



QUADRILLE

FALL 2016 BOOKS + STATIONERY



DISTRIBUTED BY CHRONICLE BOOKS



ABOUT US

Alongside the high production and design standards for which we're famed, our new Fall list introduces brand-new young talent for whom we have big ambitions—as well as some familiar favorites.

There's a timely new book, **Vegetables**, from the legend that is Antonio Carluccio. And Trine Hahnemann's latest book, **Scandinavian Comfort Food**, based on the Danish concept of 'hygge', focuses on life's simple pleasures.

The range of new food talent is jaw-dropping: **Essential Chinese Cooking**, by Jeremy Pang is a revolutionary take on wok cookery. The stunning Melissa Forti, our **Italian Baker**, is surely a baking superstar-in-waiting. The fabulously named Zuza Zak is putting Polish food on the international map with the beautiful **Polska**. And US-born chef Brad McDonald is shaking up the restaurant world with his contemporary take on the food of his childhood in **Deep South**. Julie Montagu's **Superfoods Superfast** is the natural and effortless follow-up to her bestselling **Superfoods**.

We also have plenty of strong subject-driven food and drink publishing; from James Morton's comprehensive **Brew**, which demystifies and explains in detail the beer-making process at home, to the bang-on-trend **Coconut Oil** and the wonderfully fun **Cakemoji**. **Posh Eggs** picks up where **Posh Toast** left off (eggs are the new avocado, you heard it here first!).

Our Fall craft and popular culture titles also look towards a younger, social media-aware audience: **I ♥ Stamping** picks up on the craze for personalizing stationery, and **Pompomania** offers simple, cute projects for little and big kids everywhere. **Fun Science** is the first book from Vlogging sensation charlieissocoollike, and with his millions of fans worldwide, it looks set to be a huge hit internationally.

Add to that our continuing work with acclaimed brands including the first ever cookbook from **Cath Kidston**, **Teatime** and stationery from the renowned **Natural History Museum**, this is a list we're all incredibly proud of. Thank you for your continued support—expect more!

Margaux Durigon
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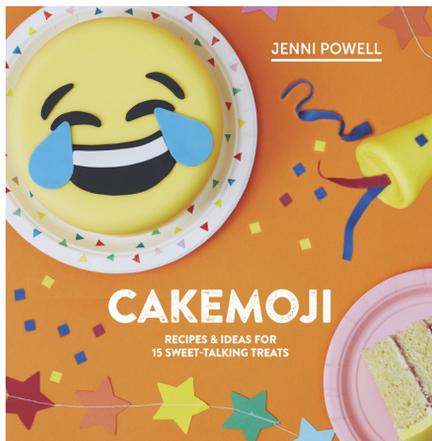
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DRAFT COVER



978 184949 790 9 | 08/02/16 | CKB004000
\$14.95 | HC | 96pp | 7 ½ x 7 ½ x ¾ in | 1 lb

I S B N 978-1-84949-790-9



CAKEMOJI

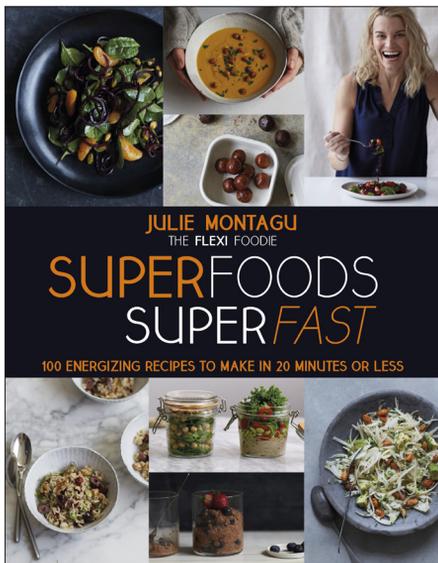
JENNI POWELL

Recipes and ideas for sweet-talking treats

Everyone speaks emoji, but with this book, **Cakemoji**, we can now all eat emoji too. Over 50% of all sentences currently posted on Instagram contain an emoji; it is the world's fastest-growing language with the visual icons set to become the lead characters in an animated movie currently in production at Sony Pictures. **Cakemoji** will bring your favorite emojis to life, in cake or cookie form. This fun recipe book includes clear instructions for the basic recipes, as well as all the essential techniques and full step-by-step photographs, to guide you through decorating your cakes and cookies and giving them a personality.

JENNI POWELL is a 26-year-old cake designer, who has built up a reputation for colorful and creative cakes with her business Two Little Cats Bakery. Since founding Two Little Cats, she has created tens of thousands of cakes and cupcakes for clients, who include Cosmopolitan magazine, Sony Music, and Spotify. Her cakes are frequently featured in the media, online, in print, and on television, both nationally and internationally.





978 184949 786 2 | 08/02/16 | HEA017000
 \$24.95 | HC | 176pp | 6 3/4 x 8 7/8 x 3/4 in | 1 lb 10 oz

I S B N 978-1-84949-786-2



Also by this author:
Superfoods
 978 184949 666 7
 \$22.95, PB, 2015

SUPERFOODS SUPERFAST

JULIE MONTAGU

100 energizing recipes to make in 20 minutes or less

This is the new sequel to the bestselling *Superfoods* and is for anyone who wants to fuel their body with superfoods, fast! Packed with 100 amazingly nutritious recipes, which can be made in 20 minutes or less, and all-important menu plans for busy people. *Superfoods Superfast* covers breakfast, snacks, salads, soups, main courses, and desserts.

JULIE MONTAGU is a yoga and nutrition teacher at one of London's top studios, star of recent Bravo show *Ladies of London*, and brains behind online nutrition course the Flexi Foodie Academy. Married with four children, she is surely one of only very few people whose natural body clock and zest for life habitually propels her out of bed after just six hours of sleep. This is her second book.



FISH FINGERS

3 slices of gluten-free bread
1 garlic clove, peeled
50g Parmesan
20g parsley
40g gluten-free flour, seasoned
1 egg, beaten
350g cod loin, cut into finger-sized pieces
50g Lucy Bee coconut oil
Himalayan salt and ground black pepper
Lemon wedges, to serve

These delicious, golden fish fingers are another wonderful unhealthily-to-healthy recipe – your friends won't complain if you dish these up for supper!

Put the bread, garlic, Parmesan and parsley in a food processor and blitz until it resembles fine breadcrumbs. Tip into a dish, and then place the seasoned flour in a separate dish. Pour the beaten egg into a third dish. Take one piece of fish and dip it into the flour, giving it a light shake to remove excess flour and making sure it is evenly coated, then into the egg. Toss it in the breadcrumb mixture and set aside on a chopping board. Repeat with the remaining pieces of fish.

Heat the coconut oil in a heavy-based frying pan. When hot (test by dropping a few crumbs into the oil, they should sizzle) add the fish fingers. Fry for 2–3 minutes, then turn and cook for a further few minutes, until golden. Transfer to a plate lined with kitchen paper to blot off any excess oil. Season and serve with Roasted Sweet Potato Wedges (see page 120), Tzatziki (see page 57) and a green salad.

SERVES 2



TURKEY BURGERS

50g red onions, finely chopped
Juice of 2 limes
250g turkey mince
1 medium egg
50g feta, crumbled
Pinch of paprika
Pinch of dried chilli flakes
1 tsp Lucy Bee coconut oil
Himalayan salt and ground black pepper

Everyone loves a good burger, don't they? With added bacon, cheese and other toppings, they're not always the healthiest option. These turkey burgers are lowly and light and are a great mid-week, sugar alternative.

Put the onions into a small bowl, add half the lime juice, cover and leave to soak overnight in the fridge. (This will give the burgers a delicious, zesty, sweet flavour).

Put the turkey mince in a bowl with the egg, feta, paprika, chilli flakes and soaked onions. Season well, then mix together using a wooden spoon, or your hands. Divide the mixture into three and shape into burgers, making sure each burger is compact and holds together.

Melt the coconut oil in a frying pan over a medium heat and, when hot, add the burgers and cook for 5 minutes, adding a dash of the remaining lime juice to the pan. Turn and fry for another few minutes until cooked through. If necessary, turn them again, so that they are cooked evenly on both sides.

Remove from the heat and squeeze over more lime juice. Season and serve with Roasted Sweet Potato Wedges (see page 120), Tzatziki (see page 57) and a green salad.

SERVES 2 MAKES 4 MEDIUM BURGERS!



QUICK SUPPERS

79

As my followers on social media will know, I have a slight addiction to pancakes, but thankfully my addiction is a healthy one. There are SO many different ways to make pancakes. I like using either quinoa flakes, buckwheat flour (despite the name this is actually a fruit seed and is gluten-free) or oats.

PANCAKES ANYONE?

1 banana
2 eggs
40g quinoa flakes
1 tsp ground cinnamon
1 tsp Lucy Bee coconut oil

Put the bananas, eggs, quinoa flakes and cinnamon in a blender and blend together.

Melt the coconut oil in a small frying pan, then pour in the pancake mixture in batches to make small pancakes. Fry for 2 minutes on each side until cooked through.

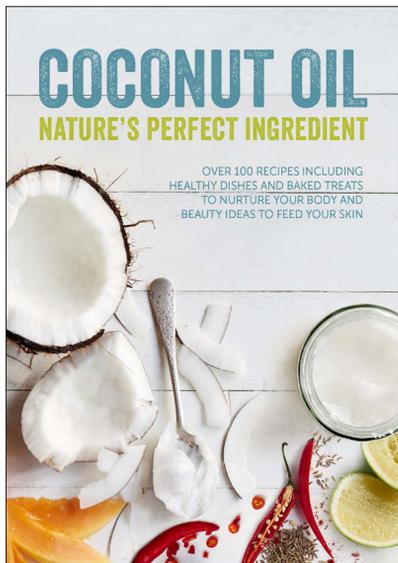
Serve with a selection of toppings, either from the list of suggestions (see left) or your own favourite – the world's your oyster!

TOPPING SUGGESTIONS

- Walnuts and pumpkin seeds with cinnamon and manuka honey
- Greek yoghurt with fruit
- Banana, peanut butter and cacao nibs
- Salted Chocolate Almond Butter (see page 182)
- Almond milk, cacao and manuka honey (blended together to make a sauce) with berries
- Lemon juice with coconut sugar
- Greek yoghurt with Healthy Seed Mix (see page 182)

SERVES 1





978 184949 838 8 | 08/02/16 | CKB059000
\$22.95 | HC | 176pp | 7 ½ x 8 ½ x ¾ in | 1 lb 9 oz

I S B N 978-1-84949-838-8



COCONUT OIL: NATURE'S PERFECT INGREDIENT LUCY BEE

Over 100 recipes including healthy dishes and baked treats to nurture your body and beauty ideas to feed your skin

Coconut oil is nature's perfect ingredient. It is a gluten and lactose-free, natural fat that works in harmony with the body. More people than ever are discovering the benefits of coconut oil, both for cooking, and as a beauty product. *Coconut Oil* is packed with an amazing range of recipes, from hearty dinners and delicious treats, to healthy smoothies, snacks, brunches, and light suppers. Plus there's advice on incorporating coconut oil into your daily beauty routine, including using it as a moisturizer, deodorant, and breath freshener. This beautifully illustrated book celebrates the health and taste sensation that is coconut oil.

LUCY BEE is behind the leading brand of coconut oil in the UK. The product is widely regarded as the best on the market, being raw, organic, extra virgin, cold pressed, and fair trade. Lucy was diagnosed as a celiac at 18 months and so her parents instigated healthy lifestyle changes. This included switching to coconut oil seven years ago and they haven't looked back. The lack of availability of a good source in the UK led them to launch their own brand.

CHILI QUEEN

We created this as a special to celebrate the Queen of SoCalos Jubilee in 2022. It has plenty of kick and is for strong constitutions only. Its popularity earned it a permanent place on the Byron menu when we celebrated our fifth birthday.

MAKES 4

INGREDIENTS

- 1 TOP OLIVE OIL
- 4 LONG GREEN CHILLIES, ABOUT 80% IN TOTAL, SLICED
- 4 1/2 TBS HAMBURGERS (SEE PAGE 14)
- 4 BUNS, TOASTED
- 1/4 CUP iceberg lettuce, finely shredded
- 120g CHIPOTLE MAYO (SEE PAGE 8)
- 8 SLICES OF AMERICAN CHEESE, ROUGHLY THE SAME SIZE AS THE HAMBURGERS
- 4 GHERKIN SPREADS

METHOD

1. Preheat the grill to high.
2. Add the olive oil to a small saucepan over a medium heat. Once hot, add the sliced chillies and cook for 2 minutes – they should be only very slightly cooked and still crunchy.
3. Cook the hamburgers to your liking following the instructions on pages 16–17.
4. Meanwhile, toast or grill the cut sides of the buns.
5. Place the shredded lettuce on the bottom halves of the buns.
6. Add a spoonful of the Chipotle Mayo to the top halves of the buns and place another spoonful on top of the shredded lettuce.
7. When the hamburgers are cooked, transfer to a small roasting tray. Top each hamburger with the fried chillies, followed by 2 slices of cheese, melting over the chillies are covered. Place under the hot grill on the highest shelf. Watch carefully and remove the tray from under the grill as soon as the cheese has melted. If using a BBQ, follow the instructions for melting cheese on page 16.
8. Carefully place the hamburgers onto the bottom halves of the buns and bring the 2 halves together.
9. Serve with a gherkin spear on the side.



Banana Split

SERVES 4

With almonds for much-needed crunch, this is an ideal treat-feeding for kids, grown-ups, everyone.

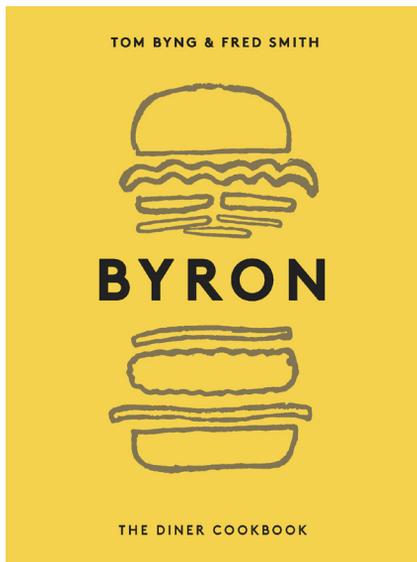
INGREDIENTS

- 3 TBSP FLAKED ALMONDS
- 250g DOUBLE CREAM
- 4 SCOOPS OF VANILLA ICE CREAM (APPROX. 200g)
- 4 SCOOPS OF CHOCOLATE ICE CREAM (APPROX. 200g)
- 4 SCOOPS OF STRAWBERRY ICE CREAM (APPROX. 200g)
- 4 BANANAS, PEELLED AND SLICED IN HALF LENGTHWAYS
- QUICK CHOCOLATE SAUCE (SEE PAGE 100), MARSHMALLOW TO BE GENTLY
- MARASCHINO CHERRIES

METHOD

1. Toast the flaked almonds in a small frying pan over a medium heat for 1–2 minutes. Shake the pan occasionally and keep an eye on the almonds, removing them from the heat as soon as they turn gold.
2. Just before you want to serve the dish, put the double cream in a mixing bowl and whip with an electric or balloon whip until soft peaks form.
3. Put a scoop of each ice cream in a line along each of a oval dish or banana split boat. Tuck a banana half on either side of the ice cream scoops, pointing them against the ice cream.
4. Drizzle over the Quick Chocolate Sauce. Divide the whipped cream between the dishes, adding dollops on top of each scoop of ice cream.
5. Sprinkle with the toasted almonds. Garnish with 2 maraschino cherries and serve.





978 184949 844 9 | 08/02/16 | CKB002000
\$24.95 | HC | 192pp | 7 ½ x 9 ¾ x 7/8 in | 1 lb 14 oz

ISBN 978-1-84949-844-9



BYRON

TOM BYNG & FRED SMITH

The Diner Cookbook

Tom Byng and Fred Smith believe that nothing beats a succulent burger with all the trimmings. It's worth getting the barbecue out for, the friends over, the family round, and the apron on. *Byron* is full of burgers as well as lots of other American dishes like macaroni and cheese, BBQ ribs, meatballs, Cobb salad, cheesecake, and milkshakes. It's for burger lovers, barbecue lovers, hosts and hostesses, family and friends, and for anyone who knows that the key to good food is to keep it simple and do it well.

TOM BYNG opened the first Byron restaurant in London when it hit him that there weren't any places offering great hamburgers. A couple of years later, Tom tasted a fantastic burger in a London pub and discovered that **FRED SMITH** was the chef responsible. They collaborated on a special burger for the Royal Jubilee that year: it was such a success that Fred joined Byron permanently. Now they have 54 restaurants throughout the UK, with more opening all the time.

FLORENTINE

PIZZA

Hornemade pizza wins hands down when compared to a soggy bottomed, lukewarm takeaway. Freeze the dough in balls after the first rise, then simply defrost, roll out and top whenever the mood takes you.

 SERVES 4

 TAKES 40 minutes, plus proving

7g (1 sachet) fast-action dried yeast
15g caster sugar
275g strong plain flour
Good Extra virgin olive oil, for drizzling
Semolina to dust
160g passata, seasoned with dried oregano, salt and pepper
12g buffalo mozzarella, torn
150g baby spinach leaves, wilted
1 sm all red chili, finely sliced
60g spicy Italian salami, thinly sliced
4 eggs
20g finely grated parmesan
A handful of basil leaves

Four 100ml lukewarm water into a small bowl. Sprinkle the yeast and sugar over the surface, whisk with a fork to mix then set aside for 5 minutes in a warm place until frothy.

Sift the flour and 1tsp salt together into a large bowl. Make a well in the centre. Pour in the yeast mixture along with 50ml lukewarm water and mix quickly to make soft dough. Dust the surface with a little flour and knead your dough for 8-10 minutes until silky and smooth. Shape into a ball then place in a lightly oiled bowl covered with cling film and set aside somewhere warm for 1 hour or until doubled in size.

Oil your fingers and punch down on the dough to remove any large air bubbles. Divide into two, roll each into ball covered loosely with oiled cling film and rest for 20 minutes. Preheat 2 baking sheets in the oven at 220°C/fan 200°C/gas 8.

Stretch and roll each ball of dough out on a lightly floured surface to about 28cm and place each on a thin baking sheet dusted with semolina. Spread the tomato sauce thinly over the bases leaving a border

88
Supper Eggs



DEVILLED EGGS

A retro canapé but wickedly delicious. Bring back Devilled eggs to your drinks party and you'll be guaranteed to impress your guests.

 MAKES 12

 TAKES 20 minutes

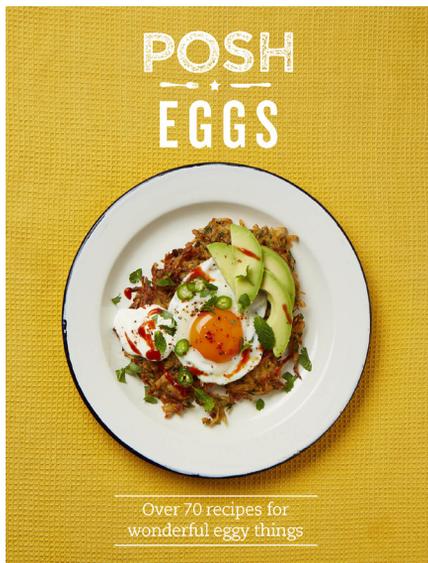
6 eggs
3tbsp mayonnaise
1tsp white wine vinegar
1tsp English mustard
dash Sriracha hot sauce
¼ tsp celery salt
1tbsp snipped chives
Smoked paprika to dust

Place the eggs in a pan, cover with cold water bring to the boil then lower the heat right down and gently simmer for 10 minutes. Drain, then cool, peel and halve.

Scoop the yolks into a bowl and mash. Stir through the mayonnaise, vinegar, mustard, hot sauce, celery salt and chives, then spoon into a small piping bag with a star nozzle. Pipe back into the holes of the whites and sprinkle with pinch of paprika to serve.

95
Snack Eggs





978 184949 788 6 | 08/02/16 | CKB070000
\$19.95 | HC | 176pp | 6 ½ x 8 ½ x 1 ¼ in | 1 lb 7 oz

ISBN 978-1-84949-788-6



9

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Also in the series:

Posh Toast

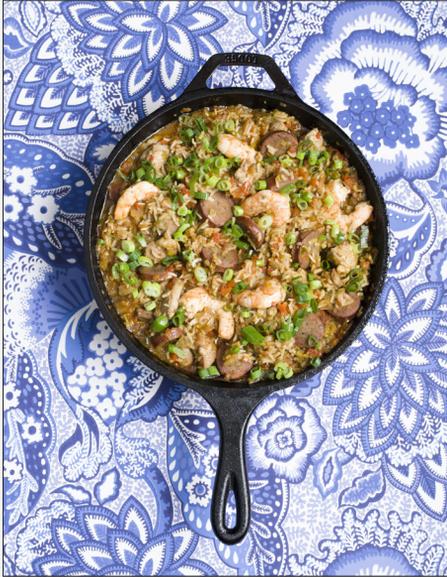
978 184949 700 8

\$19.95, 2016

POSH EGGS

Over 70 recipes for wonderful eggy things

Eggs are a kitchen basic. Most people buy them, and use them as a stand-by: a quick omelet or scrambled eggs. **Posh Eggs** makes the humble egg the star of the show, with over 70 recipes that make a meal out of this easy ingredient. From hearty dishes like Mediterranean red pepper eggs with tahini yogurt, to healthy salads like Quail's eggs, beet, and tarragon, you'll never again be stuck for a quick and original idea at mealtimes. With a guide to the basics of cooking eggs, plus a photo for every single recipe, this is the ultimate gifty cookbook or self-purchase for egg addicts, expert chefs, and novices alike.



Jambalaya

There's more than a handful of iconic New Orleans restaurants that any gourmand in my part of the South could name. These are venues that have withstood the test of time, maintaining their mystique and fascination for generations – places such as Commander's Palace, Galatoire's, Brennan's and Antoine's, all of which are still worth the trip.

When I first began cooking professionally while in college, I found a first-edition copy of the Brennan's restaurant cookbook in my family library. It had been left behind by the previous owners of our home many years before, but until then I had never noticed it on our shelves. I began cooking and adapting the jambalaya from that book until it became my own recipe. Don't worry if there are leftovers. I find that this dish stores well for several days.

Serves 6

20g (1/2oz) unsalted butter
 110g (4oz) andouille sausage (see page 09), sliced into rounds
 4 chicken thighs [boneless?], 1 yellow onion, chopped
 a bunch of spring onions, white and green parts separated, chopped
 1 green pepper, chopped
 500g plum tomatoes, roughly chopped in a food processor
 2 garlic cloves, crushed
 1 bay leaf
 2kg (1/2oz) Cook's Seasoning (see page 09), plus extra to serve
 4 litres (4 quarts) chicken stock [correct amount? It seems a lot - to come]
 1 tbsp Tabasco sauce
 300g (11oz) long-grain rice
 450g (1lb) large raw peeled prawns (shrimp)

Melt the butter in a large pan, add the sausage and cook for about 5 minutes, until all the fat is rendered. Add the chicken thighs, skin-side down, and fry until beginning to brown. Add the yellow onion, the white part of the spring onions and the green pepper and cook until translucent. Stir in the chopped tomatoes, garlic, bay leaf and creole seasoning and cook gently for 4-5 minutes. Add the chicken stock and Tabasco and bring to the boil. Reduce the heat and simmer, uncovered, until reduced by about a third. Return to the boil and stir in the rice. Reduce the heat to medium and simmer for 12-15 minutes, until the rice is about two-thirds cooked. Add the prawns and cook for 3-5 minutes, until the rice is tender and the prawns turn bright pink. Be careful not to overcook.

Serve hot, garnished with the green part of the spring onions and an additional dusting of creole seasoning.

FISH

109

Fried Green Tomatoes with Devilled Crab

There are few dishes more Southern than fried green tomatoes, but surprisingly this humble side dish has a Pennsylvania Dutch history as well. The difference is that in the north, green tomatoes are picked off the vines at the end of the season before the first frost hits, whereas in the south, they are picked and served throughout the growing season. We often enjoy them with white crab meat and an egg-based sauce such as this devilled nabynan.

Serves 6-8

500ml (18fl oz) buttermilk
 6 green tomatoes, core and cut into slices about 1.5cm (1/2 inch) thick
 300g (11oz) white cornmeal
 60g (2 1/2oz) plain flour
 1/2 tsp cayenne pepper
 1/2 tsp paprika
 1/2 tsp freshly ground black pepper
 1 tsp sea salt
 bacon fat, for frying

For the devilled crab:
 5 egg yolks
 1 tbsp English mustard powder
 a dash of Worcestershire sauce
 250ml (8 1/2 fl oz) double cream
 sea salt, lemon juice and Tabasco sauce or cayenne pepper, to taste
 250g (8oz) fresh white crab meat

Four the buttermilk into a shallow dish, add the tomatoes and turn until thoroughly coated. Leave to soak for a couple of hours or overnight.

Mix together all the dry ingredients and spread them out on a large plate. Remove the tomato slices from the buttermilk one at a time and coat them thoroughly in the cornmeal mixture. Fry in bacon fat over a medium heat until golden and crisp. Keep warm while you prepare the crab.

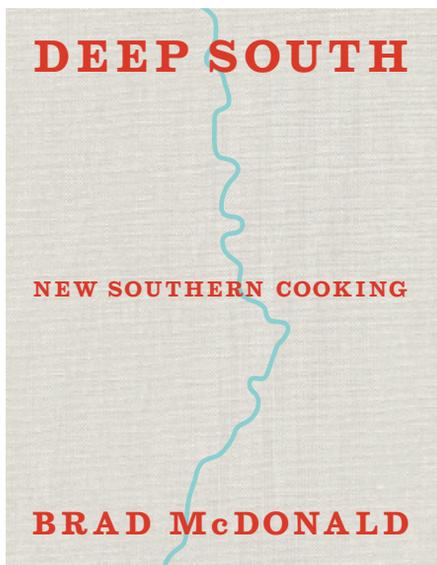
For the devilled crab, put the egg yolks, mustard powder, Worcestershire sauce and cream into a large bowl and place over a pan of gently simmering water, making sure the water doesn't touch the base of the bowl. Whisk with an electric beater until the mixture is thick enough to leave a trail on the surface when the whisk is lifted. Season with salt, lemon juice and Tabasco or cayenne. Fold the crab meat into the sauce, spoon it over the fried tomatoes and serve.



80

SMALL DISHES

DRAFT COVER



978 184949 720 6 | 09/06/16 | CKB002060
\$35.00 | HC | 256pp | 8 x 10 in | 2 lb 9 oz

ISBN 978-1-84949-720-6



DEEP SOUTH BRAD McDONALD

New Southern cooking

The soul food of America's Deep South is celebrated in this ground-breaking new cookbook. Chef Brad McDonald takes the food of his native Mississippi and from it extracts a world of fresh flavors, new spices, and dazzling colors. From cornbread to smothered catfish, pimento cheese to lemon ice-box pie, from Cajun and Creole to the BBQ and smoking techniques of rural communities, this classic food has been given a contemporary edge—a neat spin on traditional soul food. With 100 recipes, stunning photography on location in Louisiana and Mississippi, and insights into the meaning of 'Southernness', *Deep South* provides a glimpse into a unique way of life—and a new take on a cuisine that has been so influential and yet relatively unchanged for generations.

Born in rural Mississippi, chef **BRAD MCDONALD** worked under the acclaimed chef John Currence in his college town of Oxford, Mississippi. Brad went on to cook with Alain Ducasse, Thomas Keller, and at Per Se and Noma. In 2012 his first restaurant, Governor, in Brooklyn, New York, was destroyed by Hurricane Sandy. Brad came to London with his family and launched The Lockhart in London's Marylebone in early 2014, where his contemporary take on Southern cooking made him the toast of the town. In October 2015, he launched his second restaurant, Shotgun, in London's Soho, which focuses on authentic Southern barbecue and was voted the best new UK restaurant by *The Times*.

sophisticated

POTATO "PLACKI" WITH CREAMY CHANTERELLES

SERVES 4 PEOPLE
TIME: 1HR

'Placki' are simple and full of rustic flavour, they can be dressed up with a dollop of caviar or served simply on their own. I sometimes eat them for brunch with a dollop of creek yoghurt and some roasted cherry tomatoes. But for this recipe I wanted to make them a little more refined (without going to the extent of adding Beluga, which I save for buckoheer blinis). We serve each 'placki' with a small dollop of flavonousome topping. The sauce needs to be rich and creamy, whilst also maintaining a firm consistency that will not dribble onto your guests (if they choose to eat the 'placki' with their hands). You can keep the placki warm in the oven, while you prepare the sauce, so there's no need to rush. Just cover them with foil and keep the oven temperature low to prevent them from drying out.

2 large potatoes
1/2 an onion
1 egg
1 tablespoons plain flour
200g chanterelles
200ml single cream

2 garlic cloves, crushed
1 tablespoon fresh thyme
Salt and white pepper to taste
Rapeseed oil for frying

Finely grate the potatoes and onion, so that they turn to mush. You will see two different colours, which now need to be mixed together.

Sieve the flour into the mixture and break in the egg, then blend and season to taste. The 'placki' should have a thick, cement-like mixture.

Heat the oil in a flat pan, test the oil to see if it is hot enough by cutting off a little mixture and adding it to the pan. If it starts sizzling immediately then you can spoon more on. If it takes a little while then hold off with the others until the pan is hotter.

The 'placki' should be 4-5 inches in diameter.

The 'placki' are ready when they are browned on both sides, which should take about 15 minutes.

In a separate pan melt the butter, brown the mushrooms and stir occasionally. After about 15 minutes add the garlic, plenty of salt and pepper. Fry for a couple of minutes, before adding the cream. Turn the heat right down and allow to gently simmer, this should reduce and thicken the sauce.



fish

PAN WALDEK'S OREGANO-FRIED CARP

SERVES 4 PEOPLE
TIME: 1HR 15MIN

I've never been a lover of Poland's favourite fish – the carp – until I met Pan Waldek. Pan lives on a rather magical farm next to two fishing ponds which are teeming with fish. We asked him to catch us a pike, but the pike wouldn't bite. Apparently it was too hot that day. I guess the pike feel just as lazy in the heat as the rest of us. But he had caught a carp, so we drove to the next door village to pick it up. Upon arrival, we were sat down in the shade and cooked this fried carp recipe, served with delicious tomatoes and cucumbers from their garden. For dessert we picked our own organically grown blueberries and raspberries from the fields. Pan is a great believer in organic farming. He believes that the carp tastes better because his ponds are so clean that the mosquitoes don't go anywhere near them. His other secret to the splendid tasting fish was marinating the it for at least an hour in a blend of oregano and salt with a few bay leaves.

Make sure you get you buy your carp from a good, clean source and ask your fishmonger to fillet it into two parts. However, this recipe is versatile and you can substitute carp for another fish if good-quality carp is not available. You could replace the carp with a lovely, fresh trout or simply ask your fishmonger what other local fish they recommend that day.

1 carp, gutted (ideally in 2 halves)
2 tablespoons dried oregano
Salt and white pepper

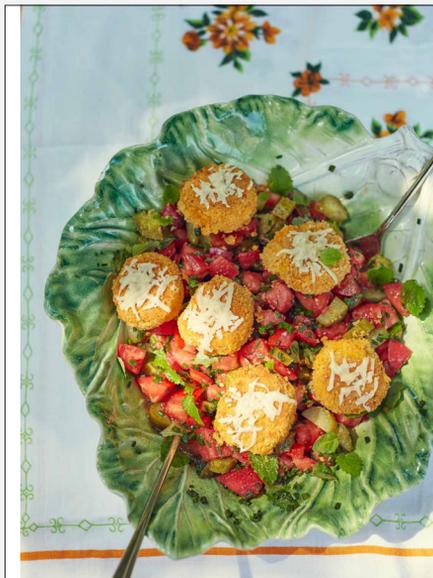
5-6 bay leaves
100g breadcrumbs
100g plain flour
Rapeseed oil

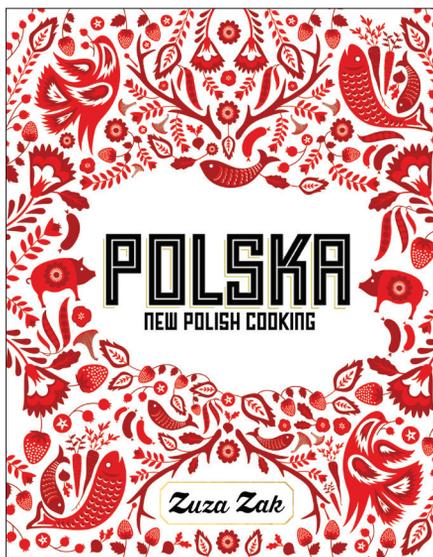
Massage the pieces of fish with a mixture of oregano, salt and pepper. Place the bay leaves at the bottom of a dish and the carp slices on top. Leave this to marinate in the fridge for 1 hour.

Mix the breadcrumbs and flour together and place the marinated carp slices on the plate, making sure they're completely covered on both sides.

Heat the rapeseed oil in a frying pan. Once the oil is hot, fry the carp until it's golden brown and crunchy, about 3 minutes each side.

Serve immediately with bread or fries and plenty of 'surowka' slaws (page 64).





POLSKA

ZUZA ZAK

New Polish cooking

This is a fresh new take on Polish cooking from young food writer Zuza Zak. The food of Poland has long been overlooked, but the time is right for a reinvention, with an estimated 10 million people of Polish descent living in the US. Zuza presents her contemporary take on Polish cuisine, with lavishly photographed recipes for snacks, party foods, soups, preserves, breads, fish, meat and poultry, salads, and desserts. She places Polish food within the context of the country's history and geography, and tracks how it has developed and adapted to Poland's ever-changing political and economic situation. *Polska* is a breath of fresh air.

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ZUZA ZAK grew up in Poland and spent her childhood cooking traditional recipes with her mother in her kitchen, and foraging for seasonal produce with her grandmother in the surrounding Polish countryside. The recipes in her book have all been passed down by word of mouth from mother to daughter. Zuza now lives in London and is a young food writer and producer for TV's Food Network in the UK.

🌿 THE WOK CLOCK

NOW THAT WE'VE COVERED HOW TO USE YOUR CLEAVERS, SLICING, DICING, AND PREPPING YOUR INGREDIENTS, THE NEXT HURDLE IS UNDERSTANDING HOW TO ORGANIZE YOURSELF BEFORE YOU START TO COOK.

I often get asked how Chinese takeouts manage to serve up a number of dishes so quickly. Aside from the amazingly powerful equipment they have access to in their commercial kitchens, there are also some basic organizing techniques they use which are invaluable when it comes to keeping your cooking quick as well as your kitchen clean and tidy. One specific technique, which we call "The Wok Clock" and have developed and use daily at the School of Wok, will help you to take that leap forward by setting up your ingredients in order of use before you start to cook. By doing this, you won't even have to look back at the recipe while in the midst of cooking, saving yourself time and energy without ever having to sacrifice the cooking of your ingredients while you re-read your recipe.

Once you have prepared all your ingredients, place them in their cooking order on a large round plate, beginning at 12 o'clock and working your way clockwise all around. It's that simple! This organization is not exclusive to wok cooking (the "wok clock" is just a simple phrase to remember; whether you are cooking a stir-fry or a slow-cooked curry, it works). The photo opposite, for example, demonstrates a wok clock set up for our School of Wok Stir-Fried Sichuan Chicken, see page 48. Once you get in the habit of organizing your ingredients in this way you'll find cooking as a whole to be a much easier and more straightforward process, freeing you up to experience the joys of preparing dishes and learning new techniques rather than constantly scrambling to consult your recipe books.

BALANCE IN CHINESE FOOD

Chinese food is all about achieving a balance of flavor, texture, and color—whether you are serving one plate or several plates of food. While there are certain individual dishes that can touch almost all your flavor sensations at the same time, to master the true skill of Chinese cooking, the more challenging scenario is being able to select a number of dishes which touch all or most of the basic tastes (SWEET, SOUR, SALTY, SPICY/HEAT, UMAMI, SPIKY AND BITTER), a good combination of textures (CRISPY, SOFT, WEEB IN THE MOUTH, OR SUCROILED) and are in turn many and rich, light, and fresh.

If your meal covers all of the above, you are almost there! The last part of the puzzle is making sure that there is a good balance of color, bright, dark, neutral, which is what really plays a big part in the presentation of Chinese food. Remember, we also eat with our eyes! If you are able to understand this balance of flavor, texture, and color, you are definitely moving toward becoming a seasoned Chinese cook.

30 | Chinese kitchen essentials



The first time I tried this dish I was, up in the Sichuanese highlands, having dinner for eight hours before stopping for lunch. I was in search of a cue for my service. "Fangzi" (similar to the word "fangzi"—what we Fangs believe when we aren't fed in time) and ordered this as a side to accompany a few other chili dishes. Though its simple, bold flavors were so good we could easily have had it on its own. Sweet, sour, spicy, and crunchy, this really is inevitably tasty.

FLASH-FRIED CABBAGE WITH DRIED CHILES AND SWEETENED SOY

SERVES 4
PREPARATION TIME: 10 MINUTES
COOKING TIME: 5 MINUTES

- 3 garlic cloves
- 1 whole sweetheart cabbage
- 1 medium ripe tomato
- 5 to 10 large dried red chilies
- 1 to 2 Tbsp vegetable oil

- The Sauce
- 2 Tbsp rice wine
 - 1 Tbsp Chinkiang black rice vinegar
 - 1 Tbsp light soy sauce
 - 1 Tbsp granulated sugar
 - ½ tsp dark soy sauce
 - ½ tsp salt

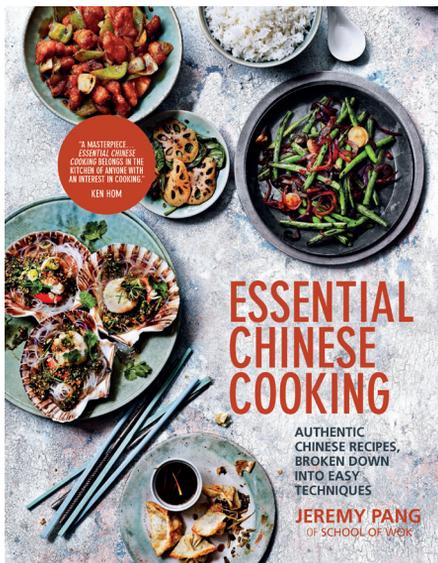
PREPARATION

- Finally slice your garlic cloves, chop your cabbage into large chunks, and cut your tomato into eighths. Combine your sauce ingredients in a small bowl.
- 🔥 **WEEK YOUR FIRE CLOCK:** place your chilies at 12 o'clock, then arrange your garlic, tomatoes, cabbage, and lastly your sauce bowl clockwise around your plate.

COOKING

- Heat 1 Tbsp of vegetable or garlic oil in a wok over high heat until smoking-hot.
- Add the dried chiles and garlic to the wok and stir-fry for 30 seconds, then add the tomatoes and cabbage and stir-fry for another 1 minute, keeping the heat high.
- Pour your sauce into the wok, bring to vigorous boil, and stir-fry for another 2 to 3 minutes until the cabbage is tender but still crunchy and the sauce has reduced by a third. Serve.

! **TIP:** Beware when cooking this dish the traditional way: the hot oil and chiles will create a lot of smoke! If you want to cook this without such a "smoky" effect, you may add the chiles later in the cooking process; however, the finish may not be 100% the same, as the oil will not take in the essence of the chile.



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"A masterpiece... *Essential Chinese Cooking* belongs in the kitchen of anyone with an interest in cooking." **Ken Hom**

ESSENTIAL CHINESE COOKING

JEREMY PANG

Authentic Chinese recipes, broken down into easy techniques

In *Essential Chinese Cooking*, acclaimed teacher and School of Wok founder, Jeremy Pang brings the authentic flavors of traditional Chinese cooking into your own kitchen. Throughout the six chapters Jeremy outlines the fundamental techniques of Chinese cooking, focusing on a range of delicious, simple-to cook, yet authentic Chinese recipes. It includes simplified techniques such as the Wok Clock, which is a revolutionary way of organizing your ingredients before you start to cook, that will help you turn out exceptional Chinese food in your own home—day in, day out.

JEREMY PANG started the School of Wok—the only Oriental and Asian cookery school in Central London—in 2009. His unique talent for creating accessible and inspiring lessons has quickly led to recognition in the modern Chinese food world, with reviews in *The Sunday Times*, *Delicious* magazine online, BBC Good Food, and more. Jeremy recently won Best Specialist Cookery School at the British Cookery School Awards.



Victoria sandwich with vanilla cream and strawberries

SERVES 12

200g (7oz) unsalted butter, softened
 200g (7oz) caster (superfine) sugar
 pinch of salt
 4 medium eggs, beaten
 200g (7oz) self-raising flour
 1 tsp baking powder
 1-2 tsp milk
 1 tsp vanilla extract

For the macerated strawberries
 400g (14oz) strawberries, hulled and cut in half
 40g (1½oz) caster (superfine) sugar

For the vanilla cream
 300ml (10½ oz) double (heavy) cream
 1 tsp vanilla extract
 icing (powdered) sugar, to serve

Preheat the oven to 180°C/350°F/gas 4. Lightly grease two 20cm (8in) sandwich tins and line them with non-stick baking paper.

In a large bowl, beat the butter until soft. Add the sugar and salt and beat until the mixture is very pale and fluffy. Gradually add the egg, a little at a time, beating well after each addition.

Sift over the flour and baking powder in two additions and fold into the mixture using a large metal spoon until just combined. Fold in the milk and vanilla extract very gently.

Divide the mixture between the tins, smooth the surface with a spatula, then bake for 20-25 minutes, until golden and the cake springs back when lightly pressed. Allow the cake to cool in the tin for 10 minutes, then turn out on to a cooling rack and leave to cool completely.

While the cakes are cooling, tip the strawberries into a bowl and sprinkle over the sugar. Set aside for 20 minutes or so, until the strawberries are juicy and slightly softened.

Once the cakes are completely cool, whip the cream with the vanilla until it forms soft peaks. Dollop the cream on to one of the cakes and use a palette



DRAFT COVER



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CATH KIDSTON TEATIME

CATH KIDSTON

50 cakes and bakes for every occasion

Afternoon tea is a British tradition that has become a staple the world over, bringing people together over sumptuous scones and sponges, elegant sandwiches, marvelous macarons, and delectable cupcakes. Tea tables look dazzling and generous—a chance to pile the cakes high, dress the table, and go all-out to give you and your loved ones a special treat. **Teatime** includes 50 recipes for bakes, with sections on Classic Afternoon Tea, Picnic Teas, Bake Sales, and Celebrations. All the recipes are simple-to-follow and use easy-to-find ingredients. With tips on perfect styling as well as cooking know-how, **Teatime** is the ideal book for baking novices and experts alike.

The first **CATH KIDSTON** store opened in West London in 1993, inspired by the idea of taking traditional print and using it in a fresh, modern, and surprising way. More than 20 years later, Cath Kidston's range of pretty, practical products spans bags and accessories, homewares, and fashion, and can be found online at www.cathkidston.com and in stores around the world. The Cath Kidston brand is best known for its original prints and contemporary style. This is Cath Kidston's first cookbook.



BREWING



BREWING

BEER COLOUR CHART

1	4	7	10	13
2	5	8	11	14
3	6	9	12	15

- 1 RYE MALT
- 2 WHEAT MALT
- 3 UNMALTED WHEAT
- 4 PILSNER
- 5 CARAPILS
- 6 MUNICH MALT
- 7 MARIS OTTER
- 8 PALE CRYSTAL
- 9 CRYSTAL
- 10 BROWN MALT
- 11 SPECIAL B
- 12 EXTRA DARK CRYSTAL
- 13 CHOCOLATE
- 14 ROASTED BARLEY
- 15 CARAF 3

PRIMING

Before you bottle your beer, it's worth checking how strong it is. The formula only requires the original gravity (OG) and the final gravity (FG):

$$\text{Alcohol by volume \% (ABV)} = (\text{OG} - \text{FG}) \times 131.25$$

This will give a rough approximation of your alcohol content. I almost never do it by hand as I never remember it. And I'm lazy - I've got about six different apps that do it more accurately. You should get one, too. The next stage is priming. This refers to the process of adding sugar to your beer before bottling. The remaining yeast will ferment this sugar creating CO₂ (as well as a wee bit more alcohol). Because this CO₂ cannot escape, the pressure inside the bottle builds up, and you end up with fizzy beer.

The easiest way to do this is to use a bottling bucket - I so hope you went for my recommendation to buy a second bucket with a lid (see page XX). Start by cleaning and sanitising it to the same meticulous extent as you did your fermentation bucket. You'll also want to find and clean your silicone tubing, your bottling stick and a measuring jug.

1. Place your measuring jug on a set of scales, and weigh into it 200g of caster sugar. This will be enough to carbonate 20 litres of beer to a moderate level of fizziness. However, if you want to be more exact, see my carbonation chart at the end of this chapter on page XX. This shows you what carbonation levels are appropriate for what styles, and how much sugar you need to achieve them.

Only got one bucket?

Follow the steps above, but pop the lid on your primary fermenter and pour your priming solution directly inside. Do this very carefully and gently, without splashing, with a cleaned and sanitised spoon, trying not to upset the yeast bed. There will, however, be inevitable yeast churning, so leave your fermenter on your surface for at least half an hour before filling your bottles.

BREWING

into your jug, pour at least 200ml of just-boiled water, and stir with a sanitised spoon to dissolve the sugar. This is your priming solution. Pour away the sanitizer from your bucket, and then pour your priming solution in instead.

2. Place your bottling bucket, with the lid placed loosely over it, on the floor. Place your full fermenter on a table or chair, so there's a height difference between them. You'll probably want to leave this still for 5 minutes for the yeast to settle. Meanwhile, sanitise your silicone tubing by spraying inside it and making sure foam touches the entire inner surface, before sanitising the outside too. Sanitise the fermenter's tap. In fact, just bloody spray everything with your sanitizer.

Attach your tubing to your tap, and place the free end of the tube into the priming solution so that it touches the bottom of your bottling bucket. Keep your bottling bucket mostly covered with its lid, so as to stop any bacteria-laden dust falling into it.

Open your tap, and let your beer flow gently down from one to the other, keeping the end of the tube submerged. The flow from the tube should adequately mix your beer with the priming solution. Whatever you do, though, don't splash. This introduces oxygen into your beer. You don't want your beer to taste like soggy cardboard. You might want to tip your fermenter slightly as the beer runs dry, but don't do so much as to disturb the layer of yeast and sediment (we call this trub) at the bottom. The trub should all be left behind. Once you've got all your beer out, remove the tube from the bottling bucket and half-dip its lid shut. Move your fermenter out of the way and place your bottling bucket onto a work surface. It's finally time to bottle your beautifully clear beer.

PRIMING



1. MEASURE THE SUGAR



2. SANITISE YOUR TUBING

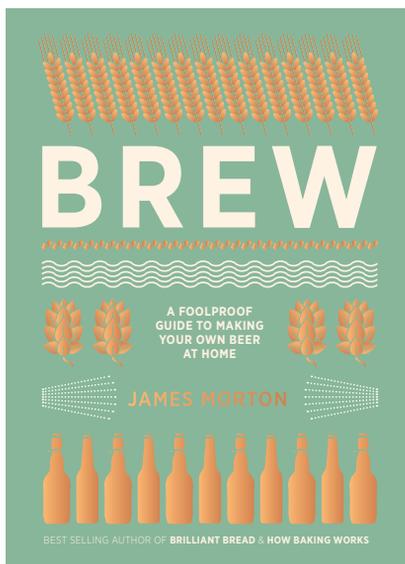


3. PLACE BUCKET UNDER FERMENTER



4. SIPHON FROM FERMENTER INTO BUCKET

BREWING



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BREW

JAMES MORTON

A foolproof guide to making your own beer at home

Brew is the most comprehensive, easy-to-follow guide to home brewing on the market. Making good beer at home is easy, and oh so cheap. *Brew* takes the novice beer-enthusiast by the hand and talks you through the process. You don't need to go out and buy loads of equipment; with a plastic bucket or two, you can make great craft beer and customize it to your own tastes. From American, European, and British beer, through to specialty beers, sours, lagers, and lambics, James Morton guides the reader with step-by-step photographs and comprehensive instructions on getting started, bottling, and storing, key ingredient types, and troubleshooting tips. Every taste and skill level is catered for.

DR JAMES MORTON is the author of *Brilliant Bread*, which won the Guild of Food Writers Cookbook of the Year award in 2014, and *How Baking Works*. In 2012 he reached the final of BBC TV's *Great British Bake Off*. He qualified as a medical doctor in 2015. He writes for various publications and has won several national home brewing awards.



Spring vegetable soup with quinoa

Serves 4

- 2 tsp olive oil
- 2 leeks, trimmed, well washed, and finely sliced
- $\frac{1}{2}$ cup (60 g) quinoa
- 4 $\frac{1}{2}$ cups (1 liter) hot, low-salt vegetable broth
- 1 zucchini, diced
- 3 $\frac{1}{2}$ oz (100 g) asparagus spears
- 3 $\frac{1}{2}$ oz (100 g) frozen edamame beans
- 3 $\frac{1}{2}$ oz (100 g) kale, coarsely shredded
- A handful of dill leaves, coarsely chopped
- 4 scallions, finely sliced
- A squeeze of lemon juice

Quinoa may seem like an unusual addition to soup but it makes for a wholesome and nourishing alternative to pasta or potatoes. This soup is refreshingly light but hearty enough to make for a satisfying meal.

Heat the olive oil in a large saucepan over medium-low heat. When hot, add the leeks and cook, stirring occasionally, for 5 minutes or until softened, adding a little water if necessary if they look a little dry.

Add the quinoa and pour the broth into the pan. Bring to a boil, then lower the heat and simmer for 5 minutes. Stir in the zucchini and continue to cook for another 5 minutes.

Meanwhile, snap off the woody ends of the asparagus and cut the spears into 2cm lengths. Add to the soup with the edamame beans and kale and simmer for another 2 minutes, then remove from the heat.

Serve the soup sprinkled with the chopped dill, sliced scallions and a squeeze of lemon.



Quinoa, the complete protein source

Proteins are vital for healthy cell functions so they are particularly important if you are undergoing cancer treatment. Quinoa (pronounced *keen-wa*) is an exceptionally good plant source of protein. Unlike other protein-rich grains and legumes, it contains all nine essential amino acids needed by the body. Originating in Latin America, this ancient grain was a staple food of the Incas. Naturally high in fiber and a gluten-free plant source, quinoa is just as valuable to us today.

SOUPS 47



Speedy spelt pizzas

Makes 2 large pizzas (to serve 2 to 4, depending on appetite)

For the tomato sauce

- 1 tsp olive oil
- 2 shallots, peeled and minced
- 2 garlic cloves, peeled and crushed
- $\frac{1}{4}$ cups (300 ml) strained tomatoes
- 2 Tbsp tomato paste
- 1 tsp dried oregano

Ideal for a quick midweek supper, these homemade pizzas can be prepared and ready to eat in a matter of minutes. Spelt flour creates a delicious, nutty base and the dough is leavened with baking powder rather than yeast for a fast rise.

For the base

- 2 cups (250 g) wholewheat spelt flour, plus extra to dust
- 1 Tbsp baking powder
- A pinch of salt
- 2 tsp olive oil
- $\frac{1}{2}$ to 1 cup (120 to 150 ml) warm water

For the topping

- 7 oz (200 g) asparagus spears
- 6 scallions, halved lengthwise
- $\frac{3}{4}$ oz (100 g) cherry tomatoes, halved
- 4 $\frac{1}{2}$ oz (120 g) mozzarella, torn into small pieces
- A handful of basil leaves

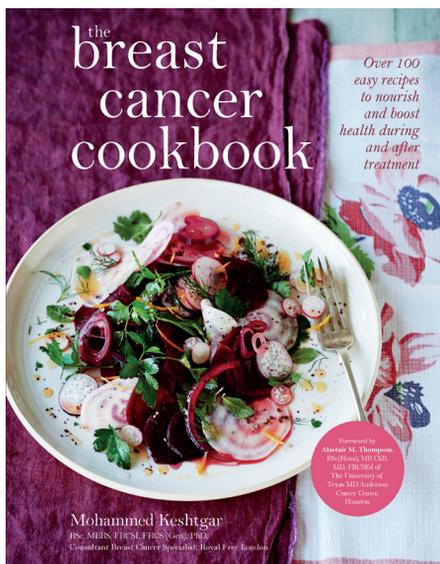
Preheat the oven to 425°F (220°C).

To make the tomato sauce, heat the olive oil in a large frying pan and add the shallots. Fry for 2 to 3 minutes, until softened, then add the garlic and fry for another minute until fragrant and golden. Stir in the strained tomatoes, tomato paste, and oregano and bring back to a boil. Simmer for about 5 minutes until the sauce is of a thick, spreadable consistency. Set aside to cool.

To make the pizza bases, sift the spelt flour, baking powder, and salt into a large bowl and make a well in the center. Pour the olive oil and $\frac{1}{2}$ cup (120 ml) water into the well and quickly mix to make a fairly stiff dough; if it is a little too dry, add an extra 1 to 2 Tbsp water. Divide the dough in half.

Lightly flour 2 baking sheets, about 14 by 10 inches (35 by 25cm). Place one piece of dough in the center of one of the baking sheets and roll out until the dough reaches the edges of the sheet to form a large, rectangular base. Repeat with the other portion of dough.

Snap off the woody ends of the asparagus and cut the spears in half. Spread the tomato sauce over each pizza base, leaving a 1cm clear margin around the edges. Sprinkle the scallion, asparagus, tomatoes, and mozzarella over the pizzas and bake in the oven for 8 to 10 minutes, until the bases are crisp and puffed up and the cheese is melted. Serve sprinkled with the basil leaves.



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Foreword by Alastair M. Thompson,
BSc(Hons), MB ChB, MD, FRCSed of
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Cancer Center, Houston

THE BREAST CANCER COOKBOOK

MOHAMMED KESHTGAR

BSC, MBBS, FRCSI, FRCS (GEN), PHD

Over 100 easy recipes to nourish and boost health during and after treatment

Breast cancer affects 1 in 8 women during their lifetimes. Research has shown that adopting a healthier diet and lifestyle can reduce the risk of getting the disease and improve the survival of patients who have been diagnosed. Mohammed Keshtgar discusses the risk factors and foods that can play a positive role in the prevention and treatment of breast cancer, including fruit, vegetables, and phytoestrogens. Covering breakfast, soups, salads, fish and shellfish, poultry and meat, vegetarian dishes, desserts, treats, and drinks, the recipes have all been especially created to take in all the dietary considerations linked to breast cancer.

MOHAMMED KESHTGAR, BSc, MBBS, FRCSI, FRCS (Gen), PhD, is a surgical Oncologist specializing in the treatment of breast cancer. Believing that diet and lifestyle are significant risk factors in the development and progression of breast cancer, he has written this book, based on the latest research, with his team of experts. Creative cookery writer, Emily Jonzen has devised the recipes.

MAYORS KRANS

This is a big Danish, we call it a krans when it is this large. We serve it in the afternoon, never in the morning (the mornings are reserved for the smaller pastries). You can change the filling to other jams (see page 38) for Scandinavian jam recipes). Pastry cream (see page 94) or fruit compote, there are loads of possibilities.

SERVES 8

150g ground almonds
100g raisins
150g butter
2 tbsp caster sugar
1 quantity Basic Danish pastry dough (see page 93)
60g guls (300cc), or plain flour, or dust
1 egg, lightly beaten
50g skin-on almonds, finely chopped

Mix the ground almonds, raisins, butter and sugar together to make the filling.

Roll out the Danish pastry dough on a floured work surface to a rectangle measuring 60 x 40cm. Cut it into three long rectangular pieces. Divide the filling into three and spread one part evenly down the middle, lengthways, of each piece of dough. Roll each piece, lengthways, to make a thin roll.

Take each long rolled dough and press them together at one end, then plait them and press together again at the other end.

Now form the plait into a circle, pressing the two ends together. Cover with a tea towel and leave to rise for 30 minutes in a warm place.

Preheat the oven to 220°C/425°F/gas mark 7. Brush the party with the egg and sprinkle with the almonds. Bake in the hot oven for 30 minutes, then reduce the oven temperature to 200°C/400°F/gas mark 6 and bake for 25–30 minutes. Leave to cool on a wire rack.



8 BREADS

VEGETABLE SOUP AND SPELT BAGUETTES

After all the sweet things and hard work in the kitchen on a Christmas baking day, you need something savoury. Since it's winter time, soup and bread is perfect.

For the spelt baguettes

Makes 6
25g fresh yeast
800ml lukewarm water
600g wholegrain stoneground spelt flour
400g white stoneground spelt flour, plus more to dust
8g salt

For the soup

Serves 4–6
500g potatoes
300g celeriac
2 tbsp olive oil
2 leeks, sliced
1 onion, finely chopped
4 garlic cloves, finely chopped
2 bay leaves
5 sprigs of thyme
2 litres vegetable stock
34g spinach
sea salt and freshly ground black pepper
1 tsp ground nutmeg

FOR THE BAGUETTES

Crumble the yeast into the lukewarm water and stir to dissolve, then add both the flours and the salt. Mix really well, either in a food processor fitted with a dough hook or with a wooden spoon. The dough will be sticky. Cover and leave to rest at room temperature for 30 minutes. Now place in the refrigerator overnight, or for at least eight hours.

Preheat the oven to 240°C/475°F/gas mark 9, or as hot as it will go.

Tip the dough on to a floured work surface and, kneading as little as possible, fold into six baguettes. Space the baguettes out between baking trays lined with baking parchment. With a razor blade or a sharp knife, slash the surface of the breads diagonally, then brush with water. The baguettes need to be baked right away, or you risk losing their shape.

Spray cold water in the oven to create steam and bake for 30 minutes, then reduce the oven temperature to 200°C/400°F/gas mark 6 and bake for 15–20 minutes. Leave to cool on a wire rack before eating.

FOR THE SOUP

Peel and cut both the potatoes and celeriac into 1.5cm squares. Heat the olive oil in a big sautépan and sauté the leeks with the onion and garlic for three or four minutes. Add the bay leaves, thyme, potatoes and celeriac and stir well.

Pour in the vegetable stock and bring to the boil, then reduce the heat and simmer for 20 minutes. Rinse the spinach and chop it roughly. Season the soup with salt and pepper, then add the spinach and nutmeg. Let the soup simmer again for a few minutes, until the spinach has collapsed, then serve right away with the spelt baguettes.



12 CHRISTMAS



DRAFT COVER

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\$35.00 | HC | 288pp | 7 ¾ x 9 ¼ x 1 ½ in | 2 lb 9 oz

I S B N 978-1-84949-859-3



Also by this author:
Scandinavian Baking
978 184949 665 0
\$35.00, 2015

SCANDINAVIAN COMFORT FOOD

TRINE HAHNEMANN

Embracing the art of hygge

The Scandinavians excel at comfort—family, friends, a good atmosphere, long meals, relaxation, and an emphasis on the simple pleasures. They even have a word for this kind of coziness that comes with spending quality time in hearth and home when the days are short: “hygge”. Trine Hahnemann is the doyenne of Scandinavian cooking, and loves nothing more than spending time in her kitchen cooking up comforting food in good company. This is her collection of recipes that will warm you up and teach you to embrace the art of hygge, no matter where you live.

A chef and food writer, **TRINE HAHNEMANN** is an enthusiastic advocate for sustainable solutions, organic sourcing, and food cooked with love. With her great knowledge of Danish food and food culture, she writes for and appears regularly in the media in America and Britain. Trine has written ten cookbooks in her native Danish and four in English: *Scandinavian Baking*, *The Scandinavian Cookbook*, *Scandinavian Christmas*, and *The Nordic Diet*.

CIAMBELLINE AL VINO ROSSO

RED WINE DOUGHNUT COOKIES

While living in Rome at the age of six, I used to run down to the local grocery shop and buy these delicious crunchy cookies, made by the owner's wife following the traditional Italian recipe from the Lazio region. In the old days, they would be eaten at Christmas, but they are so good they can now be found all year round. Happy eat!

Makes about 30

Ingredients

175ml (1/2 cup) olive oil
400ml (1 1/2 cups) full-bodied red wine
65g (1/2 cup) plain tall-creamed flour, plus extra for dusting
175g (1/2 cup) granulated sugar, plus extra for dusting
1/2 teaspoon bicarbonate of soda (baking soda)

2 teaspoons ground rose essence
1 teaspoon vanilla extract
a pinch of salt

Method

Preheat the oven to 180°C (350°F). Line a large baking tray with a sheet of baking parchment.

Pour the oil and wine into a jug or bowl and stir to combine. Put the flour in a mound on the work surface and make a deep indent in the middle. Add the sugar, bicarbonate of soda, rose essence, vanilla and salt to the indent and carefully pour in the oil and wine mixture. (If you do this in a large mixing bowl if you prefer.)

Using your hands, slowly combine all the ingredients to create a dough. If the dough is too sticky, add a little more flour, but not too much or the result will be a dry and tough dough. Place the dough in a bowl, cover with a tea towel and leave to rest for 30 minutes.

Taking one small piece of dough at a time, roll it into a sausage about 8cm long (or 6cm if you would prefer bigger doughnuts), then join the ends by pinching them together. Dust with sugar and place on the tray. Repeat with the remaining dough, making sure they are not too close to each other on the tray or they will stick once baking trays if in doubt.

Bake for about 15 minutes until cooked and nicely golden on top.

Note: In Italy we drink these in a glass of wine at the end of a meal. Kids can enjoy them with a glass of milk, perhaps, and although there is wine in the dough, you won't get them drunk as the alcohol cooks off in the oven. So, no worries!

DuffTudo / 20



TORTA DI MELE DELLA ZIA ROSE

AUNT ROSE APPLE CAKE

I've eaten many, many apple cakes in my life. The German ones... Love of The English apple pie... Simply divine! But this is something totally different. So simple, healthy and quick you will be able to make it in less than 1 hour. This recipe is a gift from my Aunt Rose, it has zero butter and zero oil. Cool huh!

Ingredients

2 apples (Granny Smith) juiced and cut of 1 lemon
3 eggs
150g (1/2 cup) 5, 3a white sugar
1 tsp of vanilla paste
1 tsp of Calvados liqueur
225g (2 cups) 1a or 2d flour
3 tps of baking powder
100ml (1/2 cup) (or nearly) made vanilla custard cream
A little white sugar to decorate

Method

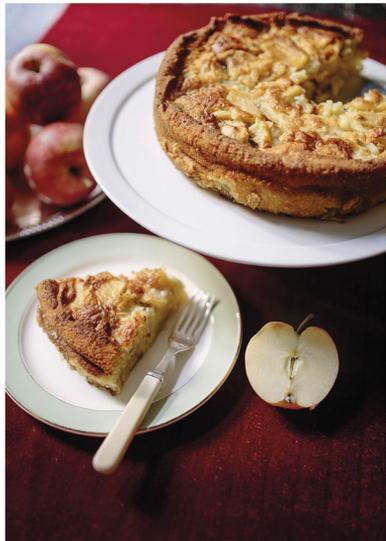
Preheat oven to 160°C (325°F). Butter and line a 9 inch springform pan and set aside.

Cut the apples in thin segments, toss the slices in the lemon juice and leave on a side for later use.

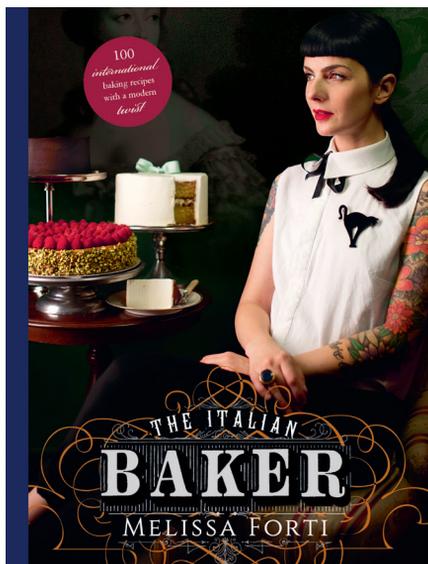
This will prevent oxidation. Sift the flour and add the baking powder in a bowl of a stand mixer beat the eggs, sugar, vanilla paste, and lemon zest until pale and fluffy. Add the Calvados liqueur.

Now add the dry ingredients and stir gently. Pour the batter in the pan and pour the made vanilla custard cream on top (you can make your own custard, but the way it's done here). Place the apple slices on top of the custard in a random pattern. Sprinkle with some white sugar and bake in the oven for 40 minutes.

DuffTudo / 22



DRAFT COVER



978 184949 761 9 | 10/04/16 | CKB004000
\$29.95 | HC | 224pp | 7 ½ x 9 ¾ x 1 in | 2 lb 1 oz

I S B N 978-1-84949-761-9



THE ITALIAN BAKER MELISSA FORTI

Melissa Forti is *The Italian Baker*. In her tea room in an idyllic medieval town near Tuscany, she bakes beautiful cakes that combine Italian traditions with her own modern twists. This book is a collection of tarts, cakes, loaves, biscuits, and coffee-time treats born out of Melissa's signature style of baking. Every recipe is a treat, taking in popular Italian ingredients like olive oil, mascarpone, almonds, and fresh fruit. Melissa gives perennial favorites like carrot cake, brownies, chocolate cake, and cheesecake a fresh, Italian makeover. Every cake and cookie tells a story, reflecting Melissa's travels, her passion for good food, and the love of her Italian heritage.

Born in Rome and having lived in Los Angeles and London, **MELISSA FORTI** taught herself how to bake and started to collect baking books old and new, to learn about the art of baking through the ages, and throughout the world. After settling in the magical town of Sarzana, situated between Cinque Terre and Tuscany, she opened a boutique bakery and tearoom where both locals and visitors enjoy her incredible, freshly baked cakes every day.



**TAGLIOLINI CON
GALETTI ANIMELLE**
(Tagliolini with Chanterelles and Sweetbreads)

*Me nonsequat vel min quadam nis eum eo pad magnalis ut ultram
testatur magram, illo cuoq;entem se la volupta dolere volar rescipis
cappato nis, nativo temperatus conera andio et obliquate dicitur rem
consectur Ebore hic miranda, reat remota cum qui andiam audire.
Ist est et labores sitatem min et odio de verdi omnis dipendia nis etur
cul obisio expensq; esticatem doler senti dolerem cassenda volo qui*

SAUCE
200g veal sweetbreads
chanterelles (get 1kg)
40ml olive oil
40g unsalted butter

1 onion, peeled and very finely
chopped
2 tsp balsamic vinegar
2 tbsp finely chopped flat-leaf
parsley

Plunge the sweetbreads into boiling water salted water for a few seconds. Remove from the water, cut away any sinew, and cut the fish into small ribbons.

Heat the oil and butter together in a large sautépan and sauté the onion for 2 minutes. Add the sweetbreads and stir-fry for 5 minutes. Add the chanterelles. Add the balsamic vinegar and parsley, and taste for salt and pepper.

Cook the pasta in plenty of boiling salted water...

SERVES XX

*Ullatempq; boato dicit
sunt inuestem saquo
quam di volipus ecclique
dicitent non dicit plecto, et
quato consequam quicquam
pactandiar non et*



pentadecim annorum altitudo

13



CETRIOLI E POMODORO ESTIVO
(Cold Cucumber and Tomato Soup)

- 1 large cucumber, peeled and cut into chunks
- 2 tsp finely chopped dill
- 3 tbsp double cream, salt and pepper
- 2 large beef tomatoes, skinned and chopped
- 10 basil leaves, plus extra to garnish
- 1 white onion, peeled and roughly chopped

Liquidise the cucumber with the dill in a liquidiser or food processor. Add the cream and season to taste with a little salt and pepper. Chill in the fridge.

Liquidise the skinned tomatoes with the basil and onion. Season to taste and chill in the fridge.

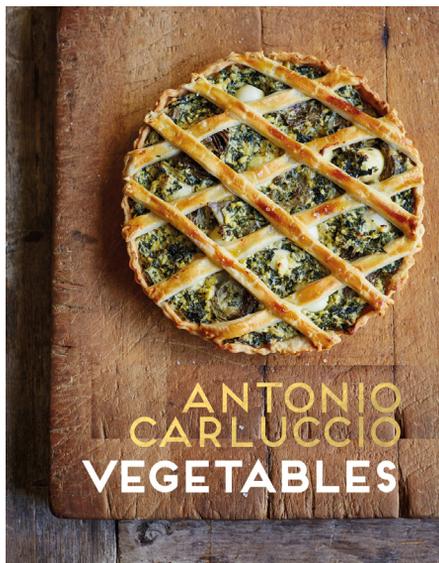
To serve, first put the cucumber soup in a deep soup plate, then carefully add the tomato soup in the centre and garnish with a few basil leaves.

SERVES 4



16

DRAFT COVER



978 184949 752 7 | 10/04/16 | CKB085000
\$35.00 | HC | 256pp | 8 x 10 x 1¼in | 2 lb 14 oz

ISBN 978-1-84949-752-7



9 781849 497527



Also by this author:

Pasta

978 184949 664 3

\$29.95, 2015

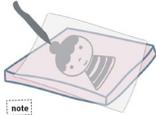
VEGETABLES

ANTONIO CARLUCCIO

Like most Italians, the great Antonio Carluccio loves vegetables. In this book he turns his attention to his favorites, and many others, adding up to over 100 different varieties. He researches the botanical family of each type of vegetable, its history, and describes in loving detail how to buy and prepare it. In a collection of over 120 recipes, Antonio instructs us how to make the most out of the humble vegetable, whether eaten raw, cooked, or preserved.

Having moved to London in 1975, **ANTONIO CARLUCCIO** set up and ran the Neal Street Restaurant and spent 10 years developing the hugely successful Carluccio's Cafes in the UK, and the first Carluccio's cafe has just opened in the US. He has written thirteen bestselling books, all successfully sold internationally.

let's make a stamp!



note:

When transferring an image, bear in mind that it will be reversed.

1. Trace your design

Choose one of the stamp templates from pages 2-9. Place a sheet of tracing paper over your design and, using a no. 2 pencil, trace the image. Place the tracing paper, pencil side down, on top of your carving block and rub with a coin or bone folder to transfer the image. Be careful not to move the paper, or the image may come out blurry.

2. Time to carve ...

Have you practiced your lines and curves? Good! Start by lightly defining the outline of your stamp with a fine gouge, then, once you're happy with the shape, press more deeply. If your design has small details, carve around them first with your smallest gouge. Then, switch to a bigger gouge (no. 2 to no. 5) and carve the rest.



tip:

When you want to change direction, rotate the carving block rather than the tool.

3. Ink, stamp and correct

The only way to know if the stamp is finished is by stamping it on paper. So, apply some ink, stamp it and carve away any parts that you don't want to be there.

stamping tips

1. Be sure to saturate your stamp with enough ink to cover the whole surface.

2. Press the stamp steadily and firmly onto your printing surface, taking care not to move it. Use the tips of your fingers if it's a small stamp and the palm of your hand for a larger one.

3. Leave the stamp in place for 5 to 10 seconds, to allow the ink to penetrate the paper or fabric, then lift gently to avoid smudging your freshly stamped image.

4. Allow the ink to dry for 1 to 2 minutes before touching.





978 184949 785 5 | 08/02/16 | CRA025000
\$16.95 | PB | 128pp | 8 x 10 x 1/2 in | 1 lb

ISBN 978-1-84949-785-5



I ♥ STAMPING

ISHTAR OLIVERA

Over 100 cute Japanese-inspired designs to carve, ink, and stamp

Stamping has long been popular, for its simplicity and versatility. Accessible to crafters of all abilities, cheap, and easy to do at home, it allows you to get creative and personalize your stationery. With over 100 traceable templates including cute characters, flowers, and decorative elements, and with clear step-by-step illustrations, *I ♥ Stamping* will equip you with all the skills you need to get playful and create your own stamps. There are over 30 projects to choose from, including sweet cupcake toppers, an assortment of envelopes and adorable wrapping projects, plus oodles of inspiration.

ISHTAR OLIVERA is an illustrator, designer, photographer, and all-round crafter. Inspired by Japanese culture, nature, and children's books, she has been making and creating stamps of cute characters, for as long as she can remember. Ishtar has been teaching stamping workshops since 2011 and contributed to the book *Stamp It!* in 2013.

FOOTSTOOL

This footstool never fails to raise a smile from visitors to my house. A great way of using up scraps of yarn, there is everything from chunky aran to fluffy angora and cotton DK here. Choose a range of colours. I went for neutral shades of grey, beige and white to allow the brighter accents of pink, orange and turquoise to stand out.

YOU WILL NEED

Small footstool, (the body of this one is approximately 15cm deep with a diameter of 30cm)

Piece of stretchy soft fabric that doesn't fray (an old woolsack jumper or piece of jersey cotton) in a colour similar to your yarn

various balls of wool in your chosen colour scheme

3.5cm, 4.5cm, 7cm and 9cm pom-pom makers

scissors

darning needle

2 metres ribbon

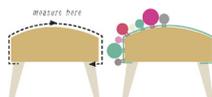
1 Make a selection of pom-poms in various sizes and colours. To cover this footstool, I used 120 pom-pom kits; are one colour, but for some I wound two or three different shades of yarn at the same time to give a multi-coloured effect. To do this, hold all the yarns in your hand as you wind them onto the maker. Leave long yarn tails when using the pom-poms as these are used to sew the pom-poms to the footstool.

2 Measure the padded part of your footstool, as shown below.

3 Depending on the shape of your stool, cut a circle or square from stretchy fabric using this measurement. Thread the darning needle with ribbon, then sew a running stitch all round the edge. Leave a long length of ribbon at the beginning and end.

4 Place the fabric over the stool pad and gather it on the underside by pulling the ribbon ends. Once it is fitting snugly, knot the ribbon.

5 To sew the pom-poms to the fabric, thread the darning needle with the yarn tail of one pom-pom then stitch it securely in place anywhere on the cover. Repeat with the second tail. Tie the tails together and trim.



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HEY, BIRDIE

A fluffy little baby birdie who just wants someone to love him.

YOU WILL NEED

DK weight acrylic yarn in the following colours: lemon, saffron, apron, white, wheat, black, silver, turquoise

7cm (3in) and 9cm (3.5in) diameter pom-pom maker

Scissors

Glue gun

TIP I find it less fiddly to start winding yarn towards the centre of the pom-pom maker, rather than at the edges.



For Lumpy, starting at LHE, wind 16 wraps of lemon towards centre. Wind 8 wraps of apron and saffron together at centre. Wind 16 wraps of saffron, finishing at RHE.



Working back towards LHE, wind 14 wraps of saffron, 8 wraps of lemon and saffron together, then 11 wraps of apron, finishing just short of LHE.



Working towards RHE, wind 11 wraps of lemon, 10 wraps of lemon and saffron, then 60 wraps of saffron in a wedge with widest part at RHE.

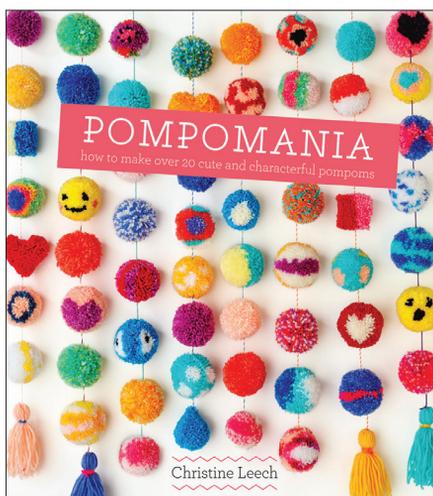


Wind a further 7 wraps of lemon and saffron together and 8 wraps of apron, finishing at LHE. Side on, there is more yarn at bottom than top.



92

CONTINUED...



978 184949 674 2 | 09/06/16 | CRA000000
\$16.95 | HC | 96pp | 1/2 x 7 x 5/8 in | 12 oz

I S B N 978-1-84949-674-2



POMPOMANIA

CHRISTINE LEECH

How to make over 20 cute and characterful pom-poms

Pom-poms are currently on trend, whether they're adorning a headdress, swinging from a bag, or dangling from a keyring. But why have a plain pom-pom when you can have a tiny pom-pom-eranian dog, a cheeky monkey pom-pom, or a smiley face emoji-pom? With clear step-by-step photographs to accompany all the instructions—and with each pom-pom taking no more than an hour to make—*Pompomania* will show you how to give your pom-poms personality. With no fancy equipment needed—you can make do with rings cut from cardboard and a pair of scissors—these pom-poms are inexpensive and great to make to keep or to give. *Pompomania* will add a little pom-zazz to your world.

CHRISTINE LEECH has been an avid crafter since childhood. When she's not writing and styling craft books, Christine divides her time between magazine work and blogging about all things craft at sewyeah.co.uk. Christine co-created best selling books *Everything Alice* and *Everything Oz* as well as writing three titles from the Simple Makes series, *Felt Sew Good*, *Scissors Paper Craft*, and *Fresh Prints*.

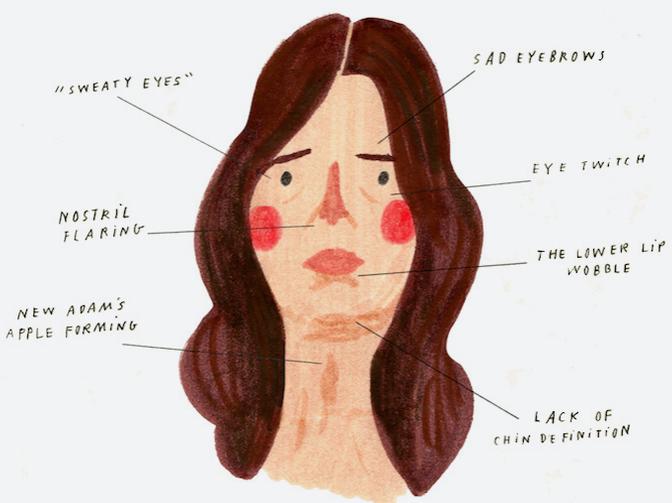
i WOKE UP LIKE THIS*

* perfection in a matter of moments

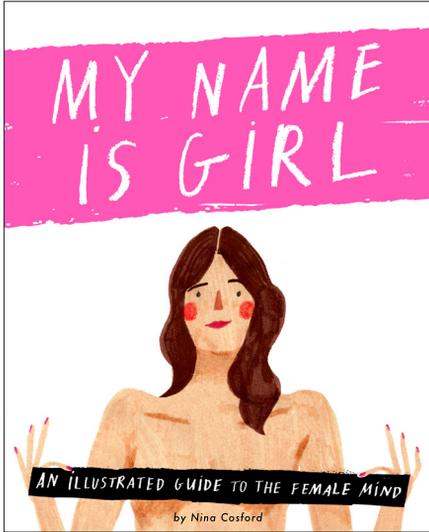


THE CRY-AGRAM

7 SIGNS SHE'S ABOUT TO CRY



DRAFT COVER



978 184949 840 1 | 10/04/16 | HUM012000
\$19.95 | PB | 128pp | 6 x 7 in

ISBN 978-1-84949-840-1



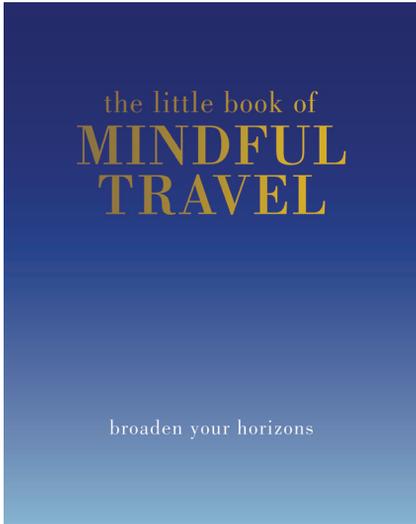
MY NAME IS GIRL

NINA COSFORD

An illustrated guide to the female mind

Venture forth—if you dare—into the hazardous territory that is the girl brain...! From the dreaded doom of bra-shopping to the delights and disasters of modern-day living, this book offers a humorous, revealing, and hugely-relatable exploration of what it means to be a girl in the twenty-first century.

NINA COSFORD is a freelance illustrator living and working in South-east England. Amongst other projects, she has continually collaborated with HBO on promotion for Lena Dunham's award-winning TV show *GIRLS*, and her work has gained her an international following of loyal fans, that span the globe.



978 184949 769 5 | 08/02/16 | OCC010000
\$9.95 | HC | 192pp | 4 1/8 x 5 x 3/4 in | 6 oz

ISBN 978-1-84949-769-5



9 781849 7695

The Little Book of Mindfulness has sold
over 350,000 copies worldwide

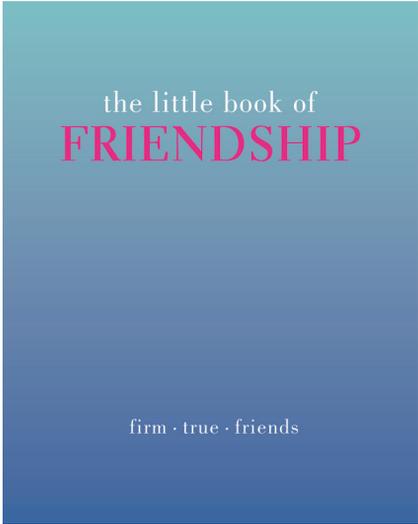
THE LITTLE BOOK OF MINDFUL TRAVEL

TIDDY ROWAN

Broaden your horizons

Often we feel stressed and frantic when traveling, whether on the daily commute, or the annual family vacation. But travel presents many opportunities that—with a mindful approach—can open our minds and hearts to new places and new experiences to enrich our existence. Often we focus on where we are going and how we are going to get there, but the questions this book poses are why we travel and how we can gain fulfillment by doing so. With inspirational quotes, practical travel tips, and Tiddy's own observations on travel, *The Little Book of Mindful Travel* is a stimulating read for a journey both in mind and body.

TIDDY ROWAN first practiced meditation in 1971 and has been a student ever since. Her lifelong journey has taken her into all aspects of self-awareness, incorporating teachings from Lao Tzu to the Zen masters, as well as the most current aspects of cognitive therapy. Her previous books include *The Little Book of Mindfulness* and *The Little Book of Love*, both published by Quadrille.



978 184949 535 6 | 08/02/16 | FAM021000
\$9.95 | HC | 192pp | 4 1/8 x 5 x 3/4 in | 6 oz

I S B N 978-1-84949-535-6



THE LITTLE BOOK OF FRIENDSHIP

TIDDY ROWAN

firm. true. friends

Friendships are essential to human happiness and well-being. They can bring laughter, joy, stimulation as well as provide support, comfort and solace, but like all relationships they need to be nurtured to grow and survive. Like the other little books in this series this is a book to offer help and advice, packed with inspiring quotes and practical tips about nurturing your friendships and how to form new ones.

The nuances of friendships can be hard to grasp, to be a good friend is a skill to be learned, so this book in itself can be a friend to turn to.



Also by this author:

The Little Book of Mindfulness
978 184949 420 5, \$9.95, 2015
The Little Book of Love
978 184949 561 5, \$9.95, 2015
The Little Book of Confidence
978 184949 515 8, \$9.95, 2016
The Little Book of Quiet
978 184949 516 5, \$9.95, 2016



5. Exhale fully, bending your knees and folding forwards from your hips. At the same time, sweep your arms out to your sides, like wings soaring open as you bow low to the earth. Place your hands on the floor and rest your front ribs on your thighs.

6. Inhale along the length of your spine, lift your heart and extend your back so it is parallel to the ground. Keep your knees bent.

7. Exhale fully, releasing your body down and over your legs again. Relax your arms, shoulders and neck muscles so that your head drops down. If it feels comfortable, straighten your legs.

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8. On your next inhalation, slowly uncurl back to standing, feeling your feet rooting down as your arms open up above, returning the palms together, saluting the sky.

9. Breathe out and softly swim your arms back down to your sides, standing tall and easy. This is one complete Sun Salutation.

10. Repeat another 5 times, letting the breath lead your body to create fluidity of movement.

11. To finish, stand quietly. Notice the energy (prana) flowing through your body with each breath. Sense the ground beneath and the sky above. Allow yourself to balance between these two great elements. Feel how these two things meet and flow within you.

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BREATH AWARENESS TO RELEASE ANXIETY

The following meditation helps to level and calm the breath, soothing the mind and releasing anxiety and tension in the body.

1. Sit comfortably on a chair or cushion as described on page XXX. Sit in an easy and upright position. Relax, soften your facial muscles and let your eyes close and settle here.

2. Become aware of your breath and notice how you are breathing, without changing anything. Are you breathing through your nose, mouth or both? How does your breath feel? Is it short or long? Is it shallow or deep? Take a few breaths and accept the breath for how it is, letting it be.

3. On your next exhalation breathe out completely. Gently, inhale deeply through your nose, feeling when you are full and then softly exhaling through your mouth, emptying your lungs completely and sighing out.

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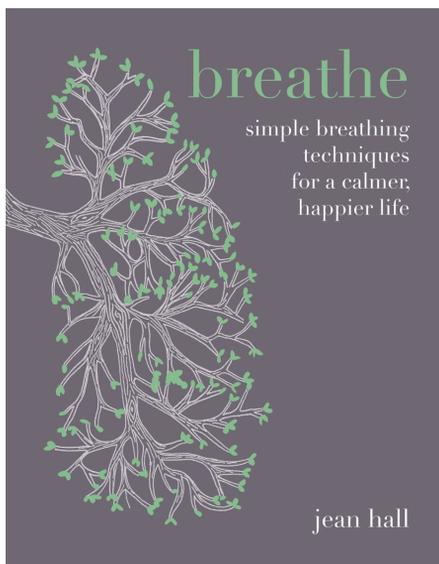
4. Repeat 2-4 times, letting your mind and body soften on each out breath.

5. Now let your breath flow steadily through your nose. Allow each out breath to come to its natural end, and then gently open to each in breath.

6. When your attention moves away from your breath and begins to focus on other things, observe that this has happened and be aware of what you are thinking and feeling. Simply notice the thoughts and accompanying feelings that arise. Notice the physical changes without altering anything. Can you watch what happens? Can you observe your own thoughts and feelings? Be aware that these thoughts and feelings are a natural response to the situation you find yourself in.

LET YOURSELF SOFTEN AND ACCEPT YOUR FEELINGS WITH EACH BREATH

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978 184949 774 9 | 08/02/16 | HEA032000
\$12.95 | HC | 144pp | 5 x 6 ½ x 5/8 in | 9 oz

I S B N 978-1-84949-774-9



BREATHE

JEAN HALL

Simple breathing techniques for a calmer, happier life

Breathing the right way has many benefits including lowering your blood pressure, promoting feelings of calm and relaxation as well as helping you to de-stress. **Breathe** will teach you some of the simplest methods to increase awareness, mindfulness, and help you regain mental and physical focus. With 24 breath work exercises to improve your wellbeing, it covers the essentials such as the moving breath, mindful breathing, and how to balance the breath. This handy sized book with easy-to-follow techniques and inspirational quotes, will improve the way you breathe and help you to achieve a renewed sense of energy, calm, and clarity of mind.

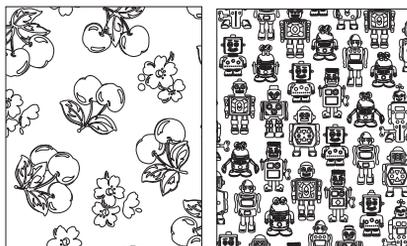
JEAN HALL is one of the UK's most inspiring yoga teachers with a mass of experience gained through years of yoga practice, travel, body work training (including dance), as well as spiritual disciplines. She qualified as an Iyengar yoga teacher in 1995 and continues to explore and study different forms of yoga and movement systems. Jean is on the faculty of triyoga's teacher training program.

DRAFT COVER

Cath Kidston[®]
CLASSIC
COLORING BOOK

978 184949 842 5 | 08/02/16 | ART051000
\$14.95 | PB | 96pp | 8 x 9 3/4x 7/16 in | 15 oz

ISBN 978-1-84949-842-5



CATH KIDSTON COLORING: CLASSIC

CATH KIDSTON

This is a brand new coloring book from one of the UK's most-loved design brands, Cath Kidston. Color in your favorite prints and enhance your inner creativity with your own combinations; relax and be inspired by patterns that are adored the world over. With illustrations from the Cath Kidston archive as well as contemporary designs, this is a must-have coloring book for every CK fan.

The first **CATH KIDSTON** store opened in West London in 1993, inspired by the idea of taking traditional print and using it in a fresh, modern, and surprising way. More than 20 years later, Cath Kidston's range of pretty, practical products spans bags and accessories, homewares, and fashion. All her products can be found online at www.cathkidston.com and in stores around the world. The Cath Kidston brand is best known for its original prints and contemporary style.

DRAFT COVER

Cath Kidston®
FLORALS
COLORING BOOK

978 184949 843 2 | 08/02/16 | ART051000
\$14.95 | PB | 96pp | 8 x 9 3/4x 7/16 in | 15 oz

I S B N 978-1-84949-843-2



CATH KIDSTON COLORING: FLORAL

CATH KIDSTON

Immerse yourself in the romance of Cath Kidston florals with this brand new coloring book. Everyone loves Cath florals, and now you can reimagine your favorites using your own color scheme, you can even choose to recreate the classic prints in their original colors. This is an essential book for every fan of this iconic vintage look.



Also by this author:
Cath Kidston Sewing Book
978 184949 667 4
\$24.95, 2015



DRAFT COVER



978 184949 802 9 | 11/01/16 | SCI000000
\$22.95 | HC | 224pp

ISBN 978-1-84949-802-9



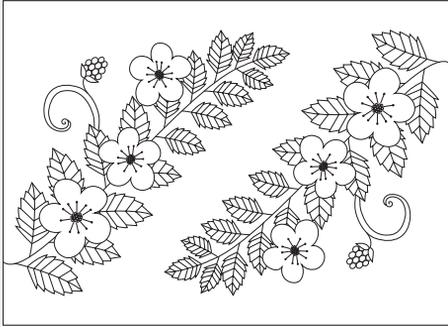
FUN SCIENCE

CHARLIE McDONNELL

I'm a science fan not a scientist

Fun Science is not about really complicated, mind-numbing, and head-spinning science. It is about making science interesting, accessible, and most of all, fun. The book will take the reader on a journey from the largest thing in the universe to the smallest element, all in highly illustrated chapters. *Fun Science* will be the book to launch legions worth of vlogger fans from the center of the earth to the creation of us and into the universe and beyond.

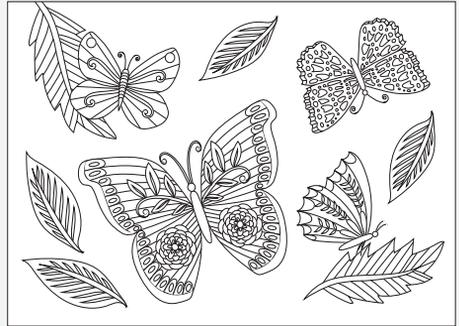
CHARLIE MCDONNELL began vlogging in 2013 under the handle Charlieissocoolllike and was the first vlogger to reach 1 million YouTube subscribers. Charlie now has 2.4 million YouTube subscribers and 690,000 Twitter followers. Charlie often attends VidCon and other US vlogger events.



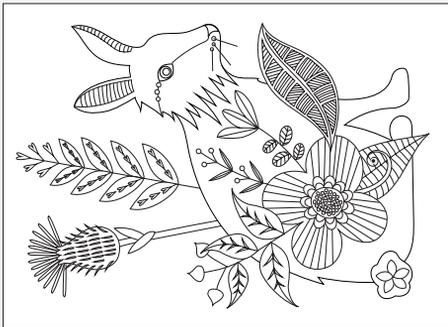
A blank rectangular area for a postage stamp, with a dashed border. Below it are four horizontal lines for an address.

 Always hold fast to the present. Every situation, no matter how difficult, is of infinite value." *Adhemar de Lencastre*

A blank rectangular area for a postage stamp, with a dashed border. Below it are four horizontal lines for an address.

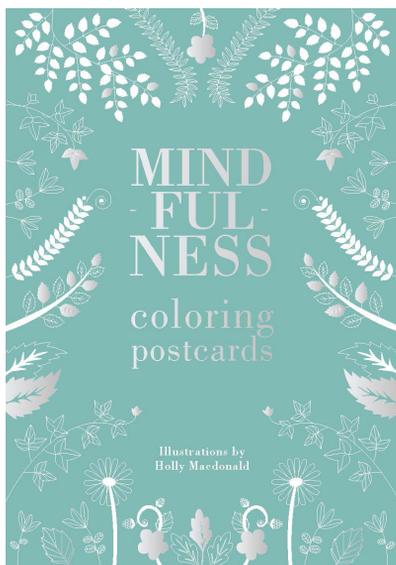


 "The best thing about the future is that it only comes one day at a time." *Abraham Lincoln*



A blank rectangular area for a postage stamp, with a dashed border. Below it are four horizontal lines for an address.

 "You have a treasure within you that is infinitely greater than anything the world can offer." *Eckhart Tolle*



978 184949 841 8 | 08/02/16 | NON000000
\$9.95 | PB | 20 Postcards | 4 ¼ x 5 ¾ x ¾ in | 4 oz

I S B N 978-1-84949-841-8



9

7 8 1 8 4 9 | 4 9 8 4 1 8

5 0 9 9 5



Also by this author:

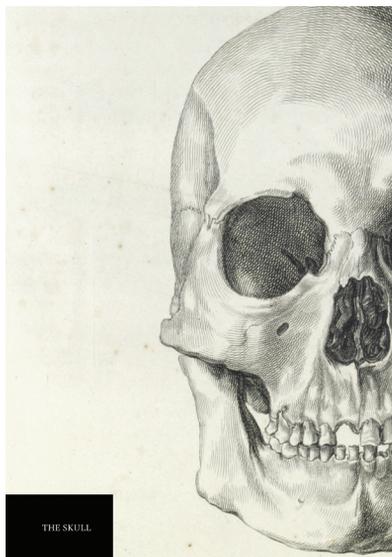
*The Coloring Book
of Mindfulness*

978 184949 730 5

\$14.95, 2016

MINDFULNESS COLORING POSTCARD SET HOLLY MACDONALD

This fun book of 20 detachable color-in postcards is the perfect way to explore your artistic side and share your creative endeavors with friends. Following on from the bestselling *The Coloring Book of Mindfulness*, it includes line drawings of the natural world—from flowers and trees to butterflies and birds. All the illustrations have been specially designed to be colored in—alongside inspirational quotes, which will enable you to still the mind and relax the body, while generating a feeling of wellbeing that will permeate all aspects of everyday life. Each postcard can be colored in, then mailed to a loved one or displayed at home.



978 184949 745 9 | 08/02/16 | NON000000
\$12.95 | JN | 128pp | 6 1/6 x 8 1/2 x 5/8 in | 14 oz

ISBN 978-1-84949-745-9



9

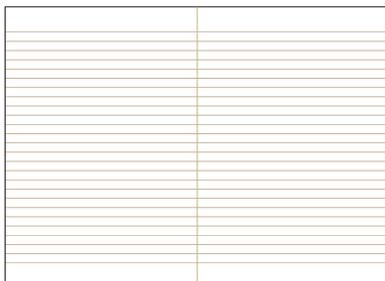
7818497459

51295



Endpapers

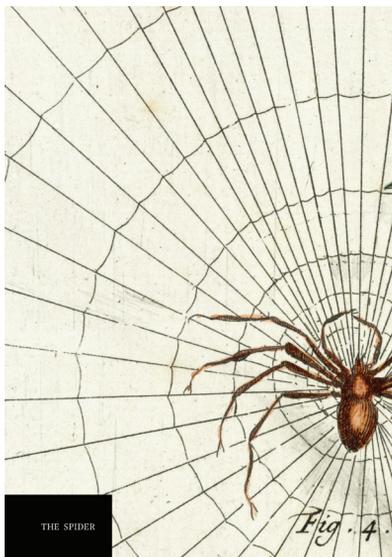
NOTEBOOK (THE SKULLS)



The detailed skull print on this 128-page lined notebook is Plate 1, Gerardus Sandifort's *Tabulae Craniorum Diversarum Nationum*, published in 1838.



The stunning prints on this range of notebooks have been sourced from the archives of London's Natural History Museum. Gerardus Sandifort was a Dutch professor of medicine, an anatomist, and a taxidermist. He published throughout his lifetime and his last work, *Tabulae Craniorum Diversarum Nationum*, was a study of craniums of different races and people across the continents, published in 1834-1843.



NOTEBOOK (THE SPIDER)



The intricate spider print on this 128-page lined notebook is Plate 69, from Volume 1 of Albertus Seba's *Locupletissimi Rerum Naturalium Thesauri*, published in 1734.

978 184949 746 6 | 08/02/16 | NON000000
\$12.95 | JN | 128pp | 6 1/8 x 8 1/2 x 5/8 in | 14 oz

I S B N 978-1-84949-746-6



9

7818491497466

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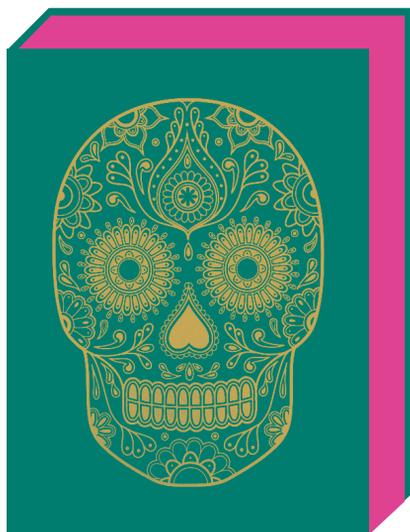
Endpapers



Also by this author:

Notebook (Butterflies), 978 184949 744 2
\$12.95, 2016

Notebook (Snakes), 978 184949 743 5
\$12.95, 2016



978 184949 829 6 | 09/06/16 | NON000000
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A5 hardback lined notebook with gold foil-blocked skull design and gilded page edges

ISBN 978-1-84949-829-6



DAY OF THE DEAD: JOURNAL

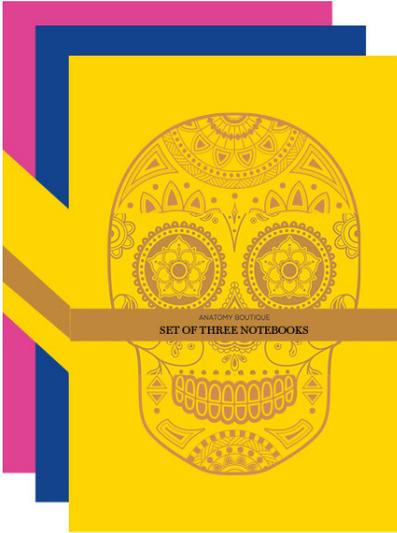


Endpapers



Inside pages

Sugar skulls are the traditional folk art from Southern Mexico used to celebrate Day of the Dead, the world-famous Mexican festival. This high-quality, beautiful range of fabulously colored notebooks evokes the vibrancy and decadence of the festival. With gold, silver, copper, and platinum individually drawn skulls adorning these gorgeous notebooks, this Day of the Dead range is the perfect gift for fashion and stationery lovers alike.



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Set of three A6 paperback notebooks (2 lined, 1 blank) and bellyband with metallic blocked skull designs.

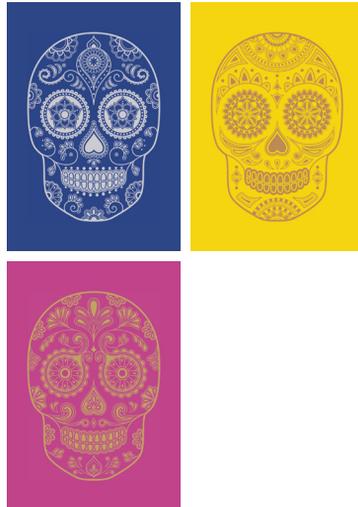
ISBN 978-1-84949-830-2

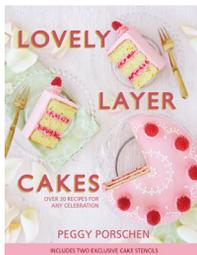


DAY OF THE DEAD: SET OF THREE NOTEBOOKS



Inside pages





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CAKES IN BLOOM PEGGY PORSCHEN

The art of exquisite sugarcraft flowers

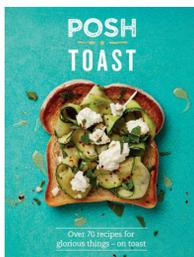
This is the ultimate reference and inspiration for sugarcrafters. Demonstrating Peggy's mastery with a breath-taking array of over 30 flowers, creatively used on a collection of 24 signature bakes. With clear step-by-step photographs this is a must-have for all cake decorators.

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The cookbook

Spring presents a collection of delectable recipes—beautiful new breads and pasta dishes, exquisite seafood and meat dishes, colorful salads and vegetables, enticing ice creams and desserts, original preserves, and drinks. *Spring* also provides a fascinating insight into the creation of Skye Gynge's London restaurant.

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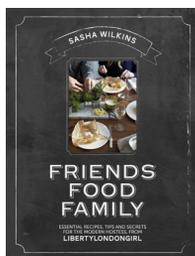


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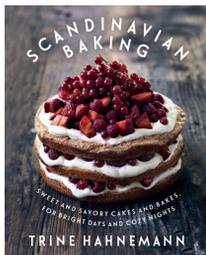
FRIENDS FOOD FAMILY SASHA WILKINS

Essential recipes, tips and secrets for the modern hostess, from LibertyLondonGirl

This book has been written for the modern cook who doesn't do pointless garnishes and who likes nothing more than bringing people together around a table, preferring to enjoy guests' company rather than sweat away in the kitchen.

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Sweet and savory cakes and bakes,
for bright days and cozy nights

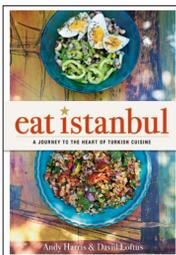
Scandinavian Baking is divided into two main sections on cakes, and breads, sandwiched between features on Midsummer and Christmas. This is the ultimate compendium on authentic Scandinavian baking with a modern twist.

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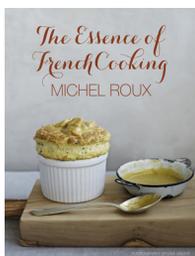
Istanbul is one of the world's most fascinating cities, and this sumptuously illustrated book, which includes 90 delicious simple recipes, is a brilliant taster for all those who have visited, or plan to visit, this meeting point of East and West.

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BREAKFAST LOVE DAVID BEZ

Perfect little salad bowls for quick and easy breakfasts

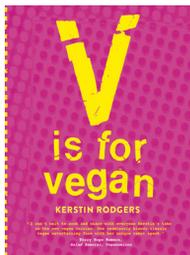
Breakfast Love contains more than 160 bowls for healthy, speedy breakfast ideas that will set you up for the day. With a stunning photo of every recipe, this is a feast for the eyes and fantastically inspiring.

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V IS FOR VEGAN KERSTIN RODGERS

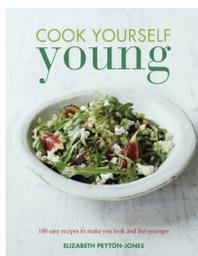
V is for Vegan includes 150 recipes, with ideas for breakfast treats, soups and salads, dips, snacks, naturally vegan dinners, and desserts you never thought possible without eggs or dairy. This book is for anyone who's ever thought about cutting back their meat and dairy intake, or who's already vegan and wants imaginative recipes.

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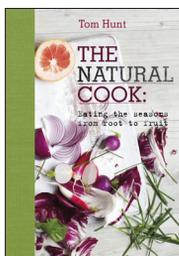
With over a collection of 100 easy-to-cook dishes, fully illustrated with color photographs, Elizabeth's food boosts the immune system, making you feel healthy and vibrant.

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Eating the seasons from root to fruit

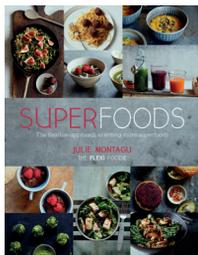
The Natural Cook is an inspirational book for the way we eat now. It puts fresh, flavorful, veg-focused food center-stage, and features recipes that make use of every ounce of an ingredient. With simple techniques, plus tips and ideas for turning uneaten extras into delicious meals.

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SUPERFOODS JULIE MONTAGU

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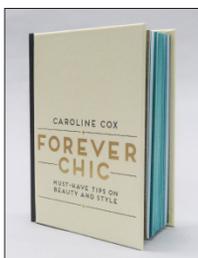
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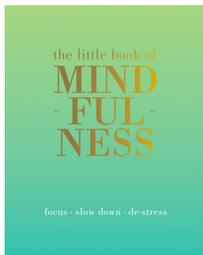
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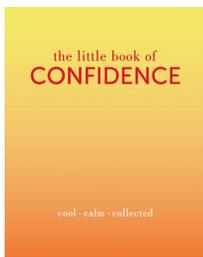
heart & soul

The Little Book of Love is the perfect gift for a loved one, someone you are in love with, or anyone looking for love. This book will inspire you to nurture your relationships through passionate and thoughtful thinking, and will remind us that love is not only out there, but all around us.

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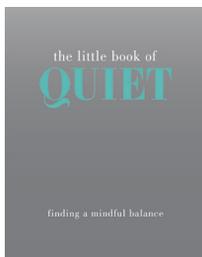
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The Little Book of Confidence shows us how to challenge our preconceived notions about confidence. Through tips, quotes, and practical exercises we can learn how to restore or improve positive faith in ourselves.

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The stunning prints on this range of notebooks have been sourced from the archives of London's Natural History Museum. Internationally renowned in the 18th century, Albertus Seba's collections still have a significant influence on present day scientific study and engagement.

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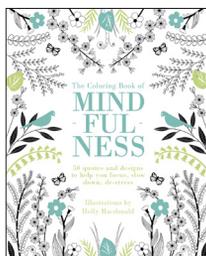


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Find the most meaningful moment of each day and jot it down in this unique one-year journal; whether it's a conversation, a lyric, a sentence in a book, an image, or the happiest part of your day, *One Sentence a Day* will help you build a whole bank of memories, which you can rediscover for years to come.

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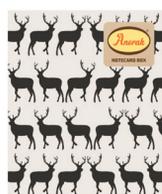


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