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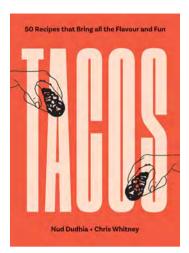
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Representatives



Food & Drink







SLICE 9781787139718 \$19.99 | Flexibound

TACOS

Over 50 Recipes that Bring All the Flavour and Fun

Nud Dhudia and Chris Whitney

August 2024 | Flexibound | CKB056000 \$19.99 | 9781837831661 128 Pages | 51/4 x 71/4 in Full-color photography throughout

Over 50 recipes for the ULTIMATE taco experience.

London street food legends turned restaurateurs Nud Dudhia and Chris Whitney, of breddos Tacos fame, have travelled the Americas in pursuit of the perfect taco, visiting as many regions, cities and taqueros as physically possible to learn every salsa preparation, cooking technique and taco filling you could ever need. Now, having shared their love of tacos with thousands of people across the world, they're bringing their greatest ever flavor combinations to your kitchen in the form of 50 awesome recipes – so you can create your very own taquería at home.

Featuring Carne Asada Tacos, Sunday Short-Rib Barbacoa Nachos, Yucatan-Style Chicken and so much more, TACOS reveals the deliciously complex, flavor-packed world of these traditional tortillas and the incredible food culture of Mexico.

Nud Dudhia and Chris Whitney, are the founders of the hit restaurant Breddos Tacos. A business that came out of the duo starting a taco shack made from scrap wood in a Hackney car park. That was back in 2013, now they have turned their flagship venture into multiple restaurants across London.

- · Billions of tacos are eaten globally each year
- · Breddos Tacos have two permanent London restaurants, a number of kiosk sites, and even two sites in Oslo, Norway!

COCHINITA PORK PIBIL. X NI PEK & SOUR ORANGE

SERVESA

1 kg (2lb 4oz) boneless neck end pork shoulder brined overnight in 10% saltwater brine (optional see step 1)

500ml (18fl oz/2 cups) sour orange juice, or half normal orange juice and half grapefruit luice

200g (7oz/1 cup) achiete paste

100g (3½oz/½ cup) guajillo chillies. deseeded develned and soaked in warm water for 10 minutes

2 cloves, toasted and crushed in a pestle and mortar

1 small white onion, roughly chopped 1 large defrosted banana leaf (optional) 12 com tortillas (see page XX) A tablesmanns vini nek (see mane XXI) chopped coriander (cilantro) to aamish brine by dissolving 100g (3%oz/% cup) of salt per l'litre (1% pints /4 cups) of water as needed to cover the park. Submerge the pork and brine overnight. Alternatively, if you don't have time, simply rub the meat with sea salt and allow to sit for 30 minutes

2. Place the orange juice, achiote paste garlic, guajillo, cloves and onion in a blender and blitz to a paste. Rub the paste over the pork and leave to marinate overnight in the refrigerator.

3. Preheat the oven to 160°C (300°F/Gas 2). Wrap the pork in the banana leaf or baking (parchment) paper. Place in a deep casserole dish and cover with foil twice to ensure no steam escapes. Cover with a lid and cook for around 2%-3 hours, or until meltingly tender. Remove the banana leaf or parchment and shred the nork and then gently stir together with all of the cooking

4. Toast the tortillas in a dry pan, then scoop a little of the pork pibil into the centre of each one and garnish with the x ni pek, and finally some chopped coriander and lime wedges.





PRESA IBERICA. ROASTED MARCONA **ALMONDS & SALTED** CHILLI PASTE

INGREDIENTS

SERVES 4

500a (1lb 2oz) presa ibérica 1 tablespoon rapeseed oil sea salt

3 garlic cloves, crushed Tteaspoon butter 100ml (3½fl öz/scant ½ cup) veal stock or beef stock

8 tostadas (see page XX) a handful of mustard greens, blanched in boiling water for 2 minutes and cooled in ice-cold water

salted chill paste (see page XX), to taste 100a (3%oz/% cup) Marcona almonds roasted in a dry pan for 5 minutes and split in half

I teaspoon extra-virgin olive oil a handful of coriander (cilantro) sprigs. Ibérico pias roam free for a large part of their lives, feeding on acoms that have fallen from oak trees in dehesas (pastures) This diet, combined with the natural exercise they get from being free to move wherever they wish, creates a truly unique flavour profile. If you have never tried Ibérico ham: find your nearest Spanish retailer and buy some immediately. Its from the end of the loin of the pig. next. to the neck. Unlike most pork dishes you want to serve it medium rare - due to the nature of the pig and the life it leads, this is totally safe.

1. Put a cast-iron frying pan on a medium heat. Rub the presa ibérica with a thin layer of oil and salt. When the pan is hot, add the presa and the garlic. Cook for 3-4 minutes, then flip. Cook for another 3 minutes, basting with any juices that have run out of the meat. If you have a temperature probe you need to test the meat after about 5 minutes of cooking - when it reaches around 55°C (130°F), take it off the heat and let it rest for 3-4 minutes. If you don't have a probe, hold your thumb to your middle finger and feel the area underneath your thumb - if the presa feels this tender, it's medium rare.











Home Cookery Year 9781787134874 \$45.00 | Hardcover

The Veggie Family Cookbook 120 Recipes for Busy Families Claire Thomson

August 2024 | Hardcover | CKB086000 \$42.00 | 9781837830589 272 Pages | 6¾ x 9¾ in Full-color photography throughout

The Veggie Family Cookbook is the new essential kitchen bible for year-round family cooking.

Claire Thomson writes foolproof, delicious recipes that will please everyone around the table – as a professional chef and mom of three (two of which are vegetarian), she understands the challenge of whipping up tasty, crowd-pleasing dishes with vegetables center stage, and all with minimum fuss at the end of a busy working day.

Including Broad Bean Falafels and Spring Rolls for lunchbox heroes, Fried Rice with Tofu and loaded veg traybakes for speedy suppers, ideas for veggie feasts for celebrations and weekends, and fruity desserts that can be rustled up in no time, this book is jam-packed with inspirational ideas for vegetarian or flexitarian families.

Claire Thomson (@5oclockapron; 150k Instagram followers) is a chef and food writer who has written for the *Guardian*, *Telegraph* and many others. She has appeared on BBC1's *Saturday Kitchen*, Channel 4's *Sunday Brunch* and BBC Radio 4's *Woman's Hour*, and is launching a podcast, 5oclockapron, where she chops and chats to celebrities about what they cook for supper. This is her ninth book.

- Offers simple, everyday mealtime solutions for time-poor families that want to eat well
- A sustainable, economical and healthy approach to home cooking, minimizing waste and expenditure by shopping and cooking according to the seasons
- This inspirational cookbook is set to be a life-long kitchen companion



Sweet Potato Soup with Salsa of Black Beans and Jalapeño

Serves 4

(oz), peeled and diced into our ('hin) chunks (thep olive oil h large red onion, sliced b green (bell) pepper, desecded as

sheed to red (bell) pepper, desceded and sheed 3 garlic cloves, sliced

smoked papeiks)
to tap ground diseases in
ilitre (EGI or) vegetable stor
room! (pB or) reconst milk
salt and black papper
if they sour cream, to serve

For the salsa

- drained and rinsed % red (bell) pepper, deseeded and finely diced % green (bell) pepper, deseeded an
- t juliapeno pepper, desceded and finely chopped juice of a liase small banels of conunder (ciliatro); roughly chopped

I loathed ower potators as a Mi. It wan't until I started cooking professionally plentinelsyl. Mat 15 at hy head around these guarded and findge roots that masquerade as potators—and very weret eners at Mat. Paths is an intensipotation with the professional professional professional proportional professional professional professional proportional professional professional professional proportional professional professional professional proportional professional professional professional professional professional load professional profe

Preheat oven to 200°C/180°C fan/400°F/Gar

Season the sweet potations with said and toss the chunks in a roading tin with half the olive oil. Road for 15-30 minutes, until tender but not overly coloused. (Alternatively, you can steam the sweet potations without the oil until soft...) Misonwhile, make the solice. Combine all the salso ingredient in a bowl and as dailed.

Once the review potatose are ready, heat the remaining oil in a large sauspean over a medium heat. Ad the orion, given and red (bell) prepers and gartic and cook for 10 minutes, until oil. Add the spices and cook for 1 minute, until oil. Add the spices and cook for 1 minute, then add thee-quarters of the cooked sweet potatoes and the regentale stock. Bhigs to also, then acksock the feat and simmer for

Remove the soup from the heat, then carefully bland it in the pan with a stick blender, or transfer it in batches to a blender or food passess and public security.

dd the remaining sweet potatoes, along with the coo ilk and season with salt and black pepper.

Serve the soup in bowls topped with the black bean salsa,

Soup Kitchen



Aquacotta

Serves 4

some to kindle and the state of the state of

Heat the half the oil in a large soucepan over a medium nest. Add the onion, celery and cannots and firy for at least is minutes, until very, very larft and the mixture has taken or ust a little colour—faintly golden—then stir in the garlic and

Add the potatoes and both-courgettes (zucchini) and cock fi about 15 minutes, stirring occasionally, until the potatoes are just sender and the courantee are soft.

ok for 5 minutes, until thickened, then add the vegetable lock or water, bring to a boil, then reduce heat and leave up to simmer for about 5 minutes.

nedium heat. Add the bread and fry for 2-5 minutes, until polden brown at the edges. Set aside.

Once the soup is ready, season with salt and black pepper to taste, then stir in the chapped basil and half the bread.

Divide the soup into bowls and top each with the remaining bread. Drugte with more of to finish.

Soup Kitchen 2





The Beefy Boys From Backyard BBQ to World-Class Burgers Beefy Boys

August 2024 | Hardcover | CKB121000 \$26.99 | 9781837832859 224 Pages | 6¾ x 8¾ in Full-color photography throughout

'Love the Beefy Boys, proper banging burgers, one of the best!' – Tom Kerridge

The Beefy Boys are four childhood friends who turned their foodie hobby into a phenomenally successful business. With three packed restaurants, and fans across the world, their signature burger recipes have taken them from back yard barbecue to success in the World Burger Championships.

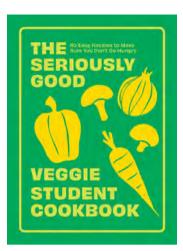
This book shows you the secrets of the perfect burger, from patty styles, unique condiments and sauce, to classic recipes for the world-beating Beefy Boy burger, Oklahoma Onion Boy, Buffalo Chicken Burger and veggie faves like Beanie Boy. Plus joy-inducing sides: Pastrami Fries, Jalapeño Poppers and Millionaire Fries – all presented with unique illustrations and drool-worthy pictures.

The Beefy Boys are Anthony Murphy, Daniel Mayo-Evans, Christian Williams and Lee Symonds. Initially starting with a food truck and pop-ups they now have restaurants in Hereford, Shrewsbury and Cheltenham, UK.

- Popular and growing restaurant chain, plus a touring burger van
- Winners of 1st place Signature Burger, World's Best Burger Championships in Orlando, 2015, and Alabama, 2016; National Burger Awards 2023; 2nd in the World for Burgers at World Food Championships in Las Vegas, 2014
- Founder Anthony 'Murf' Murphy has guested on Saturday Kitchen, with more to follow in 2024, and the Boys were featured on Tom Kerridge's The Hidden World of Hospitality











The Seriously Good Student Cookbook 9781787139787 \$19.99 | Flexibound

The Seriously Good Veggie Student Cookbook

80 Easy Recipes to Make Sure You Don't Go Hungry Quadrille

August 2024 | Flexibound | CKB113000 \$19.99 | 9781837832491 192 Pages | 61/4 x 81/4 in Full-color photography throughout

The Seriously Good Veggie Student Cookbook shows you how to ditch the takeout and make meals you actually want to eat with 80 delicious recipes.

We all know the benefits of going meat-free – but when you're a student with limited shelf space, a tight budget and little kitchen experience, creating tasty veggie and vegan meals at home seems impossible. This book is here to change that.

The Seriously Good Veggie Student Cookbook contains 80 recipes, all based around cheap, staple ingredients like rice, pasta, potatoes, and bread, along with a helpful guide to equipment, hygiene, and buying on a budget. Whether you want library-friendly lunches like Vegan Caesar Pasta salad, or homemade Falafel Pitas to prove to your parents you really can cook, this book has it all. With a photo for each recipe and easy-to-follow instructions, you'll never go hungry again!

Conceived and edited by Quadrille.

- · Around 10% of college students are vegetarian, compared to 5% of the general population. This is the perfect cookbook to ensure they don't go hungry!
- · Simple instructions, minimal ingredients and a photo for every recipe mean The Seriously Good Veggie Student Cookbook is beginner-friendly, for chefs who've never cooked for themselves before
- · Publishing in time for the new student calendar



Garlic & Tahini with

FALAFEL

Making falafels from scratch requires a little effort, but once you taste these fresh crunchy morsels you'll be glad you didn't plump for their shop-bought counterparts. These go really well with the Classic hummus on page 106.



300g (10½oz) dried chickpeas 16 tsp bicarbonate of soda 3 garlic cloves, roughly chopped

- 1 onion, roughly chopped
- 1 mild red chilli, roughly chopped 1 thsp ground cumin
- 1 tbsp ground coriander 1 tsp sumac, plus extra to serve handful parsley, chopped 5 tbsp plain (all-purpose) flour salt and black pepper
- 150ml (5fl oz) light olive oil For the garlic tahini sauce 6 tbsp natural yogurt 4 tbsp mayonnaise
- luice 1 lemon
- large garlic clove, crushed
- 4 fluffy white flatbreads crisp chopped salad pickled chillies and turnips

Put the chickpeas in a large bowl, cover with cold water and leave to soak overnight.

The next day, make the garlic tahini sauce. Mix all the ingredients together, cover and chill.

Drain the chickness and dry thoroughly on kitchen paper. Tip into a food processor with the bicarbonate of soda and pulse a couple of times to roughly chop. Add the garlic, onion, chilli, spices and parsley, and pulse to a coarse purée. Add the flour, season and mix well. Divide the mixture into 20 equal portions. Using damp hands. shape the mixture into little patties and place onto a baking sheet. Chill for 10 minutes.

Heat a large, non-stick frying pan over a medium heat Add about one-third of the oil, then cook the falafels in hatches for A-7 minutes, turning halfway through, until Iden and crisp. Drain on kitchen paper, then transfe to a warm oven while you fry the remaining falafels in the

Serve five falafels per person on a flatbread, spoon over some of the garlic tahini sauce and some chopped salad. Eat immediately with pickled chillies and turnips



Meaning Yried rice' in Indonesian. If you want to add some prawns, after cooking the ginger and garlic stir-fry 150g/5½ oz prawns until pink, then continue.





150g/% cup easy-cook long-grain wholegrain rice 3 tbsp vegetable oil

- 5 spring onions (scallions), thinly sliced 3 garlic cloves, finely chopped
- 21/cm/1 in piece of ginger, peeled and shredded
- 2 carrots iulianned thickly shredded
- 1 tsp Asian chilli sauce, plus extra to serve 2 tsp tomato purée
- 1 tbsp soy sauce 1 thsp kecap manis or thick sweet soy sauce 75g/2½oz frozen edamame beans
- % small bunch coriander (cilantro). To garnish 2-3 eggs

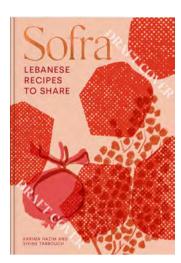
handful roasted and safted peanuts

Cook the rice according to the packet instructions. Her 2 thsp of the oil in a wok or large frying pan. Fry 4 of the spring polons, the partic and ginger for 2 minutes, Push to the side of the pan, add the carrots and cabbage and fry until softened.

Mix tonether the chilli sauce, tomato purée: soy sauce and keep manis in a small bowl. Add this to the pan and bubble for a few moments, then stir through the cooked rice and edamame beans until warmed through Add half the conunder.

or 3 eggs. Divide the rice between shallow bowls. Top with the fried eggs, the remaining contender and spring orion, the peanuts and drizzle with chill sauce.







Sofra

Lebanese Recipes to Share Karima Hazim Chatila and Sivine Tabbouch

September 2024 | Hardcover | CKB093000 \$38.50 | 9781837831159 224 Pages | 71/2 x 93/4 in Full-color photography throughout

Through traditional family-style spreads, mother-daughter duo Karima Hazim and Sivine Tabbouch present a gorgeous array of dishes, perfect for sharing, in this love letter to Lebanon.

As Lebanese diaspora living in Sydney, Australia, Karima and Sivine guide you through typical Lebanese feasts that evoke feelings of home. Sofra contains a mother's recipes for achievable, traditional, homely dishes, with everything from a tall pot of freshly rolled warak enab or a charcoal bbg lined with kafta and meat skewers, to a deluxe fattoush and wholesome tabbouleh. Alongside, you'll find beautiful stories of cooking, sharing and identity that have been passed down around the kitchen table.

This is a collection of generous and nourishing recipes that have travelled across the world and through generations. Created with love, to feed the soul and preserve heritage, the recipes are woven together with stories of belonging that celebrate history, culture and the culinary traditions that bind families together.

Karima Hazim and Sivine Tabbouch have shared their family's simple, special recipes in the likes of the Guardian, Refinery 29, SBS, Broadsheet and Frankie. They also run Sunday Kitchen, a sell-out cookery school in the heart of Sydney, Australia.

- · Mezze-style dishes that work alone or as part of a traditional Sofra (feast)
- · Uses fresh, accessible ingredients in delicious, entirely achievable recipes
- Includes a family feast for Eid celebrations

Bemyeh Bil Zeit

when I search to sove persyen, I couldn't get enough of it, and whenever I found small fresh ones at the grocer I would immediately buy a kilo, half to cook and the other half to freeze for next time, for om my mothers daughter. The smaller variety are ideal for this as they are only lightly souteed and don't require muc lightly souteed and don't require much cooking, the larger ones remain tough and are often quite stringy inside. Many mediterranean grocers sell the frazen bags which also work fine but if you open to come gorous the fresh small ones, don't hesitate and grab them.

- 750 grams of okra 1 large onion thinly sliced 5 garlic cloves peeled and sliced 1 punnet of cherry tomatoes sliced in half
- 3/4 cup of olive oil
- % paprika % paprika % tsp cracked black pepper Pinch of aleppo pepper
- To garnish Handful of fresh coriander

If using fresh ckra, wash them well, drain and remove the tops by outting around the tip so it is pointed and not cut flat, set aside, (if you are using frozen ckra, defrost and pat dry. Heat a large pan (we defrost and pat dry. Heat a large pan (we love to use a wok), add the oil and fry half of the akra to give them a crispy exterior and set aside on a plate lined with paper towels, repeat with the other half. Return the akra to the oil and add the thinly the dara to the oil and add the thinly sliced arion, garlis and cherry tomatoes and toss holding the handles of the pan. Season with solt, pepper and paperillo. transfer to a serving dish. Garnish with fresh coriander and a pinch of Aleppo

* Shish horok can be made and frozen for unto 3 months beforehand - ensure you are using fresh meat in the filling

- Day before prep

 *Wash and cook the hindbeh, squeeze out the woster and
 place in an airright container in the fridge.

 *Wash the airright and remove the tips and allow to dry before
 placeing in an airright container the hindbe.

 *Wash the Corbbage solid ingradients and allow to dry before
 placeing in an entirely container the hindbe.

 *Wash the Corbbage solid ingradients and allow to dry before
 placing in the entirely container in the findbe.

 *Chop the cobbage and places in an entight container in the
 fridge Malati the dressing and six double in the fridge.

- * Deseed a half a pomegranate and place in an airtight container in the fridge
- *Wash all green herbs used for garnish, allow to dry and set aside in the fridge in an airtight container.

 *Make the dressing for the malanek and set aside in the

- Solt the priors for the mujoridors set oside.
 - *Salt the onions for the mujaddara set aside.
 *Make the mujaddara, once it is done keep it covered to remain warm and the fried onions set aside to garnish when

 - toss. Serve
 * Fry the shish barak and set aside in serving dish.
 - Make the berrych bizeit and serve.
 Fry the malanek and place on the serving dish, without the dressing or garnish.

- * Place the mujaddra in a serving dish and garnish with

- * Remove the yogurt off the heat and fry the pine nuts for the
- shish barak in the ghee
 *Ladle the yogurt broth over the shish barak and garnish











Bake Me a Cat 9781787139411 \$26.99 | Hardcover



Celebrate with Kim-Joy 9781787137899 \$29.99 | Hardcover

Bake JoyEasy and Imaginative Bakes To Bring You Joy **Kim-Joy**

September 2024 | Hardcover | CKB004000 \$26.99 | 9781837831937 176 Pages | 634 x 834 in Full-color photography throughout

Bake Joy with 35 easy, creative, joyful bakes for every skill level and age.

Think back to baking as a child: it was messy, imperfect, and always so much fun. In this book, Kim-Joy encourages you to find joy in the process of baking and connect with your inner child. With 35 effortless recipes, all decorated in Kim-Joy's signature style, this imaginative book brings a dose of magic to your kitchen, reminding you to *Bake Joy*.

The book is split into three chapters, each with a focus on one aspect of mental wellbeing. You'll find therapeutic recipes with an emphasis on rest, and stress-free recipes intended to unlock your creativity, all decorated with super-cute, achievable characters and faces. Finally, discover a multitude of recipes that celebrate difference, adorned with kooky and sometimes spooky decorations, like witches, ghosts, and faces.

Unlock your inner child and Bake Joy.

Kim-Joy was a *Great British Baking Show* finalist in 2018, and she has since earned a legion of baking fans around the world. Having previously worked in mental health, she now devotes her time to creating cakes and treats that bring a little Kim-Joy to as many people as possible. Her previous four books have been huge hits around the world.

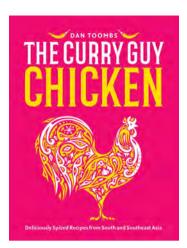
- · Kim-Joy's books have sold over 50k copies worldwide
- Super-cute, easy bakes in Kim-Joy's instantly recognizable style
- Kim-Joy regularly posts about the importance of mental wellbeing to her 426k Instagram followers















Curry Guy One Pot 9781787139206 \$40.00 | Hardcover



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

Curry Guy Chicken

Deliciously Spiced Recipes From South And Southeast Asia Dan Toombs

September 2024 | Hardcover | CKB090000 \$26.99 | 9781837831036 176 Pages | 6¾ x 8¾ in Full-color photography throughout

In Curry Guy Chicken, Dan Toombs celebrates flavorful chicken dishes from around South and Southeast Asia.

Because chicken is such a versatile ingredient, Dan showcases different techniques – from stir-fried and deep-fried to braised grilled and roasted – all in his accessible and straightforward style. Create Punjabi Chicken Samosas to snack on, enjoy Spicy Sri Lankan Chicken Curry for a Friday night, make Stuffed Tandoori Chicken Breasts for the BBQ or perfect your Korean Spicy Ramen to impress guests. Including traditional karahi dishes from India and Pakistan, some inspirational BBQ recipes and of course basic gravies/curries, there is a recipe for every occasion.

Packed with vibrant recipes and beautiful photography, Curry Guy Chicken will inspire any spice lover to get into the kitchen.

After over 20 years of traveling around, sampling dishes, learning secrets from restaurant chefs and refining those recipes at home, Dan Toombs (aka The Curry Guy) has created recipes that taste just like takeout but in less time and for less money. Dan's first book, The Curry Guy (2017), was an instant bestseller; this is his ninth book. He lives in Yorkshire with his curry-loving family.

- · Over 250k loyal fans follow Dan's blog
- · Features tips and tricks to make the perfect dish every
- The Curry Guy books have sold almost half a million copies worldwide



@ Ø A

DA LAT CHICKEN PIZZA

You are only limited by your own imagination with this hugely popular Vietnamese snack from the beaudiful dry of Da Lat. You can put whatever you like on the pizzes but this chicken version is a good start. This is pizze made with rice paper, which is normally cooked on a barbocue grate over but coals. The pizzes are fun to make for all. Older kids long getting in there and cooking them. If you want to stay with a Vietnamese theme, you might like to cook the Vietnam page on and use some of that for this recipe, but any cooked chicken will do. Just don't add much

To make the pizzas, scatter the coals for direct heat cooking (see page to make the puzza, send the tree can be careful rear cooking see page oo). Lightly spray or brash the grill white oil and place some rice paper rounds on it. Top with the shredded chicken and sessone rice paper rounds on it. Top with the shredded chicken and set morzazella Livyau like. Be sure to rotate the rice paper as it cooks so that it doesn't stick to the grill and tree to rotate the rice paper bown too white the bottom. Move the or cook pen rice page layers when the cook is stick to the grill and the paper bown too make the paper bown. needed. You only want to make the rice paper crispy. The pizza is ready when the rice paper is crisp and the cheese, if using, has melted.

ready when the rice or paper is crisp and the cheese, if using, has melte Each pizza should only take a couple of minutes to perpare. If you like, use squirny bottles to garnish the pizzas with mayonaise and srizacha, which are the traditional toppings. Serve right off the cooking grate when the cheese is melted and the mext heared through, garnished with the finely chopped spring onions

You can also cook these pizzas in a lightly greased pan or non-stick pan over a medium-high heat on the stove.



CHICKEN MAJESTIC

Chicken mujestic is a popular chicken starter in Hyderabad. It is similar to Chicken 65 but the chicken is cut into strips and is usually not coloured with red food colouring. The chicken is also sliced into long strips rather than tilkla. There is also a little yoghurt added to the sauce to thicken it. If you liked the Chicken 65 recipe in my previous books, you are going to love this too.

smooth. Add the chicken strips and allow to marinate for at least 30

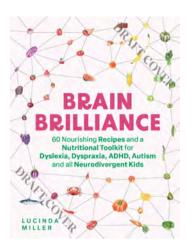
minness or overnight.

When ready to cook, hear the oil in a large flying pan (skiller) or wok over a medium-high hear. Your oil is ready for cooking when you atick a wooden chopstick or spanula in and thousands of little bubbles stick a wooden chops are wooden through the thicken and thousands with an election of the old for form around on occurate. Sea in the chicken and thy in the old for about 6 minutes or unglicooked through, a you are shallow-fring, it also important to sit regular to sit regular to some of the chicken to be consistent to sit regular properties. The shall be supported to the chicken to be consistent to sit regular properties and the shall be supported to the chicken to be consistent to sit regular Transfer We saw want the chicken to be or place uping with a lighted spool and send or Transfer We saw and the same of the

To make the curry, you need a tablespoons of clean oil, if you added To make the curry, you need a tablespoons of clean oil. If you added the marinated riskine before the oil was bet necough, it might have a leaf of excess flour floating in it. So either discared all but 2 tablespoons of the oil of discard in all fid my and type you pan net an and sum. In the contrast of the contrast of the contrast of the contrast of the and temper them in the oil for about 20 seconds. Then sair in the curry leaves and by fire a trather 20 seconds. Add the chapped colorion and by to soften for a cought of minumes before satiring in the ground spices and quelte and ignore passe. Goe this all 2 good seit and add the chapped chillies and spring critican (see all 20 good and 20 good 2

Add the fried chicken to this sauce and continue stirring until it is coated with the sauce. Add the chopped coriander (cilantro), squ in the lime juice and serve hot.







Brain Brilliance

60 Nourishing Recipes And A Nutritional Toolkit For Dyslexia, Dyspraxia, ADHD, Autism and All Neurodivergent Kids Lucinda Miller

September 2024 | Hardcover | HEA055000 \$34.00 | 9781837831975 240 Pages | 71/2 x 93/4 in Full-color photography throughout

Brain Brilliance offers accessible advice and nutrient-dense recipes to improve your child's brain function.

Neurodivergence is an umbrella term for a host of neurological, neurodevelopmental, immunopsychiatric, and mental health labels, all of which can affect the mind. It is a collective term for people who learn and interact differently. Lucinda Miller, a specialist in nutrition for supporting optimal brain function, gives practical tips on how to feed your brain cells what they need to thrive.

Brain Brilliance unpacks the key basics of nutrition, discussing the Gut-brain link, the role of ultra-processed foods, and how to rebalance your glucose levels, adrenal state, and immune system, as well as managing anxiety, OCD, insomnia, and inflammation. And to accompany this invaluable information are 60 delicious, family-friendly recipes that nourish the brain whilst being fun to make and easy to cook.

Lucinda Miller has over 25 years' experience as a nutritionist and naturopath. She is a fully qualified NLP coach and mentor for neurodiverse kids. She is the author of The Good Stuff and I Can't Believe It's Baby Food! She writes regular articles for The Times and the Telegraph. She runs NatureDoc clinic, where she practices and mentors her team of 24 practitioners.

- · Around 10% of children have ADHD, 10% have Dyslexia, and 1 in 23 kids have Autism
- · A helpful, accessible guide to neurodiversity and how nutrition is key to better brain heath
- Lucinda Miller is a leading specialist in pediatric nutrition



CARROT CAKE

OVERNIGHT OATS

100g (scant ½ cup) full-fat plain yoghurt or kefir 1 tsp vanilla extract (optional) 30g (scant % cup) rolled oats 1 small apple, finely grated (shre % small carrot, finely grated (shredded) 1 tsp mixed spice 2 tsp raisins 2 tsp pecan nuts, quartered 2 tsp flaxseed (ground or whole 2 Tbsp milk of choice

A dreamy creamy oaty breakfast, carrot-cake style! Overnight cats are one of the most gut-friendly foods you can eat. Soaked rather than cooked, the oats are easier to digest. They retain more resistant starch, which acts as a prebiotic to nourish the more resistant starch, which acts as a prebiotic to nourish the good bacteria in your gut; the original recipe was developed by a Swiss physician who used raw food to help his patients ecover from illness. This makes a brilliant speedy breakfast hat you prepare the night before, so you can just grab in the

Mix the weekert with the vanilla in a howl then stir in all the except the milk and the hone

In the morning stir in the milk and serve with a drizzle of honey or maple syrup. On cold mornings warm up the milk before stirring it in, so that the oat mixture is less chilly.

Store, covered, in the refrigerator for up to 3 days. You may need a little extra milk if you leave it for longer than overnight.















SALMON POKE BOWL

150a Jahout M. cun) becom rice

2-3 stems tenderstem broccoli 1 small carrot, grated (shredded) 1/4 avocado, stoned, peeled and sliced 1/4 Romano (bell) pepper, sliced 2 radishes, thinly sliced 1/4 mango, cubed

FOrni (4 tablespoons) tamari sov sauce

% Thsp rice wine vinegar 1/2 Thsp sesame oil 1/4 tsp minced ginger root (fresh o

nine (vitamin B1) and fibre than white rice, but you can

Rinse the rice and cook as per the packet instructions then set aside. Meanwhile make the sauce. Combine the tamari soy sauce, apple juice, honey, rice wine vinegar and sesame oil in a small saucepan and gently warm through. Add the minced ginger and stir well to combine.

Mix the arrowroot with ½ teaspoon of water, then pour it into the sauce. Bring to a simmer, stirring all the time, until the sauce is thick and glossy. Pour into a king and set aside to cool a little.

Heat a frying pan (skillet) and add the sesame oil, a splash of water rece is eying pan (seeing and add the issuine oil, a splash of water and the salmon filets. Then brush the salmon is steak with some of the sauce. Cover with a lid and simmer gently until the salmon is fully cooked through and the flesh is completely opaque, which will take 8-12 minutes total.

While the salmon cooks, steam the edamame beans and bro for a couple of minutes until all dente, then set aside. Ensure all the other ingredients are prepared.

Build the poke in two bowls (or lunch boxes for a meal on the go) by layering half the rice, the cooked and fresh vegetables and mango into each bowl. Finally add the salmon, drizzle the remaining sauce over the top and sprinkle with sesame seeds

Eat immediately or allow to cool then store in the refrigerator if ng ahead for lunch. A poke is great eaten hot or cold on the day













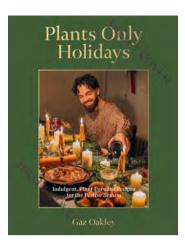














Plants Only Holidays

Indulgent, Plant-Forward Recipes for the Festive Season **Gaz Oakley**

September 2024 | Hardcover | CKB125000 \$24.99 | 9781837831487 192 Pages | 6^3 4 x 8^3 4 in Full-color photography throughout

With Gaz Oakley's fantastic alternatives to the trad turkey and trimmings, vegans and vegetarians everywhere can enjoy delicious food throughout the festive season.

Gaz talks you through the menus and the planning, from Christmas morning breakfast like Earl Grey Chestnut and Cranberry Cinnamon Rolls, through to a show-stopping lunch with the likes of Cauliflower Wellington, Slow-roasted Mushroom Fillet and Festive Nut Roast Wreath served with all the trimmings: Pumpkin Mac & Cheese, Hasselback Potatoes and Fluffy Yorkshire Puddings – all rounded off with spectacular dairy-free desserts including Boozy Tiramisu and Creme Brûlée Tartets. And it's not just about the big day: Gaz offers ideas for Boxing Day leftovers including the ultimate Christmas Burger, as well as classics such as Bubble & Squeak.

Packed with ideas and inspiration for the festivities, *Plants Only Holidays* offers fresh and flavorsome vegan dishes perfect for the festive table.

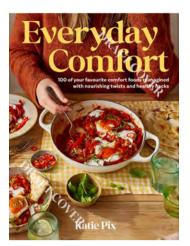
Gaz Oakley became a chef in Cardiff, UK at age 15, and, inspired to follow a healthier lifestyle, decided to change to a plant-based diet. He has over 2.5 million social media followers, and his first three books *Vegan 100, Vegan Christmas* and *Plants Only Kitchen* were an instant hit worldwide.

- · Gaz's books have sold over 250k copies in English
- Updated and revised recipes from bestseller Vegan Christmas
- No meat substitutes are featured in this new edition; plant-forward recipes have been marked as a top trend for 2024











Everyday Comfort

100 Balanced and Healthier Versions of All Your Favourite Comfort Food Katie Pix

September 2024 | Hardcover | CKB127000 \$35.00 | 9781837831180 224 Pages | 7½ x 9¾ in Full color photography throughout

Everyday Comfort is the debut cookbook from foodie star Katie Pix. showcasing balanced and nourishing versions of all vour favorite dishes.

For Katie, good food is one of life's greatest joys, and her mission is to give people the knowledge to be able to cook anything they want whenever they want (so that they can quickly move on to the joy of EATING!). From comfort food classics, to Friday night feasts, plus unctuous desserts, you'll learn the skills to get the very best out of your time in the kitchen, as Katie reveals the secret to reimagining 100 family favorites with simple techniques and revolutionary shortcuts.

With a little knowledge, foolproof techniques, some basic kit and a handful of ingredients you'll go from beginner to home-cook-hero in no time. This is creative, easy, and down-to-earth food, and your shortcut to eating WHATEVER you like.

Katie Pix is the daughter of chefs, and has worked alongside the likes of Jamie Oliver and Gennaro Contaldo. She debuted her show Naughty & Delicious on Food Network, appeared on Best Thing I Ever Ate and The Kitchen, and was a quest judge on ITVX's Bad Chefs. She works closely with many leading brands.

- · Marketable author, with TV experience in the UK and the US
- · Comfort food you can enjoy WHENEVER you like
- · All 100 recipes photographed



Mexican Mackerel Fish Tacos with Corn Salsa

Dud worked in a classet strictch bistro with dated Victorian decor and frills on the turkey legs at Christmus. Though a popular restaurant or the time, the incredibly classic menu would involve simple ingredient that weren't elways consumed by their expiration and so be would sometimes come home with a perk belty, side of submost or fresh mackerel for us to enjoy. Given he'd been cooking that same thing hundreds of times that work, he'd always make something different once he got home – and his

SERVES 4

Olive oil, for brushing I rep ground currin I rep chilli powder I rep ground corlander il macketel fillets

Salt and ground black pepper FOR THE CORN SALSA 1 a 325g (11/50z) can of sweetcom, drained and rinsed

3 red onton, finely choroed 1 sed onton, firsely chopped
 Zest and Jusce of 2 limes
 1 sed chilli, finely chopped
 2 large tomatoes, deseeded
 finely chopped
 No bunch of cortander (cilant
 finely chopped

TO SERVE (OPTIONAL)

Preheat the oven to 180°C (160°C fan/350°F/gas mark 4).

To make your taco shells, brush the tortilla wrons lightly To make your taço shelis, brush the horitili wrapsi lightly with oil. Use a muffler or cupcake tray and flip is overso the moulds of the tray are poking up. Cut each wrap into quarters and push each one between four of the moulds so it bends into a cup shape. Bake in the owns for 81-20 minutes, then remove and allow to cool before removing them; you should have cispy shelis.

Add all your ingredients for the salsa to a bowl and give a good toos to combine. Have a little try and feel free to add a touch of salt or pepper if you need to.

Mix your spices and sprinkle over your mackerel fillets. Preheat a pan (ideally a griddle pan) to high and season with sait and pepper. Grill on one side for 2-3 minutes before narning over for a final minute. Don't overcrowd your pan. If you need to, do this in batches.

To serve, pop your lettuce into the base of your tacos, break up your mackerel and add on top. Sprinkle generously with the corn salsa and top with a texpoon of sour cream. Spring onions and sticed chilli will add a lovely, colourful garnish. If you're feeling fancy!

It is recommended that you eat two portions of fish a week. including one portion of oily fish.

Charred Chilli Pepper Con Carne

Despite years of training, my tolerance for spicy food is still feeble at best. There's always an audible sigh whenever I request chilli at my in-laws' house, as they're unable to make their mouth-scalding sersion that could bring tears to your eyes. But there's a difference between spice and hour. Feel free to take this to whatever Scorille level w smable with, but ultimately enjoy the deep, rich flavour of this pepper-laden chill

SERVES 4

I top olite oil
I red onlor, haived and sliced
(into haif-moons)
Is garin; closers, finely sliced
e sun-dried semanoes, finely che
I top ground cumin
I top ground papelia

100g lean minced (ground) meat (I like half-and-half turkey and pork) 2 x 400e (14or) cans of plum tomator

low-sodium beef stock cube

Heat the oil in a large saucepan over a medium heat, add the red onion and a pinch of salt and cook until softened and turning slightly golden. Add the garlic and sun-dried tomatoes, then the spices and cook for 2-3 minutes until the fragrances release.

Remove from the pan and add in the minced meat. You may need another small splash of oil, Cook over a high heat, breaking it up, ensuring the pan isn't too crowded. When it has a gorgeous golden bue, add back your onion mixture

Add the plum tomatoes, giving them a good squeeze as you add them in. Then till one of the cans with water and add that in, too. Crumble in the beef stock cube and pour in the espresso. Give it all a good stir before popping a lid on and bringing it to the boil, then drop to a simmer for 30-35

While the meat is cooking, pop the peppers skin side up under a very hor grill (broiler) and leave for 10-15 minutes or until the skins have blackened and blistered. When cool enough to handle, peel off the blackened skin and slice them into strips.

Take the lid off your chilli, add your beans and cook for a further 10 minutes. Finally, add your charred red peppers and cook until your sauce is thick and glossy.

Meanwhile, bring the stock for the rice to the boil in a pan, then add your rice and outnoa. Stir together, cover and reduce to a simmer for 25 minutes. Keep an eye on it and top up with water if needed. Fluff it up with a fork and ser with your chilli with a drizzle of yogurt, a squeeze of lime









Modern Pressure Cooking 9781787135321 \$40.00 | Hardcover

Everyday Pressure Cooking

Over 80 Family Favourites Made Fast and Easy **Catherine Phipps**

November 2024 | Hardcover | CKB129000 \$34.99 | 9781837831760 256 Pages | 71/2 x 93/4 in Full-color photography throughout

'The Queen of Pressure Cooking' - Nigella Lawson

Pressure Cooking Every Day puts the pressure cooker at the heart of simple mealtime solutions, cutting down the time you have to spend toiling over a hot stove.

Many home cooks have discovered the joys of the pressure cooker as they seek to find not just more economical ways to cook, but to save on energy and water consumption. Pressure Cooking Every Day explains the basics of using this fabulous tool in a clear, accessible way, and offers family-friendly meals for every day of the week

Catherine Phipps' recipes are delicious and work every single time, giving you fast, nutritious dishes when you have only minutes, rather than hours, to spare. With over 80 recipes for fish, vegetables, meat, legumes, grains as well as desserts, instructions for Instant Pots, and a photograph of every dish, this is the go-to cookbook for all pressure cooker owners.

Catherine Phipps is a food writer, cookbook author and recipe developer who has frequently featured on TV and radio, including BBC Radio 4's The Food Program.

- · Everyday family recipes that save time and energy
- · Modern Pressure Cooking has sold nearly 8k copies, and The Pressure Cooker Cookbook has sold nearly 16k copies TCM
- Offers advice on cooking in Instant Pots as well as stovetop pressure cookers



BRAISED LAMB WITH APRICOTS AND ROSEMARY

This is based on a classic tagine, but I've added a herbal

element with the rosemary; the combination of flavours reminds me of the way my mother used to roost lamb or goat when I was a child.

This is best served with a pile of herby, buttery

couscous, but you could also turn it into a one-not meal-

and souts on a high heat until it starts to brown around the edges. Add the lamb and the garlic and cook until the lamb has taken on some colour. Stir in the spines and

Add (S0ml (Sfl oz) water to the cooker along with half the opricots. Close the lid and bring up to high pressure Cook for 10 minutes, then release pressure naturally. Add pressure Cook for another 5 minutes and appin, leave to drop pressure naturally. Serve garmshed with a little

absorbed. Fiulf up and garnish with the almonds

see the Variations for details.

A few springs of flot-reaf plansing or mint, roughly tom.

Put the pousoous in a bowl with the butter Measure the orange juice and make up with hot water to 175mi (SNH oz). Add a few drops of grange blomain water if you like Pour ower the courson's and leave to stand until all the water has

VARIATIONS

STUFFED PASTA SHELLS

SERVES 2 AS A MAIN, 4 AS A STARTER

FOR THE STUFFING

2 game moves, grated or nine over. Zent of I movem

A few grotes of nurring

Having tomato sauce ready to go is a boon for busy people, but the beauty of pressure cooking is that even if you don't, it is short work making a batch for this regine. You can make it even speedier by just following the tomato sauce recipe up to the point when you cool under pressure, then proceed as below.

Portion wise, this recipe is slightly limited in quantity because the shells need to be arranged in a single layer. I would say it will feed 2 generously, 3 very well and for 4 people it's a full meal it supplemented with something

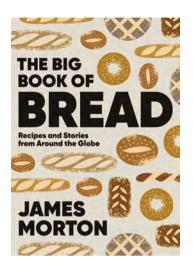
i use my souté-pan pressure-cooker for this dish as it is a good oven-to-table size.

iquid, it should give you cround 75-85g (2%-doz). Pinely ones, then just in a bowl with the remaining stuffing. ingredients plus plenty of seasoning. Use to stuff the shells, making sure each shell is full - the shells will

followed by the tomato spice. Arrange the stuffed shells to avoid pouring it over them), making sure it comes all the way up the sides. Close the hid and bring up to high pressure Cook for 5 minutes, then offew to drop pressure

Tegs over the cheese to ower the top and leave on a Alternatively, sever the francies of your pressure cooker with fail and put under a hot and for a few minutes









Super Sourdough 9781787134652 \$36.00 | Hardcover

The Big Book of Bread

Recipes and Stories From Around the Globe

James Morton

October 2024 | Hardcover | CKB009000 40.00 | 9781787138742 320 Pages | $7\frac{1}{2}$ x $9\frac{9}{4}$ in Full-color photography throughout

Bread: flour, water, salt. Baked, boiled, fried, griddled... The sustenance of the poor and the rich for millennia. The domestic nourishment and national pride of countries and cultures throughout the world.

The Big Book of Bread explores the links between bread and the boundaries of culture and nationality, and offers delicious recipes for recreating loaves from across the globe. Almost every country has its own breads, each with its own individual character but often sharing a common relative. From basic ingredients and equipment to a step-by-step explanation of methods, Dr James Morton guides you through key bakes of the world, hand-picked by bakers on the ground.

Illustrated throughout with stunning photography, *The Big Book of Bread* is a compendium of baking knowledge and insight, and a vital book for every bread enthusiast.

James Morton is the author of seven books including *Super Sourdough* (2019) and *Brilliant Bread*, which won the UK's Guild of Food Writers Cookbook of the Year award in 2014. In 2012 he reached the final of BBC TV's *Great British Baking Show*. He works as a GP in Glasgow, Scotland.

- James Morton's Quadrille books have sold almost 80k copies in English and *Brilliant Bread* (2013) has sold 40k copies TCM
- No special equipment is required for the recipes in the book
- Most recipes include instructions for both yeast and sourdough

Pain aux Noix

(Hazlenut bread

You con't surmonise French bread culture in a file we recipies. It is impossible, it is disespectful. It is down unbuild appropriation bill will were you've jet to pick your showante breads from access the world, it is important to pick the ones that or a determining, that represent faction are or object in a registerit soft on a review to be tread from a willie and the properties of so many of the other broads it we written about one derived from Ferich procitios and traditional felippets here presentational for well we get to de title pastices were we can

So with the pains aux naix – simply "nut breads" – which exist in various forms up and down France, and anywhere France has had influence across the world, and with my recipe, I'm sure I wor't please anyone. Except you, if you decide to make it.

This seciple borrows practices from hearty and nustic northern european breads, using the modern 'scalding' technique to allow you to create a bread that is easier to handle and not weighed down and stodgy like lots of wholemeats. It's also a little enriched, giving it a spongy lightness that just makes the most excellent toast for days on end.

This proves these approaches are not mutually exclusive — and that relocationing an earthy character into your sweeter breads can be a positive – not just for health and planet but for flavour.

Makes one large rustic loc

200g strong wholemed flour 50g boiling water 300g strong white flour

Two teaspoons of instant yeast (omit of making sourdough) 150g whole milk, tepid (substitute out milk if plant based)

175g tepid water 150g active soundough starter (optional if yeasted version) Into a medium bowl, weigh your wholemeal flour. Then, you want to seive this into a larger bowl, separating the 'white' (-lar) flour from the bran. Floor the bran back into your smaller bowl, and add in the just-boiled water to make a kind of thick paste. Mix together using a separation and the raids.

To your sieved flour, add in your white flour, yeast and soft, and distribute. Nest, add in your butter, and use your fingertips to "nut" the butter into your dry mix, until it disappears into ever-smaller clumps, a bit like when making postry dough.

Weigh in your milk and water, and then your sourdough starter. If your milk is cold from the fridge, a zap in the microwave will help. Mix everything together until it forms a dough

If you can, knead (see page XX) for a few minutes – this will help with the overall lightness and evenness of the loat. Then, place back in your bowl and set aside for half an hour (an hour if sourdough).

How to Make Bread



Pan de Camote

(Sweet potato bread)

this is a sweet roll from heru, that trumpria both in its colour and its softness, the incorporation of coloued sweet portato means the dough clings onto moisture to give a soft, tearable burn that's naturally sweet. Then, of course, we enrich it more – for that super orange colour, use the best eggs you can find.

Adding not vegetables, and sweet potato in particular, can be a problem the first travel incide the I, be traveled ended up on overly wer flow, put which that foul calcular and that repred over the wides of the bruys. I then hield a version 1 bund ordine where interested or boiling the sweeter potato, 1 below it slowly for one). The flowar is so much more interine; the dough sweeter and the colour solutionted. And most important by the dough didn't multi-very letting surprising properties.

Still, this is on enriched dough, and so should be recorded lies a broach end for serving purposes. If you've other a savoury rather than sweet use, such as the roll so accompany a pestly posit medit, then this spiritiking some sen soft over the top officer you've got wash. If it's for having as a sweet snock, long sugar makes its socionine nature clear. If you're that sort of pesnor with sites mixing sweet and salty poponic, with yor to that?

Makes 12 rolls

1 large sweet potato – at least 250g unbaked weight 500g strong white flour 50g sugar

1% top solt 40g butter 3 eggs 100g tepid water 100g white sourdough starter

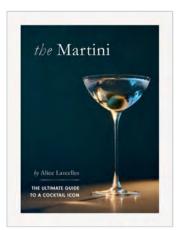
Another egg, for brushing loing sugar or sea salt, depend on your sweet-savoury preference. Start at least on hour, but up to a day, before you bake, Set your over to 1900 far, then image a sweet pointor in foil. Ross it in the over for an hour. Using a tea towel or owen given, give it a squeeze to ensure it's soft. Leave to cool as you start the dough, or store in the finishe for later.

Start by weighing your flox, soft and sugar into a large boat For a yeasted loof, mix in the yeast. If you are planning to leave the dough overright in the hidge, reduce the quantity of years for flowors. For each farance, add some soundough starter too, deray with legal ingredients. For full soundough, leave out the yeast altogether, and you'll need an active, happy, recently field starter that's or peok fise.

Unce you've mised together your dryngledents, add your butter, then rub this is othat it's mostly combined, it doesn't need to be perfect. Add in your eggs, water and scoop in your soft sweet poteto - you've aiming for 200g cooked weight, if'you potato is hot, use cold water, if it's cold from the fridge, use warm water. Simple.



Now to M







The Cocktail Edit 9781787138643 \$26.99 | Hardcover

The Martini

The Ultimate Guide to a Cocktail Icon Alice Lascelles

October 2024 | Hardcover | CKB006000 \$26.99 | 9781837831357 176 Pages | 63/4 x 83/4 in Full-color photography throughout

In The Martini, award-winning journalist and cocktail expert Alice Lascelles goes on a deep-dive into a drink that's bewitched bartenders, artists and barflies for more than a century.

Over the course of 60 recipes, she charts the Martini's journey from the saloons of 1880s New York to the hottest cocktail joints of the 21st century. Discover the best Martini to pair with oysters: explore variations infused with olive oil, shiso and iasmine tea; find out why your most important tool is your freezer; and the real reason James Bond liked a shaken, not stirred. Martini,

If you don't know what your perfect Martini looks like, then this book will help you find it. And if you do, then its mix of tips, tricks and secrets will help you to improve it. The Martini is a stylish, fun and fascinating guide to one of the cocktail world's most enduring classics

Alice Lascelles is an award-winning journalist, author and drinks expert. She writes for the Financial Times, and her previous book, The Cocktail Edit, was named a 'Book of the Year' by The Times, The Financial Times and The Telegraph. She lives in London with her husband and two sons.

- Martinis have grown hugely in popularity in recent years and this will be the first book to look at the drink's history and culture as well as recipes
- · The Martini was named Drink of the Year 2022 by Food and Wine in the US

the 150rd Nick & Nova - a classic design that degardy manages to accommodate coditals both

ROCKS GLASS

This is the only other glass Pd consider essential Go for something capacious enough to take a nice bir hunk of ice

HIGHRALL

You can get away with serving spirit and mixer drinks in a rocks glass - so a highball is not essential But a long, tall glass is nice to have for G&Ts and ice laden cocktals that come with a strate, such as a Mosto - p. 164 or a Sherry Cobble - a 169. You probably already own something like

CHILLING GLASSWARE

A cockral tastes a hundred thousand times hetter if it's served in a glass that's really cold. So always give glassware blast in the freezer for a couple of minutes befor it (I have a couple of glasses permanently on standby in the freezer) If you're out of freezer space, stick your glassware in the findge, or fill it up with ice cubes and water to chill while you're mixing the drink. Freezing your mixing glass before you use it is another good way to give your Martini



THE MARTINI



48

OLASS: mokted glass GARNISH: near and/or olive METHOD: stir and strain

1 dash orange bitters (optional)

You could make a thousand Martinia and news make the same one two. And that's with I think, the incremental drink so endiently favorages

uttimate Martini formula, that it's 7.1 or 15.1 or even 3.7.1 (ves. really). But in my mind, making a Martini is less like composing a vaccine and more like outling a diamond -- each tiny decision you take makes it sparkle in a different way.

Modern-day Martinis tend to be on the dry side: 5 parts gin to 1 et vermouth, or thereabouts. Early mearnances of the cocktail, though, were often much wetter than that two parts gin to one part vermouth, or even just 50/50. Doing it this way given you a solber, fresher, apentsf-style donk.

If was fin the formula on its head, it's a Reverse Manting - a trick that also works with the Manhattan (a cocktail that, you bitters as the Martini, just in a darker form). If you've got dry and white vermouth, a Martini is also good with a 50/50 mor of

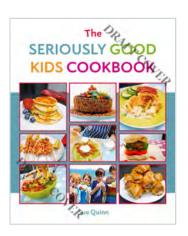
Pra-Probilition Marries were often made with a daily of counce bitters - an aromatic touch How. When it comes to the gaznish I find it hard to choose between an olive and a Jemon twist - so often, I'll have both.

I'm strongly of the view that a Martini should be streed, rather than shaken You want it poined, deme and saky, rather than pertirbed

Having said that, just occasionally, a Martin is good messythrown together by eye and served on the rocks. A different drink, but so less delicious. A diamond in the rough



H 88





The Seriously Good Kids' Cookbook Sue Quinn

October 2024 | Paperback - with flaps | CKB119000 \$19.99 | 9781837832774 128 Pages | 8½ x 10½ in Full-colour photography throughout

The Seriously Good Kids Cookbook is packed with over 50 simple, delicious, and fun recipes for kids of all ages.

Original, creative projects will capture kids' imaginations, such as the bacon and egg breakfast sandwich cooked in a paper bag. The kick'n'roll aluminum can ice cream is bound to be the project of the summer: pack a large can with ice and rock salt, insert a sealed bag containing cream, sugar and vanilla and kick it to the park... within 25 minutes... homemade ice cream!

Kids will learn as they go along; each recipe contains a culinary technique such as beating, whipping, piping, or baking and 'Adult alerts' appear throughout the book and ensure the recipes are all easy and safe to make.

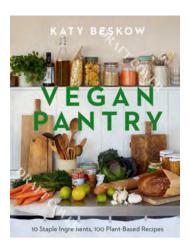
This is a book which will become treasured as it helps children to discover the endless fun to be had in the kitchen and to learn skills which will stay with them for life.

Sue Quinn is an award-winning food writer, author, and journalist. Her articles and recipes regularly appear in the UK's leading food publications including the *Telegraph*, *Guardian*, *Delicious*, and *BBC Food*. She has won the Fortnum & Mason's Online Food Writer Award and the Guild of Food Writers' award.

- Features photos and cartoon-style instructions to get children busy in the kitchen
- 'Aimed at children aged eight to twelve, this fills that gap between fairy cakes and your first grown-up cookbook.'
 BBC Good Food
- This book comes in an easy-to-handle large format paperback for kids to navigate independently











Thrifty Vegan 9781837830374 \$24.99 | Paperback - with flaps

Vegan Pantry

10 Staple Ingredients, 100 Plant-Based Recipes **Katy Beskow**

November 2024 | Hardcover | CKB125000 \$32.50 | 9781787139473 240 Pages | 71/2 x 93/4 in Full-color photography throughout

Vegan Pantry is the ultimate guide for plant-based mealtimes, bringing you 100 new recipes from bestselling author Katy Beskow.

Divided up into 10 of Katy's favorite store-cupboard ingredients, Vegan Pantry provides year-round recipes that will satisfy and delight. With exciting recipes ranging from Grapefruit and Fennel Salad to Date, Garbanzo Bean and Lemon Tagine, this book is not only the go-to cookbook for new and established vegans, but also for home cooks looking for effortless ways to bring plant-based meals into their kitchen. The modern world of vegan cooking can often be confusing, but with a list of easy-to source store-cupboard essentials, useful kitchen equipment, and details on common vegan substitutions, you'll be able to produce delicious food, every night of the week.

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 market in South London, Katy now lives in Yorkshire, England, and cooks from a small (yet perfectly functioning) kitchen. This is her twelfth book.

- 10 ingredients, 100 versatile recipes for guick and easy, year-round, vegan cooking
- Twelfth book from the bestselling author of 15 Minute Vegan (over 40k copies sold in the UK)
- · The number of people choosing a vegan lifestyle has risen by 350% in the last decade
- · All 100 recipes are photographed

TOASTED OAT TOPPER

MAKES I SMALL JAR

toasted out topper, which takes less than 10 minutes to prepare Store in a sealed jar in a cool place for up to a month.

Add the oats, pumpkin seeds, surflower seeds and chopped hazeling to a dry pain over a medium-high heat and toost for 5-6 minutes until lightly golden and (ragrant.

Reserve from the heat and stir in the sesame seeds, garlic powder

Allow to cool fully before spooning into a jar, or use straight away as a





TUSCAN-STYLE RIBOLLITA WITH ROSEMARY AND BEANS

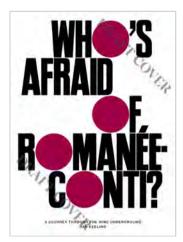
SERVES 4



Warming and herby, with plenty of white beans, and it is thickens

regano and cook for a further minute

down and thicken the stew.







The Noble Rot Book: Wine from Another Galaxy 9781787132719 \$45.00 | Hardcover

Who's Afraid of Romanée-Conti? A Shortcut to Drinking Great Wines Dan Keeling

November 2024 | Hardcover | CKB126000 \$45.00 | 9781787139886 320 Pages | 7½ x 9¾ in Full-color photography

Wine can be daunting without an incisive guide. Who's Afraid of Romanée-Conti? is a no-holds-barred voyage of discovery, from sourcing good cheap vino to drinking its most unattainable and holiest of grails – Romanée-Conti – and the universe of interstellar wines that lie in-between.

From new-school Burgundy, Barolo and Champagne to Tenerife, Corsica and Chianti, Noble Rot co-founder Dan Keeling visits some of the world's most renowned *vignerons* and vineyards on a quest to find out why some wines matter – and why many others don't. Throughout, he details the complex aspects of traditionalist wine culture, offering insights into subjects such as sulphur in winemaking, building a cellar, and many personal recommendations on what to buy for every pocket.

It's wine – but not as you know it.

Dan Keeling is Louis Roederer Food & Wine Writer of the Year 2017 and Fortnum & Mason Drink Writer of the Year 2016. He previously worked in music, and was responsible for signing acts like Coldplay and Lily Allen. As co-founder of *Noble Rot* magazine, he co-owns their three restaurants and Shrine to the Vine wine shops.

- Noble Rot restaurants have over 100k Instagram followers and Dan himself has over 50k
- Dan's wine writing regularly features in publications including the *Financial Times* and the *Telegraph*
- Dan has celebrity support from the likes of Keira Knightley, Jarvis Cocker and Marina Hyde



Sed ut perspiciatis unde omnis iste natus error sit voluptatem



13



HE WISDOM OF OLNEY

When the American wine and food writer Richard Olnsy described the events of 28th March 1991 as "a voyage never taken before and one which can never be repeated" in his venerable volume Romanie-Conti, he was partially right. Having been commissioned to write THE book on the world's most fabled wine, he led a panel of six luminaries teating 45 vin-matne's cellars, which even the then co-directors Aubert de Villaine and Laboi Bize Lerry had never trick (The other guests included Sotheby's Serons Sutcliffs, Christie's Michael Broad-Bent, and wine critic Michael Branch, The bottles, which had matter in indeal conditions in the domaine's Vonne-Romanie cellar and had never suffered the trauma of long-distance transportation, were served in flights descending from the 1980s to the transportation, were served in flights descending from the 1980s to the book rend as close to vinous nirvana as it's possible to get without divine intervention. But, as it say, he was only partially right about the voyage never being repeated, because on April 441, 2022 Aubert De Villaine, asted by the filliamkers Prancik Eibider and Veran Prédiani, organised a similar event for an update of the book. Even if'ny necessity is was centred around the past 250 vintages of Romaniee Cont.

similar event for an update of the book. Even if by necessity it was centred around the past 25 vintages of Romanie-Conti.

I never met Richard Oliney, whose life was tousted with jerobeans of the past of the p

than joyful celebration of long-aged traditional styles.
Although Lynch - an influential importer responsible for popularising numerous French artisanal greats in the States - had never been Domaine de la Romanee Conti's agent, he'd long worked with his good friend

WHO'S AFRAID OF ROMANCE-CONTIT







Foolproof Air Fryer 9781787139671 \$20.99 | Hardcover



Foolproof Veggie One-Pot 9781787138360 \$20.99 | Hardcover

Foolproof Veggie Air Fryer 60 Simple and Speedy Vegetarian Dishes **Louise Kenney**

December 2024 | Hardcover | CKB081000 \$20.99 | 9781837832163 144 Pages | 61/4 x 81/4 in Full-color photography throughout

Discover everything you need to know about cooking in an air fryer, with 60 yeagie-friendly 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. With soups, pastries, noodles and more - Foolproof Veggie 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. The series includes: BBQ, One-Pot, Freezer, Veggie One-Pot, Fish, Picnic, Roasting Pan, Slow Cooker and Air Fryer.

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 and Foolproof Air Fryer.

- 9.7 million Americans identify as vegetarian and about 1 million do not eat any animal products
- · Annual sales figures from Lakeland show sales of air fryers were up 1,175% on last year
- · Air fryers are quicker, use less fat to fry and so have a health benefit, and use less energy to operate. They are also portable so renters can take them with them

SPINACH AND FETA BOREK V

They were made into long cigar shapes and my step-daughter and I couldn't get enough of them!
I've made this recipe for her. Here I've made them into parcels so you can fit more in the air fryer. These can be made ahead and enjoyed at room



5 sheets of file pastry 160g baby leaf spinach 1 medium egg 50g mascarpone 200g feta cheese 50g butter, melted Salt and freshly ground black peppe Cut the file sheets in half, giving you to squares roughly 20 \times 20cm. It doesn't matter if yours are slightly larger. Cover with a damp cloth to prevent them from drying out.

Put the spinach into a large bowl and cover with boiling water. Leave for 5 minutes to will then drain, squeeze out any excess liquid and chop roughly.

Whisk the egg with the mascarpone and feta cheese. Ser with a little salt and lots of freshly ground black pepper. Mix in the chopped spinach.

Take two sheets of file pastry (cover the rest with the damp tea towel) and brush one with melted butter. Stack the other on top and brush this with more melted butter.

Dollop 2 thep of the feta mixture into the centre of the bottom third of the filo pastry then fold the pastry up and over the mixture. Tuck both sides in and roll the pastry up, enclosing the filling to make a rectangular parcel shape Brush with more melted butter and sprinkle over some

Repeat this process with the remaining pastry and filling to make 5 parcels.

Prohest the air fowr to 180C.

Bake the Borek parcels, spaced apart and seam side down on a piece of perforated parchment paper, for 20 minutes. Leave for 10 minutes to cool before tucking in.



Prep 25 min Cook 20 min

ROASTED PEPPER SOUP VE

Developing this recipe was a revelation - it was so easy and delicious - I really hope you give it a go. It can be served chilled as well as hot so a useful recipe to make from the summer through to the autumn. You can use single colour peppers or mix it up with a combination of red, yellow, orange and green. All taste delicious but mixing it up will give you a variety of colours.



4 bell peppers, a mixture of colours i you like red onion, thickly sliced

1 red onion, thickly sliced 300g cherry tomatoes 2 clows of garlic, thickly sliced 4 thep extra virgin olive oil 400-500ml hot vegetable stock 11/2 thsp pomegranate molasses of

Probest the air fryer to 180C

Cut the peppers in half and remove the seeds, stalk and white parts. Place the onions, garlic and cherry tomatoes white parts. Place the onions, garist and cherry tomatoes directly onto the bottom of the air fryer basket then place the puppers, skin side up on top. This will assure the skins blake and the garist and orions are protected from the harsh best. Orizzia over 1 tobe olive oil then air fry for 25 minutes. If you're using an oven-style air fryer, tip everything into a taking tim or cake barriel which fits your air fryer.

Transfer everything to a large bowl, make up the hot Fransier overything to a large bow, make up the not vegetable stock and pour 400ml of this into the bowl along with the remaining ofliw oil and pomegranate molasses. Season well with sall and black peeper and blitz with a stick blonder. Add more hot stock if you profer a thinner soup

Chill for an hour if you plan to get this cold







Foolproof Microwave

60 Essential Recipes to Make the Most of Your Microwave

Amy Stephenson

December 2024 | Hardcover | CKB057000 \$20.99 | 9781837832309 144 Pages | 61⁄4 x 81⁄4 in Full-color photography throughout

Foolproof Microwave offers 60 innovative recipes to transform work lunches and student dinners

Microwaves are a staple piece of kitchen kit at work, home, and college. Better yet, they're reliable, efficient, and cheap to run, meaning that you can have lunch sorted in minutes. With 60 delicious, easy recipes, and all the tips and tricks you need to get the most out of this humble appliance, *Foolproof Microwave* is here to save your sad lunches and transform meals on-the-go.

From breakfast mug muffins to noodle soups and even brownies, cookies and cakes, *Foolproof Microwave* delivers 60 mouth-watering recipes you won't believe were cooked in a microwave.

Amy Stephenson is a food stylist and recipe developer based in London. Her styling work has been featured in British press including the *Guardian*, *Olive* and *DeliciousMagazine* amongst others and she regularly works with popular brands.

- More than 90% of US households own a microwave
- With energy costs soaring, microwaves are sparking increasing interest for their ability to cook food efficiently

 and cheaply. The average annual cost
 of using a microwave comes out at under \$20
- Microwaves are easy to clean and it's almost impossible to make a mistake when cooking with them, making this the perfect gift for students

CARAMELISED WHITE CHOCOLATE BROWNIES

125g unsalted butter 150g golden caster sugar 1 tsp vanilla bean paste 60g occoa powder 2 medium eggs 50g plain flour 100g caramelised white choco roughly chopped 50g pecars, roughly chopped Put the butter in a microwave safe rectangular dish (ours was 20cm x 16cm) and heat for 1 minute, stirring halfway.

Tip the melted butter into a bowl and brush what is left in the rectangular dish around the bottom and sides so it's fully coated.

Add the sugar, vanilla and cocoa powder to the bowl and whisk together. Add the eggs one by one, whisking fully to incorporate each one then fold in the flour. Stir in the chocolate and the pecans and scrape the mixture into the buttered dish.

Cook for 4-5 minutes, until the centre is just set. Leave to stand for at least 15 minutes before cutting into six squares Sprinkle with sugar and brukle them just before you serve.



Makes 6
Prop 5 mins
Cook 6 mins



PRAWN PISOTTO

2 garlic cloves, finely chopped 1 fennel bulb, finely chopped 1 fbsp olithe oil 175g risotto rice 600ml fish or vegetable stock, hot Approx. 260g cod, cut into 8 chun 165g raw king prawns 100g frozen peas 1/6 bunch tarragon, leaves roughly

% bunch tarragon, leaves rougl chopped % bunch dill, roughly chopped % lemon, out into wedges Put the onion, garlic, fennel, olive oil and some salt in a large microwave safe bowl and cook for 8 minutes, stirring twice. Add the rice, some seasoning and 1s of the stock, stirring well then cover and cook for 8 minutes.

Add the remaining stock, stir and cook for a further 3 minutes until all dente and creamy.

Add the cod, prawns and peas and cook for 2 minutes.

Stir in the chopped herbs and serve with lemon wedges for squeezing over.

Prep 5 mins

Part I



View on Edelweiss





One Wok, One Pot 9781787139084 \$22.99 | Hardcover



The Complete Chinese Takeout Cookbook 9781787137394 \$35.00 | Hardcover

Chinese Made Easy Simple, Modern Recipes for Every Day Kwoklyn Wan

January 2025 | Hardcover | CKB017000 \$32.50 | 9781787139107 224 Pages | 7½ x 9¾ in Full-color photography

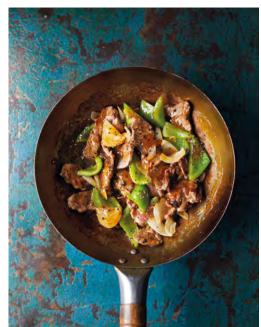
Dive into Chinese cooking with this delicious collection of more than 70 authentic, easy-to-follow recipes.

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

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

Kwoklyn Wan is a professional chef, restaurateur and Kung Fu instructor. He frequently teaches and demos Chinese cooking. Kwoklyn is the brother of television celebrity Gok Wan, and the two brothers grew up working in their family's Cantonese restaurant in the Midlands, UK. He is the author of *The Chinese Takeout Cookbook* (2019), *The Veggie Chinese Takeout Cookbook* (2020), Chinese Takeout in 5 (2021) and 10-Minute Chinese Takeout (2022), and presents his own show on Amazon Prime UK, Kwoklyn's Chinese Takeaway Kitchen.

- Kwoklyn's previous books have sold over 100,000 copies in the English language
- Simple, easy-to-follow recipes with an emphasis on flavor
- Grocery-store swaps for hard-to-find authentic ingredients



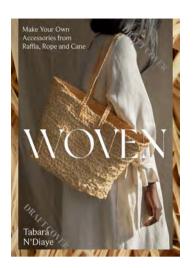








Design & Craft







Baskets 9781787132702 \$19.99 | Paperback

Woven

Make Your Own Accessories from Raffia, Rope and Cane **Tabara N'Diaye**

August 2024 | Paperback - with flaps | CRA040000 \$24.99 | 9781837831906 144 Pages | 7¾ x 9¾ in Full-color photography throughout

Learn how to create modern handwoven accessories using traditional techniques with *Woven*.

Tabara N'Diaye will teach you how to apply traditional basketweaving techniques to create modern accessories to elevate your style. With a collection of 15 projects, including earrings, basket bags, summer hats and more, bring textures, patterns, and colors into your outfits.

Featuring common materials for weaving such as raffia and cane to the more unusual like plastic bags and scrap fabric, discover how to use different resources and techniques through clear instructions accompanied by beautiful lifestyle photography and illustrations throughout.

Whether you've made baskets before or you're a complete beginner, *Woven* will show you how to use basket-making skills in new ways.

Tabara N'Diaye is the co-founder of La Basketry, a homewares brand offering baskets and accessories designed with a group of female artisans in her native Senegal. Her range of products has been featured in the likes of the *Telegraph*, *The Sunday Times*, *Living Etc*, and *House & Garden*.

- Raffia and basket bags are all over the catwalks, from Dior to Loewe
- Tabara is a basket weaving expert and is well connected with other craft influencers
- Her basket weaving Domestika course has 3000 students enrolled internationally













Homemade Beauty

A Modern Guide to Making Soaps, Shampoo Bars & Skincare Essentials Marta Tarallo

August 2024 | Hardcover | CRA064000 \$23.99 | 9781837832392 144 Pages | 61/4 x 81/4 in Full-color photography throughout

This book is a modern guide that will help you simplify vour beauty regime. Discover how to create your own sustainable, natural products to use every day.

Homemade Beauty will help demystify your skin type and show you how to combat bathroom plastic and minimizing your routine, through 13 projects including soaps, bodycare, skincare, and haircare products.

This beautiful and inspiring lifestyle guide will encourage you to green up your bathroom with all natural ingredients that are kinder to both the planet and your skin.

By Hand: Natural Homemade is for those who want to be less wasteful, more sustainable and take control of their beauty regime.

Marta Tarallo is a soap maker and the creative mind behind Bottega Zero Waste. Marta's mission is to empower people with the tools to transition to a zero-waste lifestyle, with a specific focus on beauty and personal care.

- · Sustainability is creeping into all aspects of our lives. The beauty industry is one of the biggest polluters, littering our oceans with used plastic bottles and containers
- · There is growing movement of people looking for cleaner and greener way to beautify
- · Marta Tarrallo has a soap making course on Domestika

shea butter deodorant and antiperspirant

Difficulty level: Beginner Recipe makes: 50g (1.76oz) Shelf life: A months

I made after going zero waste. This recipe is very gusck and satisfying and you will only need five powder essential ofs and bicarbonate of soda that it does not reciaire any wax - shea butter gives without the tackness of a way. This also means fairly high temperatures, because it calls for only melting point of 31" to 58°C (89" to 100°F). The stands component will help absorb moisture so this deodorant will easily be effective for as long as





tools and equipment

to get started, don't worry, you will not require much specialized equipment and you can probably have most of the dems aready in your kitchenalthough it's important to have a set of dedicated items for making your cosmetics and never use them for food purposes afterwards. Focus on tools that are durable and reusable; most of this equipment is available in your local supermarket, from online stores like Amazon or through online cosmetic stores - see pages 172-175 for a list of

Tike to categorize tools by their main function, this way you will notice that you can use the same tools

Hygiene and safety: reusable goggles

you are working on, it is good manufacturing practice to wear a pair of rubber gloves who handling cosmetic ingredients. This not only protects your hands but also prevents you from contaminating the finished result. Tight-fitting reusable rubber gloves are best and can be cleaned - disposable ones break easily. For making soap or shampoo bars a mask or respirator will also be required to protect you from the fumes when preparing the Ive solution and from the Sodium coccyl sethionate powder, which is very fine and unintegrant to breathe in. For soap making you will also need a pair of reusable goggles to protect your eyes when handling lye and raw soap, it is important that they also cover your eyes from the

Although most recipes call for completely natural ingredients, many of which are also added Ladvise was to

cosmetic-making experiments. the spikes that support the plates

Technically you could weath all the bills. use to make the rest of the recipe later. you cannot reverse the action and you

it is bound or solid is always measured Processo different rela month have our o same volume. For example, caster nil is a much more than the same volume of weet almond oil. Soap making is truly a precision game?



22 ingredients





Dopamine Dressmaking15 Sewing Patterns for Every Season **Brogan Sommerville**

September 2024 | Hardcover | CRA035000 \$39.99 | 9781837831401 192 Pages | 7¾ x 10 in Full-color photography and illustrations throughout

Embrace your feminine style with a collection of 15 dresses and tops.

Learn how to approach patterns with confidence and adjust them to suit your style. Using simple shapes and in Brogan's signature style, this book features a playful and classic collection of beginner-friendly projects in US sizes 2–18 from a pattern-less dress to shirred summer dress, helping you to build on your skills before you tackle the more challenging projects in this book such as the bib dress and party dress.

Each PDF pattern includes practical how-to steps, covering all the core skills you need to tackle the projects in this book. Brogan's down-to-earth approach takes the fear out of dressmaking as she gently guides you through the techniques. No matter if you are short on time or new to sewing, this book will show you how to make dresses you love that you will never want to stop wearing.

Brogan Sommerville is a sewer, fashion-lover and Great British Sewing Bee finalist originally from Edinburgh now based in Leicestershire, UK. She creates content to inspire a new generation of stylish sewers alongside sharing lifestyle content.

- Brogan was a finalist on series 8 of The Great British Sewing Bee, known for her playful style
- #dopaminedressing has over 200 million views on TikTok
- Pinterest predicts that 'fashion will be filled with lace, tulle, ruffles and shimmer [...], based on rising searches from Gen Z and Millennials'



ST / THE SUNDRESS

Preparing the front bodice

- Using the markings you transferred from the pattern piece, sew the darts on the bodice front, leaving a long tail of thread to tie off the end, and press them down towards the waist line
- 2 Sew the front bodice to bodice side. Finish the raw edges and press towards the back. Repeat for the lining.

Preparing the straps

- 3 Fold each strap in half lengthways with right sides together.
- 4 Sew a 1cm seam along the length of the strap, pivot and continue along the short end. Leave the other short end open to turn the strap out.
- 5 Clip the corners, trim the seam allowance down to 0.5cm and turn the strap out. You may need to use something pointy like a knitting needle to fully press out the corners. Press well.
- 6 Align each strap with the notches on the bodio front and side back. Pin in place and baste.

Preparing the shirred back panel

- 7 Finish the top edge of the back bodice panel by overlocking the raw edge and pressing it under 0.5cm before topstitching.
- 8 Swap out the regular thread on your bobbin for shirring elastic. Up your stitch length to it's maximum, and using a scrap piece of fabric, play aroune with your tension until the fabric is gathering evenly















Winter Celebrations 9781837830664 \$29.99 | Hardcover

Green Christmas

Sustainable Celebrations That Won't Cost the Farth

Jen Chillingsworth

September 2024 | Hardcover | CRA034000 \$26.99 | 9781837832736 144 Pages | 7¾ x 9¾ in Full-color photography throughout

Green Christmas is a gentle guide to celebrating the festive season naturally and sustainably.

Featuring 30 projects, this practical, illustrated book showcases simple changes you can make for a greener holiday. Jen offers achievable advice on how to sustainably shop for the season, forage for your own wreath and create beautiful handmade gifts. Complete with stunning lifestyle photography for inspiration. Green Christmas is packed with original ideas to make your celebrations merrier and more meaningful.

With clear step-by-step instructions, planet-friendly buying guides and helpful swapping suggestions, this book will be your ultimate guide to a mindful Christmas, with less waste and more joy.

Jen Chillingsworth is a freelance writer and photographer. She writes regularly about slow and simple living, eating seasonally and green issues on her Substack. Her first book Live Green was published in 2019 by Quadrille publishing.

- There is a natural interest for people to celebrate Christmas in an eco-friendly way
- · More than 100 million bags of waste go to landfills each Christmas. Christmas trees produce 250 tons of waste every year, and 4.2 million plates of turkey and trimmings are discarded
- This would mostly be compiled from reuse materials so should be a cheap addition to the list

Gift wrapping

Every year I used to get a little downhearted at how much rubbish we created from oift giving. From the wrapping paper packaged in plastic, gift tags and sticky tape to the single-use plastic-coated gift bags, it all ultimately ended up in landfill. And it's the same for most households.

Now I wrap gifts with fabric using the Japanese technique, furoshiki. It's reusable, creates no waste and it's also far more pleasant spending an afternoon folding and tying than dealing with scissors, paper and tape.

TIR / SIMPLE CHRISTMAN

I like to use pieces of cotton and linen fabric as the cloth is strong enough to support a little weight and as it's opaque, no one can see what's inside the parcel. Pieces of fabric cut from old clothing or bedlinen also work well or seek out vintage fabrics, dish towels and silk scarves for something a little bit different.





SIMPLE CHRISTMAS / TO

Simple Christmas

more sustainably at Christmas. We can buy a little less, choose recycled paper Christmas cards or send e-cards instead of printed pressures of endless shopping are ones, reduce our use of wrapping paper and tape, or adopt a no Secret Santa' policy in the workplace and give money to charity instead.

There are many ways we can live Living simply and sustainably over the holidays doesn't take away any of the joy of Christmas. If anything, it's a lot better, as the removed, you learn to appreciate what you have, and you can relax in a home that is calmer and kinder to your family and the



118 / SIMPLE CHRISTMAS







Arctic Knits 9781787139985 \$24.99 | Paperback - with flaps

Intarsia Knits

12 Colourful Knitwear Designs to Make Your Own **Anna Husemann**

October 2024 | Paperback - with flaps | CRA015000 \$23.99 | 9781837831517 160 Pages | 7¾ x 9¾ in Full-color photography and illustrations throughout

Create 12 colorful, unique intarsia knitwear designs for every season.

Going beyond the knitting fundamentals, Intarsia Knits will equip you to create bold, multicolored designs and features 12 projects for garments and accessories.

Learn how to use collage to develop your designs, translate those motifs into textiles and bring your ideas to life using intarsia knitting. Anna takes you step by step through techniques such as reading color charts, intarsia twist and knitting in the round. Once you've mastered the basics, she shows you how to combine intarsia with other techniques, taking your knits to the next level.

Packed with stunning landscape photography showcasing where Anna gets her inspiration from, Intarsia Knits encourages you to get creative with your knitting!

Anna Husemann is a textile designer from Hamburg, Germany, with a passion for colorful designs, abstract shapes and sustainable materials. Her knitting patterns have been featured in publications such as Laine Magazine and Pom Pom Magazine.

- Vogue declared an intarsia sweater the 'ultimate winter
- The pandemic has resulted in a new wave of knitters, with celebrities such as Tom Daley sharing their love for knitting
- · Anna's Domestika course has 1800 international students, despite being filmed in German with subtitles

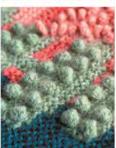














beachbag is knitted flat in a variation of a broken slip titch combined with the intarsia technique to create a old botanical motif. The slip stitch creates three

g is knitted separately, finished with an I-cord bind the upper edge. Then you knit two rectangles whic

an choose, whether you also want to add an inside of to your beachting or a loop for attaching a keyring sook for the matching zipper purse.

wledge. As the intarsia motifs are quite big, you won' e more than 7 colours per row and as all pieces are

length: XX inches / XX cm width: XX inches / XX cm

US-6 / 4 mm circular needles for the all bag parts and US-4 / 3,5 mm circular needles for the I-cord bind-oil.







Visible Mending 9781837830732 \$23.99 | Hardcover



Zero Waste Patterns 9781787139244 \$32.50 | Paperback - with flaps

The Sewing Fix

Three Practical Pillars For a Sustainable Preloved Wardrobe **Annie Phillips**

October 2024 | Paperback - with flaps | CRA035000 \$29.99 | 9781837832286 160 Pages | 73/4 x 93/4 in Full-color photography and illustrations throughout

The ability to sew is crucial in creating a more sustainable and circular fashion industry that prioritizes the planet and its resources.

The Sewing Fix will teach you how to create a more eco-friendly wardrobe, through expert advice and practical projects, learn how to repair and repurpose old clothes instead of purchasing new ones, reducing your reliance on fast fashion and the amount of textile waste that ends up in landfills.

Offering a modern approach to sustainable sewing for the home dressmaker and fashion lovers, this book tackles the three core repair techniques, including mending, upcycling and clever ways to use up fabric scraps. Then put your skills to the test through the 17 projects that will help you to create a long-lasting wardrobe. Annie Phillips will help you to discover how you can help promote a slower and more intentional approach to fashion.

Annie Phillips is a designer, creative, and seamstress, focused on sustainable dressing and up-cycling hacks. Crowned winner of BBC's *The Great British Sewing Bee* 2022, Annie radiated her unique personal style, expressing her love for pattern and color through vibrant designs.

- Projects include repairing topstitching, hiding stains, fixing common problems, turning old staples to new garments and top tips on using your scraps to make beautiful garments
- It's estimated that many of us wear only 20% of our wardrobe regularly
- Annie is also set to become a new presenter for the popular BBC TV show The Repair Shop











Handbuilt 9781787139176 \$29.99 | Hardcover

Thrown

A Modern Potter's Guide to Working with Clay on the Wheel **Lilly Maetzig**

October 2024 | Hardcover | CRA028000 \$29.99 | 9781837831883 160 Pages | 7^3 4 x 9^3 4 in Full-color photography throughout

Thrown is a beginner's guide to making ceramics using a pottery wheel.

Beginning with the basics, this book will teach you how to create a collection of 20 stylish homewares from construction to completion with a professional finish including decoration, glazing and firing techniques. From dinner plates, pasta bowls, coffee mugs to decorative vases, a rippled lampshade and more, each project is minimal in design but with thoughtful details, making it the ideal for first time crafters.

Packed with stunning lifestyle photography and clear step-by-step instructions to inspire your handmade journey, *Thrown* is the ultimate modern guide to this addictive, tactile craft.

Lilly Maetzig is the maker behind Mae Ceramics. Originally from Christchurch, New Zealand, Lilly has always had a keen interest in pottery. After graduating, she discovered a love for working on the wheel and now she makes ceramics to sell and offers workshops from her studio. Her first book *Handbuilt* was published in 2023.

- A practical, beginner's guide that will show you how to throw 20 ceramic homewares
- Lilly Maetzig has a course with Domestika on creating your first ceramic vessel
- Community projects have meant it is easier to find a kiln than ever before















Wild Isle Style 9781837830435 \$35.00 | Hardcover

New Scottish Style

Inspirational Interiors from Stunning Spaces in Scotland

Banjo Beale

October 2024 | Hardcover | ARC007000 \$45.00 | 9781837831999 272 Pages | 8½ x 11¼ in Full-color photography throughout

New Scottish Style is a collation of spaces that represent a rejuvenated Scottish vernacular that has emerged over the past twenty years.

Something is happening in Scotland – a new confidence – and inspirational voices are redefining what a 'Scottish style' really is. Banjo Beale and photographer Alex Baxter see this manifesting in homes and public spaces alike. Spanning the breadth of Scotland, they have picked places that tell a story, highlight sustainable design, or represent a considered style that can be recreated anywhere. Including over twenty different spaces, from a masterfully restored Scottish castle to a derelict World War II airfield control tower in the Scottish Highlands, *New Scottish Style* is a celebration of clever and contemporary design.

Banjo Beale is an interior designer and broadcaster. He is the winner of BBC Interior Design Masters, co-host of Scotland's Home of the Year, and author of Wild Isle Style. His debut solo show for the BBC, Designing the Hebrides, garnered a worldwide audience with a second series on the way. Australian by birth and Scottish by choice, Banjo bases his design practice from the Isle of Mull and works across the UK and beyond.

Alex Baxter is an international photographer and designer based in Scotland. Alex's work can be found in *Monocle*, *The Times*, *Elle Decoration*, *The World of Interiors*, *Dezeen* and many others.

- A unique look at Scottish design in a fully illustrated format with high production values
- Banjo has 107k followers on instagram and his own TV series Designing the Hebrides as well as presenting Scotland's Home of the Year











Gift & Wellbeing







Rainy Day Edinburgh 9781837830688 \$18.00 | Paperback - with flaps



Rainy Day London 9781787138957 \$18.00 | Paperback

Rainy Day Paris

A Practical Guide: 100 Places to Keep Dry **Wendy Lyn**

August 2024 | Paperback | TRV009050 \$20.99 | 9781837832057 128 Pages | 51/4 x 71/4 in Full-color photography throughout

Cozy cafés, vibrant restaurants, world-class galleries and everything in between – Paris is full of incredible things to do, whatever the weather.

From iconic institutions to local, under-the-radar spots, *Rainy Day Paris* 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 explore or bars serving up creative cocktails, this handy book has it covered.

Wendy Lyn is a Paris-based writer, producer and restaurant-hospitality consultant in the food and travel industry. She's been featured in the likes of *The New York Times*, *Forbes Magazine*, *Condé Nast Traveler* and *The Sunday Times*, amongst others. You'll find her at her popular Instagram account @parisismykitchen.

- Publishing in time for the Paris Olympics, which are expected to attract 15 million spectators
- · Written by a local expert
- The 'City of Lights' brings in over 30 million tourists a year
- Paris is renowned for its amazing restaurants, architecture, museums and romantic atmosphere which are highlighted and celebrated in this guide

Gramme Café

This rewarding converted warehouse restaurant was made for theatrical lunches and dinner - in a previous life it was used as a props and costume store. From the double-height ceiling to the pillars, blackboards and dangly light fittings, Timbervard is pared-back, yet puts you at ease with a wood-burner and wool blankets, and staff who know exactly how to make you feel that you're not just here to make up the numbers. So they'll encourage you to relax and graze with a bite and beverage before settling in for the main event (a grand four-course lunch or seven-course tasting menu with paired wines). Sipping a cider or French wine, you'll move onto dishes that focus on one chief ingredient (pheasant, scallop, turbot, delica pumpkin, for instance), but marry the fine arts of pickling and foraging with curing and smoking. A moody dish like Smoked Eel, King Cabbage and Ouince says it all.

86 rue des Archives timberyard.co @grammeparis3

Parcelles Bistrot

This gorgeous speciality coffee shop sheds light on the past of one of the Old Town's most colourful streets. The building first opened in 1898, back in the days of horse-drawn carts and gas lamps, and though the coffee baristas took tenant-ship of the address in 2015 the essence is still very much of nostalgia - it was once an old sweetshop and the stone walls, windlasses for the shutters and stone-tiled floor are imbued with memories and as authentic as they come. From the bespoke 150-year-old reclaimed wooden counter, you'll nick a window bench seat with a Fair Trade espresso and peanut butter cookie or gluten-free carrot cake, then sit back to watch the city rush past you, with collars upturned and umbrellas blown inside out. To delve deeper into The Milkman story, pop across the cobblestones to the top of the street to the sibling coffeehouse at number 52.

13 Rue Chapon themilkman.coffee @parcelles_paris



Parcelles Bistro

16. Central: Cafés & restaurants

Tapisserie

Like tumbling down the rabbit hole or stepping through the wardrobe, this West End flower shop was conceived as a kind of indoor neighbourhood garden and flower abinet to showcase its owners' love of floral artistry. Indeed, it's hard to walk down William Street and not spet it, as its one-64-kind flower bouquets fall out of the front door, almost taking over the pawement. Inside, it's just as weld and chaotic and there are flowers, posies and greens for any occasion, and even if you don't actually need a flamboyant preserved flower wreath or orchid planter the shop sells a fine live in soy was candles with scents that, apparently, bring the blossom-scented streets of the Old and New Towns and The Meadows to life.

16 Av. de la Motte-Picquet rogueflowers.co.uk @tapisserie_patisserie



78 West Shops





The Cat Year Cats, Magic, Nature and Spells Alison Davies

September 2024 | Hardcover | PET003000 \$21.99 | 9781837831371 144 Pages | 51/4 x 71/4 in Full-color illustrations throughout

Cats and magic go hand-in-hand (or should that be paw-inpaw?). From witches' familiars to good luck charms, to divine symbols and bringers of wealth and success, superstitions about the cat have followed our feline friends the world over.

This gorgeous, funny, cat-themed follow on from the Year series will combine cat mythology and superstitions from around the world with a new cat breed to learn about every month (because who actually knows what breed their cat is?). Plus, discover feline fun in the form of games, tips and tricks to strengthen your bond with your cat, a cat-inspired yoga pose, spells, facts and more.

Light-hearted and accessible, and in a gorgeous mystical package, this book will be the perfect gift for every cat owner who – like the ancient Egyptians – worships our feline friends!

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.

- · The perfect gift for cat lovers everywhere
- A beautiful, cat-themed follow-on to The Mystical Year
- Packed with exercises, rituals, cat-themed yoga poses and more

INTRODUCTION

WELCOME

The enigma that is feline is a timeless conundrum, and something which continues to fascinate humankind. We may try to put them in a bax (left sice it, they'd enjoy one made of cardboard) but to categorize a cat is an impossible feat. They cannot to defined by the usual rules because they do not conform to what is expected. Cats go their own way and they do it with a pomache that is all poss. With their sanguine cottlude, they are ready for anything, something that we as humans cannot help but admire. It's no wonder they have captured our hearts and minds for centuries.

We cannot fathorn what makes the feline tick, and so we imagine in the hopes that we'll make sense of the mystery. We give them mythical status and powers, which are not far from the truth when you consider the many gifts they have at their disposal. We believe we can understand them, and to a degree, we can learn by reading body language and the various signs they give us to communicate their needs. But it will always be on their terms. These magnificent animals do not need our approval. If anything, it is us a humans that seek feline appreciation and understanding. We want them to like us because they are different, quirky and ethereal:

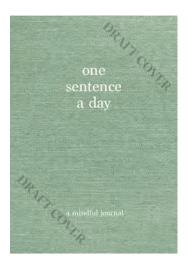


continued

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JANUARY





One Sentence a Day A Mindful Journal Quadrille

September 2024 | Hardcover | SEL045000 \$22.99 | 9781837832156 240 Pages | 53/4 x 81/4 in Full-color illustrations throughout

The beautiful new journal to keep note of memories, thoughts, and reflections – in just one sentence a day.

- 365 entries to capture highlights and lows over the year
- Featuring journaling prompts and affirmations in this handy, pocket-sized notebook
- Get inspired by seasonal refreshes
- A modern and sophisticated journal that will instantly become a keepsake
- Improve self-care and mindfulness as you keep a note of special memories

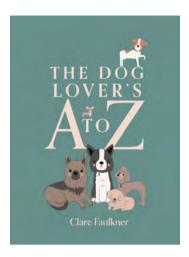
Whether you journal in the morning or evening, it will only take a couple of minutes to capture each day. Finding the most meaningful moment of each day and jotting it down; whether it's a conversation, a lyric, a line from a book or even an image, will help you build a bank full of memories which you can rediscover for years to come.

Conceived and edited by Quadrille

- Journaling is proven to boost wellbeing, increase mindfulness and promote happiness
- A beautiful, stylish new notebook to journal the highs and lows over the course of a year
- Journaling prompts featured throughout this modern book is set to become an instant keepsake



10 things that bring me joy	56
1	7
2	8
3	10
4	10







The Cat Lover's A to Z 9781837831074 \$21.99 | Hardcover

The Dog Lover's A to Z Clare Faulkner

October 2024 | Hardcover | PET004000 \$21.99 | 9781837832071 144 Pages | 51/4 x 71/4 in Full-color illustrations throughout

Do you know the difference between a blep and a boop? Or that dogs can detect a faint heat source from a distance away with just their cold noses?

Combining a mix of interesting pup trivia, pooch idiosyncrasies, and new playful language from social media, this A to Z is a pawsome celebration of the special, and often very funny, relationship between our favorite pets and their adoring humans.

From Afghans and Australian Shepherds all the way through to Yorkshire Terriers and Zoomies, The Dog Lover's A to Z mixes Clare Faulkner's adorable illustrations with funny, engaging written entries to create a charming guide that's the perfect gift for dog lovers everywhere.

Clare Faulkner is a graphic designer and the illustrator of the bestselling The Little Book of Sloth Philosophy. Clare has worked for a diverse range of clients with her company, Small Dots, and lives in London with her family and a mischievous Siamese cat, who is not at all interested in this book.

- Dogs are the most popular pet in the US, with 40% of households owning a dog
- · Entries on key popular breeds including German Shepherds, French Bulldogs, Golden Retrievers, Poodles and Labradors



Small scale floor

MANES

Lion costumes for pooches are two-a-periny these days, and while they may make you chuckle for a moment, your dog may not be so amused, so let's instead celebrate the best of those that come with their own ready-to-go manes. They might be petite, but Pomeranians definitely give the Kings of the Jungle a run for their money with their floofy ruffs and assured swagger, while those chunky Chow Chows boast distinctive manes that any lion would be proud to flaunt. See also BEARDS. FLOOF

Male pups are ready for action from around six months and females generally come into season around nine months, but be wary as it could be considerably earlier, depending on the breed and individual dog. Your little lady may seem restless during this trying time, which lasts around three weeks, with lots of pacing around and faffing about with bedding and she might be grumpy or clingy at times. Males will be able to detect her unmistakeable scent from great distances, so be sure to guard her with your life! The urge to mate is strong and she may also be extremely sneaky, so don't ever underestimate your girl's ability to outwit you. See also HUMPING. STUD

MINIATURE SCHNAUZER

These handsome little does with memorable bushy evebrows, cute ears and beards are said to be great fun, loyal companions and dedicated watchdogs. They are sure to turn a few heads whilst out and about with their charming looks. Confident training will keep most mischief-making at bay See also S C H N A U Z E R

THE DOG LOVER'S A TO Z

SHIII TZU

Likely to have originated in Tibet, thuse cute and dinky companion dogs have big ersonalities and ridiculous amounts of floof. If you are able to be around for most of the day and have time for daily grooming sessions, these well-built pups are said to be a great choice for a first-timer but will appreciate some peace and quiet. Regular trips to the dog groomer will be needed to keep their long locks under control.

SHOES

Any dog or puppy owner will confirm our fluffy friends' fixation with our shoes. Human footwear smells gloriously of us and features lots of interesting scents from outside, so they are bound to attract the attention of our pooches. Shoes also make excellent and easily available toys for a canine looking for entertainment, so try swiftly offering an appealing trade and lavish them with praise for choosing the new option. Puppies may be relieving teething discomfort so make sure they have some good teething toys available and chewing on shoes could also be a sign of anxiety, so do consult your vet. It is generally agreed dogs really don't need their own shoes, unless they are injured or have specific needs as working dogs, so resist the lure of those cate doggy booties, which may even cause them discomfort Don't worry, their paw pads are well adapted to cold weather. See also MISCHIEF, TOYS



STREETAN HUSEY

With their characterful upright ears and striking couts, these magnificent dogs will definitely get noticed. They are said to make intelligent companions and are skilled at sled-pulling should the op-paw-tunity ever arise. They need plenty of exercise and breeders. advise they should remain on the lead, due to a tendency to run off Although they are generally fairly quiet, they do enjoy a good howl is befits their wolf-like looks, and this may not be appreciated by the neighbours. Rather cutely, they like to snuggle their noses under their fluffy talls when having a snooze, which is affectionately known as the Siberian Swirl'.

SIGHING

Often thought to be an exclusively human peculianty, the sigh is also, rather amusingly, sometimes heard emanating from our fuzzy pals lust as for humans, it generally indicates an untroubled and contented mood while your canine is relaxing or snoozing, but it can also be a sign of boredom or unhappiness. Your cunning canine may also learn their dramatic sighs quickly get your attention, so try

to ignore them if this is the case Sighing accompanied by means, groans or other noises, could be a health or anxiety issue, so as always, do pay attention to their body language.

> ofter a long day biting a dagge

THE DOG LOVERS A TO 2

THE DOG LOVER'S A TO Z





Be More Cat

Feline Wisdom for a Purr-fectly Happy Life **Alison Davies**

October 2024 | Hardcover | OCC010000 \$12.99 | 9781837832644 144 Pages | 43⁄4 x 61⁄4 in Two-color illustrations throughout

Embrace your inner cat with this light-hearted self-help book. From living in the moment, trusting your sixth-sense instincts, to taking cat naps and even going feral, this book will show you how to benefit by unleashing your innate cattitude.

Cats' ability to seize the day makes them excellent examples of how to make the most of every moment; whether it's playing an impromptu game of chase the sock, or an opportune swiping of a slice of roast chicken, our cats have it sorted. They're flexible but also prepared to tread their own path and they recognize the importance of play and rest in equal quantities.

Packed with practical tips and exercises, interspersed with folklore and fun facts about our kitty gurus, there's something for everyone. So stretch out, relax and learn the art of being more cat.

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.

- A brilliant gift for the cat-lover in your life, full of heartwarming relaxation tips
- The author writes for a wide range of wellness and women's magazines and national newspapers where reviews of the book will be placed
- 46.5 million US households own a cat and cats remain a perennial publishing trend

EXERCISE: PROMOTE DEEP RELAXATION WHILST AWAKE

STEP ONE

In your mind you're going to start counting backwards, from ten to zero. As you say each number you become more relaxed.

STEP TWO

As you say ten, you feel the space behind your eyes relax.

STEP THREE

As you say nine, you feel your mouth soften.

STEP FOUR

As you say eight, you notice your neck muscles loosen.

STEP FIVE

As you say seven, you feel your shoulders relax.

STEP 51X

As you say six, you feel your stomach soften.

STEP SEVEN

As you say five, your arm muscles relax.

STEP EIGHT

As you say four, the bottom of your back softens.

STEP NIN

As you say three, your legs gently relax.

STEP TE

As you say two, your ankles flex.

STEP ELEVEN

As you say one, the muscles in your feet soften.

Breathe in the moment and let your body and mind embrace this snooze-like state for a few minutes.

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I can do th

Repeat the affirmation '1 can do this,' either out loud or in your head when facing any challenge. Say it with passion and feeling and for extra OOMPH say it in front of a mirror. The more you repeat the words, the more you'll start to believe that you can achieve anything.



Take a breath

There's a reason why cats let things distract them. They realise that sometimes you need to switch off and do something different to rejuvenate the senses. When things get on top of you or they just aren't working out, don't walk away, TAKE A BREATHER. Co for a change of scenery. Take a walk, or simply move into a new space and spend a minute breathing deeply. This will recharge your batteries, CLEAR YOUR HEAD and break the cycle of negative thinking.

· 67 ·





Be More Dog

Tips and Tricks for Unlocking Your Paw-tential

Alison Davies

October 2024 | Hardcover | PET004000 \$12.99 | 9781837832651 144 Pages | 4¾ x 6¼ in Full color illustrations throughout

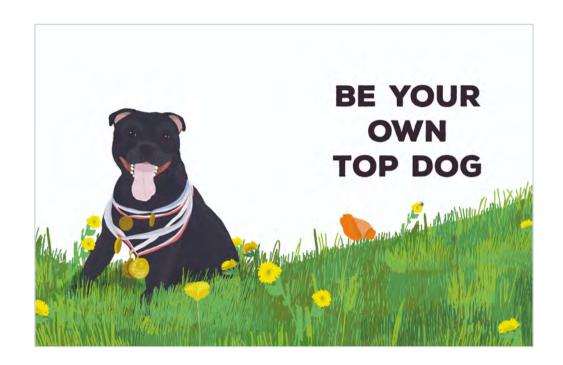
Embrace your inner canine and *Be More Dog!* From finding your wag to barking loudly and making friends, this book will show you how to say 'woof, woof, woof' to life.

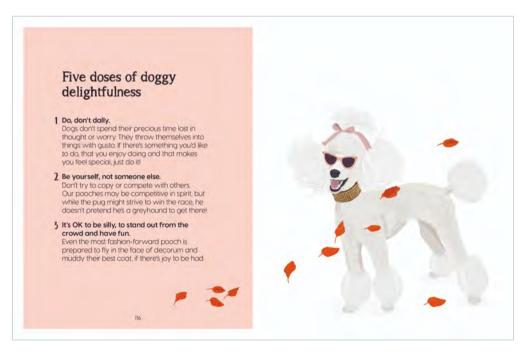
Whether it's a mad dash around the local park or sneaking an errant sausage off the BBQ, the world is a wagtastically wonderful place full of fun and treats if you're willing to open your heart. From Great Danes to Miniature Dachshunds, Poodles to Chihuahuas, there's no such thing as an underdog – every pup has something to offer!

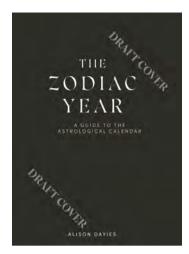
Packed with practical tips and exercises, interspersed with folklore and fun facts about our loyal, loving companions, there's something for everyone. So, throw yourself a bone, use the power of the paw and learn the art of being more dog.

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.

- The perfect gift for the dog-lover in your life, full of heartwarming tips for happiness
- Following on from the best-selling Be More Cat (over 20k copies sold worldwide)
- There are an estimated 85 million pet dogs in the US











The Lunar Year 9781837830909 \$21.99 | Hardcover



The Mystical Year 9781787136083 \$19.99 | Hardcover

The Zodiac Year

A Guide to the Astrological Calendar **Alison Davies**

November 2024 | Hardcover | OCC002000 \$21.99 | 9781837832620 144 Pages | 51/4 x 71/4 in Full-color illustrations throughout

This immersive guide invites you to find calm in the beauty of the night sky, seek answers among the stars, and embrace the power of astrology throughout the year.

Embark on a month-by-month astrological exploration, taking a closer look at each of the constellations of the Zodiac and mapping their celestial placements. Each chapter, dedicated to one of the signs of the Zodiac, will introduce the ancient myths and legends associated with the constellation, the traits attributed to people born under the sign, and the fascinating folklore that has endured through the ages.

Harness the natural rhythm of the universe by engaging with rituals, mindfulness exercises, and astrological insights, enhancing your connection to the universe and your place within it. Immerse yourself in this stunning book as you navigate your way through the year following the map of the night sky.

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.

- The natural follow-up to The Lunar Year, this book will appeal to lovers of magic, mythology and folklore
- Combines the increasing interest in star bathing (mindful stargazing) with the enduring popularity of astrology and the Zodiac
- Encourages mindfulness and self-care through monthly astrological rituals

FOLKLORE FROM AROUND THE WORLD

The Babylanians first named Aries The Hired Man," or "The Agrarian Worker" In this original form the constellation was associated with their god of shephered Dumzu', and become a symbol of the Spring. The ram, or lamb, was naturally linked to the newborn lambs of the season, while in the The Hired Man guise the constellation was thought to represent the shepherd bringing in the barley harvest. Over time, and with the intervention of the Greeks the name changed, and the lamb become the horned Ram, synonymous with the Colder Fleece.

To the Ancient Egyptians, Aries was the god Amun Ra. A powerful deity, with the body of a man and the head of a Ram, he was a symbol of new life, fertility and growth and associated with the comina of Sprina.

ARIES RITUAL

ARIES

This ritual can be performed at any time when the sun is in the sign of Aries. It will help you find focus and restore your enthusiasm and zest for life, all attributes associated with this dynamic Zodioc sian.

Daffodils, being a herald of Spring, are one of the flowers associated with Aries, and they're the perfect bloom to use in this ritual.

- Buy a bunch of these beautiful flowers, or if you have them growing in your garden, pick a handful.
- Fill a vase with water and arrange the blooms,

Spend a few minutes appreciating the beauty of the daffodil. Consider the way it looks, and its sweet uplifting scent.

Take a pen and a small piece of paper, and think about words that describe how the flower makes you feel, for example 'positive', 'happy,' 'vibrant,' and so on.

Now think about how you incorporate these words into a magical affirmation for yourself, so you might say 'Every minute is an opportunity for me to feel, positive, happy and vibrant'.

- Write the affirmation on the paper, then fold it and place beneath the vase of flowers, to encourage these attributes to arow.
- Every time you replenish the water in the vase, repeat the affirmation you have created.



ARIES

ARIES



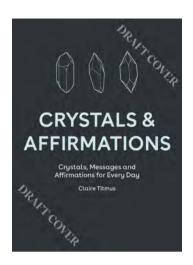
RULING PLANET

MARS

The fiery red planet governs Arias, and just like the Roman gold of war who shares its name, Mars brings attitude and asss. Born to Juno the Queen of the Heavers and Protector of Rome, he was conceived when the goddess ate a sacred flower gifted to her by the delity Flora, in a bid to produce a child without the help of her husband Jupiter. The resulting babe burst forth from her worth, a wilful example of what can be achieved with inventiveness and bold determination and was apilty named Mars reaoning "man".

Upon the battlefield Mars was in his element, charging forwards and creating chaos, often with little thought. A mighty warrior, he used his powers to instill courage into the Roman soldiers and they looked to him for direction and protection. The planet is a representation of the god and the bloodshed that followed in his wake and encapsulates all of his greatest qualities, being associated with war and dynamic action. It's influence upon the sign of the Zodiac can be seen in the confidence and positivity of those born under its ruby may flagren, and their oblitty to lead and inspire others.

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Crystals and Energies 9781787139299 \$14.99 | Hardcover



The Crystal Year 9781787139145 \$20.00 | Hardcover

Affirmations & Crystals

365 Crystals, Messages and Affirmations for Every Day of the Year Claire Titmus

November 2024 | Hardcover | OCC004000 \$19.99 | 9781837832101 384 Pages | $4\frac{3}{4} \times 6\frac{1}{4}$ in 2-colour illustrations throughout

Unlock the power of your intuition and discover what the Universe has in store for you with *Crystals and Affirmations*.

In this beautiful book, Claire Titmus delivers 365 undated messages and affirmations to support you every day of the year. Each entry is matched to a crystal to raise your vibrations, empowering you to incorporate more crystals into your daily life.

Work through the pages one-by-one or simply flick through its pages and land on the affirmation the Universe wants to reveal each day. Whether you're looking to make crystals a part of your morning ritual or feel empowered by the messages, as and when you need them, let this book support you on your spiritual journey.

Your daily message is waiting...

Claire Titmus is a certified Advanced Crystal Healer and the founder of The Crystal Bar, an online store dedicated to ethically sourced crystals and mystical items. Claire uses her social media channels to share daily crystal wisdom, moon knowledge and messages of the day, alongside teaching her followers about the properties and uses of different crystals.

- The perfect gift or self-purchase for crystal obsessives and modern mystics alike
- · Daily messages, crystals and affirmations
- The author's Instagram The Crystal Bar ships worldwide and now has more than 100k followers

INTRODUCTION

This book has been written with love, light and positivity to uplift your day and to empower and ignite your most brilliant future. Think of it as a spiritual go to for your daily wellbeing and your own motivational speaker.

Whichever way you deal with the tests of life words have a profound effect. They can ultimately shape your beliefs, affect your emotional reactions, heal, or break, and now it's time to use them to YOUR advantage.

Gain the confidence to take charge of your existence, feel supported by your invisible higher forces, awaken your intuition to gain answers that you may be in a quandary over and feel guided to the crystal to support you.

It's important to know, these affirmations or messages need feeding. You can of course read them once, but each time you repeat them out loud or in your mind, you'll strengthen them and plant them into your subconscious. The words will gain momentum and you will help them grow in power, in turn giving you the strength, inspiration, motivation or support you need.





DAY 3

I am the master of my wealth. I am open to receiving money in abundance.



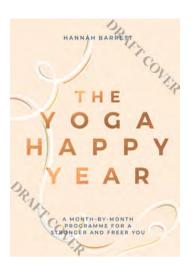
Citrine - Attracts money and fortunate opportunities to cross your path.

DAY 4

I will not let the pain of my past stop me from moving on. I choose to let go of what no longer serves me, I deserve better.



nodonite - If you need to move on from past notional love trauma this crystal will help you let go with ease.







Yoga Anywhere 9781787138445 \$22.00 | Cards



Yoga Happy 9781787137677 \$29.99 | Hardcover

The Yoga Happy Year

A Month-by-Month Programme for a Stronger and Freer You Hannah Barrett

January 2025 | Paperback - with flaps | HEA025000 \$26.99 | 9781837831333 192 Pages | 6^3 4 x 9^3 4 in Line drawings and full-color photography throughout

The Yoga Happy Year offers a motivating and inspiring plan for anyone looking to create a realistic daily yoga habit.

Through 12 themed months, each with a visualization to create a deeper connection between your mind and body, you will focus on a pose or collection of poses, alongside yogic breathing techniques, meditations, mindfulness exercises and journal prompts. As your year progresses, you will not only gain lasting strength and flexibility, you will find improved focus, calm and resilience, too.

Each yoga sequence is designed to be around 15 minutes to make it easy to create a daily habit. Adding sun salutations or repeating the sequences will create a longer practice to suit your needs. There are bonus videos so that you can practice all 12 signature sequences and meditations, plus 'happy rituals' and other mindfulness techniques to help you feel more connected to life and yourself, to boost creativity and wellbeing.

Hannah Barrett is a yoga practitioner and author, and launched her own yoga app. After the traumatic birth of her daughter, yoga helped Hannah rediscover who she was and her purpose in life. The transformational effect and growth yoga had on Hannah's recovery gave her passion to help others find strength and calm with yoga.

- Focused program taking you from beginner to proficient yogi over the course of a year
- 10% of Americans and half a million Brits practice yoga every week
- Hannah Barrett has over 427k followers on Instagram (@hannahbarrettyoga)





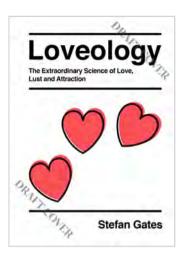




FIND SILENCE

'THE QUIETER YOU BECOME,
THE MORE YOU CAN HEAR.'









Rude Science 9781787136403 \$16.99 | Hardcover



Catology 9781787136328 \$19.99 | Hardcover

Loveology

The Extraordinary Science of Love, Lust and Attraction Stefan Gates

January 2025 | Hardcover | FAM029000 \$20.99 | 9781837832194 176 Pages | 51/4 x 71/4 in 2c illustrations throughout

What are the most statistically-effective flirting techniques? Is there any such thing as an aphrodisiac? And why does everyone on earth have a crush on George Clooney?

In his usual humorous style, in *Loveology* science writer and TV presenter Stefan Gates combines evidence-based research by psychologists, biochemists and neuroscientists with the practical experiences of sex therapists, vibrator engineers and dating app data-crunchers to take you on an enlightening journey through some very sticky subjects.

Loveology is an exhilarating but surprisingly practical journey through romantic and sexual science. Stefan Gates separates agony-aunt wisdom from scientific data with wit and good humor, striking a delicate balance between bald, bold scientific research and luscious, romantic, unknowable expert opinion.

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

- Bonk: The Curious Coupling Of Sex and Science by Mary Roach has sold 120k copies
- · The perfect lighthearted, witty Valentine's Day gift

Chapter 01: Hello

01.01 Hello, you beautiful human

elcome to the crisps, slimy, noisy, lumps, smelly but absolutely vital science of you. We're raught from a young age to be ashamed of our biology and its quirks, but shame is a weapon that society uses to keep us in our place, to limit our happiness and repress our ambition. It's time to rebe lagainst insidious embarrassment and fall in low with our bodies. I love your zits, your body odour, your warts, pus, farts and toe cheese, the various slimes, gloops and mucus you ooze, and the scales thander and scrafibuso officus that your body constantly sheeks.

This book is a celebration of your imperfections, quirks, boils and wrinkles as well as the alien world of microbes and parasites that live alongside you. I'm sure that you have a gorgous face, handsome fingers, on-point hair and flawless skin, but these surface features are merely gifted to you—briefly—by the fickle hands of fate, genes and fashion. They're distractions from what makes you interesting It's the quirky bits, the bits that aren't perfect, the bits that poets don't write about, that make you the complex, unique, multi-dimensional, perfectly imperfect individual you are.

Awkward Bits

5.06 Belly button

ike any normal person, I fiddle with my belly button constantly throughout the day*. Also known as the antibilities, it's simply sear tissue made up of the remnantof your umbilical cord that attached you to your mother's placenta. Although all placental mammals are supposed to have one*, I've never found my dog's.

The umbilical cord supplies an unborn baby with nutrients and oxygen, and transports waste away. It's made up of two errories and a vein covered in a delightfully parmed goody substance called Winarron's jelly, which collapses the umbilical cord after birth, effectively closing it off within about three minutes.

Soon after birth the umbilical cord is clamped and then cut with seisous, which appears horribly dramatic at the time but as it contains no nerves, the baby doesn't feel it. (The inside remnant of the cord that makes up your belly button also doesn't have any feeling. Go on, give yours a poke. I just did, Nothing. The small stump of cord left behand changes to a rouge of delightful calours before turning black and falling off, usually around two weeks after birth. Though the temptation to make it into a key ring is strong, it really is best to pop it in the compost bin.

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are four lie after Microsy - group the injureancy form and traction of XL - while class for an Andreward fitte



Buttonology

In 2012, researchers at North Carolina State University undertook the Belly Button Diversity Project to investigate the microbes living inside our navels. They took samples from hundreds of people and found 2,300 different types of bacteria in the first 80 samples alone, many of them unique to the single person on which they were found. The results uncovered lots of very common Staphylococcus epidermidis bacteria as well as bright yellow Micrococcus luteus and Paeudomonas. They also discovered that only 4% of the participants had outies.

Navel oranges have a 'belly button' opposite their stem due to an underdeveloped second fruit growing nested in the peel of the primary fruit.

0.4





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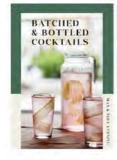
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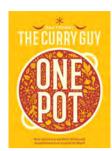


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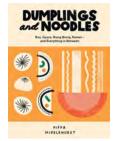




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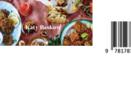
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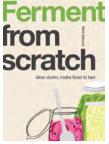




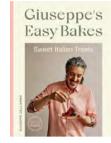




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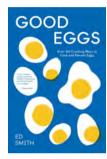




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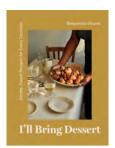
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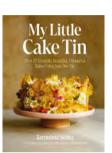


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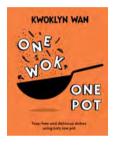




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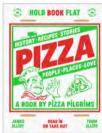
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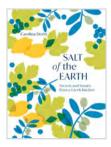




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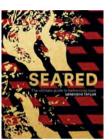
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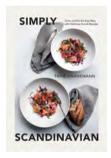




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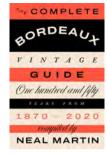
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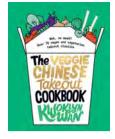








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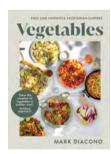
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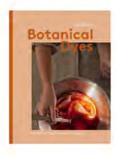
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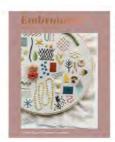


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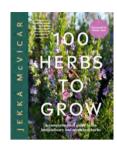
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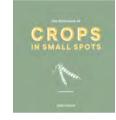
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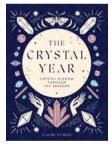








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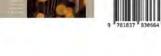


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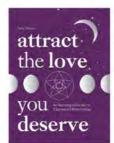


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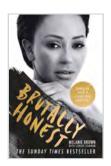
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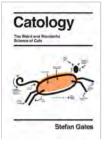


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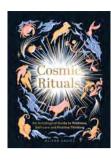
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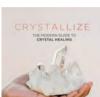
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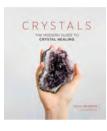
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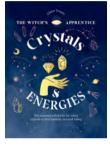
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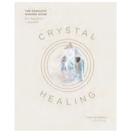
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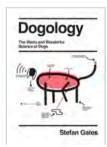
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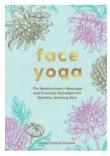






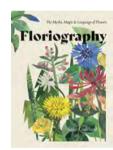


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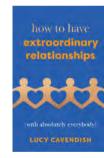


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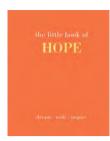




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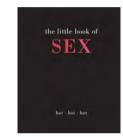
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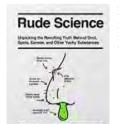
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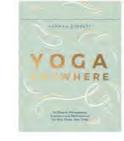
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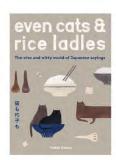


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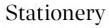
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