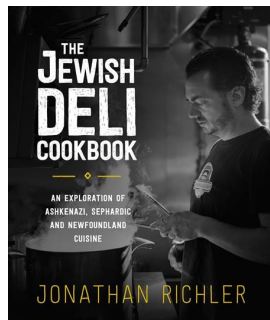


UTP ENTERTAINING



1



9781778530012

- English
- Unspecified, see description
- 7 x 9 in | 500 gr
- 192 pages
- Breakwater Books
- Carton quantity: 32
- COOKING
- Distributor: UTP Distribution

The Jewish Deli Cookbook

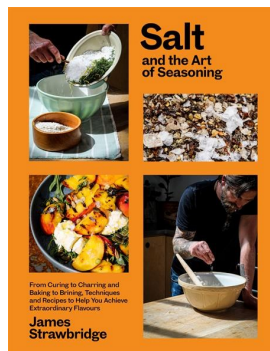
by Jonathan Richler 🍁

May 28, 2024 Paperback , Sewn \$29.95 CAD

Celebrating seasonal Newfoundland ingredients in the creation of Jewish fusion cuisine: classic North American delicatessen recipes alongside North African flavours.

An exploration of Ashkenazi, Sephardic, and Newfoundland cuisine showcasing local ingredients, fermentation, and family lore. Local foraging and harvesting make possible the recreation of family recipes that have crossed oceans and survived for generations. Jewish cuisine can be found in all corners of the world—even in Newfoundland!

2



9781915294036

- English
- 178 x 247 x 26 mm | 1050 gr
- 288 pages
- Chelsea Green Publishing UK
- Carton quantity: 14
- COOKING
- Distributor: UTP Distribution

Salt and the Art of Seasoning

From Curing to Charring and Baking to Brining, Techniques and Recipes to Help You Achieve Extraordinary Flavours
by James Strawbridge

Jul 13, 2023 Hardcover \$47.00 CAD

"[The] recipe book that will make all your other recipe books taste better."—*The Telegraph*

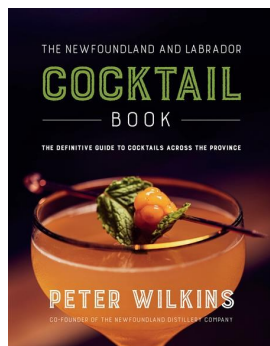
"A paean to the transformative effects of natural salts."—*The Observer*

Understanding how to use salt can make or break a dish. *Salt and the Art of Seasoning* will not only help you master your use of seasoning, but it will allow you to reimagine how you cook, cure, and work with salt in your kitchen—elevating your flavors to a whole new level.

Includes over 100 salt-inspired recipes!

Salt is extraordinary. A fundamental, ancient resource used for thousands of years around the world, it is the one essential ingredient that transforms all cooking: elevating flavors from good to great, to unforgettable. **In this stunning new cookbook, chef, TV presenter, food photographer, and sustainable living expert James Strawbridge shares with you the fundamentals of this artisan ingredient:** from distinctive flavor notes and profiles of different salts found around the world, to brilliantly useful techniques—such as brining, baking, charring, fermenting, and preserving.

3



9781550819489

- English
- Illustrations, color
- 7 x 9 x 0.6 in | 1 kg
- 232 pages
- Breakwater Books
- Carton quantity: 34
- COOKING
- Distributor: UTP Distribution

The Newfoundland and Labrador Cocktail Book

by Peter Wilkins 🍁

Sep 15, 2022 Paperback , Trade \$29.95 CAD

The definitive guide to cocktails in Newfoundland and Labrador from the co-founder of the popular Newfoundland Distillery, including recipes from the top mixologists and bartenders across the province.

Cocktails are all about pleasure and celebrating the finer moments in life. With recipes compiled and tested by Peter Wilkins, the co-founder of the Newfoundland Distillery, this is the essential guide on how to effortlessly make classic and contemporary cocktails using the best local ingredients available. Peter introduces us to a range of delightful drinks in a variety of tastes and styles to make sure there is a cocktail for everyone.

4



- 9781550819212
- English
 - Illustrations, color
 - 7.75 x 9 x 0.6 in | 0.7 kg
 - 200 pages
 - Breakwater Books
 - Carton quantity: 24
 - COOKING
 - Distributor: UTP Distribution

Happy Belly

The Cake Book

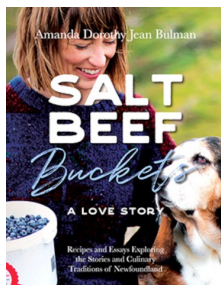
by Aaron McInnis 🇨🇦

May 16, 2022 Paperback , Trade \$29.95 CAD

A fun, non-traditional approach to baking cakes and treats from the creator of Man versus Cake.

Happy Belly: The Cake Book is a collection of recipes from internationally recognized blogger, nutritionist, and pastry chef Aaron McInnis. This book is filled with tips, tricks, and secrets to successful cake making from the owner of Happy Belly Cakery and the online learning space Man versus Cake. As a firm believer that a great base recipe is all you need to be successful, Chef Aaron guides you on a journey through cakes and cupcakes, from popular candy bars and classic flavour pairings to holiday treats, unconventional flavours, and more.

5



- 9781550819052
- English
 - Illustrations, color
 - 7 x 9 x 0.65 in | 500 gr
 - 192 pages
 - Breakwater Books
 - Carton quantity: 24
 - COOKING
 - Distributor: UTP Distribution

Salt Beef Buckets

A Love Story

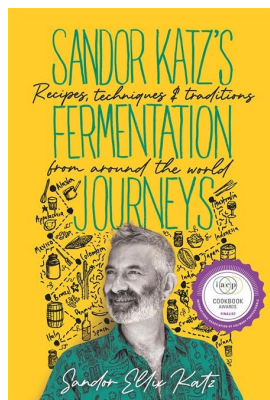
by Amanda Dorothy Jean Bulman 🇨🇦

Nov 15, 2021 Paperback , UK Trade \$24.95 CAD

Recipes and essays exploring the stories and culinary traditions of Newfoundland.

Three facts: 1. The culinary history of Newfoundland is unique and diverse. 2. Anyone can cook anything and make it delicious, so long as they prioritize local and seasonal ingredients. 3. Food tastes better when it is connected to stories and memory. These are the core beliefs of *Salt Beef Buckets: A Love Story*, an affectionate tribute to the land, the people, and their meals.

6



- 9781645020349
- English
 - 178 x 254 x 20 mm | 1020 gr
 - 352 pages
 - Chelsea Green Publishing
 - Carton quantity: 12
 - COOKING
 - Distributor: UTP Distribution

Sandor Katz's Fermentation Journeys

Recipes, Techniques, and Traditions from around the World

by Sandor Ellix Katz

Nov 09, 2021 Hardcover \$47.95 CAD

From James Beard Award winner and *New York Times*-bestselling author of *The Art of Fermentation*: the recipes, processes, cultural traditions, and stories from around the globe that inspire Sandor Katz and his life's work—a cookbook destined to become a modern classic essential for every home chef.

"Sandor's life of curiosity-filled travel and exploration elicits a sense of wonder as tastes, sights, and smells leap off the pages to ignite your imagination."—David Zilber, chef, fermenter, food scientist, and coauthor of *The Noma Guide to Fermentation*

"Sandor Katz transposes his obsession with one of mankind's foundational culinary processes into a cookbook-cum-travelogue."—*The New York Times*

"There is perhaps nobody more broadly knowledgeable and contagiously curious about the world's fermentation traditions than the effervescent Sandor Katz."—*Civil Eats*

"It's a fantastic read for anyone."—Food52

For the past two decades, fermentation expert and bestselling author Sandor Katz has traveled the world, both teaching and learning about the many fascinating and delicious techniques for

7



9782365680509

- English
- 5.2 x 8.2 x 0.6 in | 300 gr
- 90 pages
- JBE Books
- Carton quantity: 24
- COOKING
- Distributor: UTP Distribution

Sunset Cocktails

by Guillaume Aubry, Sterling Hudson
Sep 21, 2021 Hardcover \$34.00 CAD

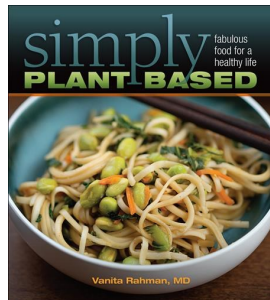
From golden ice cubes to crepuscular charcoal dust: sunset-inspired cocktail recipes to enliven that special hour

This book is an invitation to transform the simple contemplation of a well-mixed cocktail into a sensory experience of "drinking the sunset."

In 2020, French artist and architect Guillaume Aubry (born 1982) asked the celebrated Paris-based American mixologist Sterling Hudson to translate his artistic research on sunsets into cocktail recipes. Based on Aubry's research and Hudson's expertise, *Sunset Cocktails* presents 12 cocktails inspired by the beauty of a sunset, from the dazzling "Regulus," whose saffron ice cube glows gold once submerged in vermouth, to the "Grand Soir," a liquid sunset that infuses a dusting of charcoal into a crisp glass of vodka.

With luxurious full-color photographs of the cocktails and the sunsets that inspired them, this volume encourages readers to consider mixology as a creative form of expression in the larger context of art history; in addition to Aubry's own writing on the subject, Japanese poet Ryoko Sekiguchi provides a luminous afterword to prepare readers' imaginations for an aesthetic and gustatory experience. A small-format, easily accessible volume, *Sunset Cocktails* presents Aubry and Hudson's collaboration with a uniquely poetic flair, encouraging readers to reflect upon society's relationship with sunsets and our collective aesthetic experience of quotidian moments of beauty, whether those manifest as a sunset, a fancy cocktail, or both.

8



9781570674044

- English
- 7.9 x 9 x 0.4 in | 420 gr
- 176 pages
- BPC
- Carton quantity: 20
- COOKING
- Distributor: UTP Distribution

Simply Plant Based

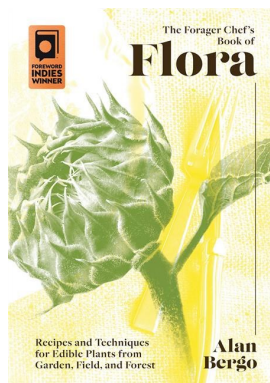
Fabulous Food for a Healthy Life
by Vanita Rahman, MD

Aug 15, 2021 Paperback, Trade \$28.95 CAD

The simplest and most health-promoting diet is built on whole, plant-based foods that are low in fat, sugar, and sodium and high in fiber and nutrients. But more than a diet, this is a lifestyle. And to be sustainable, the food must be delicious, interesting, and fun to eat. *Simply Plant Based* offers a smorgasbord of satisfying options. Choose from Savory Kale Scones or Chocolate Chip Crepes for breakfast, Asian Noodle Soup or Chipotle Black Bean burgers for lunch, or Fettuccine Alfredo with Mushrooms or Veggie Lasagna for dinner. Or select from a diversity of innovative fare that includes Potato Paninis, Cauliflower Wings, and Edamame Hummus, as well as international favorites, such as Baba Ghanoush and Aloo Gobi. Eating healthy and dining well has never been easier.

As a certified nutritionist, Dr Rahman also addresses nutritional concerns about plant-based diets, including protein, omega-3 fatty acids, and soy estrogens. And as a practicing physician, cites health benefits such as weight loss; lowered blood sugar, blood pressure, and cholesterol; reduced joint pain; and increased energy. Under her guidance, you'll experience an exciting kitchen adventure and a new lease on life.

9



9781603589482

- English
- 178 x 254 x 20 mm | 920 gr
- 288 pages
- Chelsea Green Publishing
- Carton quantity: 16
- COOKING
- Distributor: UTP Distribution

The Forager Chef's Book of Flora

Recipes and Techniques for Edible Plants from Garden, Field, and Forest
by Alan Bergo

Jun 24, 2021 Hardcover \$45.95 CAD

Alan Bergo is the 2022 James Beard Foundation Award Winner for Instructional Visual Media

As Seen on NBC's *The Today Show

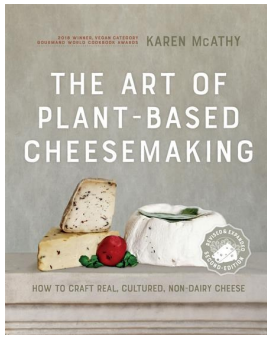
***Alan is now a chef on HULU's new series "Chef vs. Wild!"**

"With a passion for bringing a taste of the wild to the table, [Bergo's] inspiration for experimentation shows in his inventive dishes created around ingredients found in his own backyard."—*Tastemade*

From root to flower—and featuring 180 recipes and over 230 of the author's own beautiful photographs—explore the edible plants we find all around us with the Forager Chef Alan Bergo as he breaks new culinary ground!

In *The Forager Chef's Book of Flora* you'll find the exotic to the familiar—from Ramp Leaf Dumplings to Spruce Tip Panna Cotta to Crisp Fiddlehead Pickles—with Chef Bergo's unique blend of easy-to-follow instruction and out-of-this-world inspiration.

10



9780865719620

- English
- Illustrations, color
- 10 x 8 x 0.88 in | 1.4 lb
- 256 pages
- New Society Publishers
- Carton quantity: 18
- COOKING
- Distributor: UTP Distribution

The Art of Plant-Based Cheesemaking, Second Edition

How to Craft Real, Cultured, Non-Dairy Cheese

by Karen McAthly 🇨🇦

May 25, 2021 Hardcover , Sewn \$59.99 CAD

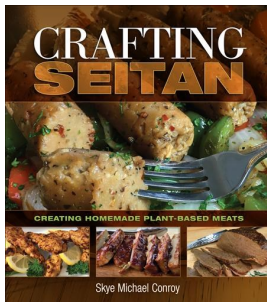
Expanded and updated second edition of the Gourmand World Cookbook Awards, 2018, Vegan Category Winner.

Learn the craft of making authentic, delicious non-dairy cheese from acknowledged master plant-based cheesemaker Karen McAthly. Comprehensively updated and expanded, the second edition of the "plant-based cheesemaking bible" takes vegan cheesemaking to a new level.

Containing over 150 full color photos and enhanced step-by-step instructions, coverage and new information includes:

- Eight new cheesemaking recipes plus dozens more from beginner to pro
- New coverage of "mixed method" fast-firming cultured cheeses
- Going beyond nuts and seeds and using legumes for cheesemaking
- Dairy-free cultured butter, coconut milk yogurt, oat and cashew milk yogurt, and sour cream

11



9781570673962

- English
- 8 x 9 x 0.7 in | 640 gr
- 208 pages
- Book Publishing Company
- Carton quantity: 20
- COOKING
- Distributor: UTP Distribution

Crafting Seitan

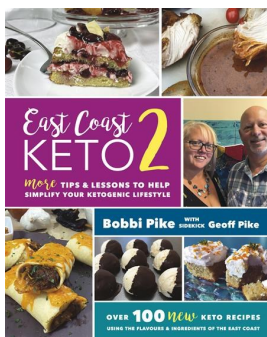
Creating Homemade Plant-Based Meats

by Skye Michael Conroy

Apr 01, 2021 Paperback , Trade \$29.95 CAD

The rise in popularity of plant-based foods has resulted in a vast array of commercial meatless meats. Now many of the flavors, appearances and textures of meat dishes we grew up can be replicated and our feelings of nostalgia for family favorites and ethnic traditional dishes can be satisfied?all from your home kitchen. Crafting Seitan offers step-by-step guidance for preparing more than one hundred recipes that include zesty chicken, roast beef, juicy pork, and hearty vegan sausages. Whether for a party, holiday, or every day, home cooks can find recipes using wheat-based seitan, soy products, and a variety of flavorings to create burgers, meatless meatballs, roasts and every variety of shred, batter fry, skewer, steak, cutlet, chop, and barbecue under the sun. Also included are regional American favorites, as well Asian, Mexican, and other international dishes.

12



9781550818727

- English
- Illustrations, color
- 8 x 10 x 0.75 in | 1.2 kg
- 256 pages
- Breakwater Books
- Carton quantity: 14
- COOKING
- Distributor: UTP Distribution

East Coast Keto 2

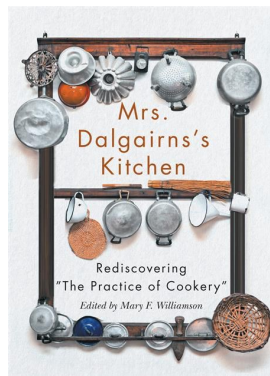
by Bobbi Pike 🇨🇦

Mar 31, 2021 Paperback , Trade \$34.95 CAD

Just when you thought it was impossible to find ketogenic meals that the whole family can enjoy, Bobbi Pike and her husband, Geoff, return with another generous serving of low-carb keto dishes that will have even the most finicky eater in the family asking for seconds.

With over 100 new keto recipes, *East Coast Keto 2* will teach you how to enjoy all the foods you love —*ketoified!* From show-stopping appetizers and entrees to delicious fat bombs and mouthwatering desserts, Bobbi and Geoff help you simplify your keto lifestyle the East Coast way. With tips, lessons, quick facts, and traditional meals made healthy, *East Coast Keto 2* offers all the flavours you love with zero guilt.

13



9780228005339

- English
- 15.9 x 23.8 cm | 1160 gr
- 608 pages
- McGill-Queen's University Press
- Carton quantity: 8
- COOKING
- Distributor: UTP Distribution

Carleton Library Series 254

Mrs Dalgairns's Kitchen*Rediscovering "The Practice of Cookery"*

by Mary F. Williamson 🇨🇦, Elizabeth Baird

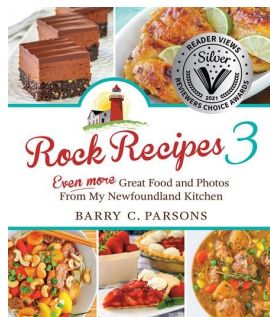
Mar 15, 2021 Hardcover \$45.95 CAD

A nineteenth-century cookbook fusing elements of Acadian, Indian, Mi'kmaq, and Scottish cuisine offers readers a taste of the past, along with exciting recipes newly adapted for the modern kitchen.

When *The Practice of Cookery* first appeared in Edinburgh and London editions in 1829, reviewers hailed it as one of the best cookbooks available. The book was unique not only in being wholly original, but also for its broad culinary influences, incorporating recipes from British North America, the United States, England, Scotland, France, and India.

Catherine Emily Callbeck Dalgairns was born in 1788. Though her contemporaries understood her to be a Scottish author, she lived her first twenty-two years in Prince Edward Island. Charlottetown was home for much longer than the twelve years she spent in London or her mere six years' residency in Dundee, Scotland, by the time of the cookbook's first appearance. In *Mrs Dalgairns's Kitchen*, Mary Williamson reclaims Dalgairns and her book's Canadian roots. During her youth, the popular cookbook author would have had experience of Acadian, Mi'kmaq, and Scottish Highlands foods and ways of cooking. Her mother had come from Boston, inspiring the cookbook's several American recipes; Dalgairns's brothers-in-law lived in India, reflected in the chapter devoted to curry recipes. Williamson consults the publisher's surviving archives to offer insights into the world of early nineteenth-century publishing, while Elizabeth Baird updates Dalgairns's recipes for the modern kitchen.

14



9781550818567

- English
- Illustrations, color
- 7.75 x 9.13 x 0.8 in | 1.25 kg
- 240 pages
- Breakwater Books
- Carton quantity: 16
- COOKING
- Distributor: UTP Distribution

Rock Recipes 3*Even More Great Food and Photos from My Newfoundland Kitchen*
by Barry C. Parsons

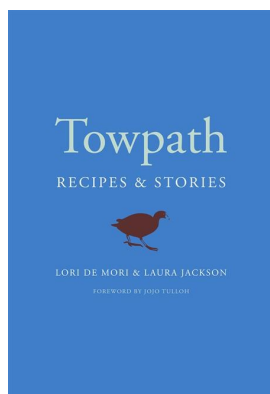
Nov 09, 2020 Paperback, Trade \$29.95 CAD

*****READER VIEWS COOKING AWARD - SILVER*****

Break out your mixing bowls and preheat the oven because Barry C. Parsons, the bestselling cookbook author and creator of the phenomenal *RockRecipes.com*, is back with an extra helping of delicious recipes to delight everyone at your dinner table.

In *Rock Recipes 3: Even More Great Food and Photos from My Newfoundland Kitchen*, you'll find full-flavoured slow-cooked suppers and effortless quick-and-easy dinners to whip up in a pinch. From dinner-party showstoppers to family-night comfort food, Barry has every meal covered. Easy baking recipes take center stage as well with straight forward, old fashioned recipes you'll love, including those heavenly desserts that have made *Rock Recipes* famous the world over. And as always, every recipe is accompanied by one of Barry's amazing full-colour photographs to help guide you from preparation to presentation. With helpful cooking tips and a recipe for every possibility, *Rock Recipes* makes mealtime as easy as 1, 2, 3!

15



9781645020127

- English
- 181 x 254 x 23 mm | 970 gr
- 288 pages
- Chelsea Green Publishing UK
- Carton quantity: 14
- COOKING
- Distributor: UTP Distribution

Towpath*Recipes and Stories*

by Lori De Mori, Laura Jackson

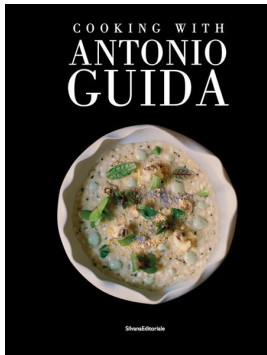
Oct 07, 2020 Hardcover \$46.50 CAD

Writings and recipes from the beloved East London eatery

A lot has changed since Towpath first rolled up its shutters 10 years ago on the Regent's Canal in Hackney and everything but the toasted cheese sandwich was cooked from home across the bridge. And a lot hasn't. It is still as much a social experiment as a unique and beloved eatery. What happens when seasonality means you close every year in November, because England's cold, dark winters are simply inhospitable to hospitality from a little perch beside a shallow, manmade waterway that snakes through East London? What if you don't offer takeaway coffees in the hopes that people will decide to stay awhile and watch the coots skittering across the water? If you don't have a phone or a website, because you'd rather people just show up like (hungry) kids at a playground?

Towpath is a collection of recipes, stories and photographs capturing the vibrant cafe's food, community and place throughout the arc of its season – beginning just before the first breath of spring, through the dog days of summer and culminating – with fireworks! – before its painted shutters are rolled down again for winter.

16



9788836645589

- English
- 8.9 x 11.7 x 0.9 in | 1160 gr
- 192 pages
- Silvana Editoriale
- Carton quantity: 7
- COOKING
- Distributor: UTP Distribution

Cooking with Antonio Guida

by Antonio Guida, Maddalena Fossati
Oct 06, 2020 Hardcover \$70.00 CAD

The recipes and life story of Antonio Guida, the twice Michelin starred master chef famed for his cuisine at the Seta and Hotel Il Pellicano

"I became a cook because I'm a glutton," says Antonio Guida (born 1972), star chef of the Seta restaurant at the Mandarin Oriental in Milan. Also famed for his work at the celebrated Hotel Il Pellicano in Tuscany, Guida is most famous as Executive Chef at the Seta.

After apprenticeships in Europe and Asia, where he worked alongside multi-starred chefs such as Pierre Gagnaire of the Enoteca Pinchiorri, and Don Alfonso, he was hired at the Terrazza restaurant in Rome's Hotel Eden; in 2002 he became Executive Chef of Il Pellicano, where he garnered two Michelin stars. Since 2014, he has served as Executive Chef of Seta, which won a Michelin star in 2015, just four months after opening.

This book tells his story: the iconic dishes, the raw materials, his travels from Apulia to the Lombard capital, passing through Paris, Zurich and Asia, and, of course, his recipes: explained step by step, they are accompanied by illustrations and a glossary.

17



9781550818307

- English
- 7 x 9 x 0.5 in | 0.5 kg
- 144 pages
- Breakwater Books
- Carton quantity: 28
- COOKING
- Distributor: UTP Distribution

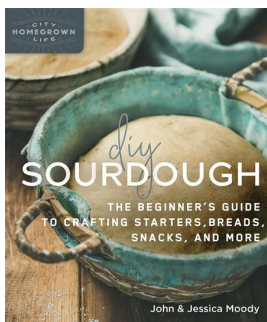
Some Good Sweet Treats

by Jessica Mitton 
Sep 18, 2020 Paperback, Trade \$21.95 CAD

*****READER VIEWS COOKING AWARD - GOLD**********ERIC HOFFER AWARDS, HOME: 1ST RUNNER-UP*****

In *Some Good: Sweet Treats*, Jessica Mitton follows the success of her first cookbook, *Some Good*, with the course that everyone's been waiting for—dessert! With decadent chocolate delights, oat-based goodies, muffins, cakes, squares, and cookies, these recipes will satisfy your sweet tooth without the guilt. Because these sweet confections, baked wonders, and delicious desserts are made in ways that are healthier and more nutritious. Now you can make truly tasty treats that are gluten and dairy free, incorporating healthier ingredients that will make everyone feel Some Good!

18



9780865719200

- English
- Illustrations, color
- 7.5 x 9 x 0.34 in | 0.64 lb
- 104 pages
- New Society Publishers
- Carton quantity: 58
- COOKING
- Distributor: UTP Distribution

Mother Earth News Wiser Living Series 10

DIY Sourdough

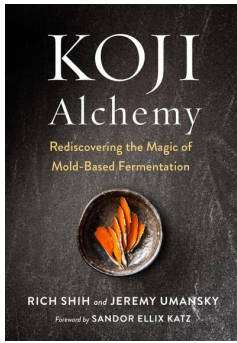
The Beginner's Guide to Crafting Starters, Bread, Snacks, and More
by John Moody, Jessica Moody
May 26, 2020 Paperback, Trade \$19.99 CAD

Your helping hand for adding simple, homemade, whole grain sourdough to your weekly schedule

Real life is busy enough without having social media-worthy sourdough on your to-do list. But if your goal is to make simple, nourishing, and delicious whole grain sourdough for your whole family, then *DIY Sourdough* is your one-stop beginner's guide. Coverage includes:

- Simple sourdough recipes for breads, snacks, and more
- The secrets to consistent results
- Tips and tricks for homemade sourdough, including flour buying, home milling, and sourdough starter
- Homemade bread scheduling options, including split-day sourdough recipes for making sourdough an easy part of your weekly routine.

19



9781603588683

- English
- 178 x 229 x 26 mm | 800 gr
- 352 pages
- Chelsea Green Publishing
- Carton quantity: 16
- COOKING
- Distributor: UTP Distribution

Koji Alchemy

Rediscovering the Magic of Mold-Based Fermentation (Soy Sauce, Miso, Sake, Mirin, Amazake, Charcuterie)
by Jeremy Umansky, Rich Shih
May 06, 2020 Hardcover \$47.50 CAD

"This book is remarkable."—David Zilber, co-author of *The Noma Guide to Fermentation*

James Beard Foundation Book Award Finalist for Reference and Scholarship

"The perfect next step."—NPR's "Science Friday"

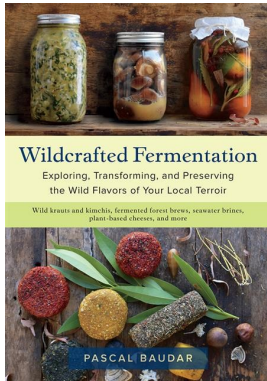
For viewers of "Salt Fat Acid Heat," the first book devoted to processes, concepts, and recipes for fermenting and culturing foods with koji, the microbe behind the delicious, umami flavors of Japanese cuisine

In *Koji Alchemy* chefs Jeremy Umansky and Rich Shih—collectively considered to be the most practical, experienced, generous educators on the culinary power of this unique ingredient—deliver a comprehensive look at modern koji use around the world. Using it to rapidly age charcuterie, cheese, and other ferments, they take the magic of koji to the next level, revolutionizing the creation of fermented foods and flavor profiles for both professional and home cooks.

Koji Alchemy includes:

▲ A foreword by best-selling author Sandor Katz (*The Art of Fermentation*)

20



9781603588515

- English
- 178 x 254 x 20 mm | 750 gr
- 304 pages
- Chelsea Green Publishing
- Carton quantity: 20
- COOKING
- Distributor: UTP Distribution

Wildcrafted Fermentation

Exploring, Transforming, and Preserving the Wild Flavors of Your Local Terroir
by Pascal Baudar
Mar 12, 2020 Paperback , Trade \$39.95 CAD

"I am in awe of this book"—Sandor Katz, author of *The Art of Fermentation*

Wild krauts and kimchis, fermented forest brews, seawater brines, plant-based cheeses, and more with over 100 easy-to-follow recipes!

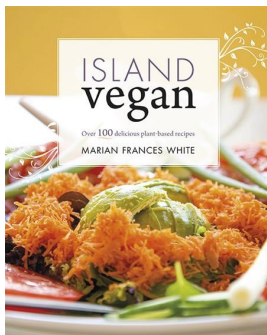
Featured in *The Independent's* (UK) "7 Best Fermentation Books of 2020"

One of the most influential tastemakers of our time invites you on an extraordinary culinary journey into the lacto-fermentation universe of common wild edibles. Used for thousands of years by different cultures all around the world, lacto-fermentation is the easiest, safest, and most delicious way to preserve food. And nature provides all the necessary ingredients: plants, salt, and the beneficial lactic acid bacteria found everywhere.

In *Wildcrafted Fermentation*, Pascal Baudar describes in detail and through step-by-step color photos how to create rich flavorful ferments:

- At home
- From the wild plants in your local landscape

21



9781550817652

- English
- Illustrations, color
- 7 x 9 x 1.25 in | 1 kg
- 264 pages
- Breakwater Books
- Carton quantity: 20
- COOKING
- Distributor: UTP Distribution

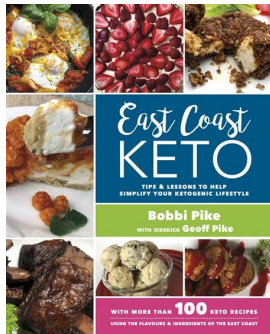
Island Vegan

by Marian Frances White 🇨🇦
Oct 31, 2019 Paperback , Trade \$29.95 CAD

****WINNER: 2020 GOURMAND WORLD COOKBOOK AWARD, LOCAL REGION - CANADA****

In *Island Vegan*, Newfoundland's original trailblazing vegan chef, Marian Frances White, returns with over 100 beautiful and utterly mouth-watering, plant-based recipes. Using readily available ingredients with a blend of local and international flavours, Marian provides everything you need, whether you're a committed vegan or just starting out. Here you'll find soups, salads, sauces, smoothies, pastries, pancakes, main dishes, delectable desserts, and much more. And there are full-colour photographs to help you create the perfect setting. The culmination of over forty years of exquisite, tried-and-tested vegan cooking, every recipe in *Island Vegan* is health conscious, environmentally sound, and absolutely delicious!

22



9781550817867

- English
- Illustrations, color
- 7 x 9 x 1.25 in | 1.25 kg
- 288 pages
- Breakwater Books
- Carton quantity: 12
- COOKING
- Distributor: UTP Distribution

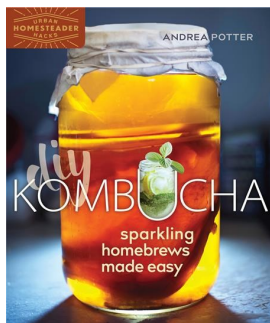
East Coast Keto

by Bobbi Pike 🍁

Sep 12, 2019 Paperback , Trade \$34.95 CAD

With over 120 amazing keto recipes, Bobbi Pike and her husband, Geoff, serve up the flavours and ingredients of the East Coast, with both original creations and traditional meals re-imagined as low-carb and ketogenic staples. Here you'll find the Best Ever Breaded Chicken, Game Day Chili, Lasagna, Savoury Cheesy Biscuits, John Cabot Salmon, and Newfoundland Snowballs. With appetizers and fat bombs, main meals and decadent desserts, East Coast Keto also delivers tips, lessons, and nutritional values to help simplify your ketogenic lifestyle. Now you can join the millions of people practicing a ketogenic approach to life, and do it the East Coast Keto way.

23



9780865718876

- English
- Illustrations, color
- 7.5 x 9 x 0.29 in | 299 gr
- 144 pages
- New Society Publishers
- Carton quantity: 48
- COOKING
- Distributor: UTP Distribution

Homegrown City Life 5

DIY Kombucha

Sparkling Homebrews Made Easy

by Andrea Potter 🍁

Nov 06, 2018 Paperback , Trade \$24.99 CAD

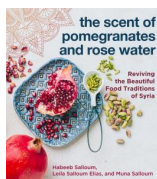
Create refreshing, healthier drinks, from kombucha to herbal sodas and more, in your own kitchen.

Create refreshing, healthier drinks, from kombucha to herbal sodas and more, in your own kitchen.

Since the relatively recent introduction of kombucha onto North American supermarket shelves, this healthy sparkling beverage has exploded in popularity. But can it be brewed at home, with the same tasty, healthy results?

With this straightforward, accessible, and highly visual how-to guide, author Andrea Potter does away with specialist jargon and expensive or hard-to-find equipment, showing how sparkling homebrews from kombucha to water kefir are definitely possible for just about anyone to make, and have fun doing it. Coverage includes:

24



9781551527420

- English
- 8 x 9 x 1.1 in | 1469 gr
- 360 pages
- Arsenal Pulp Press
- Carton quantity: 10
- COOKING
- Distributor: UTP Distribution

The Scent of Pomegranates and Rose Water

Reviving the Beautiful Food Traditions of Syria

by Habeeb Salloum 🍁, Leila Salloum Elias

Oct 01, 2018 Hardcover , Cloth over boards \$32.95 CAD

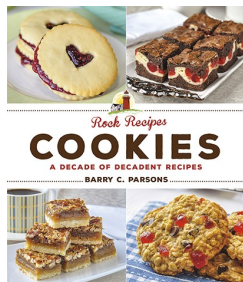
The traditions of Syrian cooking, which go back hundreds of years, are notable for their sensory components, in which aroma and texture are as important as taste and nutrition. Over the centuries, the unique dishes of Greater Syria (*bilaad al-shaam*) were preserved by those who cooked them. For cooks in imperial households, family homes, or on simple peasant farms, recipes were handed down from generation to generation. Despite centuries of occupation, economic hardships, and political strife, the people of Greater Syria continued to cook their bulgur, lentil, chickpea, kishk, and yogurt dishes as if life around them never changed.

Syrian-born Habeeb Salloum and his daughters, Leila and Muna, have researched and explored the far reaches of Syrian cuisine for many years (and in Habeeb's case, decades). Their resulting cookbook provides a succinct window into the dining tables of eighteenth- and nineteenth-century Syria, when the region was influenced by the Ottoman Empire's reach into Persia and the Arab world. The book includes delectable, heart-healthy recipes -- some familiar, some never before published in English -- many of which have been updated and simplified for modern sensibilities. The book also provides a poignant window into Syrian culture and everyday life then and now -- framed by ageless and truly beautiful food traditions.

Includes over 150 recipes and numerous full-colour photographs.

Partial proceeds from the sale of this book will benefit Le centre culturel syrien (Syrian Cultural

25



9781550817461

- English
- 7.75 x 9.13 x 0.5 in | 1 gr
- 224 pages
- Breakwater Books
- Carton quantity: 16
- COOKING
- Distributor: UTP Distribution

Rock Recipes Cookies

by Barry Parsons

Sep 07, 2018 Paperback , Trade \$22.95 CAD

In response to overwhelming requests from his fan base around the world, bestselling home cook and food blogger Barry Parsons has compiled his ultimate collection of cookie recipes. From mouthwatering no-bake cookies to drop cookies chalk full of warm comfort, Rock Recipes Cookies includes all you'll ever need when seeking a delectable bite-sized delight. And your cookie jar will never be the same when you try Barry's quintessential guide to afterschool cookie glee. There's even a section dedicated to milk and cookies as Barry reveals all the tips to create the perfect dunk. There are squares and bars and all of Barry's Christmas favourites too. If your sweet tooth craves the sublime creation of homemade oven-fresh heaven, then Rock Recipes Cookies will make Barry Parsons your patron saint of afterschool treats and cheat days!

26



9781550817430

- English
- 7.75 x 9.25 x 0.25 in | 1 kg
- 108 pages
- Breakwater Books
- Carton quantity: 28
- COOKING
- Distributor: UTP Distribution

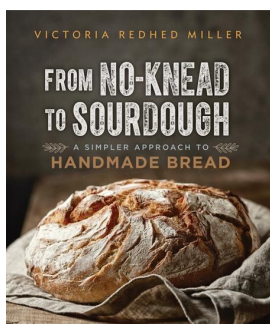
Some Good

by Jessica Mitton 🇨🇦

Jun 27, 2018 Paperback , Trade \$19.95 CAD

A new kind of Newfoundland cookbook, Some Good is a fusion of healthy food and local traditions. These recipes include appetizers, main meals, sides, desserts, and condiments, all utilizing island ingredients with new twists on Newfoundland classics like fish cakes, jiggs' Dinner, seafood chowder, and many more. Every recipe is gluten-free, dairy-free, and made without refined sugars. More than a collection of recipes, Some Good provides a whole new way of thinking about Newfoundland food. *2019 Taste Canada Award finalist, Health and Special Diet Cookbooks

27



9780865718838

- English
- Illustrations, black and white, Plates, color
- 7.5 x 9 x 0.58 in | 599 gr
- 256 pages
- New Society Publishers
- Carton quantity: 24
- COOKING
- Distributor: UTP Distribution

From No-knead to Sourdough

A Simpler Approach to Handmade Bread

by Victoria Redhed Miller

Jun 26, 2018 Paperback , Trade \$34.99 CAD

Create delicious, healthy breads in your own kitchen - no experience required

Is there any food that evokes pleasant memories and warm feelings more than bread? It's the most basic of foods, yet many of us are intimidated by the prospect of making our own. "Artisan" bread, craft bakeries, and wood-fired pizza are gaining popularity — imagine creating these fabulous breads at home.

With From No-Knead to Sourdough, author Victoria Redhed Miller blends her own journey toward self-reliance with her fascination for traditional homesteading skills and love of good food. From making simple yeast breads, to learning how to bake a wide variety of sourdough-based breads, the author's curiosity and fearlessness come together to share with readers a simpler approach to the pleasures of bread-baking.

Topics include:

- Fitting bread-baking into your schedule
- Low- and no-gluten baking, including GF sourdough breads

28



9781551526874

- English
- 9 x 8 x 0.94 in | 2.58 lb
- 264 pages
- Arsenal Pulp Press
- Carton quantity: 14
- COOKING
- Distributor: UTP Distribution

Dutch Feast

by Emily Wight 🍀
Oct 01, 2017 Hardcover \$32.95 CAD

Taste Canada Award finalist

A modern take on Dutch cuisine that highlights the ways that simple meals bring joy and comfort.

In the same way that British, Scandinavian, and German food have undergone a renaissance in recent years, Dutch cuisine is going to be the next big thing, according to writer and blogger Emily Wight. Her new cookbook reimagines traditional Dutch cooking, which has always been known for its thriftiness and practicality, with an emphasis on the ways that simple meals bring joy and comfort to the people who share them.

Influenced by its colonial history, with bold flavours from places like Indonesia and the West Indies, and by its proximity to its European neighbours, Dutch cooking is surprisingly diverse, and is noted for its celebration of the ritual of the meal as much as the meal itself. From *gezellig* to *borrels*, and *gado gado* to *uitsmijter*, *Dutch Feast* delivers unconventional (but familiar) and economical (but indulgent) recipes, and gives you a new excuse to invite everyone over for cold gin and a generous *rijsttafel*, an elaborate meal featuring a little dish of something for everyone.

Touching on Dutch history and the back stories of traditional ingredients (from licorice to herring to beer), Emily adds charm and sophistication to a cuisine that is wholesome, accessible, and

29



9781551526737

- English
- 9 x 8 x 0.47 in | 1.19 lb
- 184 pages
- Arsenal Pulp Press
- Carton quantity: 26
- COOKING
- Distributor: UTP Distribution

Home and Away

Simple, Delicious Recipes Inspired by the World's Cafes, Bistros, and Diners
by Darcy Shore 🍀, Randy Shore 🍀
Apr 26, 2017 Paperback, Trade \$24.95 CAD

A cookbook inspired by how food from around the world not only connects us all, but also reminds us of home.

Cooking outside one's comfort zone is now easier than ever: ingredients once considered exotic are available at supermarkets across the country, and we're more open to exploring the far reaches of the world through food. This tantalizing cookbook takes readers on a global tour through food, from the steamy noodle shops of Seoul to the wood-fired grills of Istanbul and funky dives of San Francisco. Randy and Darcy Shore explore how food informs our ideas around community and identity ("home"), and how it shapes our experience of and appreciation for other cultures ("away").

Their recipes are based on years of travel as well as their intrinsic interest in the foods of other cultures; they make once complicated dishes a little easier for North American cooks while still respecting centuries-old food traditions. The book includes such dishes as Braised Pork Belly with Crunchy Rice, Volcanic Soba Noodle Salad, Moroccan Lamb with Lemon Couscous, and Jerk Chicken with Grilled Romaine. There are also interviews with chefs Mario Batali, Edward Lee, Anita Lo, Vikram Vij, and others on the ways their cultures influence their cooking.

Home and Away takes home cooks on a delicious trip around the world, no passport required.

30



9781551526454

- English
- 9 x 8 x 0.34 in | 0.98 lb
- 150 pages
- Arsenal Pulp Press
- Carton quantity: 23
- COOKING
- Distributor: UTP Distribution

Chowgirls Killer Party Food

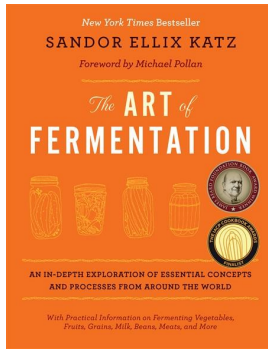
Righteous Bites & Cocktails for Every Season
by Heidi Andermack, Amy Lynn Brown
Oct 01, 2016 Paperback, Trade \$22.95 CAD

With an eye for style and appreciation for seasonal ingredients, the proprietors of Chowgirls Killer Catering, one of the Midwest's leading catering companies, share their inspired ideas for delicious appetizers, small plates, and cocktails that are perfect for home entertaining. Amy and Heidi were early adopters of the local, organic, sustainable, and seasonal approach to cooking; their ethos is clearly reflected in this cookbook, which offers fun, elegant, and yet easy-to-prepare recipes arranged by season that will be the hit of your next social gathering.

For your party to welcome spring, impress your guests with the Spring Pea Toasts with Gouda, Mint-Crusted Lamb Chops, and Wasabi Crab Cakes. For that backyard summer fest, try Flank Steak Skewers with Chimichurri, Sweet Corn Risotto with Shrimp, and Gazpacho Jars. On that chilly fall gathering, offer the Grilled Sirloin with Farro Tomato Salad, Bacon-Pecan Tartlets, and Roasted Fall Vegetables with Saffron Aioli. And for that festive winter blow-out, make the Italian Beef Sliders, Crab & Green Chile Gratin, and Artichoke Tapenade. Then to wash it all down, make sure there's plenty of Mint Julep Sweet Tea, White Sangria, and Strawberry-Basil Daiquiris!

Amy and Heidi's shared passion for cooking and entertaining shines throughout this beautiful and inspiring cookbook. Their "righteous bites" will impress your guests with dazzling, organic, locally sourced recipes that show you care. Party on!

31



9781603582865

- English
- 178 x 235 x 39 mm | 1330 gr
- 528 pages
- Chelsea Green Publishing
- Carton quantity: 14
- COOKING
- Distributor: UTP Distribution

The Art of Fermentation

New York Times Bestseller
by Sandor Ellix Katz, Michael Pollan
May 14, 2012 Hardcover , Dust jacket \$55.95 CAD

"The bible for the D.I.Y set: detailed instructions for how to make your own sauerkraut, beer, yogurt and pretty much everything involving microorganisms."--*The New York Times*

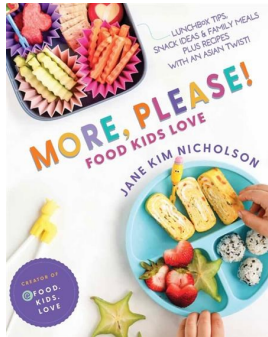
Named a "Best Gift for Gardeners" by *New York Magazine

The original guide to kraut, kombucha, kimchi, kefir, and kvass; mead, wine, and cider; pickles and relishes; tempeh, koji, miso, sourdough and so much more...!

Winner of the James Beard Foundation Book Award for Reference and Scholarship, and a New York Times bestseller, with more than a quarter million copies sold, *The Art of Fermentation* is the most comprehensive guide to do-it-yourself home fermentation ever published. Sandor Katz presents the concepts and processes behind fermentation in ways that are simple enough to guide a reader through their first experience making sauerkraut or yogurt, and in-depth enough to provide greater understanding and insight for experienced practitioners.

While Katz expertly contextualizes fermentation in terms of biological and cultural evolution, health and nutrition, and even economics, this is primarily a compendium of practical information—how the processes work; parameters for safety; techniques for effective preservation; troubleshooting; and more.

32



9781778242861

- English
- 8 x 10 x 0.59 in | 1250 gr
- 190 pages
- Carton quantity: 16
- COOKING
- Distributor: UTP Distribution

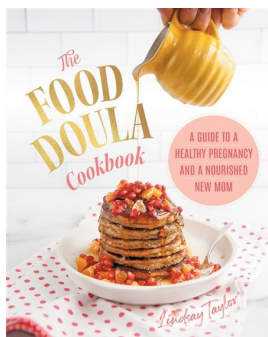
More, Please!

Foods Kids Love
by Jane Nicholson 🇨🇦
Oct 19, 2023 Hardcover , Trade binding \$37.00 CAD

With her "simple is best" approach to feeding kids, Korean Canadian mother of two Jane Kim Nicholson balances taste, nutrition, and fun in this collection of recipes and presentation ideas that will have even the pickiest of eaters saying, "More, please!"

An extension of her wildly successful Instagram page and blog "Food Kids Love," *More, Please!* offers a non-judgmental, accessible space that provides everyday inspiration for kid-friendly snacks and meals.---

33



9781894915984

- English
- 8 x 10 x 1 in | 1300 gr
- 232 pages
- Plumleaf Press
- Carton quantity: 12
- HEALTH & FITNESS
- Distributor: UTP Distribution

The Food Doula Cookbook

A Guide to a Healthy Pregnancy and a Nourished New Mom
by Lindsay Taylor 🇨🇦
Apr 03, 2021 Hardcover \$35.00 CAD

The Food Doula Cookbook eliminates the guesswork of what to eat during pregnancy, empowering expectant moms to be nourished, energized, and confident — from preconception through the three trimesters to postpartum.

Author Lindsay Taylor's positive attitude of no rules and no guilt, balanced with her focus on nutritious real-food choices, permeates the book. In addition to 90 plus easy-to-follow recipes for delicious, nourishing meals best suited for each trimester and postpartum recovery, Lindsay also offers helpful advice on how to build a prenatal pantry, make the best food choices, and engage in effective meal planning and prepping, leaving the expectant mom time to relax and enjoy her pregnancy.