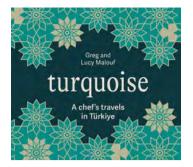


Food & Drink



Turquoise A Chef's Travels in Türkiye **Greg Malouf and Lucy Malouf**

9 January 2025 | Hardcover £30.00 | 9781761451164 368 Pages | 215 x 240 mm Full-colour photography

View on Edelweiss



SUQAR 9781743794135 £32.00 | Hardcover

Greg and Lucy Malouf's classic cookbook Turquoise, now available as a new edition.

In Turquoise Greg and Lucy Malouf delight us by bringing their own inimitable blend of food and travel writing to the Turkish culinary landscape.

Join them as they visit spice markets and tiny soup kitchens, taste fish sandwiches on the Bosphorus, and drink cay in ancient tea houses. Inspired by the foods they discover along the way, some of the recipes in *Turquoise* are classics, such as Dumplings Filled with Cheese and Mint and Sticky Pistachio Baklava.

Many more spring from Greg's unique talent and imagination, which combine here to create dishes like Spicy Red Pepper Soup with 'Hamsi' Toasts; 'Tulum' Cheese Salad with Roasted Walnuts, Rocket and Mint; and Clotted Cream Ice Cream with Apricots and Fresh Honeycomb.

With his inventive modern take on Middle Eastern food, Greg **Malouf** is a defining influence on the international food scene. Along with writing partner Lucy Malouf, he has produced eight beautiful and highly acclaimed books on different cuisines. He divides his time between Melbourne. London and Dubai. Lucv Malouf is a food and travel writer and editor. She consults to publishing houses globally and her books with Greg Malouf have been translated into multiple languages.

- Greg and Lucy Malouf recently won a coveted James Beard Award for their latest book SUQAR
- Their books have sold over 50,000 copies in the UK alone



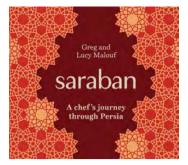












SarabanA Chef's Journey Through Persia **Greg Malouf and Lucy Malouf**

9 January 2025 | Hardcover £30.00 | 9781761451171 356 Pages | 215 x 240 mm Full-colour photography

View on Edelweiss

Greg and Lucy Malouf's classic cookbook *Saraban*, now available as a new edition.

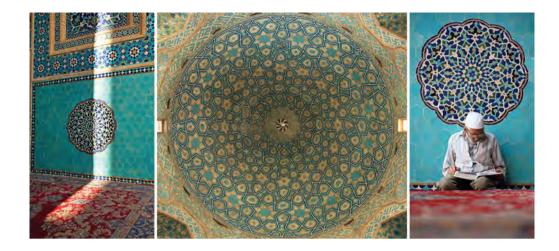
Saraban is an unforgettable journey through the culinary landscapes of ancient Persia and modern-day Iran.

Greg and Lucy Malouf discover a land where the rich diversity of climate, countryside, architecture and poetry provide a fitting background for an equal variety and richness of cuisine. Join them as they visit bustling bazaars and tiny soup kitchens, pick saffron before dawn and fish from wooden dhows in the Persian Gulf.

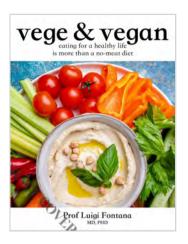
Then discover the joy of Persian cooking for yourself with the mouth-watering recipes that Greg has created for the home kitchen, as he mixes centuries of tradition with modern techniques and flavours for both the home cook and experienced chef.

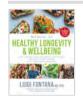
With his inventive modern take on Middle Eastern food, **Greg Malouf** is a defining influence on the international food scene. Along with writing partner Lucy Malouf, he has produced eight beautiful and highly acclaimed books on different cuisines, including the 2019 James Beard–award-winning *SUQAR*. He divides his time between Melbourne, London and Dubai. **Lucy Malouf** is a food and travel writer and editor. She consults to publishing houses globally and her books with Greg Malouf have been translated into multiple languages.

- Greg and Lucy Malouf recently won a coveted James Beard Award for their book SUQAR
- Their books have sold over 50,000 copies in the UK alone









Manual of Healthy Longevity & Wellbeing 9781743796825 £18.99 | Paperback



The Path to Longevity 9781743795965 £18.99 | Paperback

Vege & Vegan

Eating for a healthy life is more than a no-meat diet **Luigi Fontana**

20 February 2025 | Paperback £18.99 | 9781761450884 224 Pages | 234 x 180 mm Full colour

In Vege & Vegan Professor Luigi Fontana explains how giving up meat is not enough to achieve long-term health.

Multiple studies show that eating a vegetarian diet can be beneficial to long term health and longevity but many vegetarians fail to eat healthily, consuming processed, high calorie, sugary foods. This book provides a guide to the healthy foods that vegetarians and vegans should be choosing to eat if they want long-term health benefits.

Whether you eat vegetarian meals one day a week or seven days a week you will benefit from *Vege & Vegan*: eating for a healthy life is more than a no-meat diet.

Professor Luigi Fontana, M.D., Ph.D. is a physician scientist who is recognised as the leading world expert on longevity. Professor Fontana was invited to join the University of Sydney as the Leonard Ullmann Chair of Translational Metabolic Health and Director of the Healthy Longevity Research and Clinical Program at the Charles Perkins Centre. He was for many years Professor of Medicine at Washington University, one of the four most highly regarded medical universities in the USA, and is credited with conducting the foundational research that gave rise to the 5:2 diet.

- Third title from scientist and longevity specialist Luigi Fontana, who pioneered the research behind the 5:2 diet
- Explains the range of nutrients the body needs to sustain itself healthily and where to find them when avoiding animal products
- Alongside the information, he'll offer 80 delicious and balanced recipes to get you started.





vegetarian or vegan?

Ask a room full of people to raise their hands if they cat a vegetarian or vegan diet, if not all of the week, then a part of the week, and the majority will put up their hands. Then ask them if they believe that eating a vegetarian or vegan diet will make them healthier; the majority will again raise their hands.

It's happening right across the western world, Morepeople are turning away from an omnivorous diet — one where they cas both plant- and animal-based foods — and becoming either vegetariants or vegan.

In 2023, Statista research department published data from 2019 that showed 42 per cent of Australians are choosing to ear less meat or notes at all: 10 per cent dentified themselves us vegan or vegetarian, 12 per cent as a meat reducer and 20 per cent as flexitarian.

Ancedously, the reasons for people reducing or reason ing meat from their dies; is varied, Atronay long-term vegeration and vegats, nained welfare seems to be a common attionale. Others have been moved in party drop meat from their dies thanks to long-term social initiatives like Meas Free Monday and Vegataural; which encourage people to adopt vegetation or vegats dies for short amounts of time.

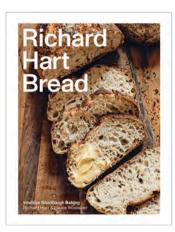
Some people choose in our vegetarian food, even part-time, because it is economical, an important consideration as we face rising cost of living expenses. Others, particularly younger adults.

It's happening right across the western world, More choose to cut a vegetarian diet because it is easier people are turning away from an omnivorous diet in maintain a healthy weight.

Then there are those who'v chosen to up plantbased because of the precived health hearths, both for themselves and for the planes. However, on noted abors, rous people believe then eating less next is healthier, whether they cut vegetation or vegan one day a week or every day of the week. Whatever assessor's reason for adopting a plantbased or flexitation diet, it's clear than this is more than just a fade.

There are diff erent types of plant-based diers, bar vegars (100 per cent plant-based), luxuo-mo vegarsine (plant-based except for the addition of dairy produces and/or eggs where animals are not harmed and percov-operation or postuation (plant-based with this and scafood, with or without segs and dairy) are some of the most common. All vegetarian drive exclude mea: — bert, post, lumb, vention, chicken, ex. — and related meat products. Many people assume solely scarting ment from their dair will improve their beathly. What they don't understand is that other changes excel to be made

VEGETARIAN OR VEGAN?



Richard Hart Bread Intuitive Sourdough Baking Richard Hart

23 January 2025 | Hardcover £28.00 | 9781761451607 304 Pages I 254 x 203 mm Full-colour photography | Commonwealth ex. CAN, no Europe

A comprehensive guide to baking bread, featuring 60 recipes from the founder of Copenhagen's Hart Bageri and former head baker at San Francisco's Tartine.

Richard Hart Bread is THE guide to the intuitive art of baking bread. By learning how to see, taste, touch and adapt, readers can find their own way to making truly wonderful bread - from blistering sourdoughs to rich rve pan loaves and more. Rather than focusing obsessively on precise formulas, Richard teaches both.

Richard Hart is the founder of Hart Bageri, with multiple locations in Copenhagen, partnered with Rene Redzepi of Noma. Previously, he was the head baker at the legendary Tartine in San Francisco. Originally from London, England, he currently lives in Mexico City where he is opening his newest project - Green Rhino.

- Richard Hart has been hailed as "a baker who helped shape Americans' love for sourdough" (Eater). His instruction is geared both toward novices and those looking to up their bread game (hello, panettone!).
- Richard is the co-founder of Hart Bageri, with two locations in Copenhagen, which has been hailed as one of the world's best bakeries (Vogue). He began baking bread seriously at Della Fattoria in California, eventually moving on to become head baker at Tartine in San Francisco before his career at Hart Bageri.
- QR codes are sprinkled throughout demonstrating techniques such as his simple methods for shaping and scoring loaves.
- · Beautiful photos taken in Copenhagen and Italy, plus dozens of process photography



Rye Starter

selable, and the results will help you build confidence as a soundough baker.

Once you've established life in the matrix of an alf-ye starter, which should happen within two or three days, you can bland in whole wheat and white floor, converting it into can blend in whose wheat and white flour, converting it into a wheat sourdough starter (see Wheat Starter, page 73). A wheat starter requires twice-daily feedings, venus once-daily required by rye, but wheat flour may be easier to find and less expensive.

As for the ideal container, I recommend a glass jar or

As for the listed container. It recommend a glass jet or harappeared jet menoch and policic contains on both your oran see the shades and expression has permised in output to be table men if a wide, to be less the surface are as a reminent. In the listed of the surface are as a reminent permise, and taken, the conditions a exociden good, but less you got not one interest existentively with mely exprise design. One less thing, Architecturel is expose any the standard of many laborator, but so he are now suppose they like flowering all butters, own the good rises. When you easily you hand, all butters, own the good rises. When you washing you hand, all butters, own the good rises. When you washing you hand, and the policy of loss of an are supported to suppose the loss of an are laboratories. Act usually which is the less thing if you've to be impedient to used in the power of loss and entailer just you you book to alway, dark maily record you can deal was a proposition of the long you for your the proposition of the long you for your to a proposition of the long you for your to any proposition.

| BAKER'S % | WEIGHT | INGREDIENT |
|-----------|--------|--------------------------|
| 100% | 125g | Rye flour |
| 100% | 125g | Warm, water (92% / 20°C) |
| | | |

COPATING A STARTED

Day 2: Check and mix the states: Day 3: Food the states, mix and lerment.

Day 4-Discard half the starter feed, and ferment

Mix the flour and water in a clean jar or plastic container, combine 50g of the flour and 50g of the water and mix it well by hand to form a homogenous clough. It will be guite sticky.

Take its temperature. If it's below 77°F / 25°C, set the container in a larger container of warm water to bring it up a few tainer in a larger container of warm water to bring it gos a few degrees. The water should completely around the statter container in order to invalue 8. Don't go crasy with holling or existing water. In 8 them is an upper lare 102 FF 5670-1, to how warm the starter can be before you start to skill off the yeast and backing. Hot all don the container. Don't expect much welchement in the first day or so. As long as you've keeping the starter warm enough, you can leave 8 diverse 102 Feb.

Check on your starter: To be honest, it probably won't look all that different, it may have separated a bit, with some liquid at the top, and if that's the case, just mix the liquid back in. Don't worn't l'hat's just evidence that the process has started.

Don't worry! That's just evidence that the process has stated, but the mixture hasn't entirely fermented yet. It's completely normal as unappetiting as it may look. Pur your clean fingues into the mixture and stir it around a bit, to add some copyen. Take its temperature and warm the container in warm water as necessary. Cover the container and let it at again for 24 horse.

69

Miso Rye

MAKES ONE 900-GRAM LOAF

The first time i made this bread was in the test bakery I set up at Noma, when I was still looking for a home for Hart Bageri The team invited me to taste all their ferments and mad call creations. They had a miso made from leftover rije bri called Ryeso. When I tasted it. I knew it had to go in a rye of miso. I wondered how much I could cram into the dough without killing the fermentation. It tunned out that 35% was

because miso is sally. You can make this bread with any miso you like. If you want to exceed 30% miso, go for it, but scale back your salt a bit so that you don't slow the fermentation.

| н | 100% | 2060 | 12-hour rye starter (see) | | |
|---|--|-------|---|--|--|
| L | 100% | 2090 | Hot water (104°F / 40°C) | | |
| Н | 2% | 40 | Sat | | |
| н | 5% | ling: | Dark mait powder | | |
| L | 35% | 730 | Miso | | |
| ı | 50% | 104g | Cooled rye berries (see Whole Grains, page 100 | | |
| н | 20% | 474 | Flastoodir | | |
| L | 20% | 476 | Surliower seeds | | |
| L | ASSITIONAL INGREDIENT | | | | |
| Н | Butter" (imough to cost the inside of the lost part) | | | | |
| Н | A handful of nye flour (for dusting the top of the loof) | | | | |
| | | | | | |

* I prefer butter because it sticks well to the sides of the pay, but if you don't set butter use another fat of your choice.

Loaf pan (5 × 9 inches / 13 × 20cm), flexible plantic dough sonoic boef or plicher of werm water (for rinsing), large mixing bowl, digit fleorocraties tax towel, sheet pan or shallow roading pan, cooling no

Milk the dought. Cost the misse of a low jurn were some ordered full.

Medical and supplies control and a lower or pitcher of the state of the supplies of the

Shape the dought Wer your hands, bosen the dough from the bowl with your scripes, and, as if you are shipping day, applied to the bowl with your scripes, and, as if you are shipping day, applied the dought positive into commiss, then was both hands to shape it to an obling that it more of less the shape of the bod pane is safety less was first find dough is easy to manipulate and way languing, so don't worry if you need to meet around with it a bit to get it into the shape. Getting the shape is the shape in the shape is the shape in the shape in the shape is the shape in the shape is the shape in the shape in the shape is the shape in the shape in the shape in the shape in the shape is the shape in the shape is the shape in the shape in

perature, adjusting it as necessary by setting the pen in a boul of hot, warm, or cool water to bring it to about 82°F / 28°C. (See Controlling Temperature, page 52.)

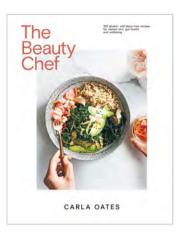
Ferment the leaf: Let the loaf ferment covered with a tea towel for 2 to 4 hours, making sure to keep it warm. When it's ready to bake, it will have risen by 30% and will have 2mm-wide cracks.

Dam wild cross.

Bake the beloff Pices a sheet pan or shellow coasting pan on the foor of the own. Arranges and in the center of the own. The control of the center of the own. The center of the center of the own. The center of the center o



86



The Beauty Chef

150 Gluten- and Dairy-Free Recipes for Radiant Skin, Gut Health and Wellbeing Carla Oates

3 February 2025 | Hardcover £27.00 | 9781761451140 344 Pages | 260 x 205 mm Full colour throughout

More than 150 delicious and nutritious recipes that are glutenfree and mostly dairy-free recipes will feed both your skin and your gut.

In *The Beauty Chef*, Carla Oates, founder of the natural beauty company of the same name, combines the joy of cooking with the science of nutrition, with recipes that will give you radiant skin and robust health.

Glamorous it may not be, but a well-balanced gut bacteria can be the answer to glowing health and beauty. With every meal you eat, be it breakfast, dinner or a tempting dessert, you will feel and look better inside and out.

Carla Oates is the founder and CEO behind Australian beauty and wellness brand The Beauty Chef. Named 'The Skincare Innovator' by *Net-A-Porter* magazine, she has been researching, writing and teaching on organic beauty and health for the past 15 years.

- A new edition of this trendsetting 2018 book; the first edition was a 2018 James Beard Award Nominee.
- Carla has more than 230k Instagram followers and a highly active following on Facebook, as well as a beautifully designed, well-integrated website.
- The Beauty Chef has multiple established retail stockists in the UK for her range of inner and outer beauty products, including Gwynneth Paltrow's Goop.com, Net-a-porter, Selfridges and Anthropologie.





Daikon noodle and grilled salmon salad with lime and ginger dressing

The vitamin C from the dislice, plus the omego's and selenium from the salmon,

SERVES

I distruct, pesied and earls transmed
1 carroft, pesied and earls transmed
100g reshiben, thinly dised into rounds
150g arone-yeas, stringed and thinly silved lengths
7 large handfals cortainder moust and leaves,
coursely chopped, plus extra to gurriab
1 large handfals false leaves, teen, plus estra

to garrow.

I long red rivill, needed and thirdy slived.

I tearpoons black seasons needs, mented.

plus entry to garrowl.

occount oil, warmed, for strailing.

Line and ginger dreasing finely grated vert and jaice of 2 unessed lim 1 tablespoon Keely grated gauger 2 tablespoons manufactus off 1 tempoon seams all Himsleyen saft, to teste

Use a spiraliser to cut the dailyon and carrot tom non-dis-like lengths. Alternatively, using a mandals thirdy silco into long, this strips.

and tone to ominisine.

To make the lime and gauger dressing, combine the lime next and juice and gauger in a small bond. Whis is the manufacial and season old. Support with sub-

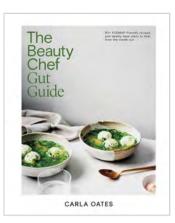
in the manufaction and seasons olds Season with sub-Prefront a large frying pursover medium-high heat. Deletale and rule optionate oil over the submon fillets. Cook the palmon, skin-side down, for 2 minutes.

salmon cocked approximately use-quarter of the say through. Turn and cook for a further pip minures, must cooked use-quarter of the way through the centre should still be pink. Transfer come a planer chopping bound and rest for a minusen.

Pour the dressing over the saled and toes to cost.

Pake the warm salmon into chanks and toes through a saled.

Serve topped with additional heebs, sessore ser and wasshi, if desired.



The Beauty Chef Gut Guide

90+ FODMAP-Friendly Recipes and Weekly Meal Plans to Heal From the Inside Out Carla Oates

3 February 2025 | Hardcover £25.00 | 9781761451157 256 Pages | 230 x 190 mm Full colour photography throughout

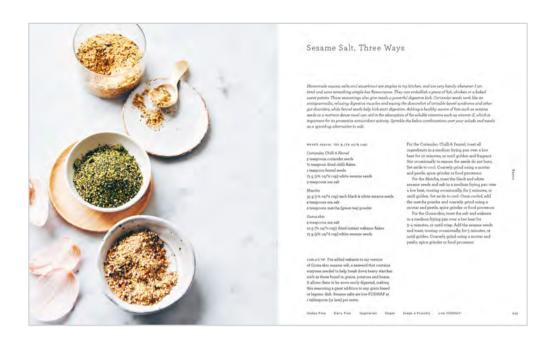
An 8-week programme with weekly meal plans for repairing and reprogramming your gut, information on the importance of gut functionality, and more than 90 recipes.

The Beauty Chef Gut Guide is the practical companion to Carla Oates' acclaimed book, The Beauty Chef. It is a compelling resource for people who want to better understand the science underpinning the link between gut and skin health.

In addition to recipes and information about repairing your gut, it covers broader advice for wellbeing, from the importance of cleaning products to mindfulness and yoga. Recipes – across breakfast, lunch and dinner - include delicious meals like Coconut Crêpes, Chicken, Flaked Almond & Sage Buckwheat Risotto and Lemongrass & Kaffir Lime Salmon Cakes.

Carla Oates is the founder and chef behind Australian beauty brand The Beauty Chef, and a pioneer in the wellness space. Named 'The Skincare Innovator' by Net-A-Porter magazine, she has been researching, writing and teaching on organic beauty and health for more than 15 years.

- · The second book from the bestselling beauty brand of the same name sold around the world, sold by Gwyneth Paltrow's Goop.com, Net-a-porter, Selfridges and Anthropologie, amongst other worldwide stockists.
- · A beautiful package that is also extremely practical offering information, 90 recipes and a 28-day kickstart plan for healing and resetting your gut.
- · Also includes useful tips and advice for a healthy lifestyle, alternatives for dietary requirements and an easy shopping list for each weekly meal plan.





1 tablespoon sunflower kernels, for topping

Till a medium bowl three-quarters of the way with

Fill a medium boost three-quarters of the seep vetti searm souter. Add the temporan of the sail and stir-turnil mostly dissolved. Add the pumphin seeds, cover the boot with a clean tenest (dish towel) and set acide in a searm place to soak for at least 7 (and up to 12) hours. Drain and times. Fill a small bood halfway softh werm seater.

Add the buckets groats and a splish of apple-cider vinegar and set saide in a vertra place to so for 2 (and up to 6) hours. Drain and rince

buckwheat flour, chia seeds, baking powder.

seeds, buckwheat groats, pepper and the remaining

In a semante board which the sease oil and in a separate cover, where the water, ou and apple-cider vinegar. Pour into the dry ingredients and tilr with a second spoon until well combined. Cover the bowl with a ten towel and allow the dough. to rest for approximately 1 hour. Check to ensure the dough has absorbed any excess super, yet still

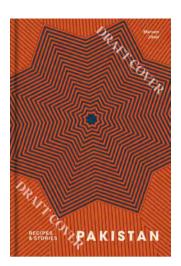
the dought has according any excess value, yet still feel's west and sticky to the touch. Probast the overs to 180°C (250°T/Gas Mark 4). Lightly greate and line an 18 cm = 8 cm (7 in = 3% in) loaf tim with baking paper. Pour the dough into the prepared tin and smooth out the top with Sprinkle with surflower kernels and buckwheat groats, gushing them into the top of the dough. Bake for I hour and 10 minutes, or until a shewer nes out clean when inserted into the centre of Remove the load from the cases occur with a

persone the sair from the over, cover with a clean tea towel and let stand for 10 minutes to co-slightly. Turn out onto a rack to cool completely, then alice into 10-12 alices.

Store in an airtight container in the refrigeratfor up to 1 week or alice into portions and freeze in sable bage for up to 3 months.

CARLA'S OF This broad is great toasted with Miso





Pakistan

Recipes and Stories from the Country's Home Kitchens, Restaurants, and Roadside Stands

Marvam Jillani

6 March 2025 | Hardcover £26.00 | 9781958417416 288 Pages | 267 x 178 mm Full colour throughout

The first major cookbook on Pakistani food, *Pakistan* is a sweeping and ambitious book that puts this delicious and varied cuisine in its cultural context.

Thanks to shared borders with Afghanistan, China, India, and Iran, and a history of migration and trade, Pakistani dishes draw upon a marvelous array of flavors and ingredients that make food one of the country's finest qualities. With over 80 recipes and essays profiling each of the country's regions, *Pakistan* is as much for the kitchen as it is for armchair travel.

Maryam Jillani is a food writer currently based in Manila,
Philippines. Her award-winning website, "Pakistan Eats" documents
Pakistani recipes from across the vast country. The website won
the Saveur Blog Award for Best Food Culture in 2018 after having
been a finalist for Best New Voice the year prior. In 2021, "Pakistan
Eats" was selected by the Library of Congress as part of its Food
and Foodways Web Archive.

- Large Pakistani diaspora eager to recreate recipes from their childhood
- Growing representation and success of neighboring cuisine, signaling that a broader audience is excited to consume and expand its recipe repertoire of Asian cuisine
- Vivid photography of Pakistan's breathtaking landscapes and beautiful communities and 100+ recipes



Tehri I Yellow Rice with Cilantro, Mint, and Potatoes

A cheerful rice and posto dish that is especially popular during summer. While this version uses only postors, you can incorporate any assistant registable of your choice. Tehn is a lovely accompanished, to bright nest curriers but I love it with your a side of chutney, such as Tanista rical (fonato Chutney, page 30 or a cliatero and mict revision (page 30).

Sinner 2 or 2 as a side

Ni cup (60 mg) vegetable oil

1 teaspoon cumin seeds

15 teaspoon rigella seeds (sulong)

1 medium yellow onion, halved and
this yellow onion, based

(5) teaspoons garfic paste

this teaspooms garfic paste
(fit teaspooms ginger paste
2 Soma notownsee, finely diced
1 bird's-eye chile, slicod lengthesise
(fit teaspooms salt), or to stare
1 teaspoom Nauhmin med chili powder
16 teaspoom teamen's powder
16 teaspooms teamen's powder

Yi cup (8 g) roughly-chopped clanto, divided
Yi cup (8 g) roughly chopped mint leaves, chided
Loup (85 g) bismati rice, rinsed in several changes of water In a hair-p-extonsing por over medium-love, that the oil until it begins to shimmer. Add the omis needs and neight useds and fry on medium-love haat for a few seconds until they begin to sputter. Add the onen and fry for TOO to must use if an even growth receive. Then the sparts posted and prigrer pasts and cook for 30 seconds to thinking until the pastes sop anothing naw. Add on the terminate care, less, skill, who present and terminate increases the heat to high and cook for 5 to T minute, stirring frequently, until the translation software and brank down and the coll begins to separate from the sauce.

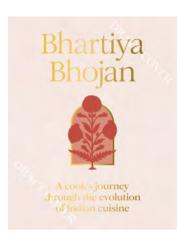
Add the potato and enough water to just submerge it. Cover the pot and let the potato summer for 5 to 7 minutes until it is partially cooled. Taste and ad more for satt as needed.

fold in half of the diantro and half of the mint leaves and the rice. Pour in 2 cups (850 mi) water and bring to a boil. Lower the heat to medium and let the rice gook uncovered for about 10 minutes until the water boils out.

Once the water has evaporated, bring the heat to the lowest setting possible. Wrap a sight-fitting lid with a clean list then towel and place it securely on the pot. Let the not steam for at least to to to makes filling? Sanifer to serving patter and bit with a fert. Carrish worther measuring cliators and mint.



208 BREAD AND RICE



Bhartiya Bhojan

A Cook's Journey Through the Evolution of **Indian Cuisine**

Helly Raichura

6 March 2025 | Hardcover £30.00 | 9781743798799 256 Pages | 253 x 201 mm Full colour throughout

A deep dive into India's culinary history, exploring how Indian cuisine has evolved from the earliest times to the modern day.

In Bhartiya Bhojan, chef Helly Raichura, founder of popular Melbourne restaurant Enter Via Laundry, illuminates historical insights with delicious recipes from across regional India.

From the importance of ghee to the adopted flavours of tomato and chilli, Helly shows a different side to the foods of India - and challenges the idea of what Indian cuisine is. The 68 recipes include Marron head rassam, Abalone with tomato and lemon gum broth, and Helly's famous 'I am not pasta' dish, Khandavi.

India's diverse cultures, cuisines and people are brought to life through colourful photographs and Helly's incredible recipes, which marry authentic techniques with native and seasonal Australian produce.

Helly Raichura's story is just as interesting as her food. In a past life, the chef from Gujarat, India, was an HR advisor for an IT company - until she quit her job to pursue her love of cooking and started offering intimate dinners out of her home. Guests had to enter via her laundry, and so her restaurant Enter Via Laundry was born. She now has a permanent venue for Enter via Laundry in the inner city of Melbourne, Australia.

- · A passionate chef brings Indian cuisine to life, presented through a historical perspective
- · Filled with colourful photographs of India's diverse cultures, people and food
- · A unique take on the regional cuisines of India, with recipes that use native and seasonal Australian produce

Sandesh

Fresh cheese curds cooked with sugar

Chemia, also kinowa na paince, is believed to have been eaten since pre-Veile times, although its popularity declined during the Veile era when the Aryans worshipped cows. Central Asian also prepared paneer and introduced it to the subcontinent, but its popularity shot up when the Pertuguese beought it to fleeting in the seveneenth century, with the rugality preparing several sweet dishes out of chemia. As well as being used in sweet reparations, paneer is now also a popular addition to savou recipes, and is often used as a replacement for meat. Here, I am making sandesh, a sweet made from chenna with saffron.

reaches 75°C (955°F) on a cooking thermometer. Add the yoghurt are stir gently. The mik will start separating and become clear.

Strain the whey and reserve the milk solids - this is your chenna Cool the chema slightly, then, while it is still warm, kneed it on you kitchen bench for 10 minutes with pressure until you have a smoot cheese Add the tugar and loved until fully incorporated.

Roll the sandeshinto 15 g (% oz) balls and

On all the sallow throads to a powder in a morter and reading Add a four





During winter, eating chyawanprash, a jam made from amla (a native berry high in vitamin Cl and several Ayurvedic herbs, was a must, and varieties of rice were stored for the entire year. In February, late-wintervenieties of eggplant (aubergine) would start popping up, and we would devour fresh pigeon pea kachoris (a leep-fried, stuffed snack) and add finely diced rat-tail radish to

gourd with yoghurt, and taro leaves were coaled with besan (chickpea flour) batter and steamed to make patra, while phalsa (another native berry) was turned into cordial. Summer was dominated by mangoes, and the entire family would gather to make fresh mango ice cream in a wooden ice-cream chunner. We would breek slabs of ice by hand and layer them with salt as everyone took turns to churn. During this time, we would also begin to store grains and spices for the entire year.

At the centre of sourcing all this beautiful produce was my live (paternal aunt) who either grew it herself or took us to farms to pick our own. My fiye was very particular about eating and serving skilfully preserved produce. When I entered commercial kitch using tweezers or incorporating flower extracts into dishes was not new to me. Growing up, I had seen my baa taking melor seeds out of their shells with tweezers, and using rooh outsbattar (rose extract fragrances), which she would source from a trusted supplier in Mathura. My family's cooking techniques and food philosophy were clear, and perhaps ahead of their time: source your own produce, follow seasonality, preserve and ferment skillully, consume a balanced diet, and make everything from swarp, consume a customer cut, and mess everything from scratch. Geowing up with these guiding principles has always fuelled my curiosity and passion for cocking. My munimy on the other hand would experiment with cooking dishes from other regions of India for dinners. South Indian food was always our favourite, as we were strictly vegetarian, though Rajasthani, Punjabi, Bihari, Goan and many more regional dishes were feetured on Mummy's dinner menu

Years later in Australia while dining at fine diner Lümé, which was then run by Shaun Quade, I was intrigued by what was on my plate. The passion that if took to form the dish was obvious, the produce was native but foreign to me, and the processes were driven by unique skills and Shauri's creative bursts. For me, this moment ought back the memory of a kitchen on a diffe

00



View on Edelweiss



Last Minute Dinner Party 9781958417454 £25.00 | Hardcover

Last Minute Brunch Party

Over 120 Inspiring Dishes to Feed Family and Friends at a Moment's Notice **Amelia Wasiliev**

13 March 2025 | Hardcover £25.00 | 9781958417768 208 Pages | 252 x 190 mm Full colour throughout

Brunch is one of the most popular meals to host, but just like dinner parties, it can cause undue stress for the host. Last Minute Brunch Party includes tips and tricks to make your next brunch get-together stylish, delicious, and stress-free.

With recipes and ideas like a Waffle Brunch board, Yogurt pots with Baked Rhubarb & Poached Quince. Peanut Butter Chocolate Date cups, Breakfast Sausage Casserole, and all sorts of drinks—cold, hot, alcoholic and not-this is your invitation to host your own brunch party.

Amelia Wasiliev is a food and prop stylist and author of 28 Days Vegan and The Zero Waste Cookbook, among others. She lives in Long Jetty in NSW and owns the boutique Plain Janes.

- · With the rise of dinner party cookbooks, hosting on a budget is gaining popularity - brunch is the next big thing
- · Sophisticated (but accessible) recipes
- Follow up to the very successful Last Minute Dinner Party, with the same look and feel



POACHED VANILLA OUINCE YOGURT POTS

MAKES : 8 JARS
PREP TIME : 10 MINS
COOK TIME : 1 HOUR

VANILLA QUINCE :

The peached quince is enough for a 16-ounce (450g jar, which is more than you need for this recipe so store the rest in the refrigerator for up to 3 weeks. If you have all the components assembled you can quickly make these cute yogurt pots and have them ready for your party.

For the garnon, healt the visitors suppr, vaniful, and termorphice in a small susception and sits obtained the super. Cover and bring to a both Masmertile, pool and cover the spaces and chorply tell bring to a both Masmertile, pool and cover the spaces and chorply tell bring state. Deep healt and airmore, covered, for 30 minution, or until out? Once coded, let the spaces and liquid odd completely believe storage logsperior in a 45-succest (storage) air in the minigration. Fill 8 individual jain half full with thick joggart, Add 2 slices of quanto, then finish with a sperified or globulchook.

BAKED RHUBARB YOGURT POTS

(G)

MAKES : 8 JARS PREP TIME : 10 MINS COOK TIME : 20 MINS

DHURADR.

If you can't find pomegranate juice then just use but the pomegranate juice adds a great color.

Prehinds the overn to 350°T 188°CI.

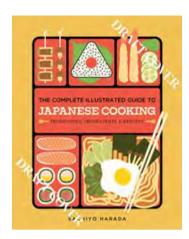
Cut the rishable hido-levich (Escrip pieces and place in a small, baking dish. Add the sugar and mix to coal the rhubbers. Add the assist and juice, covier with fail, and reast for its minutes. Uncover, sit, and reast for another 5 minutes for educe the synup. Remove the rhubber from the over and sit, pressing some of the rhubber.

refrigerator for up to 2 weeks.
Fill 8 Individual jars half full of thick yogurt. Add a spoonful
of the rhubarb, then finish with a sprinkle of pistachios.



NORDIC BRUNCH BOARD

A grazing spread is one of my favorite ways to eat meals with friends. It's visually stunning to see all the delicious food laid out on the table and as a host, all of your work is done. Sit down and enjoy the time and



The Complete Illustrated Guide to Japanese Cooking

Techniques, Ingredients, and Recipes **Sachiyo Harada**

13 March 2025 | Hardcover £30.00 | 9781958417911 288 Pages | 310 x 235 mm Full colour throughout | World English

A careful and systematic reference that breaks down the various techniques and cornerstone recipes in Japanese cuisine and employs a mix of illustrations and photographs.

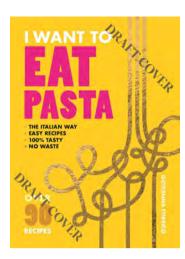
Interest in Japan and Japanese cooking is at an all-time high, but cooking the food at home can still feel daunting to many. With step by step illustrations, this cute and functional *The Complete Illustrated Guide to Japanese Cooking* gives the best possible overview of the cuisine.

Sachiyo Harada was born in Hokkaido, Japan, and graduated from the Ferrandi school in Paris. She has worked in several top restaurants and as a food stylist, cookbook author, and writer for the Gourmet section of *Madame Figaro* Japan. She also runs culinary workshops and cooking classes in Paris and Tokyo.

- Step-by-step illustrations: Japanese recipes can feel daunting. This book breaks down the techniques and recipes of Japanese cuisine with illustrations and photographs.
- For the Japanophile in your life: those curious about, and those already in love with Japanese food will be able to cook it at home.
- Cute and functional: a perfect intersection of charming but clear visuals.







I Want to Eat Pasta

Over 90 of the Easiest Pasta Recipes Using 10 Ingredients or Less

Giovanna Torrico

27 March 2025 | Flexibound £16.99 | 9781958417805 192 Pages | 191 x 140 mm Full colour throughout

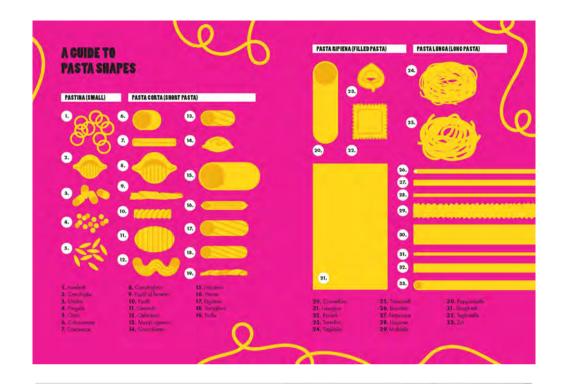
An easy and accessible cookbook aimed at anyone who wants to make one of the world's most beloved foods in 20 minutes or less, often with no more than 5 ingredients.

With 100 recipes for inventive and delicious pasta dishes like Fusilli with Tuna and Olives, Crab Linguine, and Penne with Sausage and Saffron, your next bowl of pasta is never far away. An illustrated visual glossary guides readers through various pasta shapes, and other special features show how to transform a tomato sauce into half a dozen different dishes or make pesto four ways.

I Want to Eat Pasta is perfect for those just starting their cooking journey, or anyone who needs a delicious bowl of pasta to pull out of a weeknight dinner rut.

Giovanna Torrico was born in Southern Italy. After obtaining her Diplome de Patisserie from Le Cordon Bleu School in 2010, she honed her skills at the Ritz Hotel. In 2011 she set up her own catering company, Dolci di Gio, based in London and quickly earned a reputation for producing creative and delicious food.

- · Lower price point: a cheap and cheerful book
- · Perfect graduation present for kids headed to college or recent grads - all recipes have 10 ingredients or less
- Fun illustrations and bold colours make the package feel very giftable



PACCHERI WITH MIXED TOMATOES

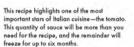
SERVES:2 + LEFTOVERS PREP:5 MINS COOK: 25 MINS

INCREDIENTS 21/4 pounds (1kg) ripe tomatoes, such as cherry plum, or roma 6 tablespoons extra-virgin

olive oil 1 garlic clove lightly crushed 1 basil sprig 6 ounces (180g) dried paccheri

salt and pepper grated Parmesan cheese

4. When the pasta is cooked, drain and return to the pan Add the tomato sauce and the remaining oil, and mix well to combine. Gamish with the reserved tomatoes and serve hot with grated Parmesan.



L Preheat the oven to 350°F (180°C).

FIVE INCREDIENTS

2. Place the tomatoes on a baking sheet, add 4 tablespoons of the oil, the garlic, and 1 basil sprig. and season with salt and pepper. Bake in the oven for about 25 minutes. When ready, remove and discard the garlic and blend most of the tomatoes in a blender setting aside a few for gamishing.

add salt, then add the pasta and cook for 1 minute less than the package directions.

3. Meanwhile, bring a large pan of water to a boil.







Pranzo Sicilian(ish) Recipes & Stories Guy Mirabella

27 March 2025 | Hardcover £28.00 | 9781761450907 224 Pages | 297 x 180 mm Full colour throughout

Pranzo is a celebration of Italian food and a Sicilian upbringing on the other side of the world from Australian chef Guy Mirabella.

Fresh and seasonal dishes are prepared with love and respect for the ingredients. From Eggs in Purgatory with Broccolini via clam soups, hazelnut cakes, sfingi, rabbit stew, Chicken Diavola and more – this is rustic food to nourish and stir the soul. All of it presented in captivating style with an artist's eye for everything that is vibrant, colourful and joyous about life.

Throughout the recipes, personal reflections on food, family, travels and Guy's Sicilian heritage are complemented by stunning photography and design.

As one of Australia's most highly regarded book designers of the 1990s, **Guy Mirabella** worked on seminal cookbooks from the likes of Stephanie Alexander and Charmaine Solomon. In 1997, at the tender age of 44, Guy decided to pursue his passion for cooking and aimed straight for the top, applying for a chef's position at the legendary Rinaldo Di Stasio's St Kilda restaurant. In 2003 Guy opened Shop Ate Café & Store in Mount Eliza, which he ran for 20 years before selling the business in July 2023.

- An exquisite celebration of a lifetime's cooking and eating from a unique voice
- A book as astonishingly beautiful as it is a treasure to cook from – exceptionally designed and filled with remarkable imagery
- Simple and eminently achievable Italian seasonal food, prepared with love and with the utmost respect for the ingredients.

46 mough fix #-6

pasta cu li sarde | pasta with sardines

400 g (34 oc) fresh surdams. 8 left whole and the remaining deboned. 2 heltespoons mild often sil. plus 1 inhibespoon extra for frying the surdime. 1 small beyon mins, shoot.

auxil bewer union, dised.

2 gardic cloves, crushed.

2 gardic cloves, crushed.

60 g C orl cup) wild fermel french or 6ill.

roughly chopped, plice entre in acrove.

I heaped fablisspenn lumate paste.

90 g (2 ca?4 bup) relates, curyants or sulten 125 tal (4 ff toffe sup) day white wine 800 g (14 ca) humstin. salt and freshly ground hisck paper

80 g (2% un't must lightly tousted pine outs.

to serve

Pungsuttain ipage XX; to serve

chopped flat leaf distinui paraiey, to serve

If you med to debone the sardines, begin by removing the heads. Bun your thunk down the belly of the sardine towards the tail, removing the innards as you go. Remove the fine and all the spirit place, Open the sardine up and grid and so self of the surface way from the backlom. Set aside Ora's the tail and pull away the backbone from the other sole, Rimse the sardines under odd running water and he saids.

To make the sauos, host the oil in a large flying pur over a medium heat, then gently fry the entition until self, about 5 minutes. Add the garks, femal, tomate paste, raisins and wins and cold on a medium—left hast until this wish has reduced by half, regreat 5 minutes. Somes with add and paper. Add the tomatices and cook for another 10 minutes. Add all of the deberied surdines to the pan and nimer until they are rooked, around 5 minutes.

Meanwhile, bring a large saucepon of water to the buil, add salt and cook the bucation until al dente. Drain and combine the parts with the sardine sauce, gently toesing.

While the pasts is cooking, fry the eight whole sardines. Best the clive oil in a large frying on a low hoot and gently fry the sardines for about 2–3 minutes on each side.

Serve the pasts into individual bowls, then top with a sprinkle of pine suits, some chopped shill and pareley and a tablespoon or two of passgrattate. Top with one or two of the fried sardines.

Posts on I surface and shows the solide the natural shale of fixely, especially in the worter, provinces around Poleman. The vicket important installed soften, various, his surface shale of the solid soli



acauta.

 $170\ \ \mathsf{enough} \ \mathsf{for} \ \mathsf{8-10} \ \mathsf{people}$

olive oil, citrus and honey cake

200 g (10% on'l cupe) self enining flour 200 g (7% on'l cup) norter regar 46 g (3% on'l cup) noft brewn cupes pinch of ealt 4 eggs. 3 tablespoons honey grated sest of 3 transp grated sest of 1 lemon

330 g (11% on/1% cape) mascarpone mined will

Preheat the even to 180°C (360°F). Grease a 23 on (9 in) round non-stick springform tim with butter and line the base and side with baking paper.

Sift the flour, both sugars and sah in a large bowl and combine well. In another bond, use a balle which to combine the eggs, will, honey and sext. Role a well in the scatter of the day impediently, then pour in the way. Soft small just combined.

Role for 25–40 minutes, or until it tests done with a slewer or springs back to the touch. Let the soles coed a little in the line before releasing if from the time and transferring to a verying plate.

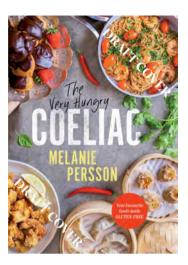
Perfect on its own with tea or cellies or served with a generous dollap of honey mascarpens.

This cake will keep for up to 3 days stored in an airtight container in the refrigerator (being to your lemperature or warm through before acreting).

Olive oil cake has so much to offer – it justly deserves to be everywhere. It is my happy place. The hit of citrus in thus cake cleanses the soul, then the taste of honey makes me want to sin again. Olive oil cake has no elaborate curtains to hide behind and doesn't need improvement of any hind.



WESTER



The Very Hungry Coeliac All the foods you love made GLUTEN-FREE Melanie Persson

1 April 2025 | Hardcover £22.00 | 9781761451584 240 Pages | 238 x 188 mm Full colour throughout | UK & Ireland Only, No Europe

In her debut cookbook, Melanie Persson, Instagram foodie and the first coeliac contestant on MasterChef Australia, shares 75 of her most superb gluten-free recipes for food that is rich. tasty and made to share - and indistinguishable from the gluten-based versions.

Melanie was diagnosed with coeliac disease in her early twenties, and as she began to explore the world of gluten-free cooking, she was devastated to think that the foods she had grown up with from Japan and Italy might now be out of reach.

In response, she spent years in her kitchen perfecting gluten-free versions of the dishes she craved – from fresh pasta to decadent pastries, and udon noodles to baklava.

Melanie Persson was diagnosed with coeliac disease in her early twenties, and as she began to explore the world of gluten-free cooking, she found that most recipes focused on health and restrictions rather than flavour and texture. As a passionate cook, Mel was determined not to miss out, so she got to experimenting. The first ever coeliac contestant on Masterchef Australia in 2022. Mel now lives in York, England.

- · Gluten-free book from a bona-fide talent with a large, engaged audience
- Contains over 75 of Mel's most superb gluten-free recipes for food that is rich, tasty and indistinguishable from the gluten-based versions
- Mel has over 190K followers on Instagram and an extremely engaged follower base that has experienced explosive growth and continues to grow exponentially.



Vanilla Party Cake with Swiss Meringue Buttercream





This is called a party cable because it is the perfect for any event where you want a glution free option to do don't want propose to be able to gas-best for the form of a mornal reliable to be able to gas-free the perfect for thirdups; even made a two-three words structural integrity to be made into a stable-layer cales, so it is great for forthdays; even made a two-ter version (polating the receipt first a larger event and was saided in make it for somewest weaking)... and they event call version of the receipt first a larger event and was saided in make it for somewest weaking... and they event it was called a really larger from called gust more one and publications or two of femora zeet with the sugar to make this into

145 tsp vanilla bean paste (or extract) 1 1/2 tsp GF baking powder

16 tsp salt 85 ml milk, at room temperature jam or curd for filling loptional – see doughnut fillings pages 146–147)

Swiss meringue buttercream

4 egg whites (about 145 g) 145 g caster sugar 16 tsp cream of tartar 260 g cubed butter, at room temperature

- Preheat oven to 160°C and grease and line two round 14 cm cake tins.
- In a large mixing bowl or the bowl of a stand mis sited with a whisk attachment, cream together butter, sugar and vanilla.
- Add the eggs one at a time, beating constantly until the mixture is light and fluffy.
- 4. In a separate bowl, sift together the flour, baking powder and sait.
- 5 Add a small amount of the dry ingredient mixture Add a small amount of the dry-ingredient misture to the egg midture, whisking to incorporate. Add a small amount of milk and incorporate, then continue alternating between the dry ingredients and milk, finishing with the dry ingredients.
- 6. When the mixture is well-combined and smooth, divide it between the two cake tims and even cut the surface of the batter with a spatials or paleth kinfe. Bake for 35-40 missues or until a skewer inserted into the centre of the cakes corres out. minutes before turning them out onto a cooling
- 7. While waiting for the cakes to cool or make the Swiss meringue buttercream. Start by preparing a double boiler.



Shoyu Ramen

Making ramen from scratch can definitely seem a daunting task. It's a labour of love that makes for a bit of a project but if you've been cluten-free for a while (and if you live for noodles, like me). I think you'll find this worth the effort The cooking and preparation is spread over two days as the Alitama and Chashu (see below) should be made

ine counting and prepared in its agreed over two legs, as the signate and viles and pase between the signate and between the signates and or less deathing signated in the signates are the signates and the signates are signated as a little short or by paining any Egg Roodles (page 58.3 along with any of the toppings below) with the 6 minutes Noodle Soup lotten use to vive office a page 15). The flavour won't be as intense without the hone made meanly bord, but it will absolutely satisfy those noodle consignation.

Ajitama (or ramen eggs) (best made t ke day before)

6 eggs (at room temperature) 150 mlGF soy sauce 100 mlGF min 40 g caster sugar

Chasin porkibest madet he day before

1 kg piece of bone less por k belly, skin o 2 gar lic o loves 4 cm piece of ginger, sliced 2-3dried shiftale mushroom

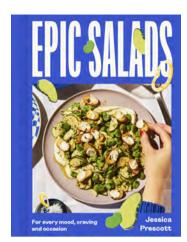
90 g caster sugar ½ tsp.salt 100m IGF mirin 100m Isale

1 kenorichmes 1 o hiolen frame 2 brown on ions, peeled and halved 2 carrots, halved 500ml briling water 6–7 dried shiftale mushrooms 10 ompiece of ginger 6garlic cloves 2 pieces kombu (30–40 g)

60g (katauo bushi (bon ito flakes) or , if unava ilable 40g GF dashi stock powder

Egg Noodles (page 58) 2 spring on ions 1–2 tap sesame oil dry-roasted seaweed, to serve (optional)

No dies and Dumplings





Vegan One-Pot Wonders 9781784883232 £15.00 | Hardcover



Vegan Goodness: Feasts 9781784881665 £15.00 | Hardcover

Epic Salads For Every Mood, Craving and Occasion Jessica Prescott

3 April 2025 | Hardcover £25.00 | 9781743799758 224 Pages | 248 x 190 mm Full-colour photography

The latest vegetarian cookbook from plant-based cook Jessica Prescott, *Epic Salads* includes over 60 recipes from light and fresh to hearty and wholesome.

Rather than a side or simple starter, this book shows you how to make delicious and filling salads that are meals in their own right.

Jessica walks you through the five key elements for building delicious salads: leaf, body, protein, dressing and crunch. Armed with this knowledge, you'll never make a boring salad again. From a simple soba noodle salad to a showstopping haloumi, chickpea and rice salad or the ultimate loaded guacamole, there's something everyone will love.

Jessica Prescott is a New Zealand-born mother, cook, author, photographer and postpartum doula, now based in Melbourne, Australia. Jess's plant-based cookbooks are a go-to for vegans and vegetarians worldwide, as well as those wanting to introduce more plant-based eating into their life. Her simple, yummy and nourishing recipes are perfect for every day or entertaining.

- Unpretentious everyday recipes ranging from light to hearty from a known author in the plant-based space.
- The recipes are grouped by elements that make up an epic salad: Leaf, Body, Protein, Dressing and Crunch.
- Proves salads can satisfy your cravings, fill you up and be showstopping meals.
- Includes tips for how to bulk up the recipes with 'epic additions' or scale them up to 'feed a crowd'.







The Cocktail Garden Botanical Cocktails for Every Season Adriana Picker, Ed Loveday

3 April 2025 | Hardcover £16.99 | 9781761451195 176 Pages | 190 x 165 mm Full colour illustrations throughout

More than 8 cocktail recipes focused on the flavours and produce found throughout the seasons, all stunningly illustrated by internationally renowned artist Adriana Picker.

The recipes include everything from summery raspberries and rich figs to citrus and white peaches, apples and pineapples to infusions using a bounty of herbs – basil and thyme, sage and lavender, and other flavours found in the garden. There are drinks for long, hot summer afternoons spent among flowers in the garden; wine spritzers for breezy evenings on the back porch; champagne cocktails for celebrations under the apple tree; nightcaps for wintry nights by the fireside; and fruity party punches for garden party gatherings with style.

Adriana Picker is an Australian illustrator, artist and designer. Adriana is the author of *Blossom* and *Petal*, and the illustrator of *The Cocktail Garden, Where the Wildflowers Grow* and *The Garden of Earthly Delights*. Ed Loveday is a cocktail master. He has developed award-winning wine and cocktail lists for ACME and Bar Brose in Sydney, Australia.

- Covers all the basics, including glassware, syrups and methods, for those new to cocktails.
- Includes 60 cocktail recipes appropriate to all seasons of the year.
- A beautiful package featuring stunning botanical illustrations by Adriana Picker.
- Extends the trend of eating seasonally into cocktails through the emphasis on seasonal produce.







Snacking Dinners

50+ Recipes for Low-Lift, High-Reward Dinners That Delight **Georgia Freedman**

17 April 2025 | Hardcover £20.00 | 9781958417706 208 Pages | 229 x 164 mm Full colour throughout

50 recipes that pull from a global pantry and reference snacking (and light meal) traditions from across the globe.

Snacking meals are the secret weapon of busy people; they are endlessly versatile, can accommodate any food preferences, and are easily scaled up or down, making them perfect for a solo eater or full family. They are magical in their simplicity and promise, something every cook should have in their repertoire. Recently, interest in these low-lift, high-reward meals has grown thanks to TikTok trends.

Snacking Dinners packs is a gender-neutral answer to the "girl dinner" that packs utility and timeliness into a colorful, small format, gifting-friendly package.

Georgia Freedman is a California-based recipe developer, journalist, and editor and the author of Cooking South of the Clouds—Recipes and Stories from China's Yunnan Province as well as the co-author of The Ranch Table and There's Always Room for Chocolate. Formerly the managing editor of Saveur, Georgia has also worked as a freelance editor at a variety of national and regional publications and edited more than a dozen cooking and lifestyle books.

- Interest in snacking dinners has recently grown thanks to TikTok trends (along with the media articles and think pieces).
- Georgia is well-connected in the food community, as a contributor of articles and recipes to a variety of publications, the former managing editor of Saveur, and a freelance editor at a variety of national and regional publications.



TURKISH BREAKFAST FOR DINNER

BREAKFAST SPREAD 2 to 2 current (55 to 85 g) for a

Turkish broad, like simil or pide, sesimiler, such as fuctocia or a Montreetstyle bagel

Medges of torsito
Asserted olives
Clotted onese

Assorted jimes and preserves, such as fig. seur charry, bitter orange, and apricot

2 eggs Koshar sah

11 direction analysis butter 2 temporas tomato pages

2 tempores Turkish paggar pesta (see page 000 (shis is an a-off to global partry

Named Springer, elice

For a twy well rounded mail, look no further than 's Turkish' treaskest A disage (or year lendade, not polity agos, treask, and jan, but also a variety of cheeses, a boart of olives, silcod registables, and other basis. It offers more variety and flavors than some pooling offers a fell day—albetra 9 an. The ascentinent here in based on brasishest operash from the dry of Van, and includes memorems. a cleaned dish of opgs cooked with transitions and proports. Albetrade since of bits with savery or mix and match in the very you like.

Arrange the Nea, bread, culcumber, sliced formats, off-ee, cryst fromer, and presented in small books.

To make the minimisms, beat this apply in a small book with a girlor, of said and/or them about Minimisms of the book or an small processor. As the small processor is the small processor of people spatials and board them, thereign with a mitted regardle people spatials and board ones, thereign with a mitted regardle. I may be define the does have been done with the people is little to soldher, should in minute, then put the very thing to one libit of the gain with an time freat to like.

Add the remissioning in statistication of buryare to the cleaned state of the part and or the part and or the part and or the part and or the third and add the eight to the method outset. So denote the eight part and as method to temp the part and once add, sequently, stagging the part as method to temp the part and on the fined and was much as melaped to code the again so both custs. Shift the templa method are to the value of the part and to the fined and as much as melaped to code the again so both custs. Shift the templa method are the three documents are their fined to the documents.

ERRENAND-PART SHACKS 29

JAMMY EGGS, CONTINUED

1 SATURDAY BAGEL

Top it with Everything spice (mix gards powder, solion powder, poppy seeds, secame seeds, and itsche sall)

> By B with Deconstructed White Fruit Femoush g. 00); Sweet Finish: Only "Select" with Not Honey and Fresh Herbs (p. 00)

* THE BARTAVELLE

Top it with final during of Kawpie mayonnana and a high-quality archovy flat

By B with: Antipast Board with Posted Articles Heart (p.00), Kimin Mart (p.00), Corn-Spinish Double Morchim (p.00)

GREEN EGGS AND HAM
 Top Kiells Procedures and peaks

By K with Firmanto Cheera and Tumato Finger Fandarches (b.00); Broschetta (p.00)

NOT-QUITE DEVILED.
 To it with times actions of major and Dipole market plants in most of ministry position.
 They it with Presents Creases and Symmothy Standards (p. 05). Clear Endeatch (p. 05).

INSTANT SAMBAL TELUR

Top it with Janes same a see thropies basilinal

Try it wills: Gropp Rice with Chorles, Herbe, and Lettuces (p. 00), Refr in-Cartheria Unio Swind Wingo (p. 00) * SALT & SPICE

Sop Kwith: Alogoo peoper and set: Sight with: Everything Sons cen'l go wrong with this combo!

2 SICHUAN ZINGER

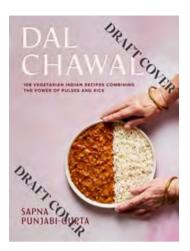
Top 8 with: Chile crop, Sichuan papper oil, escame seeds, and tilety sliced ications: Syst with: Cold foto with trastions, foreact, and Chile Oil to Oil; Clarest Brussharta (p. 00).

* A LA PROVENCAL

Top it with Mincod sundried tometoes and green street, plus it penth of sat fly'd with Crudini with Yoguri Minc Green Goddens Dip (p. 00)

SHORTCUT BANCHAN
 Top Kwith Chapped Kinch, Many disart
 scalling green, and lessens seeds

72 SHADONG DINNERS



Dal Chawal

85 Vegetarian Indian Recipes Combining the Power of Dal and Rice **Sapna Punjabi**

17 April 2025 | Hardcover £27.00 | 9781958417232 256 Pages | 248 x 187 mm Full color throughout

Dal Chawal celebrates traditional Indian comfort food through dal and rice, which together form the foundation of a homestyle Indian vegetarian diet.

Dal is a Hindi word commonly used to describe all forms of pulses including dried beans, lentils, peas, and whole and split legumes. Chawal, the Hindi word for rice, is the perfect soulmate for dal. Not only a delicious harmony, together they form a completely balanced and nutritious meal.

Sapna Punjabi combines a lifelong vegetarian practice, Ayurvedic training, and expertise as a registered dietitian and nutritionist to create recipes that address many common dietary issues, including gut health and inflammation. This is Indian comfort food at its finest: economical, healthy, and delicious.

Sapna Punjabi is a registered dietitian, cooking instructor, Ayurvedic practitioner, and founder of beSPICED. She has led more than 75 in-person cooking classes at home and as a guest cooking instructor at HEB's Central Market cooking schools in Dallas Fort Worth.

- Rise in plant-based food consumption means this book is for anyone interested in sustainability and mindful eating
- Growing interest in food as medicine: culturally rooted context for home cooks curious about traditional Indian cooking, students of Ayurveda, and dietitians looking for healthy recipes for their clients
- A holistic approach to health: credible advice for dietitian nutritionists who recommend books to clients and patients.







Bite-sized Recipes from Lisbon to Piraeus Jo Gamvros and Matt McConnell

17 April 2025 | Hardcover £27.00 | 9781761451201 240 Pages | 248 x 198 mm Full colour photography throughout

Bite-sized shares bar food recipes inspired by Spanish, Portuguese, Greek and Italian cuisine.

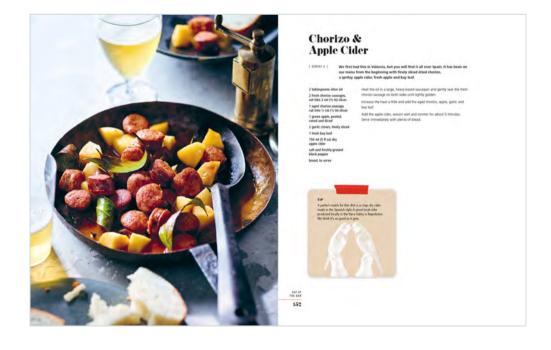
Authors Matt McConnell and Jo Gamvros have gathered the best bar food on the planet from small tapas bites to rustic, authentic cooking from hole-in-the-wall bars. From clifftop restaurants overlooking the Bay of Naples, to family-run bars in back alleys of Seville, seafood specialists on the Portuguese coast and the incredible, bustling markets of Athens, Matt and Jo leave no snack uneaten, no market unexplored, no hidden bar undiscovered, and no recipe unwritten.

Bite-sized offers comforting and flavoursome food that creates the hospitable and convivial atmosphere that is quintessentially part of the culture in Spain, Portugal, Greece and Italy.

Chef **Matt McConnell** and front of house pro **Jo Gamvros** are partners in life and work, having established the beloved restaurant Bar Lourinha in Melbourne more than 10 years ago. Inspired by time travelling in Europe, particularly Spain, Portugal and Italy, their cooking showcases the homestyle hospitality that typifies the local cultures.

- New hardback edition: small-plate recipes direct from the bars of Spain, Portugal, Greece and Italy
- Covers tapas, seafood, vegetables, salads, meat, sauces, salts and oils, cheese and sweets
- Amazing food and travel photography transports you to the Mediterranean and Portugal







Lunch Well

75 Recipes to Bring a Little Spark to the Midday Meal **Fern Green**

24 April 2025 | Hardcover £20.00 | 9781958417782 192 Pages | 227 x 171 mm Full colour throughout

Lunch Well is an efficient guide to making healthy and delicious lunches.

Much ink has been spilled over packing desirable lunches for kids, but for adults, lunch is often the neglected meal. With too many time constraints placed on it, lunch often becomes a sad desk-side meal.

With an eye to reusing ingredients and making good use of leftovers, as well as packing to avoid spills and soggy ingredients, this is a practical book to reshape your relationship with the midday meal.

Fern Green is a food stylist, writer, and chef. She has written several books over the years, including *Breakfast: Morning, Noon and Night, The Mocktail Manual, Melts* and *Natural Remedies for Women's Health*

- Practical recipes and inspiration address the oftenforgotten meal of the day with easy-to-follow recipes
- Reclaim your lunch hour with quick and easy tips to prep ahead
- Tips for breaking out of the workday slump and treating lunch as a time to recharge and reorient yourself with wellness in mind

CAULIFLOWER TACOS WITH SLAW AND AVOCADO



MAKES: 3 tacos

1 tablespoon olive oil 5% ounces (160g) roasted cauliflower, out into bitesize pieces

naz paces

M teaspoon paprika

M teaspoon ground cumin

I cunce (30g) red cabbage,
thinly sheed

M mall red onion, thinly
sheed in half-moons

I tablespoon chopped

jalapeños I teaspoon apple cider vinezar

3 taces 1 ripe avocado, pitted and peeled Juice of 16 lime

Juice of 16 lime 2 pink radishes, thinly shoed Salt and black pepper This speedy lunch can come together in minutes Spice up the cauliflower as much as you want.

Heat the cil in a large pan and cook the caulaflower, paprika, camin, and a pinch of a lat for 2 to 3 minutes so it is warm through and the spices are relaxang their arona. Add the cabbage, onion, and julipeños to a bowl. Drizzle with a little wine gir and minx. Heat the tacco in a to satest, or dry-fry in a skill et on each ade for 20 reconds.

Blitz the avocado in a small food processor or blender, or mash with a fork with a punch of salt and the lime jusce. Spread a large spoonful of avocado on each taco, then add some spood cauliflower, red cabbage slaw, and the radiation.

TIP

No avocado? Blitz yogurt with clambro and lime juice for a simple green sauce.

TOPPINGS

Peanut rayu (page 35) / Kimchi il ne (page 22) / All the pinks (page 20) / Everyday kraut (page 19) / Quick onion relish (page 34) / Greamy green kefir dressing (page 31)

WARM YOUR SOUL



GREEN BEAN TAHINI TARTINE

MAKES: 1

202

1/3 cup (75g) natural plain yogurt Generous 1/8 cup (40g)

tahini paste

1 shice of sour dough or
bread, tousted

1 tablespoon olive oil

3M counces (100g) green
beans, trimmted

% tearpoon red pepper
fildees
Salt and black pepper

Toust or a cracker.

A light hunch of goodness. Feel free to use broccoli or zucchini here, or try all three as a mix.

Whish the yogurt, tahmi, and to sted bread together in a bowl and season. Set aside.

Heat a skillet over medium heat, add the oil, green beans, and hot pepper flakes and season. Cook for 3 to 4 minutes until bright green and sightly grapy. Remove from the heat. Spread the tahini yogurt mix on a plate and lay the beans on top. Serve with tout or a cracker.



Add herbs for added fiber, and 1/2 can of lima or cannellini beans to the tahini mix for a heavier lunch option.

TOPPINGS

Turneric roasted mix (page 23) / Peanut rayu (page 35) / Last of the veg outsido (page 18) / Za'star chickpea crunch (page 25) / Nutty pang at ato (page 30) / Lime & clastro gremol at (page 37)

.....



154



Dalmatia Ino Kuvacic

1 May 2025 | Hardcover £25.00 | 9781761451188 224 Pages | 252 x 203 mm Full colour photography throughout

A new edition of this stunning cookbook, with over 100 authentic Croatian dishes.

With chapters covering vegetables and salads, meat dishes, fish and seafood and sweets, the book reveals authentic recipes and cherished food traditions of this little-known part of Europe – the spectacular Dalmatian coast. It is a region defined by the sea, and its cuisine has evolved from the a long and complex history that has brought many foreign influences both to its shores and its food. Fish, seafood, tomatoes and olives – and wine – are the heroes. Recipes include Splitska pašticada (braised beef with red wine, prunes and apples), Brujet (Dalmatian seafood stew), Kozice s pršutom (prawns wrapped in prosciutto with goat's cheese) and Dubrovačka rožada (Croatian crème caramel).

Ino Kuvacic is a Croatian born restaurateur with a long-time desire to share – and celebrate – the food of his coastal homeland. Ino returns to his home city of Split every year, visiting family and friends and reconnecting with the evolving food scene there.

- 100 recipes, accompanied by beautiful photography of the region
- The cuisine is characterised by distinctive seafood dishes, accompanied by an array of vegetables
- 20.6m tourists visited Croatia in 2023, with Dalmatia receiving the 2nd largest share of visitors; UK visitors to Croatia are now at about 4.6 million annually

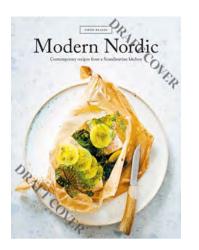














Malta 9781743798812 £26.00 | Hardcover



Baltic 9781743795279 £27.00 | Hardcover

Modern Nordic

Contemporary Recipes from a Scandinavian Kitchen Simon Bajada

26 June 2025 | Hardcover £27.00 | 9781761451232 304 Pages | 262 x 210 mm Full colour photography

Contemporary Scandinavian cuisine with a focus on local recipes that can easily be recreated at home.

Modern Nordic takes its influence from the traditional ingredients that can be found from Sweden to Finland and Denmark to Norway. and transforms them into modern everyday recipes that are hugely popular throughout Nordic homes.

The book is split into eight chapters, based on different food groups including ingredients found 'from the forest', 'from the sea', 'from the land', and 'in the larder. At the end of the book there is also a glossary explaining substitutes and hard-to-find ingredients. Indulge in Beetroot carpaccio with goat's cheese and minted pea relish, then move on to grander feasts such as Flaked salmon burgers with mayonnaise, pickled cucumber and fresh horseradish.

Simon Bajada is a chef, food stylist and photographer. He lives in Sweden with his wife and son, Max, where he has nurtured his love for food and landscape photography. Simon regularly photographs and styles for Swedish Gourmet, Monocle, American Travel & Leisure, Plaza, Delicious UK and Harrods Magazine.

- · A new bind up of the best recipes from Simon's original books New Nordic and Nordic Light.
- · Chapters are broken down into Basics; In the Larder; From the Sea: From the Land: From the Forest: as well as Baking and Sweets; also includes a section on pickling and smoking, to achieve authentic Scandinavian flavours
- · The book has a strong lifestyle element, with stunning scenery and atmospheric shots

Hot-smoked salmon. roasted garlic & apple salad

flar slice – in cold moded. This means is his been smoked for a long time wishout any beat source. I perfor hor-moded salmen, which is usually sold as an individual filler. The modey flavour in hor-moded salmen is belief and it has a similar secture filler. The modely flavours in their model atomics to belief until it to a a ministe texture no models atomic. Leth all models field, their-models almoss makes a great base for a salad because of its financial intenses flavour and salvious. Here, the reasond garlis's pughent provides a much-models arousey mote, and the cript apple provides consenses and extract.

Preheut the oven to 200°C (400°F). Place the garlic on a baking tray and cook. for 20-25 minutes, until the edges start to turn dark brown. Squeeze the garlic get 6 00 02/1 GEP SATURAL TOGSUM fieth into a bowl and mash with a finit. Add the yeghart, milk and white pepper ments into a bowl and mash with a field. Add the yegheart, milk and white pepper and mash together, making sure the garlic is evenly combined. Season, to taste. (WHOLD WILE

Plake the submon late, a senseste bond and neetly combine with the indice.

500 S () LB 2 02) HOT-SMOKED SALMON (SEE PAGE 31) S DED ONION, THINCY SLICED S TELEGRAPH COCUMBER, MACHED LENGTHWAYS AND DHIRLY SLICED.

HAR OUT AT MATERIAL OF MATERIAL



Roast pork, carrot chutney & sunflower cream

Fixedizating (rouse part with enabling) is longly popular to Domarsk. Yiell glien field it sitting under a deat lamp in morrebred course. Domarsk in cansulty one of the weight largest producer of park, experting a much as 30 per cent a plann as fight flarge at Nogle, a door franchism components ene of part 1800 restands in their long shore pigg for every human by 1970. Thus figure has new residual free pigg. per person: 25 million animals! This realps is hard on a traditional reast but the vineger brings a little more acidity to the cogetables, balanced by the matry cross.

Probest the over to 200°C (400°F), Toss the carrots, whole onions and garlic billion in the rapesced oil and season with salt and a pinch of white pepper. 2 040005, URFERED Place the pock in a large cassenole dish or reseting tray and arrange the vegetables around it. Roset in the oven for 40 minutes -1 hour. To be sure it's ready, use 1.0481459008 RAP a meat thermometer to check that the internal temperature has reached 70°C PRICE OF WRITE SEPPER (160°F). If you don't have one, insert a slewer into the thickest part of the 900 G () IN 12 OC) PORK LOW ment and make sure the biless run clear.

For the classics, said the orders, ginger and masterd seeds in the sandower oil in a frying past over a low host for 3-4 minutes, until soft. Set the past aide.

1 LABSE ORIGE, FOREST DICES When the pock is ready set it uside to rest, peel the roasted outcors and garlic TEX (TO IN) PAGE FRESH CINCOR.

Return the clustery pan to the store top over a medium heat. Pour in the vinegar and any joice from the routing truy. Use these to deglare the onion mixture, scraping up any bin that are stock to the pan.

1 TRAILPOOR SHRINDER DIS.

1 TR

To make the sunflower cream, bitz together all the ingredience with a little suit or a limit of a limit suit for 1 minute, until smooth.

Serve slices of the roast pork with the clumky chatney and the sunflower seed

2 TEATPOONS MUSTAGO SEEDS

Add the reserved gartic and onion flesh and the carrors and toos together for a couple of minutes as you would a stir-fity.





Kitchen Keepers Real-Life Recipes to Make on Repeat **Katrina Meynink**

5 June 2025 | Flexibound £20.00 | 9781761450655 240 Pages | 240 x 190 mm Full colour throughout

A celebration of all that is excellent, delicious and not cost- or time-prohibitive in home cooking.

Coming from a kitchen maximalist who knows how to dazzle when it comes to putting dinner on the table and to feeding loved ones with generosity and abundance, this is real food for the realities of a full, busy life. Food that is clear and uncomplicated yet bursting with flavour. Food that is kind on the wallet and on vourself. And food that you'll want to make again.

Australian food writer and recipe columnist Katrina Meynink has published four cookbooks: Salt to Jam, Slow Victories, Bistronomy: French Food Unbound, Kitchen Coquette; and the picture book Lulu le Baby Chef. The mum of three embraces fast, slow and in-between food, and regularly contributes to national and international food magazines with delicious meal ideas you want to cook.

- · Offers simple and delicious solutions for hard-working, time-poor people.
- Dishes you'll want to cook again and again that are kind on you in the kitchen, your time and your wallet
- · Bright, arresting photography and clean, stylish design.
- · Many cookbooks with midweek recipes aimed at families are bland an uninspiring - this is full of big flavours and new ideas.

When life gives you lemons

PRESERVED-LEMON kind of BOMBE ALASKA

Don't meant to toot my own horn but toot. This is bloody genius. Thank goodness for preserved ferions now finding their way into aidle-seven territory of most supermarkets. Combined here with a tub of ice cream, the lemons do the magic thing of tempering the sweetness while adding a deeper, funker tang without the cat's burn mouth hit of acidity. It tastes a bit "restauranty" in that it is

acidity, it tastes a bit "restauranty" in that it is unexpected yet completely delicious. Add the burnt meringue for a bouch of fance and this is the dessert foreams are made of. I have given a far-ranging quantity for the preserved lemon. The infensity of flavour varies greatly between brands, so this is an add slowly and taste scenario. It's far better to start with a small amount of preserved. lemon than add too much and warte an entire tub of ice cream.



leavon and or edible flowers to serve (options)

MERINGUE

MAKES TZ

Bitz the ice union and preserved lemon in a blender until combined. Work mulcilly here - you want a McDonald's shake consistency, not a runny liquid. If you are unsure idout the strength of the preserved lemon just add it in gradually and taste as you go until you get sweet. most with a alcriously direc-mused tune.

Spool the Ex Erean His your mon traves are with the out per-then cover and pop in the freezer for at least 3 hours to set. Wedging then amyly significant a dish load with baking paper avoids any topoling over during the freeze.

When results to surse, resource the manager his whiteling the soot whiter in an electric mover on high appead until stiff pixels form (2–2 minute Gradually add the sugar, whicking continuously, until stiff and thiny to be 4 minuted. Then add the province and street and shirts again.

> lemon and use your sepon to skupe it or just slop it and move or Toast the meringue all over with a kitchen blowdorch set on medium

Scatter with lemon sees or edicin flowers. Fusing, and serve (immediately

CAN'T BE FAITED If you can't be fulled with the making as component, spoor in the roccream. Shave them in the fragger and sprive as they are - they are

GIVE ME EXTRA Same with a separation of science Towers or place some jumine from the garden on top. If you don't feel any, go for a work with a set of constitues in Year Davis special - there must arrest and trust me - with the hit of lamon, it gives all the

A FEW EASY DESIGNED

Holy moly, this is delicious

SWEET POTATO 'N' GREENS SPOON SALAD

if a salad had a 'cannot stop eating it' criteria, this one deserves first place. It slaps you in the face with its freshness and the nosethe face with its freshness and the rose-tingling zing chaser of chilli oil. The crunch of fresh peas is a must, but only when they are cheap and in season. Otherwise, you could replace them with edamame. Frozen peas won't work because you want the resistant crunch in play for the mouth-loving textural wonderland that is this salad.

with CRUNCHY CHILLI OIL DRESSING

1 kg (2 to 3 oz) sweet potato, peoled and cut into roughly 1 on (1s in) cubes 2 tablespoons olive oil 2 tablespoons say stude 2 tablespoons maple symp 2 avocadoes, halled and cut into

3-4 Lebanese (short) oucumbers, out into 1 on (h in) cubes 1 cup freshly podded pees (or edemaine) 3 spring anions (scalions). Tisely sliced

DRESSING

2 tablespoont sey sauce 2 % theo finely grated ginger

SERVES 6-8 AS PART OF A SPREAD

a pingle layer over a large, fined roasting tin. Add the olive oil, soy sauce and maple syrup, and give everything a good mix around with your hands so that the sweet potato is well coated. Roses for 30 minutes. stirring well about halfway through to prevent burning. You want the oweet possto to be caramelined, golden on the edges and cooked through. Allow to confinite tin-

Preises the over to 170°C (340°F). Screed the diced owest occurs in

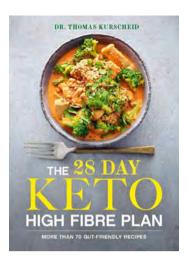
Make the saled dressing by constining all the ingredients in a bonil

Place the diced avocado, cucumber, cooled awest notato, near and soring onions in a serving bow! Using your hands tose gently to combine, being careful not to much the avocado.

cone crunchy cN/II oil Drizzle over the dressing and toss again. Serve immediately,

leaping all the elements separate then bringing them together at the last minute, so everything can stay fresh, crunchy and delightful.





The 28 DAY KETO HIGH FIBRE PLAN

More than 70 Gut-friendly Recipes **Thomas Kurscheid**

9 January 2025 | Paperback £14.00 | 9781761451065 160 Pages | 240 x 171 mm 4-colour photography | ANZ & UK Only, no Europe

The breakthrough keto diet, adapted with a new gut-friendly approach.

Following a healthy ketogenic diet can help with weight loss, energy levels and mental vitality, but cutting out carbs can cause a lack of fibre and have negative effects on your gut health. In *The 28 Day Keto High Fibre Plan*, Dr Thomas Kurscheid offers a plan, with recipes, for following a keto diet and keeping up your fibre intake.

The book is split into an initial stricter 14-day lowcarb phase, kick starting ketosis, then a gentler 14-day stabilisation phase, where you continue to lose weight and boost your gut health.

Enjoy more than 70 delicious recipes, from breakfast bowls to a creamy chicken curry and crepes, alongside suggested menus and a planning chart for every day. Dr Kurscheid's 28 Day Plan could not be any healthier or easier.

Dr Thomas Kurscheid is a specialist in nutritional medicine, focusing on the prevention of obesity and cardiovascular disease through diet, exercise and lifestyle. He studied medicine in London and Cologne, where he set up his own research institute in 2012.

- A planning chart and menus for every day of the month

 it couldn't be easier to get started.
- Never get bored with a wide variety of imaginative yet easy recipes, all with a 'keto factor' that allows you to swap recipes around, making sure you stay in ketosis.
- Each recipe contains a full nutritional breakdown and macro details per serving, with beautiful recipe photography.
- · Lots of vegetarian and vegan options.



Prawns with Asparagus and Olive & Pistachio Topping

Per person SH3 calones, 11g protein, 40g fat, 9g carbohydrate, 10g fibre | Keto factor 71

Prep: 20 minutes

250 to 300g asparagus 2 tablespoons olive oil salt and freshly ground black peppe squeete of lemon juice 100g nav king prawns

FOR THE TOPPING

t small bunch of fresh flar leaf parsley, roughly chopped 25g pistachios. 2% tesspoors golden flaxieed sait and freshly ground black pepp 1 besspoon grated lemon aust. 1 to 2 sprinkles of lemon pain. Scheduler you have shap you can be proclamed to make a graphest of changes the appearage small file beater allows the provent to stare. He then desires you be counciled down pittacking and receiptly of logged offers for a surprice element.

1 To make the topology, put the pareley into a blender or morter and pestite with the pattacking and flauseed and roughly drop, not too feeling for into a book, account with all and peops, and then six his to be

lemon set and lemon juice, Mix in the olives.

2 Peel the lower third of the asparagus, cut away the woody ends and cut into bite-size pieces. Heat 1 tablespoon of the oil in a pan and fry the asparagus over medium heat for 5 to 7 minutes until firm and lightly between 5 super out to the tablespoon of the oil in a pan and fry the asparagus over medium heat for 5 to 7 minutes until firm and lightly between 5 super out sizes to sizes.

3 As soon as the asparagus starts to firs, heat up the remaining tablespoon of oil in another pan and firs the prevent for about 4 to 5 minutes on both sides, so that they are roly on the outside but still glassy on the inside. Season with salt and pepper, Arrange the pravers on a plate with the asparagus and sprinkle on the topping.

PHASE 1 91

The Best Low-carb Foods for a Keto Diet

Some foods are inherently ketogenic, which means they have a keto factor (see page 43) of at least 70. These include fats, oils, high-fat varieties of cheese, black olives, coconut milk, almonds and other nuts and seeds (flaxseed, sesame). Other foods, such as eggs and most kinds of meat and fish, are good because they contain few, if any, carbohydrates.

| CHEESE | CARBS PER 100G | EGGS | CARBS PER 100 |
|---------------------------|-----------------------|----------------------------|---------------|
| Brie | 1g | Eggs | 0. |
| Cheddar | 0.5g | Egg yolk | 0.3 |
| Feta | Og | | |
| Goat cheese | 0.1g | FAT/OIL | CARBS PER 100 |
| Gouda | 0g | 200 | |
| Mozzarella | Og | Clarified butter (ghee) | .0 |
| Parmesan | Og | Coconut milk (full-fat) | |
| Roquefort | 1.8g | Coconut oil (cold-pressed) | |
| | | Flaxseed oil. | |
| DAIRY PRODUCTS | CARBS PER 100G | Olive oil | |
| | | Peanut oil | · · |
| Buttermilk | 48 | Pumpkin seed oil | . (|
| Cottage cheese | Og | Wheatgerm oil | - (|
| Cream cheese | 2.6g | | |
| Greek yogurt | 4g | NUTS & SEEDS | CARBS PER 100 |
| Mascarpone | 3.6g | 300000000 | |
| Milk | 4.9g | Almonds | 5.4 |
| Plain yogurt | 4.1g | Almond butter | 19.1 |
| Sour cream | 3.7g | Brazil nuts | 3.6 |
| Whipped cream | 3.4g | Coconut, ripe | 4.8 |
| | | Hazelnuts | 10.5 |
| FISH | CARBS PER 100G | Macadamia nuts | |
| | | Peanuts | 7.5 |
| Halibut, Henring, Cod, Ci | aviar, Salmon, Smoked | Pecans | -4.4 |
| mackerel, Turbot, Tuna (| all Og carbohydrates) | Pistachios | 11.6 |
| | | Pumpkin seeds | 14.2 |
| SEAFOOD | CARBS PER 100G | Sesame seeds | 10.3 |
| | 2007 (2007) | Shredded coconut (unsweet | tened) 6.4 |
| Lobster | Og | Sunflower seeds | 12.3 |
| Mussels | 2.4g | Tahini (sesame) | |
| Oysters | 4.8g | Walnuts | 10.6 |
| Prawns | Og | | |
| Squid | Og | | |

In combination with fat, these can readily be classified as ketogenic foods. The same is true for the vegetables listed, which have less than 5g of carbohydrates per 100g. Once again, the important thing is to achieve a healthy combination with nuts, seeds and oils. You will find ingredients that are particularly high in fibre and low in carbohydrates on pages 42 and 43.

| EAT | CARBS PER 100G | Pepper | 2.9 |
|---------------------------|--|---------------------------|----------------|
| THE CASE OF SHIPE | and the same of th | Pumpkin (except Hokkaido) | 4.6 |
| uck, Chicken, Veal, Veni | | Radiochio | 1.5 |
| eef, Pork. (all Og carboh | ydrates) | Radishes | 2.1 |
| | | Rocket | 2.1 |
| EGETABLES | CARBS PER 100G | Romaine lettuce | 2 |
| | 440 | Salsify | 2.1 |
| falfa | 2.1g | Sauerkraut | 0.8 |
| tichokes | 2.6g | Savoy cabbage | 2.4 |
| sparagus | 2g | Spinach | 0.6 |
| ubergine | 2.5g | Swiss chard | 0.7 |
| imboo shoots | 1g | Tomatoes | 2.6 |
| ean sprouts | 2.3g | Watercress | 0.4 |
| etroot leaves | 2g | White cabbage | 4.2 |
| roccoli | 2.5g | | |
| ussels sprouts | 3.3g | FRUIT | CARBS PER 1000 |
| auliflower | 2.3g | | |
| eleriac | 2.3g | Avocado | 0.4 |
| elery | 2g | Lemon juice | 2.4 |
| hanterelles | 0.2g | Otives, green | 1.8 |
| nicory | 2.48 | Papaya, green | 7.1 |
| ninese leaf | 1.2g | | |
| nives | 1.6g | MODERATELY KETO | CARBS PER 1000 |
| ourgette | 2.2g | | 1,000,000 |
| ucumber | 1.8g | Blackbernies | 5.2 |
| aikon | 2.48 | Blueberries | 6.1 |
| ndive | 1.28 | Lime juice | B.4 |
| ennel | 2.8g | Raspberries | 4.8 |
| eberg lettuce | 1.9g | Red currants | 4.8 |
| rusalem artichoke | 4g | Strawberries | 5.5 |
| de | 2.5g | | |
| phirabi | 3.7g | | |
| ek | 3.3g | | |
| ushrooms | 0.6g | | |
| vster mushrooms | Og | | |
| arsnip | 12.1g | | |

Fashion & Craft



Hand Dyed Designs

A Guide to Dyeing Textiles with Plants Katie Ellen Wilkins

13 February 2025 | Hardcover £22.00 | 9781761450365 208 Pages I 240 x 190 mm Full-colour photography

How to make your own textiles and clothing or dye fabric in a more sustainable way.

Hand Dyed Designs covers traditional natural dyes, as well as dyes you can make using kitchen waste, leaves, flowers and other plants from your own environment. Author and maker Katie Ellen Wilkins of Studio Tinta has ideas for curious beginners through to seasoned

The book covers how to choose the best fabrics, an explanation of the different mordants, necessary equipment and how to store dyes. It highlights Katie's favourite dye plants, from marigold and madder to avocado pits, and has instructions for common dyeing techniques like bundle dyeing and immersion dyeing.

In the final part of the book, Katie shows you how to create beautiful fashion pieces with your dyed fabrics, from an indigo linen robe to madder and marigold dyed socks to a pomegranate and geranium silk eye mask.

Katie Ellen Wilkins is a textile artist who works with natural fibres and natural dyes. She is the founder and creative behind Studio Tinta, a natural dye studio. Katie's work has been featured in Vogue and The Guardian.

- · Full circle crafting from foraging for plants and other dye materials to creating finished projects
- · Teaches you how to make plant-based dyes that are not toxic
- · A number of fashion and homewares projects suited to everyone from a beginner to keen dyer



Handpainted linen top

You will need:

aluminium acetate 6% WOS calcium carbonate 6% WOF 5 stanfers steel not thick cardboard

- I teaspoon logwood extrac I teaspoon fustic extract t teampoon match extract
- 160 mi (6 fl oz) boiling water

- 1. Pre-wash the top in a hot cycle in the washing machine using a
- Moedant the top in aluminium acetate followed by a calcium carbonate afterbath in a pot according to the instructions in Chapter 2.
- 4. Lay the wet top on a flat surface.
- 5. Place the cardboard between the layers of the garment to prevent the inks from seeping through.
- Combine the logwood extract with 50 ml (a.7 fl oz) of the boiling water in one of the jars.
- Combine the fustic extract with 50 ml (1.7 fl oz) of the boiling water in one of the jars.
- Combine the cutch extract with 50 ml (1.7 fl oz) of the boiling water in one of the jars
- 9. Use a large flat paintbrush (one paintbrush per dye) to apply the
- dve to the top in diagonal stripes. 10. Dry the paint. When the paint on both sides is completely dry,
- rime the top thoroughly in cold water until the water runs clear. 11. Heat set the inks using either a dryer, iron or steamer (see page xx)
- 12. If you have the time, this technique benefits from 1-2 weeks (or
- more) of curing before washing again with detergent.
- 13. Wash the fabric thoroughly with a gentle detergent. Allow it to dry and iron if necessary

Substitutes and variants:

Fabric: Any other natural fibre mordanted with an appropriate mordant

Dyes: Any other ink using an extract, powder or whole plant according to the instructions in Chapter 7.

Mordant: Substitute any other mordant for aluminium acetate









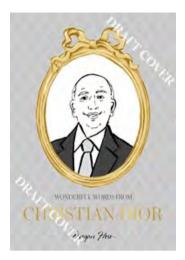
HOW TO MODIFY A COLOUR

One of the best things about natural diverge is that if you don't like what One of the best things about instant dywing is that if you don't like what you've diget, there are many ways you on changes. If you nin edye if occording the are many ways you on changes. If you nin edye if occording the your sharing again with different plants or instanting it in a new dige bath. You can praid row it in you can change the object using a modifier. Modifying a colour inches using an exist or alkali to other plants of the plants of dyes. Once you know how modifiers work, you can choose to apply them before, during or after dyeing.

Adding a modifier to a dye bath

An easy way to change the colour of a dye is by adding the modifier directly to the dye buth itself. To do this, add a small amount of one of the modifiers listed below to your dye buth until the colour changes to your li

- Sodium carbonate: Add 1% WDF to 100 ml (3.4 fl. or) hot water and stir unfill completely dissolved. Pour the solution into the dye bath and wait at least 2 minutes before testing with a fabric scrap, increase at this quantity each time if necessary, waiting for a couple of minutes before adding more.
- Sodium bioarbonate: Add 2% WOF to 100 mi (3.4 fl oz) hot water and stir until completely dissolved. Pour the solution into the dye bath and wait at least 2 minutes before testing with a fabric sorap. Increase at this quantity each time if necessary, waiting for a couple of minutes before adding more.
- Vinegar: Add white vinegar at 6% WOF directly to the dye bath, stir and wait for at least 2 minutes before testing with a faloric scrap. Increase at this quantity each time if necessary, waiting for a couple of minutes before
- Iron (ferrous sulphate): Dissolve non-powder at 1% WOF in a jar of hot or Into decrease subjective): Caseder-early decrease and set 1% WOF in a just of his belief meter and set of the Caseder and set of the just for Caseder and Set of the Set o
- can just add them directly to the dye bath. Since it is difficult to measure the iron in rusty objects, simply add a few pieces of iron to the dye bath and see what happens over about 1.5 minutes. Add more if necessary and remove them when you reach your desired shade.
- Cream of tartar: Add 6% WOF to a jar of hot or boiling water and stir unfill completely dissolved. Pour the entire jar into the dyse bath and wait at least 2 minutes before I esting with a laboric strap, Increase at this quantity each time if necessary, waiting for a couple of minutes before adding more.



Words from a Fashion Icon: Christian Dior Megan Hess

27 March 2025 | Hardcover £10.00 | 9781761451348 144 Pages | 165 x 115 mm Full colour illustrations

Fashion Icons: Christian Dior Quotes is a fully illustrated collection of quotes with Megan Hess' iconic and hugely popular illustrations, profiling one of fashion's most popular icons.

Bringing her trademark wit and warmth alongside her beloved illustrations, this will be a unique insight into the key thoughts and moments surrounding Christian Dior's life and his impact on the fashion industry.

The Fashion Icons Quote Series is a series of gift books full of inspiring and fabulous quotes from fashion icons across the generations.

Megan Hess is an internationally acclaimed fashion illustrator. Her prestigious clients include *Vogue, Vanity Fair, Harper's Bazaar, The New York Times*, Chanel, Dior, Cartier, Prada, Fendi, Louis Vuitton and Tiffany & Co. Her bestselling fashion books and beloved Claris series for children have sold over a million copies worldwide.

- A new small format quote book featuring Megan's beloved illustrations.
- With 4 in the series to date and more to come, this will be a well-rounded series of fashion icons to collect and celebrate.
- Megan has sold over 2 million copies of her books around the world and into multiple languages.



Long after one has forgotten what a woman wore, the memory of her perfume lingers.



9)



Words from a Fashion Icon: Coco Chanel Megan Hess

27 March 2025 | Hardcover £10.00 | 9781761451331 144 Pages | 165 x 115 mm Full colour throughout

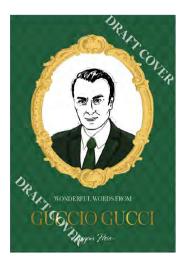
Words from a Fashion Icon: Coco Chanel is a fully illustrated collection of quotes with Megan Hess' iconic and hugely popular illustrations, profiling one of fashion's most popular icons.

Bringing her trademark wit and warmth alongside her beloved illustrations, this will be a unique insight into the key thoughts and moments surrounding Coco Chanel's life and her impact on the fashion industry.

The Fashion Icons Quote Series is a series of gift books full of inspiring and fabulous quotes from fashion icons across the generations.

Megan Hess is an internationally acclaimed fashion illustrator. Her prestigious clients include *Vogue, Vanity Fair, Harper's Bazaar, The New York Times*, Chanel, Dior, Cartier, Prada, Fendi, Louis Vuitton and Tiffany & Co. Her bestselling fashion books and beloved Claris series for children have sold over 2 million copies worldwide.

- A new small format quote book featuring Megan's beloved illustrations
- With 4 in the series to date and more to come, this will be a well-rounded series of fashion icons to collect and celebrate.
- Megan has sold over 2 million copies of her books around the world and into multiple languages.



View on Edelweiss

Words from a Fashion Icon: Guccio Gucci Megan Hess

22 May 2025 | Hardcover £10.00 | 9781761451362 144 Pages | 165 x 115 mm Full colour illustrations

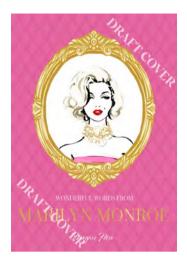
Fashion Icons: Guccio Gucci Quotes is a fully illustrated collection of quotes with Megan Hess' iconic and hugely popular illustrations, profiling one of fashion's most popular icons.

The Fashion Icons Quote Series is a series of gift books full of inspiring and fabulous quotes from fashion icons across the generations.

Bringing her trademark wit and warmth alongside her beloved illustrations, this will be a unique insight into the key thoughts and moments surrounding Guccio Gucci's life and his impact on fashion

Megan Hess is an internationally acclaimed fashion illustrator. Her prestigious clients include *Vogue, Vanity Fair, Harper's Bazaar, The New York Times*, Chanel, Dior, Cartier, Prada, Fendi, Louis Vuitton and Tiffany & Co. Her bestselling fashion books and beloved Claris series for children have sold over a million copies worldwide.

- A new small format quote book featuring Megan's beloved illustrations.
- With 4 in the series to date and more to come, this will be a well-rounded series of fashion icons to collect and celebrate
- Megan has sold over 2 million copies of her books around the world and into multiple languages.



Words from a Fashion Icon: Marilyn Monroe Megan Hess

22 May 2025 | Hardcover £10.00 | 9781761451355 144 Pages | 165 x 115 mm Full colour illustrations

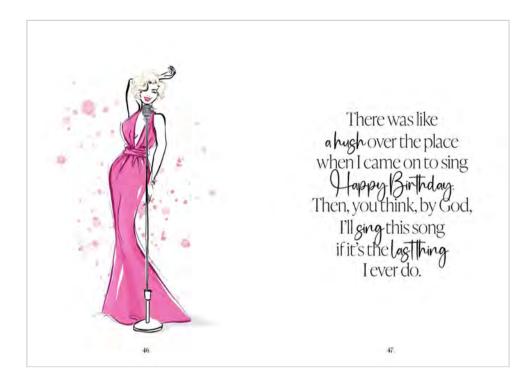
Words from a Fashion Icon: Marilyn Monroe is a fully illustrated collection of quotes with Megan Hess' iconic and hugely popular illustrations, profiling one of fashion's most popular icons.

Bringing her trademark wit and warmth alongside her beloved illustrations, this will be a unique insight into the key thoughts and moments surrounding Marilyn Monroe's life and her impact on the fashion industry.

The Fashion Icons Quote Series is a series of gift books full of inspiring and fabulous quotes from fashion icons across the generations.

Megan Hess is an internationally acclaimed fashion illustrator. Her prestigious clients include *Vogue, Vanity Fair, Harper's Bazaar, The New York Times*, Chanel, Dior, Cartier, Prada, Fendi, Louis Vuitton and Tiffany & Co. Her bestselling fashion books and beloved Claris series for children have sold over 2 million copies worldwide.

- A new small format quote book featuring Megan's beloved illustrations.
- With 4 in the series to date and more to come, this will be a well-rounded series of fashion icons to collect and celebrate.
- Megan has sold over 2 million copies of her books around the world and into multiple languages.







Piece by Piece

Modern Patchwork and Quilting Projects to Make From Pre-loved Fabrics Lauren MacDonald

8 May 2025 | Paperback - with flaps £18.99 | 9781761450341 208 Pages | 253 x 201 mm Full-colour photography, colour illustrations

A hands-on craft book complete with patterns, tutorials and projects that use a mix of quilting, patchwork and appliqué.

Designer, maker and founder of textile studio Working Cloth, Lauren MacDonald shares her knowledge of quilting with warmth and humour in this guide to modern patchwork and guilting.

Piece by Piece offers heritage guilt patterns in a fresh, modern colour palette. The 21 projects, all designed to be made with second-hand fabrics and scraps from other projects, are simple enough for the beginner and advanced enough to keep experienced makers interested. Each of the three sections - kids and baby, homewares, and clothing and accessories - is organised in a skill-building sequence, with smaller, simpler projects at the beginning and more challenging ones towards the end. Beautifully illustrated, the step-by-step guides detail how to make a kid's and women's jacket, quilts, cushions and bolsters, a patchwork party hat and teddy bear, and more.

Lauren MacDonald is a London-based designer, maker and founder of textile studio Working Cloth. Her first book, In Pursuit of Color: From Fungi to Fossil Fuels, was released by Atelier Editions in July 2023. Working Cloth has collaborated with the Institute of Making at University College London (UCL), Toast, and Sydney Craft Week. Lauren's work has featured in The New York Times, Vogue, CNN, Hyperallergic, Country Living, Homes & Gardens and House & Home.

- · Uses recycled and repurposed fabrics
- · Offers heritage patterns in a contemporary aesthetic

DIFFICULTY 2 out of 5

TIME TO MAKE 2 out of 6

EILEEN CUSHION

Itaquo moditat. Ed endit et quias ipsam, saperume et ex eumque prate plictur sus. Latepos ilitate nessus.

PROF BY PROF.

esequasim aut ex expliatent arunt verumquo officitatem natet, ime assinctur, sundit ant ut fugit omniti velitat evenimetus exeribusant que ommodis dolorum aborest orecusam vene velit entotatium soluptamus min alit haris susam veniendi officab nisit id quatur mil magnita temporum orrorrovid eum dolestisim num que fugitat quibusa non consedi as ex evenem quatureprat quam, si occume Pudae dolorro consegu isciet omnia poreiunt ratur modi ulpa ducieni volonope omni odi repuda sequosam hillant diciendicto mi, omnimus ciist, conettas rehent volor auda di atem sit moluptium ad quo derrum dolupta exernatemquo cum aliquam ut volut spiende vidusae rciandunt evenit expel ete evendandis qui simin pra omnimin isquibus, tecabo. Ribusacae. et officid este nan restius maximil Ipiciuntio et dolecea cumquam lam



€ METHOD 3 FINISHED SIZE Prepare your pieces Trace the alphabet templates from this book (pp. XX) onto thick paper or card and then out them out. you'd like to make, as well as 6 squares of firm iron on interfacing (A). Interface each of the six blocks. 3. Cut out each letter in the fabric of your choice, one for each block evou can do more if you'd like's Applique the letters 1. And love onto your chosen sourcets (fit. For applique echniques and tips in detail, see page XX. Assemble your blocks f. Once you are happy with now your applique to arrange your squares in a T shape, as illustrated (C) MATERIALS 1.5" hole in the seam so that you can flip the box inside or Turn through, stuff and press Press your seams and trim back the corner points a illustrated to remove some of the fabric bulk (E) 2. Turn the block through to the right sides. Take some time here to make your corner points neat and fully turned out. Generously stuff the block with toy stuffing (F). Hand sew the finite closed with a slip stitch or laider stitch (see page XX). Press the block to reshape. PROFEST PROF





52 Weeks of Socks, Vol. II 9781761450297 £18.99 | Paperback



52 Weeks of Easy Knits 9781743799703 £19.99 | Paperback - with flaps

52 Weeks of AccessoriesBeautiful Patterns for Year-round Knitting Laine

24 April 2025 | Paperback - with flaps £18.99 | 9781761451317 272 Pages | 270 x 210 mm Full-colour Illustrations | World English

52 Weeks of Accessories is a beautiful collection of 52 patterns to create cosy accessories and was created by 48 international designers.

52 Weeks of Accessories is a great companion for those who love knitting hats, shawls, socks and mittens, but also includes some more fashion-forward projects like cowls, hoods, headbands and bags.

The projects range in suitability from beginners to experienced knitters, and feature an array of techniques including cables and colourwork, as well as simpler stitches. Thanks to their small size, accessories are the perfect starting point for those interested in trying out knitting and playing with yarn.

Laine is a Nordic knit and lifestyle magazine based in Finland. They cherish natural fibres, slow living, local craftsmanship and beautiful, simple things in life. Their intention is to inspire all to gather and share, and to be part of a community of like-minded knitters, makers and thinkers from near and far.

- The latest in the popular '52 Weeks' series from Laine
- Beautiful designs from knitters around the world collated into a stylish collection
- With a project for every week of the year, this offers a diverse range of projects suitable for beginners through to advanced knitters







Personal Colour

A Visual Guide to Exploring Your Colour Season and Embracing Your Unique Colour Palette

Anuschka Rees

29 May 2025 | Paperback £20.00 | 9781761451577 256 Pages | 228 x 203 mm Full colour | Commonwealth ex. CAN, no Europe

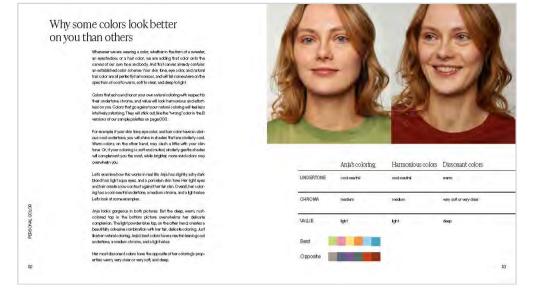
A comprehensive guide to elevating your personal style using the timeless principles of colour theory and colour analysis.

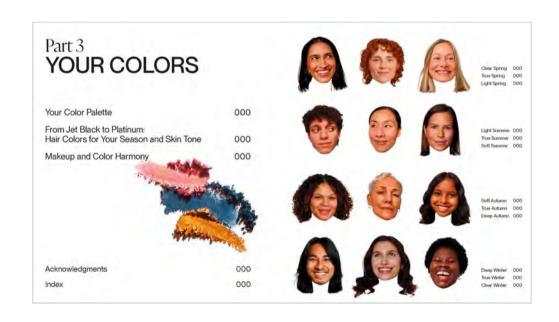
Anuschka Rees teaches readers how to identify undertone, depth, and contrast, guiding them through the components of the spring, summer, autumn, and winter colour seasons and empowering them to create a fashionable wardrobe tailored to their innate beauty. Readers will find answers to common guestions, like:

Featuring step-by-step instructions to identify your unique colour palette, as well as over 200 images of colour swatches and models of all races, genders, and ages, *Personal Colour* is a timeless resource full of exercises, charts, cheat sheets, and glossaries.

Anuschka Rees is a writer, personal style expert, and the author of *The Curated Closet* and *Beyond Beautiful*. Her website is the goto online source for all things personal style and minimalism. She lives in Berlin and has a master's degree in social psychology from the London School of Economics.

- Step-by-step instructions to identify your unique colour palette, as well as over 200 images of colour swatches and models of all races, genders, and ages,
- · Full of exercises, charts, cheat sheets, and glossaries.
- From Instagram to TikTok to YouTube, everyone is talking about colour theory and seasons and this book will provide a whole new generation of colour enthusiasts with a one-stop definitive guide that a new generation of readers





View on Edelweiss



Mouche & Friends Tovs to Knit and Love Cinthia Vallet

29 May 2025 | Paperback - with flaps £18.99 | 9781761451621 216 Pages | 225 x 192 mm Illustrated throughout | Static Text

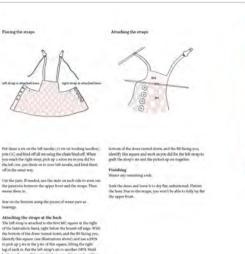
Mouche & Friends includes patterns for Mouche the bear and 11 of his knitted friends, their outfits and accessories, as well as charming stories that bring the characters to life.

Maker Cinthia Vallet brings her characters to life with little stories, creating a charming combination of a knitting book and a children's storybook. Cinthia walks her readers through the techniques stepby-step with clear, illustrated tutorials. She also shares her tips on working small circumferences, picking yarns and preparing a toolbox for toy-making.

Cinthia's toy-making process is unique and totally seamless, which ensures a flowing knitting experience. The animals are knitted with natural fibres and worked in the round, starting from the nose and knitting down to the feet - growing a toy rather than building it.

Cinthia Vallet is a designer living in Nantes, France. She is known for her charming, seamlessly knitted toy animals. Cinthia develops her characters as an illustrator would do. but with wool and three dimensions. She gives each one a name, a story, a little soul and a lot of herself. Mouche & Friends is her debut book.

- · Includes patterns for 12 seamless knitted toys
- · All toys knitted with natural fibres and worked in the round, starting from the nose and knitting down to the feet
- A sweet mix of stories about the animals and step-bystep instructions that brings the characters to life
- · The latest from Laine, and their successful series of paperback knitting books; the book is aimed at all levels of knitters





Formest

for the marrie, where it is (9 m) if what, "Smarks

So yello of a lighter color for the mantle, about a g (7 s 8 yello of a lighter color for the mantle, about 4 m (4 yello) of light beign for the horse, and about 5 g (17 m / 99 yels) of a dark-notedials color for the horses. all in the same frametic

To keep mide before starting a m (2 sold) of main color for

MERTHER

HEIGHT

YARN

a min (UKO) and a second set in the same size to limit the ears, a cruchet back in the same size to make the fair.

EXTRAS

ng nim dark beosen safety even.

NOTES

If substituting the yart, go for a yarn that is quite smooth, with a good definition, easy to bait and not too fluffy.

SHORT ROWS - SECTION 6

Note: You devision to Situation 1 of Lemma 8

last 6 sts on hold. Place MA to the first stitch

The right strap is attached to the firm MC square at the left of the bizzonband, right below the bound-off edge. With the

BOW 1 (RS)/ Kells, sik, \$10, ties; column for the buck of the

bend) ROW at VO, pil, num.

ROW & YOUNK knog, ht. turn BOW # YO. 810, mp. pt. tum.

Starting where your working yors is, work in the round again END at VO kee kence, but to end (as en end a VO = 16 sta and a VO for the back of the head | 8 sts for the throat)

SHORT ROWS - SECTION 7

Nine You are now in Situation 2 of Leases in (decrease comments attakes, so FOV).

Set up your set: the first of sex and the remaining VO or stocking needles / the last 8 sts on hold. Place MA in the first

BOW r (RS): Kirlst, slr as if to knit, least the YO, pass, kirlst. ROW at PR. rases.

ROW 3: Kr. kanog, kt, race. [15] see for the back of the head! Picking up stitches for the sees.

Starting where your working uses in, work in the round again. as follows: RND to Ky, king, kind to end. (at ets = 13 mx for the back of the based / 8 ets for the throat;

#ND z: Kithi, sik, kisk to end. (20 ets < 12 ets / 8 sts)

ADDING THE FACE'S FEATURES

Fire, bring the case on tall to the inside of the head and

unite. Embroider two little sketted lines to highlight the point of the rose, where you can on and started your work. For the mouth, add a little vertical line, and two small curves storing.

Use the marked criticis at the side of the head at a guide Starting pair behind the marked minth, pack up a an along the garter etitels section, then 3 more are below the first 3 as (we filmeration below). Once you have a sets of 5 sts, remove the waste years. Arrange your striction and needles to work in th round. The our in availmetrical, so you can must your round either side. Place MA is the first stitch.

Acts one of the lengths of the most-color warn you kept wide RND to Knit all eta, (6 160) RND at [Ks, left, ht] rosics, (8 sto)

RND e Kur all ets. BND 4: (10), life restor, its livelor, tux mail END up Dis. ink, killing, kid traine, (il ster)

RND sto [Selt, kings] resion (4 sto





the etitches on needles and pull it tight firing it inside son

SHAPING THE NECK

You have no into (so any for the back / N and for the from) or and, indicated by MA, with your sleep apolds down and its

TND at Earth, its sale reductions before least so and 16 its - it sts for the back / it sts for the from KND at Knit all ora-

RND 4 (partial round): Knit to 5 ets before end, replace MA in the next et. This will be the new BOR so rearrange your



END 6: (K), (db) to end, (gi str) ENDS 7-6 Kntr all sts. END-q: [Kg, ktb] to end. (50 sts) RNDS vs. v8. Roll all ms. (6 round

KNITTING THE ARMS

apride down and its back facing you.

LEFTARM

NET AT END or Kait the first tratt of the round, also next o sea to NOLDER, using the backwards loop method cost in a sea, PMA, cost on a less, less the last r sea of the round.

SET ALP END or Value used surface back to MA surrous MA and replace it in the next at. This will be the new BOR to numrange your needen accordingly and rebalance the distribution of your stoches if needed.



View on Edelweiss



Megan Hess: The Bag 9781743797372 £12.99 | Hardcover



Megan Hess: The Shoe 9781743797389 £12.99 | Hardcover

Megan Hess: Perfume Megan Hess

26 June 2025 | Hardcover £12.99 | 9781761451546 144 Pages | 165 x 115 mm illustrations throughout

An illustrated love story to the incredible scents and fragrances that stand as the final touch on an outfit, from internationally renowned fashion illustrator Megan Hess.

This is the next in the Ultimate Fashion Wardrobe series, filled with fascinating information and stunning illustrations and packaged up in a beautiful hardback: the perfect accessory for any fashion life.

Megan Hess is an internationally acclaimed fashion illustrator. Her prestigious clients include *Vogue*, *Vanity Fair*, *Harper's Bazaar*, *The New York Times*, Chanel, Dior, Cartier, Prada, Fendi, Louis Vuitton and Tiffany & Co. Her bestselling fashion books and beloved Claris series for children have sold over a million copies worldwide.

- The next in a new series from Megan Hess, The
 Ultimate Fashion Wardrobe, following on from The Little
 Black Dress, The Shoe and The Bag. Readers can build
 on the series as if you would build on an outfit
- A beautiful small package (but still with beautiful finishes, including foiled cover and book block) and lower price point opens this series up to a wider market, and also allows for on-counter merchandising
- Internationally, Megan has sold over 2 million books across ten languages
- Megan's profile continues to grow, with over 400k followers across social media platforms – plus another 30k for her sensational children's book character, Claris the Chicest Mouse in Paris





House & Garden



Attainably Sustainable

Practical and Easy Ways to Live Sustainably in Every Space

Anna Matilda Gibbons

24 April 2025 | Flexibound £20.00 | 9781741179033 256 Pages | 240 x 190 mm Full colour throughout

This is the only guide to sustainable living for renters and those in apartments or with limited space, offering practical and simple ways to incorporate permaculture and other ecofriendly habits into your lifestyle.

Sustainability educator and author Anna, aka 'The Urban Nanna', has created a practical guide to empower readers – singles, families, retirees and everyone in between – to start living sustainably. This comprehensive yet highly accessible book focuses on how renters and those with limited space can adopt eco-conscious ideals into their lifestyle – from organic waste management and foraging to 'scraptastic' cooking and a section about preserving personal energy and wellbeing.

'Nanna' **Anna Matilda** is the founder and creative director of The Urban Nanna, a permaculture education business that specialises in teaching traditional skills. Anna regularly appears on Australian television and radio, contributes to print and online publications, runs presentations and workshops for various organisations, and has an engaged social media presence.

- Focuses on solutions for renters or those with limited space, instead of solutions only accessible to those with large homes and easy access to green areas.
- Highly accessible, with a conversational tone to appeal to all backgrounds
- 'Nanna' Anna is the founder and creative director of The Urban Nanna and is highly experienced as both a renter and a teacher of sustainable skills, crafts and methods.



There are a few things about human existence that remain the same across the globe, and the need to eat food is one of them. Ingredients, amounts, styles, and attitudes towards food vary depending on a range of factors, but the fact that we all need to eat, and that food must be sourced and prepared and ary waste associated with it must be taken care of remains constant.

Because it has so much to do with humans, animals, the environment, and equality, food is a big part of permaculture thinking. Which is great, because we can use the 12 permaculture principles. see page 90 to help guide us and remind us to make hetter chieful.

The internet is full of waste-saving cooking and gardening hacks, and there are plenty more available in books, including this one. But there's a limit to how much we can defer to recipes and written instructions on any given day. So when I'm learning something new, Lety to find the big picture thinking behind if that resonates with me, and then see how it can slot into move everyday thinking.

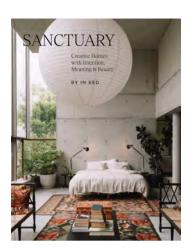
For example, when I decided I wanted to eat more foods with an overall low ecological footprint, I started by considering smaller questions whenever I shopped for food. Where it was made, how the ingredients were farmed, whether it was grown locally and seasorally, and how ecologically sustainable the packaging was all

Essentially, I try to think about the whole life of any inem before I bring it into my living system. Where along its journey has it secological footsprist increased? How much water was used to produce it? Did its production involve chemicals that harm ecosystem? Was there machinery involved and did it use non-renewable energy? How far did it have to travel, and did it strangort involve non-renewable fully list packaged, and is the packaging made in an eco-conscious way? Were the workers involved in its production treated ethically?

Every food we buy, eat or throw away has a history. We may not be able to change that history, but we can make informed decisions in choosing foods that have minimally ecologically harmful histories.



36



Sanctuary

Creative Homes with Intention, Meaning and Beauty In Bed

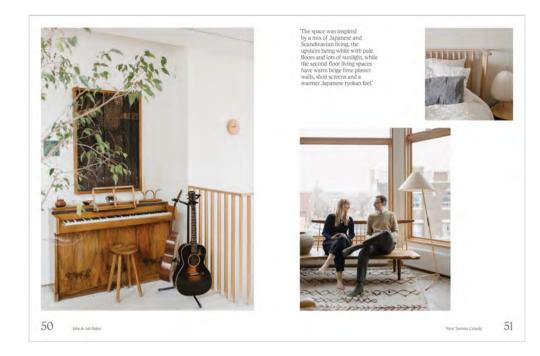
8 May 2025 | Hardcover £35.00 | 9781761450402 240 Pages | 281 x 215 mm Full-colour photography

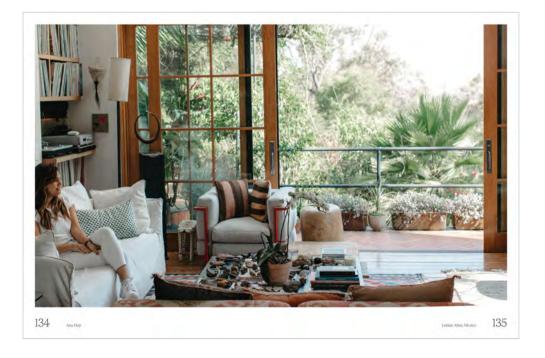
A beautifully curated interiors book featuring 21 homes from around the world that showcase the art of authentic living and intentional style.

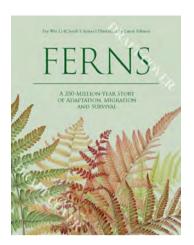
From an idyllic forest dwelling in Vancouver to a mid-century masterpiece in Los Angeles to a rural retreat in Devon, *Sanctuary* will take you on a journey around the world exploring how creative individuals live, and how they instil their homes with meaning, warmth and memories. Featuring beautiful homes from Australia, the United States, Canada, Mexico and the United Kingdom, the personal essays and profiles detail the many unique ways inspiring people create spaces that reflect their values. The homes featured are as varied as the lifestyles of the people who live there – share houses, rentals, treetop abodes and more.

IN BED is a home textiles brand founded in 2013. They have a strong focus on ethical and sustainable manufacturing and have been a certified B Corporation since 2022. For the past decade, they've explored unique homes and the stories of the people who live in them on the **IN BED Journal**.

- From IN BED, a home textiles brand with an international following. The founder, Pip Vassett, started the brand after being inspired by the homes of creative people she admired.
- From artists and ceramicists to photographers, there is a great diversity of creatives featured. The homes span from Western Toronto, Echo Park and LA's Koreatown to San Clemente, Mexico, the UK and Australia.
- Focus on objects of meaning rather than interior styles; aimed at a younger design lover wanting to emulate some of the styles in their own home.







Ferns

A 350-Million-Year Story of Adaptation, Migration, and Survival Fay-Wei Li and Jacob S. Suissa

15 May 2025 | Hardcover £30.00 | 9781958417850 192 Pages | 246 x 190 mm Full colour throughout | World English

Ferns tells a remarkable science story by tracing the origins of the plants to over 350 million years ago.

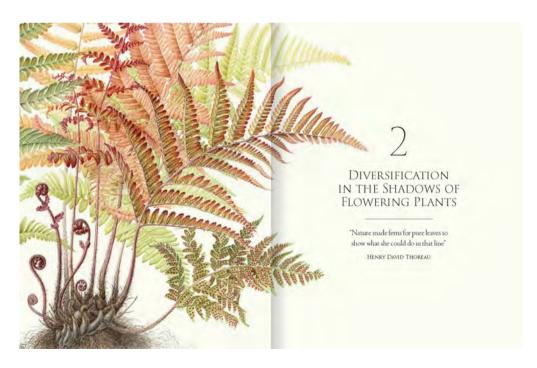
Ferns are the most remarkable of plants, and their science is both complex and beautiful. Among our most ancient plants, they have a unique way of reproducing, and their story reveals much about our planet's evolution. This book explores how ferns migrated from seat to land, how they sought light and interacted within ecosystems, how they survived mass extinctions, and what their ability to adapt can tell us about our warming Earth.

Written by scientists with a passion for communicating impactful research that commands media and social media attention, and illustrated with jewel-like details by an award-winning botanical artist, *Ferns* has much to say about our planet's botanical past, present and future.

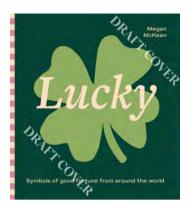
Fay-Wei Li grew up in Taiwan and studied for his Ph.D. at Duke University. In 2017, Fay-Wei joined Boyce Thompson Institute at Cornell University as an assistant professor. His fern research has featured in the *New York Times*, the *Economist*, and *Rolling Stone* magazine. **Jacob S. Suissa** completed his Ph.D. in Evolutionary Biology at Harvard University. Jacob runs the science communication video series, *Let's Botanize*, which had 13,000 followers on TikTok.

- · Beautiful full-colour illustrations by Laura Silburn
- · Perfect gift for the plant person in your life
- Stunning and scholarly a thorough scientific deep-dive dotted with breathtaking imagery





Gift & Inspiration



Lucky

Symbols of good fortune from around the world Megan McKean

13 February 2025 | Hardcover £12.99 | 9781761450945 112 Pages | 190 x 175 mm Illustrations throughout

Lucky is an illustrated collection of 50 lucky charms from around the world paired with fun facts and origin stories of each token of good luck.

From Sweden's brightly painted Dala Horse to horseshoes, dice and the most iconic good luck symbol, Ireland's four-leaf clover, *Lucky* is a charming gift for all ages.

Megan McKean is an Australian designer, illustrator and author with permanently itchy feet. Her work is focused primarily on travel and depicting colourful cities around the world. Megan's illustrations are characterised by their bright colours, strong line work and surprising details hidden within each piece, encouraging the viewer to go back for another look. Notable clients include Play-Doh, Kate Spade New York, Kiehl's and SONY. She is based in Malmö, Sweden, and *Lucky* is her 12th book!

- Features 50 lucky charms and fun facts about them, from swallows and rainbows to wishbones and dice.
- Global appeal many of the charms have significance in different cultures and are known worldwide.
- Megan's illustration style is fun and full of hidden details, and appeals to everyone from five to 100.
- A perfect gift for any auspicious occasion: birthday, new baby, wedding, new job, moving overseas, anniversary, new year.

Acorn



In Norse mythology, oak trees were believed to be sacred to Thor, a god associated with thunder and lightning. Strong enough to withstand wild storms and lightning strikes, the oak tree represented protection and prosperity.

The protective powers of the mighty oak could also be found in its fruit - the acorn. The tiny nut was placed on windowsills as a gesture of respect to Thor and to safequard the home from lightping.

While the oak tree symbolises longevity and endurance, the acorn symbolises potential and growth. From these little things, big things can grow.

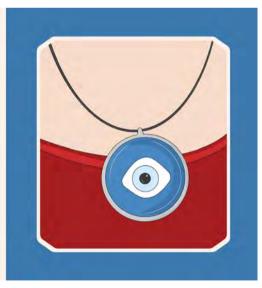


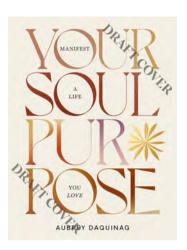
Evil Eye



A well-known symbol of protection, the ancient talisman that protects against the evil age is especially prominent throughout the countries of the Mediterranean and West Asia. In Arabic this charm is known as a nazar. The evil age is usually a curse cast by the malicious glare of someone wishing misfortune on another.

The evil eye talisman is traditionally designed in the shape of an eye, and coloured blue or green to foster spiritual protection and so act as a shield against evil. It is often worn as jewellery or a small accessory. As well as warding off negative energy, it brings good luck to the wearer.





Your Soul Purpose Manifest a Life You Love Aubrey Daquinag

27 February 2025 | Hardcover £16.99 | 9781743799901 192 Pages | 210 x 160 mm Full-colour illustrations

A practical and engaging guide to manifesting your dream life, taking you on a journey from conception to reality.

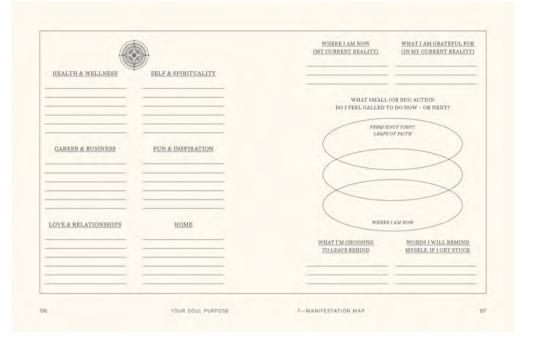
Have you ever wanted to make your dreams a reality but felt like something was holding you back? In *Your Soul Purpose*, certified life and success coach Aubrey Daquinag guides you through the process of navigating your inner world to manifest your dreams.

Using self-discovery exercises and techniques, learn how to tap into the power of your subconscious mind to create soul-aligned success. Along the way, Aubrey shares relatable stories and deep-dives into psychology and neuroscience.

Whether you're moving to a new city, calling in your soulmate, or seeking a more fulfilling career, *Your Soul Purpose* is full of insights on how to stop wondering and start walking on a more meaningful life path.

Aubrey Daquinag is a photographer, coach, content creator and author of *Wander Love*. She is a certified life and success coach, and an accredited practitioner in the modalities of neurolinguistic programming (NLP), hypnosis, emotional freedom technique (EFT) and meditation.

- Manifestation is an extremely popular subject; over 10,000+ people every month are searching for 'How to find your life purpose' on Google.
- A beautiful luxe giftable package with special cover finishes of gold foil and embossing.



Vipassana is a sacred, transformative practice that I've kept close while travelling solo, knowing that I am never truly alone and always connected to something far greater than myself.

Vipassana translates to 'insight', meaning to 'see things as they really are'. It is one of India's most sacient techniques of meditation and focuses on observing the impermanence of the present moment without judgement, and more deeply, on uncovering the true nature of reality. As the practice deepens, there comes a restructuring of your inner world; your sense of self and how you view the world as it takes place. This reflection and questioning of existence brings you into wholeness and universal oneness.

It is a sacred, transformative practice that I've kept close while travelling solo, knowing that I am never truly alone and always connected to something far greater than myself. A practice that has helped me move through times of hurt, suffering, grief, fear and turmoil with more grace. A practice that I have since dived deeper into studying and integrating, knowing how much clarity, strength, happi-ness and inner peace it brings me. A practice I have willingly led others through when the world was forced into lockdown, knowing how much clarity, strength, happieness and inner peace it would bring them. A practice that has become part of my own mission, which I wholeheartedly invite you to do, to bring you closer to your true essence and live from this space.

YOUR SOUL PURPOSE

4-EXPLORING THE WORLD, ALREADY WITHIN



Gather Around 1000 Piece Puzzle Meredith Gaston Masnata

27 February 2025 | Jigsaw Puzzle £14.16 | 9781761451294 Puzzle: 490 x 685 mm | Box: 270 x 190 mm Full colour

View on Edelweiss

Gather Around is a delightfully joyful and colourful 1000-piece puzzle from acclaimed artist Meredith Gaston Masnata.

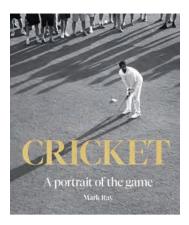
Gather Around is a celebration of togetherness, and a reminder that the best moments in life are the ones spent with loved ones. So gather your family and friends, and let the pieces bring you closer.

Suitable for both adults and children (recommended for ages 10 and up), *Gather Around* is a perfect screen-free family activity and takes 3 to 10 hours to complete. The completed puzzle measures 490 x 685 mm.

Meredith Gaston Masnata is an internationally acclaimed Australian artist, best-selling author and passionate wellness advocate. Her lovingly illustrated books are translated into foreign languages, and her original artworks and limited edition prints are collected worldwide.

- BESTSELLING ILLUSTRATOR: Meredith's enchanting artwork is coveted all over the world – she has published more than 11 books and exhibited her artwork globally.
- FULLY SUSTAINABLE PACKAGING: This beautiful puzzle contains no plastic or shrink-wrapping in the packaging. The box is printed with an edge wrap that fully seals it as a complete box, and within the puzzle pieces are contained in a paper bag.





Cricket A Portrait of the Game Mark Ray

5 December 2024 | Hardcover £35.00 | 9781761451096 288 Pages | 280 x 235 mm Black and white photographs throughout

Cricket: A Portrait of a Game is photography in the tradition of the great 20th century photographers. It captures the heart of the game from the commentators chatting in the broadcast booth, players relaxing in the team rooms, to never before photos of Shane Warne.

Distinguished cricket writer and photographer, Mark Ray, has roamed the world of cricket capturing the greats of the cricket-playing nations as well as unique portraits of the world of cricket.

This is a stunning portrait of the game played across the globe and loved by generations: it documents the spirit that surrounds it, from the stars behind the scenes – unselfconscious and uninhibited – to those that support the game, the fans, the groundsmen the umpires, and the commentators. A rich and fascinating portrait of a game much loved.

Mark Ray worked as a journalist and photographer in Australia, for *The Age* in Melbourne and *The Sydney Morning Herald*, for many years. He has written a number of books on cricket as well as published books of his photographs. In the 1990s, the Australian Cricket Society rated one of his photographic books, *Cricket Masala*, among the 50 best Australian cricket books ever published. His photographs are well-known across the world of cricket.

- · A stunning portrait of the much-loved game of cricket.
- Covers the cricketing world including: England,
 Australia, New Zealand, Sri Lanka, Pakistan, India.
- Beautifully presented as a perfect gift for cricket lovers.



surtly annicous, practice sention, field Series Cup, MCG, December 1991 he 15-year-old Sachin Tendulicar weating o but in themets the day before his first lettin Amtralia, the Gabba, Betchana, foremaker 1991



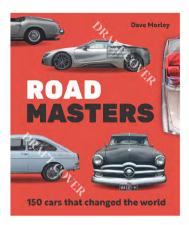
23





debaids, January 1994 riset. Lexist practice, day before the Part set, the Gabba, Brisbane, November 1990

9



Road Masters 150 Cars That Changed the World Dave Morley

20 March 2025 | Hardcover £20.00 | 9781741179170 244 Pages | 230 x 190 mm Full colour throughout

A fun and informative overview of the five most important cars from the major car-makers around the world.

Author Dave Morley applies his industry knowledge, signature story-telling and distinctive humour to weave a memorable tale about the top models from all the major manufacturers that changed the automotive experience, in one way or another.

Featuring all the major manufacturers, plus smaller powerhouses, the book includes European prestige manufacturers (Lamborghini, Ferrari, Porsche, Mercedes Benz), British luxury brands (Bentley, Rolls Royce), American classics (Ford, Chrysler, General Motors), Japanese leaders (Toyota, Suzuki, Mitsubishi, Honda) and many more.

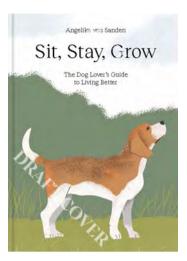
Important cars are great. Great cars are important.

Dave Morley has been an automotive journalist for the last three decades and more, and has road tested pretty much anything on the road. He has previously published *Six Decades of Holden Versus Ford* and *Great Aussie Car Fails*.

- Entertaining storytelling and great photography of all cars featured
- There are several 'best of' car books on the market, but Dave's distinctive writing style and ability to weave in a good story will be offer more than just nice photos and plain stats on cars, offering the full package for readers and potential gift-buyers.
- Manufacturers will include local manufacturers from each of the major markets, including Australia, US, UK and Europe, as well as other key countries like Japan and South Korea.







Sit, Stay, Grow The Dog Lover's Guide to Living Better Angelika von Sanden

27 March 2025 | Hardcover £15.00 | 9781761451102 176 Pages | 182 x 130 mm Illustrated throughout

A joyful guide to observing and learning with the dog in your life.

In this book, counsellor Angelika von Sanden invites us to face life's challenges supported by our furry friends, but also to join into their playfulness and joy, and to use the daily dog walk as a time for meaningful contemplation.

Across fourteen chapters, *Sit*, *Stay*, *Grow* explores how dogs can inspire us to have fun, teach us how to tackle difficult questions and to take different perspectives. Complete with a short 'Taking a thought for a walk' activity at the end of each chapter, this simple and accessible practice can help you lead a more enriching life.

Angelika von Sanden is a trauma counsellor based in Melbourne, Australia. Her practice's foundation is care, honesty and respect, using Acceptance and Commitment Therapy (ACT). She has a background in social work and a Master of Counselling. Fluent in German and English, she loves dogs, metaphors and a language free of professional jargon.

- Written by a well-regarded clinical supervisor and dog lover
- Includes activities throughout the book and thoughts to complete on your daily dog walk
- Explores happiness and mindfulness from the fresh perspective of learning from our furry friends
- Filled with gorgeous illustrations, this is a beautiful book to treasure

Does Wincy never worry about anything? She surely does! Coming home from your walk, it is feeding time. And Wincy is still closely enough related to her forefathers, where food was scarce and the one who ate the quickest got the most of what was there. Supply could run dry and hunting was not only a survival skill but also one where luck had to be on your side. This wasn't the case every day. So, Wincy's great-great-great-greatgrandfathers and mothers learned the hard way that eating as quickly as one could was best advice. So Wincy is still worried that there might not be enough. Regardless how often you tell her or even show her the full cupboard. Words can't land where worry patterns have been formed a long time ago. That's why 'Don't Worry, be Happy' can only be a song. but not life advice. Watching Wincy 'inhaling' food from a bowl shows you, what I am talking about.

It did once make sense, but here in your home, with an ongoing food supply and regular feeding times and no other does around. It does not make sense at all.

Wincy cannot 'just forget' about her genetic make up and cannot just will her brain to change from her ancestor's brain to one best adapted to an inner city apartment life with a pet food store around the corner. Exactly like It would not work for you, if someone told you to 'just worry less' or 'think some positive thoughts'. It does make sense to reflect on the past to learn for the future. It does make sense to try to predict the future. It does make sense to eat quickly and fight for food!

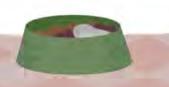
But not always. Not right now, not here, not in these circumstances. Not always, not many of the times, where Wincy does it and you do it too: we allow our ancestors' brain to take over

And now?

Wincy cannot see the bulk dog food package you bought. Wincy needs help to slow down.

You can help her and there are ways you can help yourself.

Add some big pebbles to the bowl. Or buy a bowl with some plastic domes. Wincy will have to chase the food with her tongue and will have to slow down. Much better for her stomach and much easier to digest food which is chewed and not just swallowed.



17

DOG RELAX

To guide you through the exercise, I will think about Amigo, my companion for many years. Fill in the name of your four-legged therapist.

I will think of ..

Even better, I will sit next to ... on the floor, feel how the floor supports me and put my hand on his or her side.

or

I will sit on the couch, feel my feet touching the floor while my hand rests on my puppy next to me.

DESCRIBE

When I notice many worrying thoughts, I will silently say to myself, 'Here are worrying thoughts'.

or

'Here I am having the thought that says ...'.

I can also feel where the pain resides in my body and can name the place and how it feels. 'The pain is in my ... and it feels like ...'.

OBSERVE

Often I am having the same few thoughts in slightly different variations. If I notice that there is not a lot of variety, I know that I am caught in a rip.

I will name the main thought, like a headline of a story. I will label it with a self-adhesive sticker saying, 'Here is the old story of ... again'.

(If it is difficult for you to come up with an example of an old story, ask yourself how often you have described yourself as Or had the thought that you should have or could have done, Or wondered, 'What if ...?' Or thought, 'If only ...'.

All of these thoughts have become stories your mind likes to repeat.

Observe your thoughts, your physical sensations and your emotions going along together.



World Travel Adventures: 1000-Piece Puzzle Loni Carr and Brett Gramse

27 March 2025 | Jigsaw Puzzle £16.99 (£14.16 ex VAT) | 9781741179392 Puzzle: 685 x 490 mm | Box: 244 x 190 x 50 mm Full colour throughout

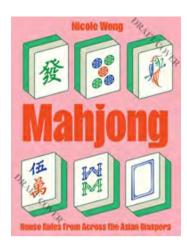
World Travel Adventures is an 1000-piece jigsaw puzzle celebrating retro-style travel posters from around the world.

Featuring artwork from the successful *World Cocktail Adventures* book, written and illustrated by Whiskey Ginger design duo Loni Carr and Brett Gramse, this puzzle will celebrate some incredible travel destinations. Suitable for both adults and children (recommended for ages 10 and up), this puzzle is the perfect screen-free family activity and takes 3 to 10 hours to complete. Completed puzzle measures 685 x 490mm.

Illustrator **Loni Carr** and copywriter **Brett Gramse** are the team behind **The Whiskey Ginger**, a design studio based in Bozeman, Montana, USA. They specialise in graphic design and vintage-style illustrations.

- TRAVEL POSTER ART: Worldwide destinations come alive in the beautiful vintage travel poster artwork from illustrator Loni Carr.
- DESIGN DUO: From The Whiskey Ginger, the design team of Loni Carr and Brett Gramse who created World Cocktail Adventures, this puzzle brings together the best artwork from the book in handy jigsaw form.
- UNIQUE BOX DESIGN: A special sized 240mm x 190mm x 50mm box with front cover that opens up to display the puzzle artwork in full, perfect for keen puzzlers to follow along.





Mahjong House Rules from Across the Asian Diaspora Nicole Wong

10 April 2025 | Hardcover £16.99 | 9781958417638 176 Pages | 225 x 175 mm Full colour throughout

Mahjong is one of the first English language books to break down classic Chinese Mahjong.

Readers learn game setup, rules, common hands, strategy, and scoring through beautiful illustrations and photography, but the book also showcases mahjong culture, past and present, through essays and vignettes on the history, design elements, and communities that have been built around mahjong – and how to build your own.

A bonus essay breaks down the mahjong hands in the pivotal scene from the 2018 hit *Crazy Rich Asians*, and the author's own family history and anecdotes are sprinkled throughout to tell a story of diaspora through mahjong.

With *Mahjong* as your guide, date your inherited or thrifted sets, identify the version you learned to play, refresh your memory of the rules or learn them for the first time, and start to write your own house rules – just don't forget the snacks.

Nicole Wong is a writer and audio producer based in Oakland, California. She started The Mahjong Project in 2019 – part instructional guide, part oral history project, to document her family's house rules and place them in the broader history and diaspora of the game itself.

- Most previous on the topic are cheap paperbacks with dated typography and little to no visuals
- First of its kind: discusses game variations from around the world, including American Mah Jongg, but is one of the first books focused on Chinese-style gameplay (most cover American rules).
- Mahjong nights are popping up at restaurants, hotels, and community spaces globally.







In the Garden 1000 Piece Puzzle Megan McKean

10 April 2025 | Jigsaw Puzzle £16.99 (£14.16 ex VAT) | 9781761451324 Puzzle: 683 x 490 mm | Box: 270 x 190 mm Full colour illustrations

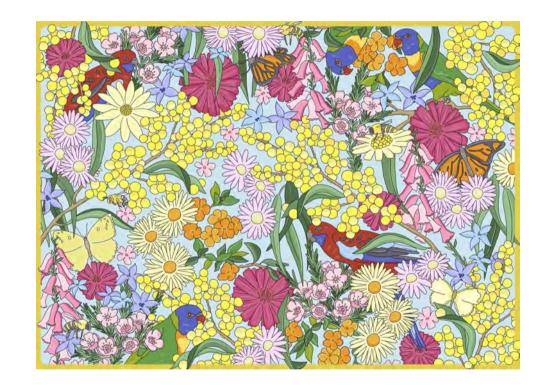
View on Edelweiss

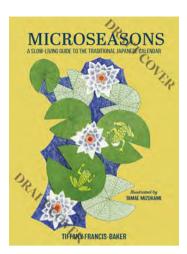
A puzzle that celebrates flora and fauna by renowned Australian-born, Sweden-based designer and illustrator Megan McKean.

Suitable for both adults and children (recommended for ages 10 and up), *In The Garden:* 1000 Piece Puzzle is a perfect screen-free family activity and takes 3 to 10 hours to complete. Completed puzzle measures 686 x 483 mm.

Megan McKean is an Australian-born, Sweden-based designer, illustrator and author. Megan's illustrations are characterised by their bright colours, strong line work and surprising details hidden within each piece, encouraging the viewer to go back for another look. Notable clients include Play-Doh, Kate Spade New York, Kiehl's and SONY.

- COLOURFUL DESIGN: Find hidden elements and beautiful birds as you build the puzzle and explore the garden setting.
- MINDFUL ACTIVITY: Suitable for both adults and children (recommended for ages 10 and up). This is a perfect screen-free family activity and takes 3 to 10 hours to complete.
- FULLY SUSTAINABLE PACKAGING: This beautiful puzzle contains no plastic or shrink-wrapping in the packaging. The box is printed with an edge wrap that fully seals it as a complete box, and within the puzzle pieces are contained in a paper bag.





Microseasons

A Slow-Living Guide to the Year through Nature's Little Moments

Tiffany Francis-Baker, Illustrated by Tamae Mizukami

24 April 2025 | Hardcover £16.00 | 9781958417959 160 Pages | 195 x 145 mm Full colour throughout | World English

Discover 72 microseasons in this beautifully illustrated book.

Each lasting five or six days, these traditional Japanese microseasons prompt you to notice the world around you and can help you to live in harmony with nature's rhythms.

Tiffany Francis-Baker introduces you to this beautiful and poetic ancient calendar and what each microseason represents, with practical and simple ideas for how to slow down and make positive, seasonally-minded changes throughout the year.

Tiffany Francis-Baker is an award-winning writer and illustrator from Hampshire, UK. She also runs her own stationery brand Papave. **Tamae Mizukami** is a Tokyo-based artist specializing in illustration and copper-plate engraving. A graduate of Chuo University and Setsu Mode Seminar art school, and a member of the Tokyo Illustrators Society, Tamae's work can be seen on book covers, magazines, and advertising campaigns, and in many exhibitions across Japan.

- Few other books on the topic, and these focus only on what is happening in the natural world, making them geographically specific, whereas this title will focuses on natural rhythms and incorporating them into our daily lives
- Includes simple, real-world tips and ideas for how to live more intentionally and more in tune with nature
- Compact format and visually stimulating, perfect for dipping in and out for small doses of seasonal inspiration



Did you know that in Japan, frogs are a symbol of good luck? One of the reasons for this is that the Japanese word for frog, kecry sounds like the word for Fretum." Some people see frogs as lucky charms that might bring good things back to them, and travelers have even carried frog clasms in their pockets to help them return home safely.

During mating season, male frogs crook loudy to get the attention of females, even if they cark see or hear them. It is hard work and takes a lot of energy but the rewards are worth in in the end, in this way, frogs are the ultimate manifesters, calling abundance and fulfilment into existence, and putting in the hard work needed to achieve what they want.

As the frogs begin croaking this microseason, take their voices as an invitation to manifest your own future. Reflect on what might make you happy and fulfilled, and start uning into the energy of the universe no find a part of the forward. Deen start saling section to make your goal happen. Frequent to work hard like the coulding froig and understand of the enoughing froig and understand different concentrations once, we must all make our own lock. If you want something in this world, you must reach our and shape it yourself.

HOW TO MAKE A VISION BOARD

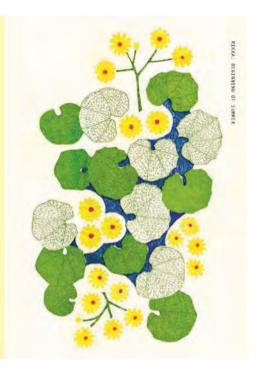
The first step in manifesting some thing new your life is to set a strong reference and your life is to set a strong reference and your life is to set a strong reference and and work to make that side a come to furtion. No matter what your goods are, one of the most effective way to set your middle intention to some a written board — a written and the set of th

 What is it that matters most to you? Take some time to reflect on your values and dreams. Are you focused on a short-term or long-term goal? Setting a timescale makes it easier to track your progress.

 Gather words and images that align with your goal. You could out out images from old magazines, create a Pinterest board, or make a digital collage Focus on images that will give you the most motivation.

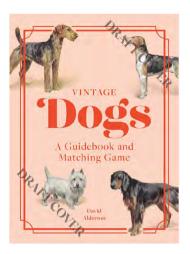
3 Orice you've finished, put your vision board somewhere you'll see it regularly Don't be afraid to update things if your dreams change

58











Vintage Birds 9781958417676 £20.00

Vintage Dogs A Guidebook and Matching Game David Alderton

1 May 2025 | Book with matching card game £20.00 | 9781958417829

Box: 210 mm x 160 mm x 35 mm | Book: 145 mm x 195 mm; 80 pages | Cards: 120 mm x 70 mm; 50 cards

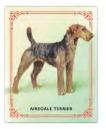
Full colour throughout | World English

A 50-card deck with 25 pairs of the world's most iconic dogs from vintage artworks and an 80-page guidebook with background to the breeds featured, as well as a broader insight into the world of the domesticated dog in general.

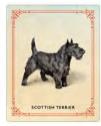
The 50 cards can be a game wherein all the cards are laid face-down and, in turn, each player turns a pair of cards right side up. If the cards match, the player keeps the cards; if they do not match, the cards are turned face-down again. The accompanying guidebook offers key insights into the breeds' origins, physical characteristics, and temperaments, with information on a further 25 related breeds as well, all illustrated in this section of the package.

David Alderton is a writer and podcaster specialising in dogs and other pets whose books have sold over 7 million copies worldwide in 31 languages. His previous publications include the best-selling Eyewitness Handbook: Dogs, The Dog Selector, The Dog Decoder and Dogs. David has been awarded the prestigious Maxwell Medallion by the Dog Writers Association of America, and his television credits include Thank You, Mr Cruft, celebrating the centenary of the world-famous dog show. He has also acted as a consultant on dog-related programs produced by Discovery and National Geographic.

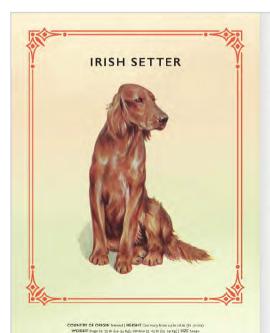
- Learn through play: the deck challenges the memory of the players while the guidebook enriches and complements their experience
- Includes many popular breeds as well as lesser-known ones; the guidebook looks at their most noteworthy characteristics using nonscientific, accessible language











at heastful ridt chettunced coloration is the most obtious feature of the Irish Setter today, and this has held to these guadage becoming widely known imply as the "Red Setter." Yet in the breed's early days, back in the stoop. Irish Setters with red- and whike coloring water every comann. They ware preferred as working guadage because there was less risk of them being confused with poetrain quarry. But one these sectors became popular in the show ring, the red form became dominant.

the red form became dominant.

Nevertheless, the red-and-white variety begat to establish more of a following again doming the store years of the twentieth commun, to the extent that it now recognized separately set he list he dead off white Seere, a shough it is still quie rate. There was also a third vanant, enower a fell albest and a variet case tracken with small white sport, which hooked the common as the Shower of Hall their had a variet case tracken with small white sport, which hooked the common as the Shower of Hall their had a variet case always very zer, chough, and were choughtern have died out, but apply with this spoetance cropped up unespectedly in a litter of firth Setters hours in colo, Meanwhile, Inthis Setters hours in colo, Meanwhile, Inthis Setters had a set of the settlement of the settlem

that are traditionally bred for working purposes are smaller in size overall, compared with their show-ring consint. This is the result of crossings of show stock with Bozzolis, carried out to improve the bread's alegance, but which also led to an increase in height.

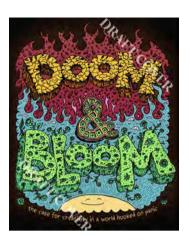
Irish Setters are usually true extrovert with very enthusiastic personalities, but they can become easily distracted, especially when young, and may run off unexpectedly. It is absolutely vital, therefore, to ensure these beautiful dogs are adequately trained in terms of recall, and only exercised at first well away from roads. You may need to be patient with an Irish Setter as a companion, because they can be relatively slow to learn, but perseverance should ultimately pay off. Like other gundogs, they are very energetic and are not suited to city living. Plenty of daily exercise is essential for these dogs. Irish Setters are friendly by nature and can be good family pets in a home with older children. Their size and sometimes boisterous nature, however, can make them less suitable around toddlers

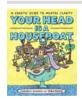
CHOW CHOW

What he saked like that his the clase we a define a greatly by less collection. We may not then like the Chow when not not less that the class could be compared to the class of the class



THE WORLD'S MOST ICONIC BREEDS 49





Your Head is a Houseboat 9781743797495 £16.00 | Paperback

Doom & Bloom

The Case for Creativity in a World Hooked on Panic

Campbell Walker

8 May 2025 | Paperback £16.99 | 9781761450563 160 Pages | 211 x 172 mm Full-colour illustrations

Creativity is like a garden – you have to start from the ground and work your way up – and in his latest book, *Doom & Bloom*, Campbell Walker teaches us how getting down in the dirt can lead to a blossoming life.

Cam (aka Struthless) is a Youtube sensation and the bestselling author of Your Head is a Houseboat, and he knows a thing or two about turning your creative dream into a reality. However, he also knows what it feels like to get stuck creatively and so this book is for anyone who has ever found themselves staring down into the void and wondering what next?

In *Doom & Bloom*, Cam reveals his tried-and-tested systems for overcoming creative block and how important mindset is for realising your dreams. This book is about the Doom that drags us down and the Bloom that makes life worth living.

Campbell Walker is the bestselling author of *Your Head is a Houseboat*, as well as an illustrator, animator and content creator, better known as Struthless. His YouTube channel, and its 1m+ subscribers, has amassed over 50 million views across topics such as mental health, sociology, and creativity. Cam has worked with Comedy Central, Spotify, *Vice*, Shopify, *GQ*, The Betoota Advocate, Tinder, Samsung, Gatorade and Universal Music.

- Author Cam Walker's Youtube following in particular has grown massively since the release of Your Head is a Houseboat – from 229,000 followers to 1.1 million followers now in 2024.
- Practical, fun and informative tips to get you from dream to reality.
- Features Cam's fun and engaging illustrations, in the same style as Your Head is a Houseboat.



INTRODUCTION

SOME THOUGHTS ON SUICIDE AND THE WEATHER

SUICDE IS A TERRIBLE PLACE TO START A BOOK. You might be inclined to put it down now, and I might be inclined to draw a parallel between suicide and deciding to quit something you've only just begun But I wouldn't, because that would be tasteless. And you wouldn't, because you ought to get your money's worth. And besides, one of the first little demons in you soul not an insecticity appetite for all things morbid, and that dark demon wants to know where all this suicide had it going.

Suicide is self-destruction in its utilimate form, the perfect apposite of creativity. Yet despite being apposing forces, self-destructive tendencies and creative flair go hand in hand. To write about creativity and ignore the monster is to not write about creativity at all.

This book is about the Doom that drags us down and the Bloom that makes iffe worth living. Doom is the feeling when everything is hopeless and hard. Bloom is a state of effortiess creativity, where solutions surprise you as they flow into reality.

The era currently unfolding is one of extremes. We have unprecedented access to information and new ideas, yet also a mental health crisis of staggering proportions. As technology makes life more comflortable and convenient, rates of analyty and foneliness paradoxically soar. Why is it that what seems like a societal analyty and foneliness paradoxically soar.

INTRODUCTION



But there's also the other model. In this one you let creativity take the whee You trick your distructive side into believing it has an equal say, but we both know who's driving.

The more you get to know these forces the more you learn to use their power Destruction stops being shameful and instead becomes potent fuel for growth. Creativity stops being stubborn and instead becomes your nature.

This model is what load authyated creativity, it is the act of teating your creativity not as technology, but as nature. Just as the Sun gives life to our shared work, your soul gives life to your inner world, and just as thower bloom in from fertile land, well be treating our own creative nature accordingly. We can cultivate our flees in a way that ideas have no choice but to blossom out of us, and despate is life stating on the sidelines.

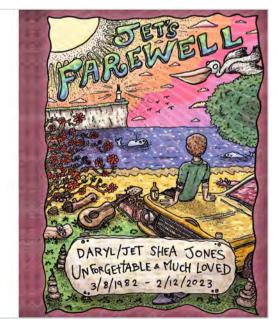
My friend Daryl was not so lucky. He was autrageously creative, but in the end destruction took the wheel.

My dim with this book is to stop another crash To say what I wish I'd said to him. What I wish I'd said to myself, the night before I drove my mum's car into a tree, I lived, Daryl didn't. I miss my friend terribly.

My hope is that widing this book will help heal me. I suspect it will, because it seems to welf for other authors. And i suspect, or, more accurately, I hope this will help you too. I don't know who you are, but I know that everyone feels the way I feel right now from time to time. And I know that when people feel like this, at little bit of cornection goes of long way. The winting this book from that place of foneliness, grief, fallure, self-hazed, embarrossment, fear, exhaustion and despair, My hope is that by the sine I first his widing it and you finish reading it, well both be in a botter place.

I hope that through this book, you find a way to treat your creativity naturally with love, so that it stays with you and you stay with it. My hope is that in doing this, you don't destroy yourself but instead you Bloom.

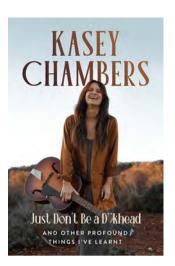
-CAN





FOOM & BLOOM

- 1



Kasey Chambers Just Don't Be a D**khead

And other profound things I've learnt **Kasey Chambers**

5 December 2024 | Paperback £14.99 | 9781761451027 288 Pages | 234 x 153 mm Text only, picture section included

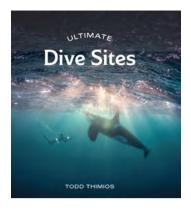
A whirlwind memoir of great stories, rock-solid life lessons and country music star Kasey Chambers at her most heartfelt and honest.

From her childhood in the Australian outback to the heights of her chart-topping international success as a singer/songwriter, Kasey has trusted her gut, stuck to her values and learned some hard truths, always while trying to live by the best advice she's ever received: just don't be a dickhead.

Kasey Chambers is an Australian country music artist whose distinctive voice, heart-felt lyrics and world-class performances make her one of the most popular and acclaimed artists of her generation in Australia, while winning her a devoted cult following in the rest of the world. Kasey has won 14 ARIAs, 24 CMAA Golden Guitars, 10 APRAs; her 12 albums have sold more than 14 x platinum and include 5 x No.1 albums and her No.1 single 'Not Pretty Enough'. In 2018 Kasey became the youngest woman ever to be inducted into the ARIA Hall of Fame.

- Hugely popular singer/songwriter who has toured with singers such as Lucinda Williams.
- She has been named "Best Americana Singer-Songwriter since Lucinda" by Huff Post, despite being Australian.
- A compelling read for fans of her work and anyone with an interest in the journey of musicians in and out of the limelight.
- Her book releases alongside her latest album 'Backbone', available on October 4th; book includes QR codes which direct readers to songs that tie in with key moments.

Travel



Ultimate Dive Sites Todd Thimios

13 February 2025 | Flexibound £22.00 | 9781741179026 264 Pages | 240 x 210 mm Full-colour photography

View on Edelweiss



Ultimate Skiing & Snowboarding 9781741178777 £25.00 | Flexibound

50 of the best dive sites and experiences from around the globe for both casual and professional divers alike.

Diving expert, photographer and author Todd Thimios has been on more than 3500 dives and has curated the best experiences and dive sites across each of the continents. This detailed guide is complete with insightful diving tips and the essential information you'll need when visiting these individual sites and countries. Go deep underwater and get up close and personal with the manta rays in the Maldives, orcas in the Arctic and anacondas in the Amazon. All these thrilling dive sites are rich with expansive coral reefs and diverse marine life, ensuring you will create unforgettable memories.

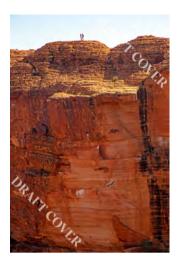
Including sensational photography and practical content, *Ultimate Dive Sites* will make you fall in love with the enchanting beauty of the ocean and its incredible creatures.

Acclaimed underwater photographer and diving expert **Todd Thimios** has completed more than 3500 dives and sailed around the world for more than 10 years.

- Suitable for all ability levels, with easy accessible dive sites and harder, more adrenalin-pumping adventures.
- Todd Thimios is an experienced diver and photographer; many diving books are written by travel writers, rather than experienced divers.
- The global diving tourism market is projected to grow by five fold over the next 10 years (alliedmarketresearch.com).







View on Edelweiss

Intrepid Australia Intrepid

24 April 2025 | Flexibound £18.99 | 9781741179316 320 Pages | 230 x 190 mm Full colour throughout

Intrepid Australia is your guide to the most unique experiences from across the country, for first-time visitors and returning travellers alike.

This guide is not just a checklist of things to do, but instead offers insight into the tapestry of things that make Australia amazing.

Immerse yourself in the beauty of the Australian landscape by visiting the gorges of the Kimberley. Challenge yourself to go outside your comfort zone by ziplining off Perth's Matagarup Bridge. From coast to outback, there is something to satisfy the interests of any visitor.

This guidebook will help you learn from locals to discover the authentic and the astonishing. All done with an eye to sustainability, to protect the planet's unique environments, and making ethical choices that give back to the local makers and communities.

Intrepid Travel offers over 1000 small group adventures across every continent. As the world's largest purpose-led adventure travel company (and a proud B Corp), Intrepid strives to balance purpose and profit through an ethical and conscious approach to travel for travellers and the communities they visit.

- A new brand in the travel guide space, the Intrepid publishing list currently includes guides on Australia, Japan and Iceland as well as the landmark *Intrepid List* publication.
- Features insights into destinations that are rarely covered in travel guides.
- Filled with practical information, paired with incredible location photography.







Intrepid Japan Intrepid

24 April 2025 | Flexibound £18.99 | 9781741179323 320 Pages | 230 x 190 mm Full colour throughout

Intrepid Japan is your immersive guide to the rich culture of Japan, whether you're a first-time explorer or a seasoned traveller.

This guide is not just a checklist of things to do, but instead offers insight into the tapestry of things that make Japan amazing.

Discover the meaning behind the world-famous cherry blossom festivals and explore one of Japan's ancient walking trails. With ski villages, temples, onsen and gardens to explore, this expansive country has plenty to teach travellers along the way.

This guidebook lets you learn from locals who can help you discover the authentic, the eccentric, the rare and the astonishing. All done with an eye to sustainability, to celebrate the planet and protect its unique environments, and making ethical choices that give back to the local makers and communities.

Intrepid Travel offers over 1000 small group adventures across every continent. As the world's largest purpose-led adventure travel company (and a proud B Corp), Intrepid strives to balance purpose and profit through an ethical and conscious approach to travel for travellers and the communities they visit.

- A brilliant new brand in the travel guide space, the Intrepid publishing list currently includes guides on Australia, Japan and Iceland as well as the landmark Intrepid List publication.
- Features insights into destinations that are rarely covered in travel guides.
- Filled with practical information, paired with incredible location photography.







Intrepid Iceland Intrepid

24 April 2025 | Flexibound £18.99 | 9781741179330 288 Pages | 230 x 190 mm Full colour throughout

View on Edelweiss

Intrepid Iceland is your guide to discovering the most engaging and unique experiences from across the country, for first-timers and returning travellers alike.

This guide is not just a checklist of things to do, but instead offers insight into the tapestry of things that make Iceland amazing.

Immerse yourself in the beauty of the Icelandic landscape by visiting its lakes and waterfalls, hike its peaks and explore its historic turf houses. Participate in Reykjavik Pride and catch a game of swamp soccer.

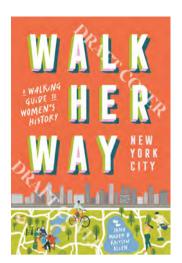
This guidebook lets you learn from locals who can help you discover the authentic and the astonishing. All done with an eye to sustainability, to celebrate the planet and protect its unique environments, and making ethical choices that give back to the local makers and communities.

Intrepid Travel offers over 1000 small group adventures across every continent. As the world's largest purpose-led adventure travel company (and a proud B Corp), Intrepid strives to balance purpose and profit through an ethical and conscious approach to travel for travellers and the communities they visit.

- A brilliant new brand in the travel guide space, the Intrepid publishing list currently includes guides on Australia, Japan and Iceland as well as the landmark Intrepid List publication.
- Features insights into destinations that are rarely covered in travel guides.
- Filled with practical information, paired with incredible location photography.







Walk Her Way New York City A Walking Guide to Women's History Jana Mader and Kaitlyn Allen

6 February 2025 | Paperback £15.00 | 9781741179309 200 Pages | 189 x 126 mm Full-colour Illustrations

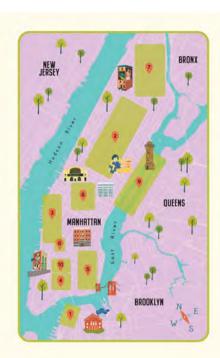
A collection of 10 curated walking tours through New York neighbourhoods, each celebrating the city's history and the women that have made their mark here.

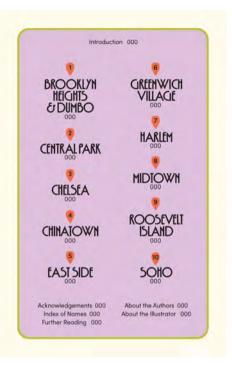
Authors Jana Mader and Kaitlyn Allen have meticulously researched and traced the city blocks, uncovering women's stories, both well-known and forgotten, to create a series of fun and eye-opening walks that connect you to the city that surrounds you.

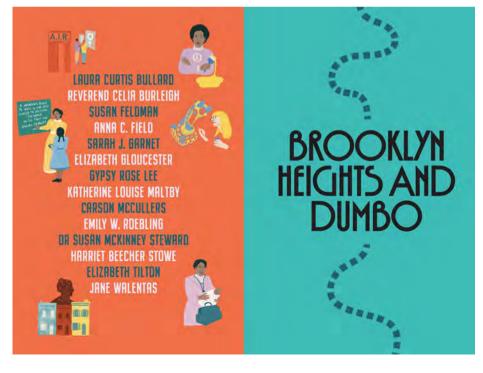
Featuring beautiful illustrated maps and portraits by Aja O'Han, each walk covers a different neighbourhood: Brooklyn Heights and Dumbo, Central Park, Chelsea, Chinatown, East Side, Greenwich Village, Harlem, Midtown, Roosevelt Island, and SoHo. The walks can be done individually or paired together for an ultimate walking history lesson. While some stops along the walks are worth an extended visit, such as a museum, others are marked as "on the way." All include significant landmarks of women's history, some of them not yet memorialised.

Jana Mader is a writer, scholar and translator. For more information about her work, visit janamarlene.com. **Kaitlyn Allen** is an art historian who advises private collectors and working artists. Please visit kaitlynallen.com to find out more about her work.

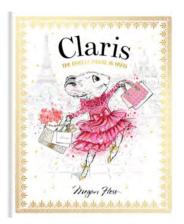
- This is an essential guidebook for visitors to New York looking for a fun and interesting way of exploring the city, beyond the usual tourist traps.
- Beautiful illustrated maps and portraits by Aja O'Han help bring the city, the women and their stories to life.
- Book will be published in time for Women's History Month (March), when women's stories and oftenforgotten histories are celebrated.







Children's



Claris: The Chicest Mouse in Paris Megan Hess

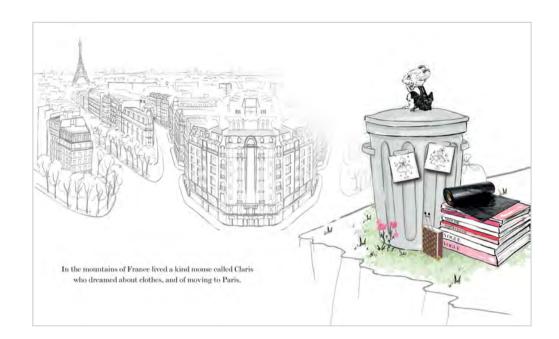
20 February 2025 | Paperback £6.99 | 9781761214851 48 Pages | 280 x 230 mm Full colour

Paperback edition of the original book in the beloved and bestselling series about courage, compassion and a stylish little mouse, from acclaimed fashion illustrator Megan Hess.

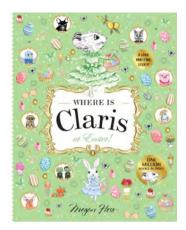
Claris: The Chicest Mouse in Paris follows an adorable mouse who dreams of moving to Paris to follow her fashion dreams. One day, she bravely takes the leap – only to find a mean little girl with a horrible-looking cat standing in the way of her perfect Parisian apartment! Can Claris use all her wit, warmth and – of course – style to make her dreams come true?

Megan Hess is an acclaimed art director and illustrator who works with some of the most prestigious designers and luxury brands around the world, such as Chanel, Dior, Cartier, Prada, Fendi, Louis Vuitton and Tiffany & Co. Her beloved *Claris* series for children has grown to include the *World of Claris* picture books.

- · Half a million Claris books in print!
- First book in the world of Claris: The Chicest Mouse in Paris, the best-selling picture book series from acclaimed fashion illustrator Megan Hess, now in paperback
- One of the world's best known fashion illustrators,
 Megan Hess is a genuine publishing phenomenon,
 and her books have sold over 2 million worldwide, in ten languages.









Where is Claris in Rome! 9781760509521 £10.00 | Hardcover



Where is Claris in London! 9781760509514 £10.00 | Hardcover

Where is Claris at Easter!

Claris: A Look-and-find Story! **Megan Hess**

27 February 2025 | Hardcover £10.00 | 9781761215247 32 Pages | 280 x 230 mm Full colour

Claris, the chicest mouse in Paris, is setting off on an exciting Easter adventure!

Can you find Claris, her friends, a very special bunny and of course, lots and lots of eggs?

Look inside to find out!

Megan Hess is an acclaimed art director and illustrator who works with some of the most prestigious designers and luxury brands around the world, such as Chanel, Dior, Cartier, Prada, Fendi, Louis Vuitton and Tiffany & Co. Her beloved *Claris* series for children has grown to include the *World of Claris* picture books.

- The fifth look-and-find Claris adventure from beloved children's author Megan Hess, and an Easter spectacular!
- Bunnies, eggs, covetable fashion, and recurring characters in every spread.
- Perfectly pitched for a picture book reader, with varying levels of difficulty!
- The Claris series continues to grow with five picture books and five look-and-find adventures available, as well as a spinoff. character series in the World of Claris.









Caviar: The Hollywood Star 9781761210860 £12.99 | Hardcover



Abigail Fig: The Secret Agent Pig 9781760507725 £12.99 | Hardcover

Stella: The Meerkat Burglar World of Claris #4 Megan Hess

20 March 2025 | Hardcover £14.99 | 9781761210877 32 Pages | 280 x 230 mm Full colour

Sneak inside the story of Stella, a meerkat burglar who finds a way to share the most famous art in the world with the animals of Paris!

When Stella the meerkat escapes her life as an unwanted pet, she wants to find two things: a home, and another creature to be her friend. But what happens when she finds the most wonderful home in Paris – the Louvre Museum! – where animals are not allowed inside?

Keep an eye out for a special cameo from Claris herself! Perfect for children aged 3+ and fashion-obsessed readers of all ages.

Megan Hess is an acclaimed art director and illustrator who works with some of the most prestigious designers and luxury brands around the world, such as Chanel, Dior, Cartier, Prada, Fendi, Louis Vuitton and Tiffany & Co. Her children's books include the beloved *Claris: The Chicest Mouse in Paris* and *Young Queens* series, which have more than a million copies in print and are published in ten languages.

- Cinderella meets Robin Hood in this exciting and very funny story of Stella the meerkat – an unwanted pet who escapes her cage to find her true destiny as a petty art thief!
- The fourth book in Megan Hess's beloved World of Claris picture book series, which celebrates the stories of Claris the mouse's very best animal friends. Keep an eye out for a special cameo from the chicest mouse herself.
- A beautiful gift, this sumptuous hardback picture-book features gilt-edged pages and a foil finish alongside Megan's stunning illustrations.





REPRESENTATIVES

UK and International sales enquiries to:

Sales Department

salesquadrille@penguinrandomhouse.co.uk

Foreign rights enquiries to:

Janet Martin

E: jmartin2@penguinrandomhouse.co.uk

Publicity and marketing enquiries to:

Publicity Department

quadrillepublicity@penguinrandomhouse.co.uk

All UK orders to:

Macmillan Distribution Ltd Brunel Road, Houndmills

Basingstoke, Hants RG21 6XS

T: 01256 302 692

T: 01256 302 699

F: 01256 812 558

E: orders@macmillan.co.uk

UNITED KINGDOM

North

Anna Murphy

9 Iveston Ave.

Great Park, Gosforth

Newcastle Upon Tyne, NE13 9BU

T: 07825 701 450

E: info@annamurphv.co.uk

Cumbria, Northumberland, Tyne & Wear, Durham, Yorkshire, Humberside, Lancashire,

Merseyside, Greater Manchester, Cheshire,

North Wales, and all counties in Scotland

Ireland

John Fitzpatrick and Siobhan Mullett

58 New Vale Cottages

Shankill, Co. Dublin

Ireland

T: 00 353 872 469859 (John)

E: fitzmullbooks@eircom.net

Sales for all counties in Ireland

Wales & South West

Debbie Jones

6 Whitchurch Road

Tavistock

Devon, PL19 9BB

T: 01822 617223

M: 07850 621204

E: deborah7.jones@gmail.com

Islands, Gloucestershire, Avon

Wiltshire, Dorset, Somerset, Devon, Cornwall, South Wales, Channel

South East

Colin Edwards

Conway

Lime Grove

West Clandon Surrev. GU4 7UH

T: 01483 222333

M: 07980 568967

E: colin.edwards862@gmail.com

Berkshire, Hampshire, Isle of Wight, Surrey, Sussex,

Kent, London (south of the river), Middlesex

London

David Segrue

Pinnacle Booksales

Suite J

15 to 17 High Street

Elstree, WD6 3BY

T: 07976 273225

E: davids@djsegrueltd.co.uk /

sales@pinnaclebooksales.co.uk

London postal districts

For the following territories -Norfolk, Suffolk, Hertfordshire, Essex:

please refer to

salesquadrille@penguinrandomhouse.co.uk

For all territories not listed below, please contact

salesquadrille@penguinrandomhouse.co.uk

Scandinavia, Middle East, Caribbean, Greece & Cyprus, The Netherlands

John Edgeler

Edgeler Book Services Limited

3 Ashacre Lane

Worthing, BN13 2DA

United Kingdom

M: +44 (0)78 0186 6936

E: john@gunnarlie.com

France, Belgium, Eastern Europe, Luxembourg, Spain, Portugal, Italy, Central & South America, Gibraltar, Malta and Russia

Richard Lyle

Gunnar Lie & Associates Ltd.

53 Impala Drive

Cambridge, CB1 9XJ

E: richard.lyle@compassips.london

Austria, Germany, Switzerland

Gabriele Kern

P.S. Publishers' Services

Ziegenhainer Strasse 169

D-60433 Frankfurt

Germany

T: +49 69 510 694

F: +49 69 510 695

M: +49 151 6752 0936

E: Gabriele.Kern@publishersservices.de

Australia & New Zealand

Hardie Grant Books

Ground Floor, Building 1

658 Church Street

Victoria 3121

Australia

T: +61 (0)3 8520 6444

F: +61 (0)3 8520 6422

E: info@hardiegrant.com

W: www.hardiegrant.com

Bloomsbury Publishing India Pvt. Ltd. Ground Floor, Vishrut Building

DDA Complex, Pocket C - 6 & 7

Vasant Kunj

New Delhi 110070

T: +91 11 40574957

E: india@bloomsbury.com

Japan

Tim Burland

Sangenjaya 2-38-12

Setagaya-ku

Tokyo 154-0024

Japan

T/F: +81 (0)3-3424-8977 or +81 (0)50-1141-8904

M: +81 (0)90-1633-6643

E: tkburland@gmail.com

South Africa

Jonathan Ball Publishers Ltd

10-14 Watkins Street

Denver Ext 4

Johannesburg, 2094

T: +27 116018000 E: services@jonathanball.co.za

Hong Kong, Macau, China, Taiwan & Korea

Asia Publishers Services

17/5, Units B&D, Gee Chang Hong Centre

65 Wong Chuk Hang Rd

Aberdeen

Hong Kong

T: +852 2553 9289

F: +852 2554 2912

E: aps_hk@asiapubs.com.hk

Singapore, Malaysia, Thailand, Indonesia, Philippines, Brunei, Vietnam, Cambodia, Laos & Myanmar

APD Singapore

52 Genting Lane #06-05

Ruby Land Complex - Block 1

Singapore 349560

T: +65 6749 3551 F: +65 6749 3552

E: customersvc@apdsing.com

