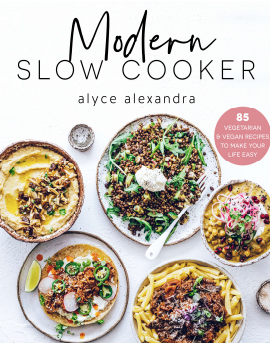




# COOKERY HIGHLIGHTS

Fall 2020

## Cookery

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|  |       |
| Viking  | 03/21 |
| Penguin RH Australia  |       |
| 208 pp.   |       |
| MS available Winter 20  |       |

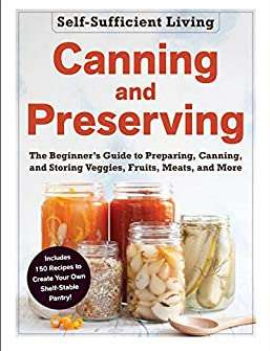
### ALYCE ALEXANDRA: MODERN SLOW COOKER

**A fresh, modern and meat-free take on slow cooking: the cheapest, easiest way to cook!**

Slow cookers are the ultimate way to cook if you want to save time, money and effort while still enjoying delicious home cooking. They can do so much more than you might realise, from hearty and comforting to fresh and light.

Appliance queen Alyce Alexandra is here to show you that with the right recipes, slow cooker meals can be vibrant, interesting and full of flavour – not just endless soups and stews. Whether it's a simple weeknight supper ready when you walk in the door or an elaborate weekend dinner party, you'll find the perfect recipe for every occasion in *Modern Slow Cooker*. It's filled with satisfying and nutritious meat-free dishes that take very little effort and will have everybody coming back for seconds.

Alyce shows how the slow cooker shines for healthy and cost-effective ingredients such as veggies, grains, pulses and legumes, and shares all her tips and tricks for best results with your slow cooker. The 85 fool-proof recipes cater to vegetarian, vegan, dairy-free, egg-free, gluten-free, nut-free and soy-free diets – though you won't hear any complaints from the meat eaters at the table, either! So, rethink your slow cooker. You'll be amazed by what you can create.


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|  |       |
|  | 09/20 |
| Adams Media  |       |
| 240 pp.  |       |
| MS available   |       |

### CANNING AND PRESERVING: THE BEGINNER'S GUIDE TO PREPARING, CANNING, AND STORING VEGGIES, FRUITS, MEATS, AND MORE

**Embrace self-sufficiency with this simple guide to canning and preserving all your favourite foods—including fruits, veggies, and more!**

Learn how to become more self-reliant by canning and preserving your own delicious foods. From fruits and veggies to pickles, meats, and more, *Canning and Preserving* is your guide to jarring your own food and storing for later use. Including 140 simple, easy recipes, plus tips and tricks for making all kinds of meals with your creations, this book will have you bulking up your pantry or freezer in no time!

*Adams Media* provides helpful, funny, and inspiring books on a wide variety of topics, so no matter who you are, we've got you covered. Our editors are just like you—living, loving, and learning every day. Our personal experiences and expertise in our given book categories allow us to bring you some of the best content on the market – from parenting to relationships, to the paranormal, cooking, and humour – we cover what you care about.

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| Publicat  | 01/19 |
| Motto Rights Agency   |       |
| 336 pp.   |       |
| MS available  |       |

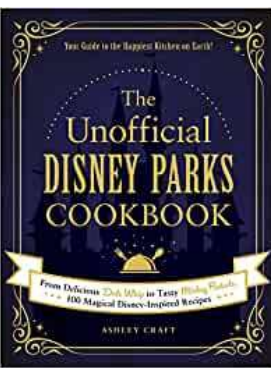
### KASIA BOSACKA: CONSCIOUS EATING: A SHOPPING LEXICON

**In this lexicon of 300 entries describing ingredients in alphabetical order Kasia Bosacka, a well-known Polish influencer, gives the latest scientific information about food.**

Traditional and new foods are included.

A handy format and space for notes encourage to take this book with you when shopping and to only choose good and healthy ingredients!

**Kasia Bosacka** is an awarded journalist and TV show host. She writes about health, beauty, science and medicine. She's the author and co-author of several books.

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|  |       |
|  | 12/20 |
| Adams Media  |       |
| 240 pp.  |       |
| MS available   |       |

### ASHLEY CRAFT: THE UNOFFICIAL DISNEY PARKS COOKBOOK

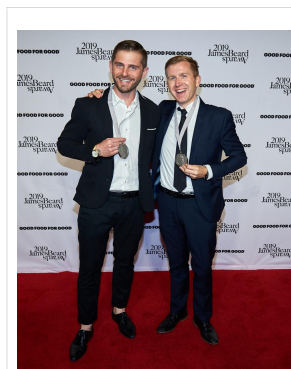
**Experience the magic of the Disney Parks right in your kitchen with these 100, easy and delicious recipes inspired by Walt Disney World!**

Stroll right down the middle of Main Street USA, journey from Adventureland to Infinity and Beyond at Pixar Pier, and explore every avenue in between to taste the flavors of the Disney Parks...all without leaving your kitchen.

With *The Unofficial Disney Parks Cookbook* you can bring the magic of Disneyland and Walt Disney World snacks and treats right to your home. Recreate favorites like the classic Dole Whip and Mickey Pretzels to new favorites like blue milk from Star Wars land and Jack Jack's Cookie Num Nums from Pixar Pier.

These 100 recipes inspired by iconic yummys are perfect whether you are a forever Disney fan or just love a good snack. Now you can feel as if you shared a snack with Mickey himself right from the comfort of your own home!

As a child who grew up in Anaheim, California, **Ashley Craft** could navigate the Park without a map and fell asleep to the sound of *Disneyland* fireworks each night in her bedroom. Ashley is now one of the leading experts of Disneyland and Walt Disney World. Her popular blog, *Ashley Crafted*, is best known for featuring recipes inspired by Disney Park foods to help people recreate that Disney magic right in their own kitchens.



### ALEX DAY, DAVID KAPLAN & NICK FAUCHALD: DEATH & CO: THE GOLDEN AGE

The from *Death & Co* will cover the evolution and expansion of the world-famous bar over the last five years as they have expanded to Denver, LA and Chicago, featuring upwards of 400 cocktail recipes plus full-color photography and illustrations. Featured topics include the *Death & Co* boot camp, the bar's regulars, cocktail development, drink-making techniques, mastering basic cocktails, flavor combinations, low- and no-ABV drinks, what bartenders drink at home, streamlining drinks for the home third book bar, batching cocktails for entertaining, and producer highlights.

**Alex Day and David Kaplan** are the co-owners of the Los Angeles-based Proprietors LLC, a fullservice hospitality company (*Death & Co*, *Nitecap*, *Walker Inn*, *Honeycut*, *the Normandie Club*, and more).

**Nick Fauchald** is a Brooklyn-based writer, editor, and publisher of print and digital products.

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|------------------------|------|
| Ten Speed Press        | 2022 |
| Straus Literary        |      |
| MS available Summer 21 |      |



### NATASHA DAVID: THE LIFE OF THE PARTY: THE WHIMSICAL WORLD OF LOW-ALCOHOL COCKTAILS

**A colorful exploration of the world of low-alcohol cocktails, currently a major trend in drinking culture.**

Unlike other recent books on the topic, Natasha David, as one of the nation's preeminent craft bartenders brings her professional eye to the category and shows the sophisticated possibilities of these drinks using vermouths, amari, fortified wines and other low-ABV ingredients, structured and rooted in the classics. The book will feature more than 100 original recipes for spritzes, aperitifs, and session cocktails, with colorful photography and retro illustrations, in a saturated Seventies style. Author Natasha David is the acclaimed co-owner of *Nitecap* on New York City's Lower East Side; star on the cocktail scene, famous for her low-ABV offerings. She has been awarded *Zagat's 30 under 30* and *Bartender of the Year* by both *Eater* and *Imbibe* magazine.

*"You know a Natasha David drink when you see one. David, proprietor of New York's Nitecap, has earned a reputation for the fever dream-like quality of her bar, as well as drinks that channel that same whimsy. —PUNCH magazine"*

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|------------------------|-----------|
| Clarkson Potter        | Fall 2021 |
| Straus Literary        |           |
| MS available Spring 21 |           |

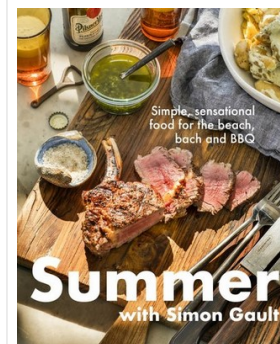


### JAGODA FABICKA& KATARZYNA RADA: READ THE LABEL: COOK WISELY!

**The community gathered around the authors of the Czytaj Skład portal has already over 216 thousand fans on Facebook!**

We show how to wisely approach the issue of shopping and cooking, and at the same time enjoy delicious dishes. We focus on being inspired by recipes and cooking freely from what is in the fridge or from seasonal products. We find that reading labels is not difficult if you remember a few basic rules. How do you go about it wisely? We know the answer!

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|---------------------|-------|
| Publicat            | 09/20 |
| Motto Rights Agency |       |
| 248 pp.             |       |
| MS available        |       |



### SIMON GAULT: SUMMER WITH SIMON GAULT

**Simple, sensational food for the beach, bach and BBQ.**

Summer goes hand in hand with good times, friends and family, rest and relaxation, and the finest, most nutritious food. In Summer, beloved chef Simon Gault shares his favourite recipes for the summer months, offering quick fixes for the BBQ, picnics at the beach, stints at the bach; to keep the kids happy and to exploit the best produce of the season. With a focus on healthy, tasty and stress-free, it's mouth-watering food for everyday people – inspired food that's quick and delicious. A book to make summer entertaining easy.

**Simon Gault**, one of New Zealand's best-known chefs, began his food career at the age of 16 at *Antoine's* in Auckland. As former Executive Chef of the *Nourish Group*, Simon oversaw a collection of multi award-winning restaurant brands that includes *Euro Bar & Restaurant*, *FISH*, *Jervois Steakhouse*, *Bistro Lago*, *Shed 5*, *Pravda* and *The Crab Shack*. He now owns and operates *Giraffe* in the Auckland Viaduct.

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|------------------------|-------|
|                        | 11/19 |
| Penguin RH New Zealand |       |
| 240 pp.                |       |
| MS available           |       |



**PETE GILLESPIE, JOS RUFFELL:  
GARAGE PROJECT. THE ART OF BEER**

**A one-of-a-kind book celebrating the art, the creativity and - of course - the craft of New Zealand's most popular and experimental brewery, *Garage Project*.**

*Garage Project: The Art of Beer* is a one-of-a-kind book celebrating the art, the creativity and – of course – the craft of the world's most experimental brewery. Since its earliest days, Garage Project has collaborated with some of Aotearoa's most talented graphic designers, painters, game designers, tattoo artists (and more) to create literally hundreds of unique artworks for its cans and bottles. Many have become iconic, much-loved and even collectible items in their own right. Today, Garage Project's colourful and ever-changing beer labels are as well-known as its unique and popular brews – and over 100 of them are collected in this book.

Here are original sketches and finished art for the beers you love to love, from Pils'n'Thrills to Aro Noir to BEER beer, with insights into the creative process and talented people who made them. Drink in the thinking, the process and the inspiration behind Garage Project with this beautifully designed gift book.

**Pete Gillespie's** earliest memories are of home brewing with his grandfather.

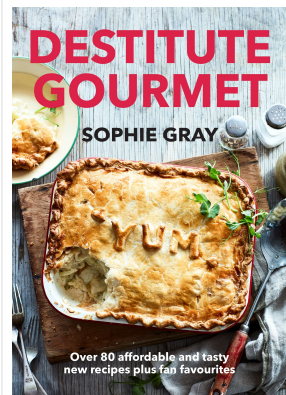
**Jos Ruffell** quickly became infatuated with craft beer and decided to start a brewery - *Garage Project* - with his lifelong friend Ian Gillespie and Ian's big brother, Pete.

07/19

Penguin RH New Zealand

240 pp.

MS available



**SOPHIE GRAY:  
DESTITUTE GOURMET**

**Modern tasty food that's quick and easy to make, with readily available and very affordable ingredients.**

It has been a tough year, and many households have found themselves on reduced incomes. But just because you are on a tighter budget, doesn't mean you have to live off two-minute noodles. Sophie Gray has a huge collection of lower-cost recipes and shopping techniques to help you make good choices - buying ingredients for food you will enjoy, and which will be good for you. Packed with tips and tricks, this new book from Sophie includes 20 fan favourites from her earlier books, voted for by her loyal followers, plus over 80 new recipes. One-pan dinners, vegetarian recipes, meaty meals, salads and snacks plus baking and desserts - there's something for everyone. Stick within your budget, but eat well and enjoy!

**Sophie Gray** is the inspiration behind destitute gourmet and the 'dg' series of cookery books and [www.destitutigourmet.com](http://www.destitutigourmet.com). She is a popular speaker and teacher on food, family life and finances, and is a regular contributor to food magazines. Menu planning, smart shopping tips, how to use leftovers, and advice on eating in season are fundamentals. Aside from being a two-time mom, Sophie works fulltime communicating the destitute gourmet philosophy from their home in Auckland, New Zealand.

01/21

Penguin RH NZ

Penguin RH New Zealand

192 pp.

MS available



**MARTA JAS-BARAN:  
HEALTHY DIET FOR BABIES**

**A useful guide for parents how to feed their babies.**

One of the basic principles of raising a happy and healthy baby is proper nutrition.

Good habits should be introduced from the very beginning. Only then a child will eat proper food and in right amounts.

Feeding children in their first year has always raised many doubts. Many parents ask the following questions:

- How to recognise that my child's diet can be extended?
- What can babies drink and what's forbidden?
- Which products contain the strongest allergens?

The author has collected the most important information about infants' and toddlers' feeding in particular months of life. Recipes for delicious dishes will help prepare varied meals for every child.

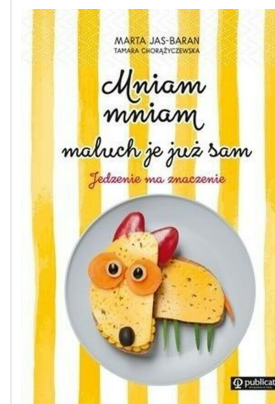
Publicat

04/17

Motto Rights Agency

232 pp.

MS available



**MARTA JAS-BARAN:  
YUMMY! YOUR CHILD EATS ON ITS OWN**

**Following the bestselling *Healthy Diet for Babies*, the authors give advice on how to feed children in the age of 1-3.**

What should they eat to be healthy and develop correctly?

Which ingredients are key and which should be avoided?

How to deal with lack of appetite?

What to cook in the autumn and winter and what in spring and summer?

How to prepare tasty and nutritious breakfasts, lunches and dinners? And what to offer as desserts?

In this book parents will find lots of practical advice and delicious recipes.

Publicat


01/18

Motto Rights Agency

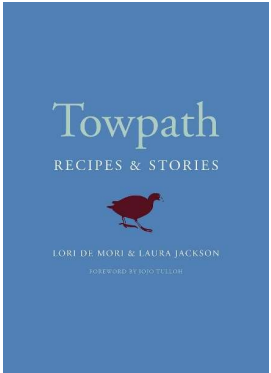
248 pp.

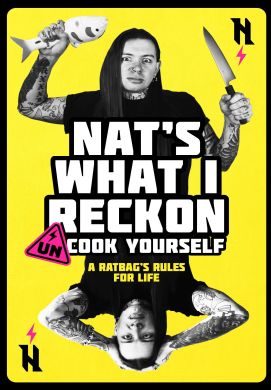
MS available



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|  <p>The Chef's Garden<br/>"growing vegetables slowly and gently in full accord with nature."</p> |       | <p><b>FARMER LEE JONES &amp; KRISTIN DONNELLY:<br/>THE CHEF'S GARDEN</b></p> <p>"For chefs around the country, this small farm has become their laboratory, their research and development center and, often, their trump card." — <i>The New York Times</i></p> <p><i>The Chef's Garden</i>, on the fertile shores of Lake Erie in rural Ohio, is the preeminent purveyor of specialty vegetables to chefs in the US and around the world. Ever since the early days of the farm over 30 years ago, farmer Lee Jones has remained committed to ensuring that the family's 300-acre farm remains innovative and to fostering a conversation with chefs who look to the farm to grow vegetables that are as aesthetically pleasing on the plate as they are flavorful on the palate. He was the first farmer to receive the James Beard award for Who's Who in Food &amp; Beverage. He serves on boards for <i>Chef</i> magazine, <i>Chef Concept</i>, and <i>Modern Farmer</i> and has been a judge on the <i>Food Network</i> show "<i>Iron Chef America</i>." His book will be a rich compendium of the world of vegetables, showing the many varieties: the fourteen types of radish, the twelve types of beets, and nine types of kale along with edible flowers and microgreens and including recipes from such supporters as Thomas Keller, Charlie Trotter, Diane Yang, Ronny Emborg, and Ana Sortun, and farmer's market buying guides for vegetable shoppers. At 500 pages with over 650 individual entries all beautifully pictured and organized, this promises to be the ultimate guide to vegetables for the modern era.</p> |
| Avery   | 04/21 |   |
| Straus Literary   |       |   |
| 639 pp.   |       |   |
| MS available  |       |   |

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|  <p>Feed Me Feed Me</p> |       | <p><b>FRAN MAZZA:<br/>FEED ME FEED ME</b></p> <p><i>Feed Me Feed Me</i> features mouth-watering photographs of each colourful recipe. It's a delight to flick through, and is sure to get people into the kitchen and cooking with fresh, inspired ingredients.</p> <p>Fran Mazza is a pastry chef with a flair for design. She is also a hard-working mother of three children, and knows the time limitations that operate in most modern households. This book offers over 100 great recipes for people who enjoy tasty food that can be cooked easily with readily available ingredients.</p> <p><b>Fran Mazza</b> grew up in an Italian family and travelled back and forth to Italy as a child. Her Italian father taught her to cook, and her Australian mother taught her how to manage money, and what food would be popular "down under". But a larger Italian sensibility has been important to Fran - the idea that food binds the family, and that family is more than just people living in the same house. It's the neighbourhood and the community. In her father's town, cafes were places to meet your neighbours and places for your neighbours to meet you. She and her husband and business partner Aaron have tried to make that a part of each cafe they have opened. Fran says "<i>We wanted to introduce more than just good food to our neighbourhood. We wanted people to feel like they were part of a neighbourhood.</i>"</p> |
|   | 03/20 |  |
| Penguin RH New Zealand  |       |  |
| 272 pp.   |       |  |
| MS available  |       |  |

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|  <p>Towpath<br/>RECIPES &amp; STORIES<br/>LORI DE MORI &amp; LAURA JACKSON<br/>FOREWORD BY ROBERT LOOM</p> |       | <p><b>LORI DE MORI &amp; LAURA JACKSON:<br/>TOWPATH: RECIPES &amp; STORIES</b></p> <p>Italian-inspired recipes from the beloved East London cafe, along with stories capturing the ebb and flow of community, food, and the seasons.</p> <p>A lot has changed since Towpath first rolled up its shutters 10 years ago on the Regent's Canal in Hackney. 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? What if you don't offer takeaway coffees in the hopes that people will decide to stay awhile? If you don't have a phone or a website, because you'd rather people just show up like (hungry) kids at a playground? <i>Towpath</i> is a collection of recipes, stories and photographs capturing the vibrant café's food, community and place throughout the arc of its season.</p> <p><b>Laura Jackson</b> cooked at Rochelle Canteen and at the Auberge de Chassingnoles in France before coming to Towpath. She's drawn chefs like Rosie Sykes, Davo Cook and Rachel O'Sullivan to cook with her in Towpath's kitchen.</p> <p><b>Lori De Mori</b> is the author of four books about Italian cooking and food culture. Her writing has appeared in the <i>Best Food Writing</i> anthology, <i>Gourmet</i>, <i>Bon Appétit</i>, the <i>Independent</i>, the <i>Telegraph</i> and elsewhere.</p> |
|   | 10/20 |   |
| Chelsea Green Publishing  |       |   |
| 240 pp.   |       |   |
| MS available  |       |   |

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|  <p>NAT'S WHAT I RECKON<br/>UN-COOK YOURSELF<br/>A RATBAG'S RULES FOR LIFE</p> |       | <p><b>NAT'S WHAT I REKON:<br/>UN-COOK YOURSELF</b></p> <p>Learn how to be less of a d*ckhead with Nat's deep and meaningful guide to life. Good onya, champ!</p> <p><i>Nat's What I Reckon</i> was the tattooed lockdown saviour we didn't know we needed, rescuing us from packet food, jar sauce and total boredom with his hilarious viral recipe videos that got us cooking at home like champions again. Now that we've cooked our way out of lockdown and are wondering what the hell to do next, our favourite ratbag is back – and he's ready to teach us more about life in this thoroughly unhelpful (but maybe actually <i>kinda</i> helpful?) self-help guide.</p> <p>No part of our weird world and strange behaviour is spared as our long-haired guru tells us what he reckons about it all – and amps up the flavour with some eye-watering stories from his early years before a swears video about pasta sauce shot him to global fame. With Nat's nine no-nonsense rules, you'll be on the road to being a better d*ckhead faster than you can say 'quarantine spirit risotto with parzley on top'. And if you screw it up: it doesn't bloody Parramatta, champ</p> <p><i>Features a small selection of Nat's favourite recipes illustrated by Sydney artists Bunkwaa, Glenno and Onnie O'Leary.</i></p> |
| Ebury Australia  | 12/20 |   |
| Penguin RH Australia   |       |   |
| 272 pp.  |       |   |
| MS available   |       |   |



### CANDACE ROSE RARDON: STUFF EVERY COFFEE LOVER SHOULD KNOW

If you're like most people, you start every single day with a hot cup of coffee. But beyond your Starbucks or instant coffee cup, there's a whole culture of coffee waiting to be discovered. There are dozens of distinctive brewing methods and drink recipes, with the bean type, roast, and preparation all working together to create unique tastes, textures, and aromas. Coffee is also embedded in the traditions of many cultures around the world and is shared with others through ceremonies that include unique customs, foods, and accessories. Within the pages of this pocket-sized guide, you'll find information, how-tos, and trivia for coffee lovers of all levels. Experts and newbies alike will learn about:

- How to Brew Coffee
- Caffeine Content 101
- Coffee Growing Regions
- Coffee Traditions around the World
- How to Host a Coffee Cupping
- Coffee Cocktails
- And more!



03/21

Quirk Books

144 pp.

MS available winter 2020/21



### DOUGLAS RENALL: THE WAY OF THE WINEMAKER

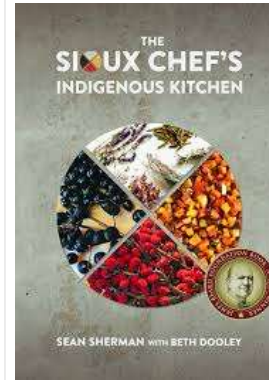
*Way of the Winemaker* is an informative and inspiring book which explores the day-to-day workings within one of the finest chateaux in France over a period of two years. The reader is taken on a fast-paced adventure discovering how the French winemakers of Bordeaux make their wine, how they eat and talk along with all the mayhem that comes with vintage time. The book follows the author learning how to surf up the coast, experiencing the food and culture of this old part of France and finding new love. The people featured in the book are unique and one-of-a-kind. From Hervé the wise wolf winemaker to Raymond the silver fox, Alain the French Popeye and Thomas the French Viking. These are just some of the memorable and loveable characters portrayed.

**Douglas Renall** is a qualified winemaker, having completed a concurrent degree in Oenology and viticulture in Hawke's Bay. He has worked with some of New Zealand's leading winemakers and recently worked two vintages with the prestigious Chateau Langoa Leoville Barton in Bordeaux where he learnt to speak French as well as the intricacies of making fine wine. Douglas's first published book was *100 Great New Zealand Wineries* which was released in late 2017. Douglas returned to New Zealand in late 2018 to settle into his home and is now a father of one son.

tba

High Spot Literary

MS available



### SEAN SHERMAN: THE SIOUX CHEF'S INDIGENOUS KITCHEN

A member of the Oglala Lakota tribe of South Dakota, chef Sean Sherman is leading a revolutionary and overdue movement to build awareness of North American indigenous foodways. The most prominent voice in this groundbreaking field, he champions and celebrates Native American farming, hunting, fishing, and food preservation techniques as well as culture and history. This vital mission and his 30 years of professional cooking experience are on full display here, with his unique approach to creating boldly seasoned foods that are vibrant, healthful, elegant, authentic, and easy to make — featuring venison and rabbit, river and lake trout, duck and quail, wild turkey, blueberries, sage, sumac, wild turnips, plums, purslane, and wildflowers. By looking to culinary traditions that predate the colonization of Native American peoples, Sherman also offers an alternative to the dietary harm that processed industrialized food now wreaks on all peoples. He and his cookbook have been lauded for this effort by *The New York Times*, the *Guardian UK*, *NPR*, *The Village Voice*, *The Atlantic*, *Saveur*, *Smithsonian Magazine*, and the *San Francisco Chronicle*, and the James Beard Foundation.

*2018 James Beard Award Winner for Best American Cookbook*  
*Gourmand World Cookbook Award for Culinary Heritage*  
**OVER 60,000 COPIES SOLD!**

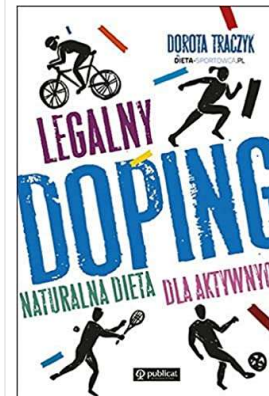
University of  
Minnesota Press

10/17

Straus Literary

256 pp.

MS available



### DOROTA TRACZYK: LEGAL DOPING. NATURAL DIET FOR ACTIVE PEOPLE

**So, you like sport but you don't feel you're a pro yet? Are you a bit lost with so much information about diets? The more you read the less you actually know what to do? This is the book for you. It will show you:**

- How simple changes bring long lasting and satisfying effects
- What to eat before and after training
- What habits will make you more efficient in your exercises
- How to set menu without strict rules and extremes
- How to find balance and trust your intuition
- How to consciously combine natural nutrition with physical activity

**Dorota Traczyk**, is a dietician who loves to run, cycle and hike. She's full of positive energy. She's also a famous blogger and her blog is *Dieta-sportowca.pl*.

Publicat

01/18

Motto Rights Agency

240 pp.

MS available



**VIOLA URBAN:**  
**PLANT DIET. 100 VEGAN IDEAS FOR EVERY MEAL**

Viola Urban's new book is a compilation of 80 vegan recipes from previous titles and 20 new, previously unpublished recipes. It responds not only to the needs of vegans, but also all those who want to have more plant-based, healthy and varied diet.

In addition to delicious ideas for a variety of dishes, the book provides a practical introduction to the vegan diet. The author, as a dietitian, shows that it can be properly balanced and derive a lot of nutritional value from it. Substantive tips and calorie tables allow you to optimally adjust the recipes to your own needs.

**Viola Urban** is the author of the expert blog *Okiemdietetyka.pl* with 42,000 fans on Facebook.

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| Publicat            | 12/20 |
| Motto Rights Agency |       |
| 240 pp.             |       |
| MS available        |       |



**VIOLA URBAN:**  
**INSPIRING BREAKFASTS. HEALTHY BREAKFASTS IN 15 MINUTES**

**Change your habits. No more boring breakfasts!**

100 recipes for balanced breakfasts full of the most nutritious products. All composed by a well-known dietician Viola Urban.

This great book offers traditional and also vegan and vegetarian options, it provides information about allergens, intolerances and nutritional values. The best way to start a day is to have a nutritious meal that can be prepared in less than 15 minutes.

**Viola Urban** is the author of the expert blog *Okiemdietetyka.pl* with 42,000 fans on Facebook.

|                     |      |
|---------------------|------|
| Publicat            | 2018 |
| Motto Rights Agency |      |
| 240 pp.             |      |
| MS available        |      |



**VIOLA URBAN:**  
**TAKE AWAY DIET. 100 IDEAS FOR A HEALTHY LUNCH**

Nothing can compare to self-made meals, also these that you take to work or school. No matter if you are able to warm them up you can have a wise and healthy diet.

How to pack your food? What is OK to eat cold and what is not? How to use ingredients from other meals to save time? What to eat to feel better?

100 recipes for nutritious and tasty lunches!

**Viola Urban** is the author of the expert blog *Okiemdietetyka.pl* with 42,000 fans on Facebook.

|                     |       |
|---------------------|-------|
| Publicat            | 04/19 |
| Motto Rights Agency |       |
| 240 pp.             |       |
| MS available        |       |



**AGATA WILKOWSKA:**  
**PLANT-BASED BAKERY**

This book is a great source of inspiration not only for vegans. It offers simple recipes based on inexpensive and easy to find ingredients.

The author is a very active person. The layout of the book is kept in a 'punk' style.

|                     |       |
|---------------------|-------|
| Publicat            | 03/19 |
| Motto Rights Agency |       |
| 192 pp.             |       |
| MS available        |       |

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|  |  | <b>CHELSEA WINTER:<br/>SUPERGOOD</b> |
| Penguin RH NZ   |  | 09/20                                |
| Penguin RH NZ   |  |                                      |
| 240 pp.   |  |                                      |
| MS available  |  |                                      |

**Epic plant-based food for everyone, with gluten-free options for just about everything.**

There's everything to love about this much-anticipated new book from New Zealand's favourite bestselling home cook, Chelsea Winter. Sink your teeth into a massive selection of dishes that go way beyond what you'd expect from plant-based fare to deliver hearty, tasty, fussy-eater-approved satisfaction.

From Chelsea's Lockdown Loaf and 10-second Aioli to creamy pastas, curries, burgers and lasagnes; mouthwatering home baking and desserts and many more versatile staples, sides, sauces and snacks—there really is something for every occasion. It's all 100% meat-free, egg-free and dairy-free with loads of gluten-free options and top tips to inspire every cook: easily available ingredients and totally delicious, foolproof recipes that work. It's supergood!

**Chelsea Winter** has made a career of 'no-nonsense' food that utilises familiar ingredients easily sourced from your local supermarket. The author of three bestselling cookbooks - *Homemade Happiness*, *Everyday Delicious* and *At My Table* - and an all-round lover of good food, she is passionate about creating home-style recipes that are simple to prepare yet look great and taste fantastic. A winner of *MasterChef New Zealand*, she is constantly looking for new and inventive ways to inspire Kiwi home cooks.

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