the nearby University of Edinburgh campus and for those who love pastries, sweets, and cakes. Get excited about the cinnamon buns or vegan doughnuts and pair it with a filter batch brew from roast Ethiopian beans or a retro cold brew, then consider running across to the nearby National Museum of Scotland, where you could happily spend a few hours until it dries off.

6-8 South College Street, EH8 9AA
brewlabcoffee.co.uk
@brewlabcoffee

South: Cafés & restaurants 83

National Museum of Scotland

The joy of visiting Edinburgh's largest free museum is it's the most memorable place to tumble through time on a journey from Scotland's prehistory to modern times. That means this labyrinthine collection of themed galleries is a treasure trove of cursed trinkets, natural history wonders, and stand-out exhibits that reflect on anthropology, Scottish history, and the country's scientific contributions to the world. Start seeking out items like Bonnie Prince Charlie's picnic set and the distinctive medieval Lewis chessmen, as born to life at the climax of Harry Potter and the Philosopher's Stone, or find your way to Dolly, the first cloned mammal and the most famous sheep in the world. Other objects of veneration include the Millennium clock, which captivates and terrifies little ones in equal measure thanks to its hourly display of moving skulls and kinetic statues, a giant T-Rex skeleton, and the oldest surviving colour TV. You could spend a week inside the galleries, but should you find it all too much, plot a route to the second floor cafe for a breather in the light-filled Grand Gallery atrium.

Chambers Street, EH1 1JF
nms.ac.uk
@nationalmuseumscotland





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Benjamina Ebuehi
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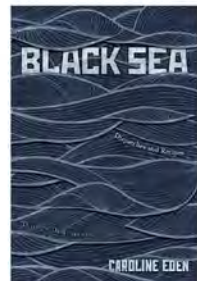
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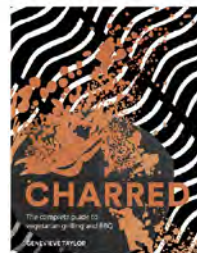
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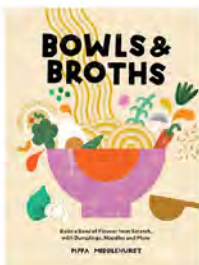
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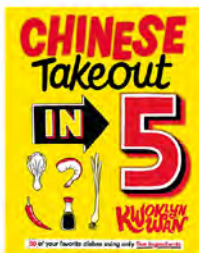
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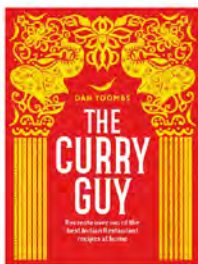
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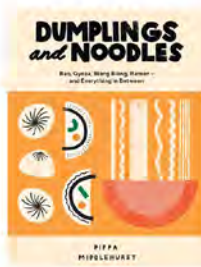
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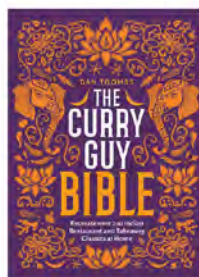
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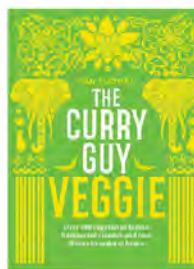
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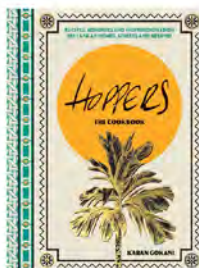
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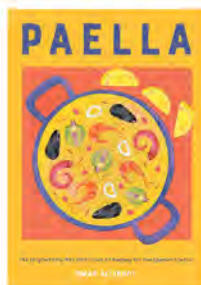
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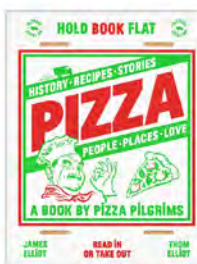
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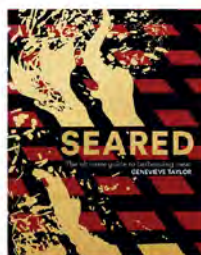
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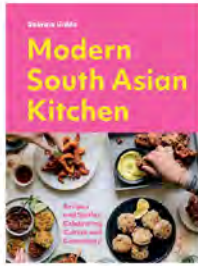
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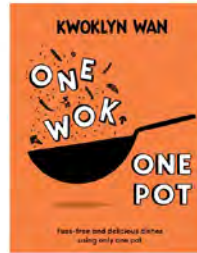
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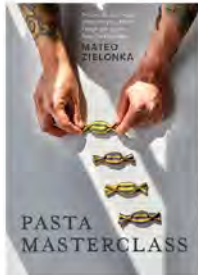
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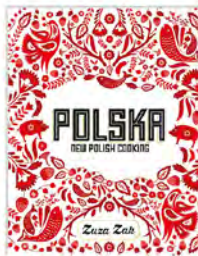
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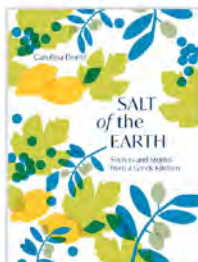
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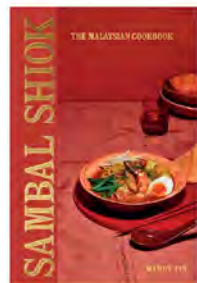
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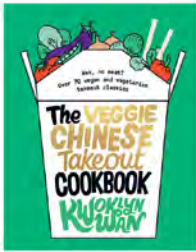
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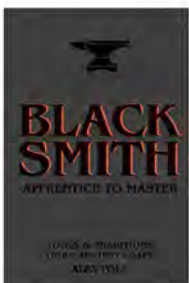
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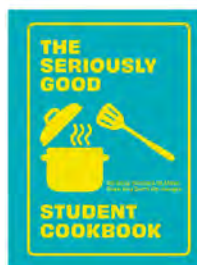
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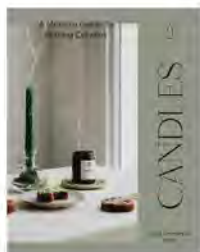


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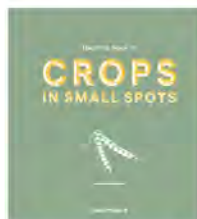
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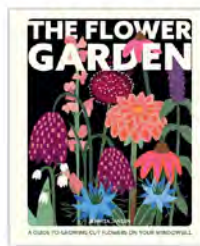
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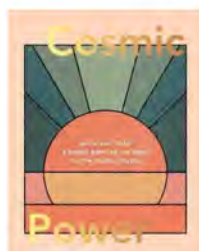
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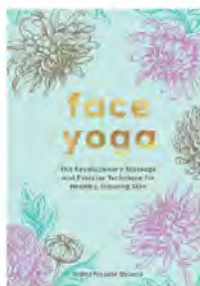
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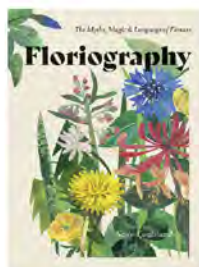
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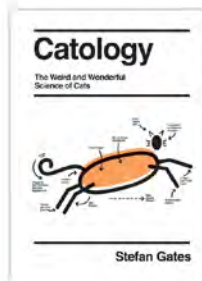




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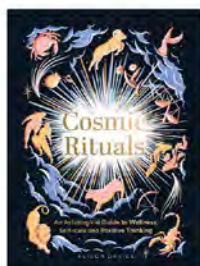
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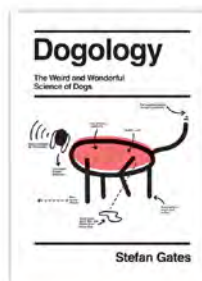
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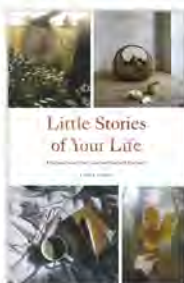
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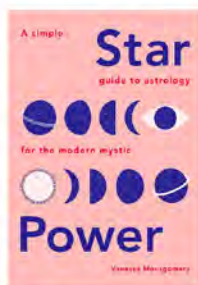




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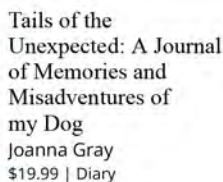
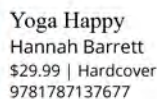
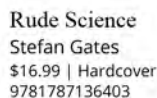


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