

# Quadrille

Autumn 2024

Hardie Grant

QUADRILLE



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# Food & Drink



## TACOS

Over 50 Recipes that Bring All the Flavour and Fun

**Nud Dudhia and Chris Whitney**

11 July 2024 | Flexibound

£12.99 | 9781837831661

128 Pages | 185 x 135 mm

Full-colour photography throughout

Over 50 recipes for the **ULTIMATE** taco experience.

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

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

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

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

[View on Edelweiss](#)



### COCHINITA PORK PIBIL, X NI PEK & SOUR ORANGE

#### INGREDIENTS

#### SERVES 4

1 kg (2lb 4oz) boneless neck end pork shoulder, brined overnight in 10% salt-water brine (optional; see step 1)  
sea salt  
500ml (18fl oz/2 cups) sour orange juice, or half normal orange juice and half grapefruit juice  
200g (7oz/1 cup) achiote paste  
10 garlic cloves  
100g (3½oz/¼ cup) guajillo chilies, deseeded, deveined, and soaked in warm water for 10 minutes  
2 cloves, toasted and crushed in a pestle and mortar  
1 small white onion, roughly chopped  
1 large defrosted banana leaf (optional)  
12 corn tortillas (see page XX)  
6 tablespoons x ni pek (see page XX)  
chopped coriander (cilantro), to garnish  
1 lime, quartered

1. To brine the pork, create a 10% salt water brine by dissolving 100g (3½oz/¼ cup) of salt per 1 litre (1½ pints/4 cups) of water as needed to cover the pork. Submerge the pork and brine overnight. Alternatively, if you don't have time, simply rub the meat with sea salt and allow to sit for 30 minutes.

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

3. Preheat the oven to 160°C (300°F/Gas 2). Wrap the pork in the banana leaf or baking (parchment) paper. Place in a deep casserole dish and cover with foil twice to ensure no steam escapes. Cover with a lid and cook for around 2½–3 hours, or until meltily tender. Remove the banana leaf or parchment and shred the pork and then gently stir together with all of the cooking juices.

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



### PRESA IBERICA, ROASTED MARCONA ALMONDS & SALTED CHILLI PASTE

#### INGREDIENTS

#### SERVES 4

500g (1lb 2oz) presa ibérica  
1 tablespoon rapeseed oil  
sea salt  
3 garlic cloves, crushed  
1 teaspoon butter  
100ml (3½fl oz/scarf ½ cup) veal stock or beef stock

#### To serve:

8 tostadas (see page XX)  
a handful of mustard greens, blanched in boiling water for 2 minutes and cooled in ice-cold water  
salted chilli paste (see page XX), to taste  
100g (3½oz/¼ cup) Marcona almonds, roasted in a dry pan for 5 minutes and split in half  
1 teaspoon extra-virgin olive oil  
a handful of coriander (cilantro) sprigs, to serve

*Ibérico pigs roam free for a large part of their lives, feeding on acorns that have fallen from oak trees in dehesas (pastures). This diet, combined with the natural exercise they get from being free to move wherever they wish, creates a truly unique flavour profile. If you have never tried Ibérico ham, find your nearest Spanish retailer and buy some immediately. Its flavour is astonishing. The presa cut comes from the end of the loin of the pig, next to the neck. Unlike most pork dishes, you want to serve it medium rare – due to the nature of the pig and the life it leads, this is totally safe.*

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

Continued...





# The Veggie Family Cookbook

## 120 Recipes for Busy Families

### Claire Thomson

11 July 2024 | Hardcover  
 £30.00 | 9781837830589  
 272 Pages | 247 x 173 mm  
 Full-colour photography throughout

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

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

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

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

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

[View on Edelweiss](#)



One Pan Chicken  
 9781837830886  
 £20.00 | Hardcover



### Sweet Potato Soup with Salsa of Black Beans and Jalapeño

Serves 4

1 large sweet potato (about 400g), peeled and sliced into 1cm (3/8 in) thick disks  
 1 tbsp olive oil  
 1 large red onion, sliced  
 1/2 green bell pepper, deseeded and sliced  
 1 red bell pepper, deseeded and sliced  
 1 garlic clove, sliced  
 1/2 tsp ground cumin  
 1-1 1/2 tsp chipotle flakes (or one smoked paprika)  
 1/2 tsp ground cinnamon  
 1 liter (35 fl oz) vegetable stock  
 100ml (3 1/2 fl oz) coconut milk  
 salt and black pepper  
 1/2 tsp olive oil, to serve  
 1/2 tsp olive oil, to serve

**For the salsa**  
 1 x 400g (14 oz) can of black beans, drained and rinsed  
 1 red bell pepper, deseeded and finely diced  
 1/2 green bell pepper, deseeded and finely diced  
 1/2 red onion, finely chopped  
 1 jalapeño pepper, deseeded and finely chopped  
 1/2 tsp olive oil  
 salt and black pepper (optional), to serve

I washed sweet potatoes as a kid. It wasn't until I started cooking professionally (obviously!) that I got my head around those gnarled and fuzzy roots that masquerade as potatoes – and very sweet ones at that. Potatoes in a nutshell, sweet potatoes are a starchy, root vegetable and from the Morning Glory family, whereas potatoes are, botanically speaking, stems and from the Nightshade family. An excellent vehicle for soups, sweet potatoes lend a gorgeous smooth and velvety texture when blended. The salsa of black beans and plenty of fresh jalapeño pepper is an excellent fill in both taste and texture. So too is the large dollop of sour cream to serve.

Preheat oven to 200°C/390°F for 40-45 minutes.  
 Season the sweet potatoes with salt and toss the chunks in a roasting tin with half the olive oil. Roast for 10-20 minutes, until tender but not overly softened. (Alternatively, you can steam the sweet potatoes without the oil until soft.) Meanwhile, make the salsa. Combine all the salsa ingredients in a bowl and set aside.

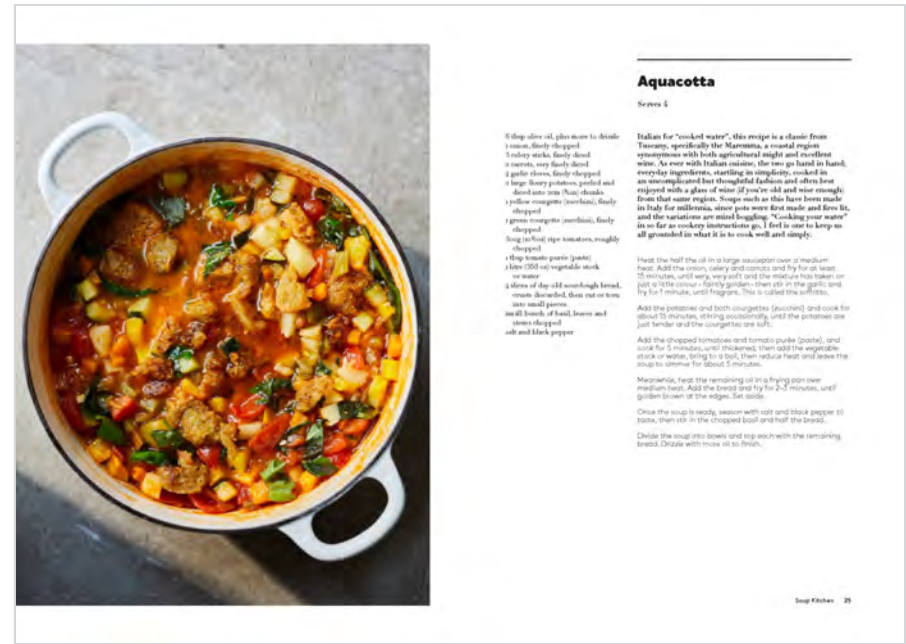
Once the sweet potatoes are ready, heat the remaining oil in a large sauté pan over a medium heat. Add the onion, green and red bell peppers and garlic, and cook for 10 minutes, until soft. Add the salsa and cook for 1 minute, then add three-quarters of the cooked sweet potatoes and the vegetable stock. Bring to a boil, then reduce the heat and simmer for about 5 minutes, until the sweet potatoes are tender.

Remove the soup from the heat, then carefully blend it in the pan with a stick blender, or transfer it to a blender or food processor and pulse until smooth.

Add the remaining sweet potatoes, along with the coconut milk and season with salt and black pepper.

Serve the soup in bowls topped with the black bean salsa, dollop of sour cream and tortilla chips.

Soup Kitchen 17



### Aquacotta

Serves 4

1/2 tsp olive oil, plus more to drizzle  
 1 onion, finely chopped  
 1 red onion, finely diced  
 1 carrot, very finely sliced  
 1 garlic clove, finely chopped  
 1 large fennel bulb, peeled and sliced into 1cm (3/8 in) thick disks  
 1 yellow courgette (zucchini), finely chopped  
 1 green courgette (zucchini), finely chopped  
 1/2 tsp each eye of onion, roughly chopped  
 1/2 tsp tomato paste (paste)  
 1 liter (35 fl oz) vegetable stock  
 1/2 tsp olive oil  
 1 slice of day-old sourdough bread, crust discarded, then cut or torn into small pieces  
 salt and black pepper

Italian for "cooked water", this recipe is a classic from Tuscany, specifically the Maremma, a rural region synonymous with both agricultural might and excellent wine. As ever with Italian recipes, there are good hard-to-find everyday ingredients, starting as simply, cooked in an uncomplicated but thoughtful fashion and often first enjoyed with a glass of wine. If you're old and wise enough from that same region, soups such as this have been made in Italy for millennia, since pots were first made and fire lit, and the variations are mind-boggling. "Cooking your water" is as far as cooking instructions go. I feel in case to keep you all grounded in what it is to cook well and simply.

Heat the half the oil in a large sauté pan over a medium heat. Add the onion, carrot and courgette and fry for at least 10 minutes, until very soft and the onion has taken on just a little colour. Finely grate the eye of onion in the pan, fry for 1 minute, until fragrant. This is called the soffritto.

Add the potatoes and both courgettes (zucchini) and cook for about 10 minutes, stirring occasionally, until the potatoes are just tender and the courgette are soft.

Add the chopped tomatoes and tomato paste (paste), and cook for 3 minutes, until thickened, then add the vegetable stock or water, bring to a boil, then reduce heat and let the soup simmer for about 5 minutes.

Meanwhile, heat the remaining oil in a frying pan over medium heat. Add the bread and fry for 2-3 minutes, until golden brown at the edges. Set aside.

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

Divide the soup into bowls and top each with the remaining bread. Drizzle with more oil to finish.

Soup Kitchen 21



## Matt Tebbutt's Pub Food

### 100 Favourites, Old and New

#### Matt Tebbutt

8 August 2024 | Hardcover  
 £27.00 | 9781837831241  
 240 Pages | 248 x 187 mm  
 Full-colour photography throughout

**Everyone loves a good pub lunch. Whether it's a brisk walk or a leisurely drive away, there's always delicious, hearty fare at the end of it.**

Chef and TV presenter Matt Tebbutt knows a thing or two about cooking for hungry customers. In *Pub Food*, he shares his recipes for dishes including Tartiflette, Mixed Seafood Stew and Poached Cherry Pavlova. He elevates classics with his own signature twists, such as Rump of Welsh Lamb with Spiced Aubergine, Mint Yoghurt and Flatbreads, Braised Beef Rib Curry, and Baked Apples with Calvados Custard.

With stunning photos from Chris Terry, and recipes that will become household favourites all year round, join Matt in a celebration of the comfort food of the beloved British inn.

**Matt Tebbutt** is the presenter of BBC TV's long-running flagship food show, *Saturday Kitchen*; he also presents Channel 4's *Food Unwrapped*. In 2020 the public voted him Fortnum & Mason Food Personality of the Year. He ran his award-winning restaurant The Foxhunter in Wales for over 13 years. This is his fourth book.

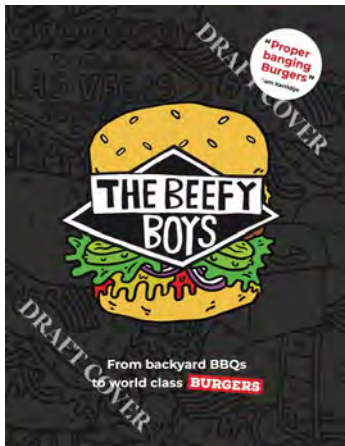
- Matt is the award-winning presenter of *Saturday Kitchen* which attracts around 2 million viewers every week
- Delicious and sometimes unusual pub food recipes that are comforting and nourishing
- Celebrates the nostalgia that surrounds the good old British pub

[View on Edelweiss](#)



Weekend  
 9781787137530  
 £22.00 | Hardcover





## The Beefy Boys

### From Backyard BBQ to World-Class Burgers

## Beefy Boys

15 August 2024 | Hardcover  
 £20.00 | 9781837832200  
 224 Pages | 225 x 175 mm  
 Full-colour photography throughout

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

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

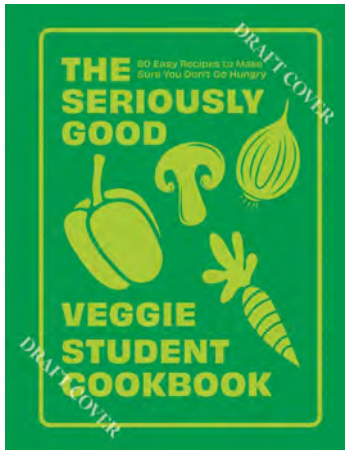
This book shows you the secrets of the perfect burger, from patty styles, unique condiments and sauce, to classic recipes for the world-beating Beefy Boy burger, Oklahoma Onion Boy, Buffalo Chicken Burger and veggie faves like Beanie Boy. Plus joy-inducing sides: Pastrami Fries, Jalapeño Poppers and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

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

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

[View on Edelweiss](#)





## The Seriously Good Veggie Student Cookbook

80 Veggie and Vegan Recipes to Make Sure You Don't Go Hungry  
**Quadrille**

15 August 2024 | Flexibound  
 £12.99 | 9781837832491  
 192 Pages | 210 x 160 mm  
 Full-colour photography throughout

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

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

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

Conceived and edited by **Quadrille**.

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

[View on Edelweiss](#)



The Seriously Good Student Cookbook  
 9781787139787  
 £12.99 | Flexibound



### Garlic & Tahini with **FALAFEL**

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

**Serves:** 4  
**Takes:** 1 hour, plus overnight soaking

300g (10½oz) dried chickpeas  
 ½ tsp bicarbonate of soda  
 3 garlic cloves, roughly chopped  
 1 onion, roughly chopped  
 1 mild red chilli, roughly chopped  
 1 tbsp ground cumin  
 1 tbsp ground coriander  
 1 tsp sumac, plus extra to serve  
 handful parsley, chopped  
 5 tbsp plain (all-purpose) flour  
 salt and black pepper  
 150ml (5½ oz) light olive oil

**For the garlic tahini sauce**  
 6 tbsp natural yogurt  
 4 tbsp mayonnaise  
 juice 1 lemon  
 1 large garlic clove, crushed  
 4 tbsp tahini

4 fluffy white flatbreads  
 crisp chopped salad  
 pickled chillies and turnips, to serve

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

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

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

Heat a large, non-stick frying pan over a medium heat. Add about one-third of the oil, then cook the falafels in batches for 6-7 minutes, turning halfway through, until golden and crisp. Drain on kitchen paper, then transfer to a warm oven while you fry the remaining falafels in the rest of the oil.

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

LUNCH 73

### Nasi **GORENG**

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

**Serves:** 2-3  
**Takes:** 35 minutes

150g/½ cup easy-cook long-grain wholegrain rice  
 3 tbsp vegetable oil  
 5 spring onions (scallions), thinly sliced  
 3 garlic cloves, finely chopped  
 2½cm/1in piece of ginger, peeled and shredded  
 2 carrots, julienned  
 200g/7oz Chinese cabbage, thickly shredded  
 1 tsp Asian chilli sauce, plus extra to serve  
 2 tsp tomato purée  
 1 tbsp soy sauce  
 1 tbsp kecap manis or thick sweet soy sauce  
 75g/2½oz frozen edamame beans  
 ½ small bunch coriander (cilantro), roughly chopped

**To garnish**  
 2-3 eggs  
 handful roasted and salted peanuts, roughly chopped

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

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

Heat the remaining oil in a small frying pan and fry 2 or 3 eggs. Divide the rice between shallow bowls. Top with the fried eggs, the remaining coriander and spring onion, the peanuts and drizzle with chilli sauce.



106 DINNER





## Bake Joy Kim-Joy

29 August 2024 | Hardcover  
£18.99 | 9781837831937  
176 Pages | 225 x 175 mm  
Full-colour photography throughout

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

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

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

Unlock your inner child and *Bake Joy*.

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

- Kim-Joy's books have sold over 50k copies worldwide
- Super-cute, easy bakes in Kim-Joy's instantly recognisable style
- Kim-Joy regularly posts about the importance of mental wellbeing to her 400k+ Instagram followers



[View on Edelweiss](#)



Bake Me a Cat  
9781787139411  
£16.99 • Hardcover



Celebrate with Kim-Joy  
9781787137899  
£20.00 • Hardcover



## Sofra Lebanese Recipes to Share Karima Hazim and Sivine Tabbouch

29 August 2024 | Hardcover  
£27.00 | 9781837831159  
224 Pages | 248 x 187 mm  
Full-colour photography throughout

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

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

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

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

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

[View on Edelweiss](#)





# Plants Only Holidays

## Over 70 Amazing Plant-based Recipes for the Festive Season

### Gaz Oakley

29 August 2024 | Hardcover  
 £18.99 | 9781837831487  
 192 Pages | 225 x 175 mm  
 Full-colour photography throughout

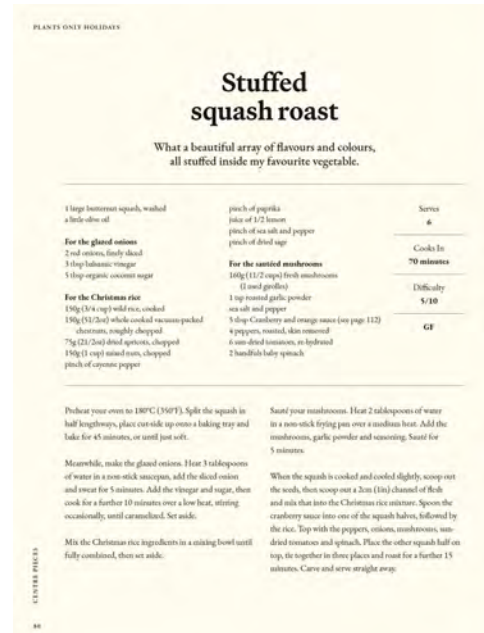
With Gaz Oakley's fantastic alternatives to the trad turkey and trimmings, vegans and vegetarians everywhere can enjoy delicious food throughout the festive season.

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

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

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

- Gaz's books have sold over 250k copies in English
- Text is extracted and updated from *Vegan Christmas* by Gaz Oakley
- No meat substitutes are featured in this new edition; plant-forward recipes have been marked as a top trend for 2024





# Brain Brilliance

## A Nutrition Toolkit to Nourish Neurodivergent Minds

### Lucinda Miller

29 August 2024 | Hardcover  
 £24.00 | 9781837831975  
 224 Pages | 248 x 187 mm  
 Full-colour photography throughout

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

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

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

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

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

[View on Edelweiss](#)



### CARROT CAKE OVERNIGHT OATS

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

#### Serves 2

- 100g (scant 1/2 cup) full-fat plain yoghurt or kefir
- 1 tsp vanilla extract (optional)
- 30g (scant 1/4 cup) rolled oats
- 1 small apple, finely grated (shredded)
- 1/4 small carrot, finely grated (shredded)
- 1 tsp mixed spice
- 2 tsp raisins
- 2 tsp pecan nuts, quartered
- 2 tsp flaxseed (ground or whole)
- 2 Tsp milk of choice
- runny honey or maple syrup, to drizzle

Mix the yoghurt with the vanilla in a bowl then stir in all the ingredients except the milk and the honey.

Cover and place in the refrigerator overnight.

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

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



BRIGHT BREAKFASTS

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### SALMON POKE BOWL

A poke bowl is a great way to 'eat the rainbow' and enjoy a wide range of fruit and vegetables all in one meal. This poke is a super-tasty combination of salmon, rice and crunchy fresh goodies with a lovely tamaril-based sauce that brings together all the flavours. I have used brown rice which contains more thiamine (vitamin B1) and fibre than white rice, but you can also use red rice, wild rice or a combination. To make it a bit more special, use prawns (shrimp) in place of the salmon, or, if you don't eat fish, try marinated diced firm tofu (beancurd) or chicken.

#### Serves 2

- Rice**
- 150g (about 1/2 cup) brown rice
- 240g (8 1/2oz) or 2 skinless salmon fillets, wild or organic if possible
- 1 Tbsp sesame oil
- 75g (1/2 cup) shelled edamame beans, fresh or frozen
- 2-3 stems tenderstem broccoli
- 1 small carrot, grated (shredded)
- 1/2 avocado, stoned, peeled and sliced
- 1/4 Romano (Bell) pepper, sliced
- 2 radishes, thinly sliced
- 1/2 mango, cubed
- 4 tsp sesame seeds
- Sauce**
- 60ml (4 tablespoons) tamaril soy sauce
- 35ml (2 tablespoons plus 1 teaspoon) apple juice
- 1/2 Tbsp honey or maple syrup
- 1/2 Tbsp rice wine vinegar
- 1/2 Tbsp sesame oil
- 1/4 tsp minced ginger root (fresh or frozen)
- 1/2 tsp ground arrowroot
- 1/2 tsp water

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

Mix the arrowroot with 1/2 teaspoon of water, then pour it into the sauce. Bring to a simmer, stirring all the time, until the sauce is thick and glossy. Pour into a jug and set aside to cool a little.

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

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

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

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



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LIGHT LUNCHES





## John and Lisa's Kitchen

Everyday Recipes From a Professional Chef and a Home Cook

### John Torode and Lisa Faulkner

5 September 2024 | Hardcover  
 £25.00 | 9781837832569  
 224 Pages | 248 x 187 mm  
 Full-colour photography throughout

**This book offers the authority of a professional chef with the accessibility of a home cook, for truly delicious recipes.**

John and Lisa love to entertain and to eat out, and they both love to cook. In *John and Lisa's Kitchen*, they offer a host of delicious dishes that are bound to become family favourites, as well as lots of tips and tricks, short-cuts and variations to make cooking easier.

They've covered all bases, including chapters on Breads and Best of Brunch, One Pan Wonders, Fakeaways, Speedy Go-tos, Family Favourites, Special Night In Dinners and Sweet Treats. Whether you want to rustle up a Veggie Chilli Bake for a midweek meal, impress your weekend guests with Beef Wellington, or do some family baking with Lisa's Favourite Double Chocolate Cake, John and Lisa want to bring love, creativity and inspiration into your kitchen.

**John and Lisa** host ITV's popular weekend show *John & Lisa's Weekend Kitchen*. John is a presenter and judge on BBC's *MasterChef* and *Celebrity MasterChef* and regular chef on *This Morning*. He hosts travel and food shows on Discovery & UKTV. Lisa fronts a cookery miniseries for *Lorraine* and works closely with Ocado and *Fabulous* magazine. Together, they will be cooking at BBC Good Food Winter and The Ideal Home Show.

- The ITV series *John & Lisa's Kitchen* reached 7.6 million views in 2023
- The new series will be aired in autumn 2024 and all the recipes from the show will be in the cookbook
- Their combined social media following is 470k+ followers

[View on Edelweiss](#)





## Everyday Comfort

100 Balanced and Healthier Versions of All Your Favourite Comfort Food

**Katie Pix**

5 September 2024 | Hardcover  
 £25.00 | 9781837831180  
 224 Pages | 248 x 187 mm  
 Full-colour photography throughout

**Everyday Comfort is the debut cookbook from foodie star Katie Pix, showcasing balanced and nourishing versions of all your favourite dishes.**

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

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

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

- Marketable author, with TV experience in the UK and the US
- All 100 recipes photographed



### Mexican Mackerel Fish Tacos with Corn Salsa

*Dad worked in a classic BRITISH bistro with dated Victorian décor and jellies on the turkey legs at Christmas. Though a popular restaurant at the time, the incredibly classic menu would involve simple ingredients that weren't always consumed by their generation and he would sometimes come home with a pork belly, a side of sausage or fresh mackerel for us to enjoy. Given he'd been cooking that same thing hundreds of times that week, he'd always make something different once he got home – and his mackerel tacos were a revelation!*

#### SERVES 4

2 large wholemeal tortilla wraps  
 Olive oil, for brushing  
 1 tsp ground cumin  
 1 tsp chili powder  
 1 tsp ground coriander  
 4 mackerel fillets  
 Salt and ground black pepper

#### FOR THE CORN SALSA

1 x 325g (11.5oz) can of sweetcorn, drained and rinsed  
 1 red onion, finely chopped  
 Zest and juice of 2 limes  
 1 red chili, finely chopped  
 2 large tomatoes, deseeded and finely chopped  
 ½ bunch of coriander (cilantro), finely chopped

#### TO SERVE (OPTIONAL)

1 softening lettuce, finely shredded  
 50g (1.8oz) sour cream  
 Spring onions (scallions) and chilies, to garnish (optional)

Preheat the oven to 180°C (360°F/350°F/gas mark 4).

To make your taco shells, brush the tortilla wraps lightly with oil. Use a muffin or cupcake tray and flip it over so the moulds of the tray are poking up. Cut each wrap into quarters and push each one between four of the moulds so it bends into a cup shape. Bake in the oven for 8–10 minutes, then remove and allow to cool before removing them; you should have crispy shells.

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

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

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

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

### COMFORTING CLASSICS

## Charred Chilli Pepper Con Carne

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

#### SERVES 4

1 tsp olive oil  
 1 red onion, halved and sliced (into half moons)  
 3 garlic cloves, finely sliced  
 4 sun-dried tomatoes, finely chopped  
 2 tsp ground cumin  
 2 tsp ground paprika  
 1½ tsp ground coriander  
 2 tsp chili powder  
 400g lean mince (ground) meat  
 1 (the half and half) turkey and pork  
 2 x 400g (14oz) cans of plum tomatoes  
 1 low-sodium beef stock cube  
 1 shot of espresso  
 3 red (bell) peppers, halved and deseeded  
 2 x 400g (14oz) cans of beans of your choice, drained and rinsed  
 1 (low) a combination of kidney and borlotti beans  
 Salt and pepper

#### FOR THE RICE

200ml (7fl oz) low-sodium chicken stock  
 100g (3½oz) brown rice  
 100g (3½oz) quinoa

#### TO SERVE (OPTIONAL)

Plain yogurt  
 Lime wedges  
 Coriander (cilantro) leaves

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

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

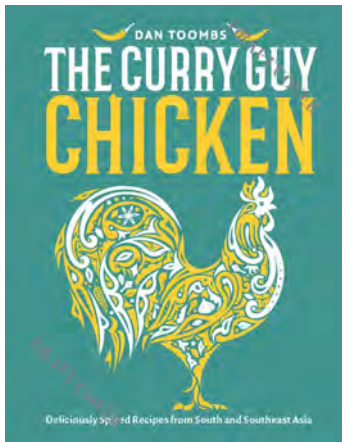
Add the plum tomatoes, giving them a good squeeze as you add them in. Then fill one of the cans with water and add that in, too. Crumble in the beef stock cube and pour in the espresso. Give it all a good stir before popping a lid on and bringing it to the boil, then drop to a simmer for 30–35 minutes.

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

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

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





## Curry Guy Chicken

### Deliciously Spiced Recipes From South and Southeast Asia

#### Dan Toombs

5 September 2024 | Hardcover  
 £18.99 | 9781837831036  
 176 Pages | 225 x 175 mm  
 Full-colour photography throughout

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

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

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

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

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

[View on Edelweiss](#)



Curry Guy One Pot  
 9781787139206  
 £27.00 | Hardcover



Curry Guy BBQ (Sunday Times Bestseller)  
 9781787138070  
 £16.00 | Hardcover



### DA LAT CHICKEN PIZZA

VIETNAMESE

PREP TIME: 5 MINS  
 COOKING TIME: 3 MINS

You are only limited by your own imagination with this hugely popular Vietnamese snack from the beautiful city of Da Lat. You can put whatever you like on the pizzas but this chicken version is a good start. This is pizza made with rice paper, which is normally cooked on a barbecue grate over hot coals. The pizzas are fun to make for all. Older kids love getting in there and cooking them. If you want to stay with a Vietnamese theme, you might like to cook the Vietnamese rotisserie chicken on page 60 and use some of that for this recipe, but any cooked chicken will do. Just don't add much liquid sauce before cooking as the rice paper will not get crispy.

Oil for brushing  
 10 rice paper rounds  
 200g (8oz) any cooked chicken, shredded

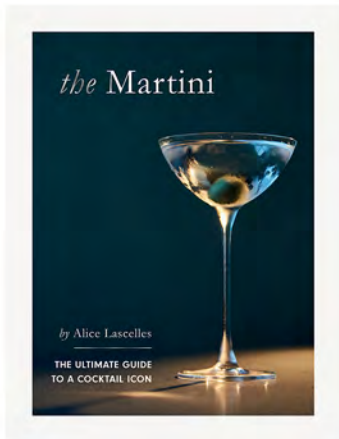
OPTIONAL SAUCES  
 Mayonaisse, ground  
 Mayonaisse  
 Simola sauce  
 Spring onions (scallions), finely  
 chopped

To make the pizzas, scatter the coals for direct heat cooking (see page 60). Lightly spray or brush the grill with a little oil and place some rice paper rounds on it. Top with the shredded chicken and a little mozzarella if you like. Be sure to rotate the rice paper as it cooks so that it doesn't stick to the grill and try not to let the rice paper brown too much on the bottom. Move it to a cooler part of the grill, if needed. You only want to make the rice paper crisp. The pizza is ready when the rice paper is crisp and the cheese, if using, has melted. Each pizza should only take a couple of minutes to prepare.

If you like, use squirt bottles to garnish the pizzas with mayonaisse and sriracha, which are the traditional toppings. Serve right off the cooking grate when the cheese is melted and the meat heated through, garnished with the finely chopped spring onions (scallions).

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





## The Martini

### The Ultimate Guide to a Cocktail Icon

Alice Lascelles

26 September 2024 | Hardcover  
£18.99 | 9781837831357  
176 Pages | 225 x 175 mm  
Full-colour photography throughout

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

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

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

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

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

[View on Edelweiss](#)



The Cocktail Edit  
9781787138643  
£16.99 | Hardcover

### THE PERFECT MARTINI

The perfect Martini formula is wrangled over endlessly – but that is all part of the fun. Is it better mixed 6:2, 50:50 or, à la Hemingway, a rousing 15:1?

The ratio is just the start of your problems. The choice of spirits, the mode of preparation and the garnish are all important considerations, too. A study of the Martini conducted by mixologist Claire Wimer and Tilmann Stephenson identified no fewer than 21 different variables.

Do the maths, and this means you could potentially mix 6.9 quadrillion different Martinis. For our one, in this whole Milky Way of drinks, will be considered perfect by everybody.

And that definition of 'perfect' will change depending on a variety of things including the season, the setting, the company and, sometimes, how bad your day has been.

I don't believe in One True Recipe. But I do believe there's a preferable method: a way of doing things that will ensure your Martini tastes a bit better.

**FROZEN GLASS** – A frozen glass will instantly upgrade virtually any mixed drink – so if you only take away one thing away from this book, make it this.

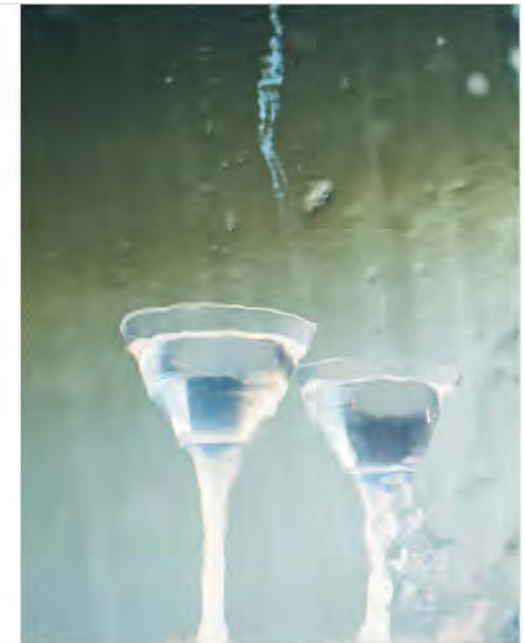
**ICE** – Ice is a tool and an ingredient – so always use fresh, clean, colour-free ice for shaking and stirring.

**GOOD INGREDIENTS** – Expensive ingredients aren't necessary, but sound quality is. If in doubt, stick to classic brands such as Beefeater, Tanqueray, Plymouth, Nolly Pear and Martini. Keep your vermouth in good condition by storing it properly (see p.56).

**GARNISH** – The garnish has the power to make a Martini or absolutely sink it. So give it some thought – use nice, fresh citrus and respectable olives.

**TIME** – A Martini's window of perfection is fleeting, so it helps to have a routine (see p.70). And once it's mixed, drink immediately.

METHOD  
60



### TUXEDO

**GLASS:** cocktail glass

**GARNISH:** lemon twist, discarded

**METHOD:** stir with ice and strain

25ml dry gin or Old Tom

20ml dry vermouth

20ml fino sherry

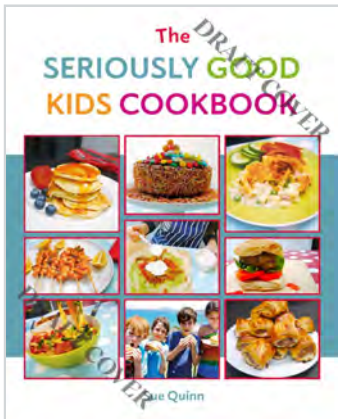
2.5ml Licorido Monaschino liqueur

6 drops absinthe

2 dashes orange bitters

The Tuxedo cocktail was created in the 1890s at the same New York country club that gave the Tuxedo jacket its name. There are many variations on the theme – this one is my favourite. If you make it with dry gin, it has a more complex and a bit like a dry white wine. If you make it with Old Tom, it acquires a body and perfume closer to an off-dry Pinot.





# The Seriously Good Kids' Cookbook

Sue Quinn

3 October 2024 | Paperback - with flaps  
 £14.99 | 9781837832774  
 128 Pages | 270 x 216 mm  
 Full-colour photography throughout

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

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

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

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

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

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

[View on Edelweiss](#)





# Pressure Cooking Every Day

## 80 Family Favourites Made Fast and Easy

### Catherine Phipps

7 November 2024 | Hardcover  
 £25.00 | 9781837831760  
 256 Pages | 248 x 187 mm  
 Full-colour photography throughout

#### 'The Queen of Pressure Cooking' - Nigella Lawson

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

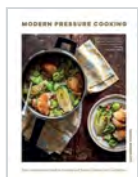
Many home cooks have discovered the joys of the the pressure cooker as they seek to find not just more economical ways to cook, but to save on energy and water consumption. *Pressure Cooking Every Day* explains the basics of using this fabulous bit of kit in a clear, accessible way, and offers family-friendly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

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

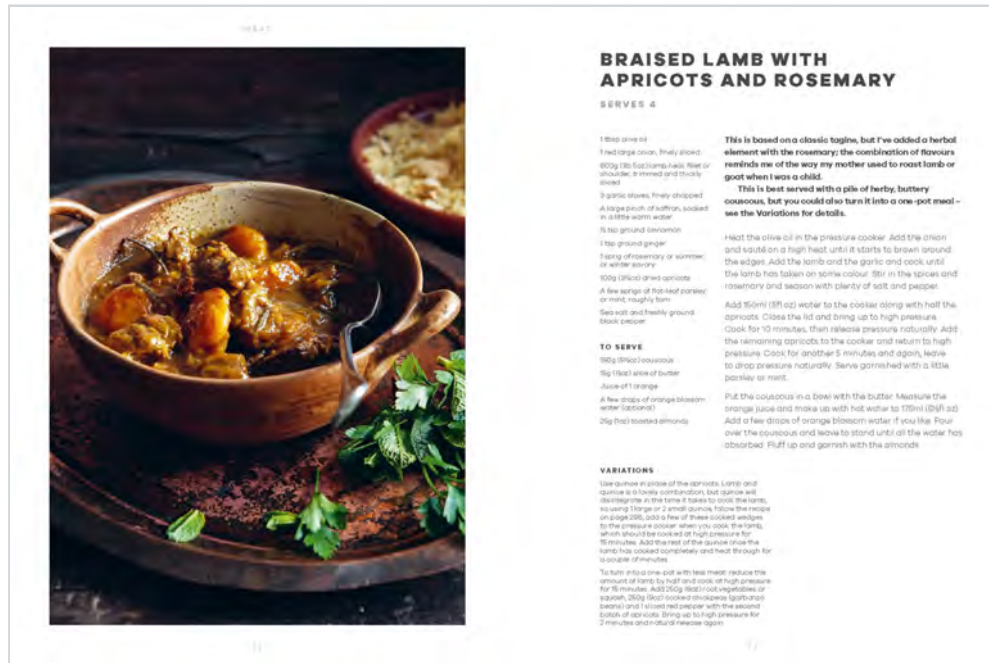
**Catherine Phipps** is a food writer, cookbook author and recipe developer who has frequently featured on TV and radio, including BBC Radio 4's *The Food Programme*.

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

[View on Edelweiss](#)



Modern Pressure Cooking  
 9781787135321  
 £26.00 | Hardcover



### BRAISED LAMB WITH APRICOTS AND ROSEMARY

SERVES 4

1 tbsp olive oil  
 1 red fennel onion, finely sliced  
 600g (1lb 5oz) lamb neck, flat or shoulder, trimmed and thickly sliced  
 3 garlic cloves, finely chopped  
 A large pinch of saffron, soaked in a little warm water  
 16 tsp ground leavening  
 1 tsp ground ginger  
 1 tsp ground ginger  
 1 tsp ground ginger  
 100g (3½oz) dried apricots  
 A few sprigs of flat-leaf parsley or mint, roughly torn  
 Sea salt and freshly ground black pepper

#### TO SERVE

180g (6½oz) couscous  
 1½ tsp olive oil  
 Juice of 1 orange  
 A few drops of orange blossom water (optional)  
 2½ tsp (½oz) toasted almonds

#### VARIATIONS

Use chicken or pork in place of the apricots. Lamb and chicken is a classic combination, but game will do equally well. In the same way, you can use the recipe for a large or 2 small quiches. Follow the recipe on page 286, add a few of these cooked wedges to the pressure cooker when you cook the lamb, which should be cooked at high pressure for 15 minutes. Add the rest of the quiche once the lamb has cooked completely and heat through for a couple of minutes.

To turn this into a pot with less meat, reduce the amount of lamb to half and cook at high pressure for 15 minutes. Add 250g (9oz) of root vegetables or spinach, 250g (9oz) of root vegetables (potatoes, carrots) and 1 sliced red pepper with the second batch of apricots. Bring up to high pressure for 2 minutes and reduce of pressure again.

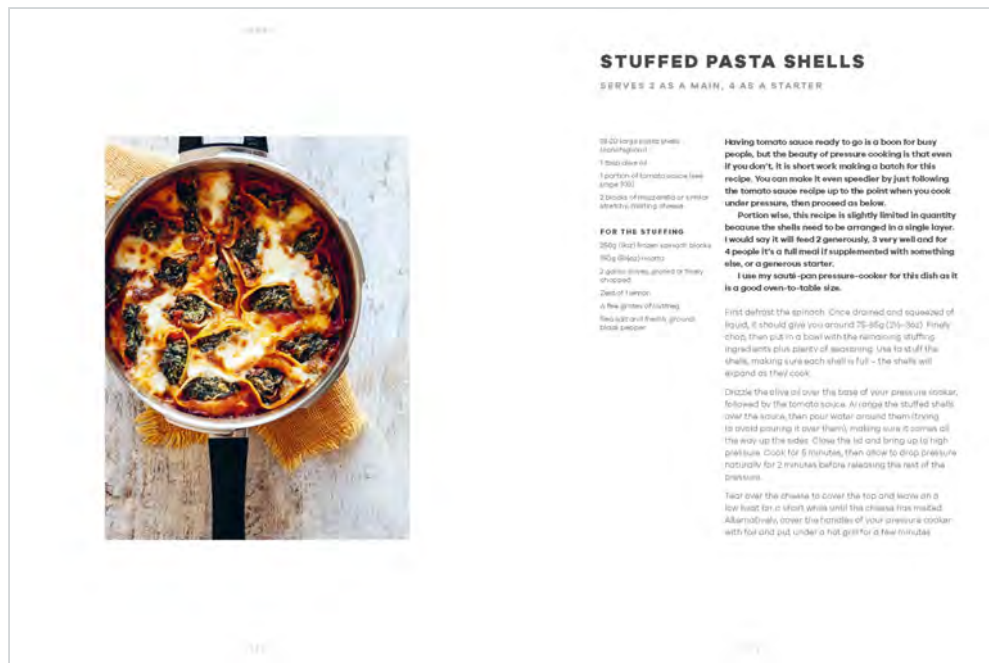
This is based on a classic tagine, but I've added a herbal element with the rosemary; the combination of flavours reminds me of the way my mother used to roast lamb or goat when I was a child.

This is best served with a pile of herby, buttery couscous, but you could also turn it into a one-pot meal - see the Variations for details.

Heat the olive oil in the pressure cooker. Add the onion and sauté on a high heat until it starts to brown around the edges. Add the lamb and the garlic and cook until the lamb has taken on some colour. Stir in the spices and rosemary and season with plenty of salt and pepper.

Add 150ml (5fl oz) water to the cooker along with half the apricots. Close the lid and bring up to high pressure. Cook for 10 minutes, then release pressure naturally. Add the remaining apricots to the cooker and return to high pressure. Cook for another 5 minutes and again, leave to drop pressure naturally. Serve garnished with a little parsley or mint.

Put the couscous in a bowl with the butter. Measure the orange juice and mix it with hot water to 150ml (5fl oz). Add a few drops of orange blossom water if you like. Pour over the couscous and leave to stand until all the water has absorbed. Fluff up and garnish with the almonds.



### STUFFED PASTA SHELLS

SERVES 2 AS A MAIN, 4 AS A STARTER

180g (6½oz) pasta shells, such as shells  
 100g (3½oz) ricotta cheese  
 100g (3½oz) ricotta cheese  
 1 portion of tomato sauce (see page 192)  
 2 pieces of mozzarella or similar stretchy melting cheese

#### FOR THE STUFFING

250g (9oz) beef mince (ground beef)  
 100g (3½oz) ricotta  
 2 garlic cloves, finely sliced  
 2 tsp olive oil  
 A few sprigs of flat-leaf parsley, roughly torn  
 Sea salt and freshly ground black pepper

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

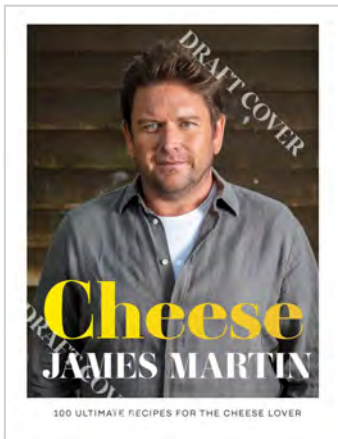
Portion wise, this recipe is slightly limited in quantity because the shells need to be arranged in a single layer. I would say it's a full meal if supplemented with something else, or a generous starter.

I use my stovetop pressure-cooker for this dish as it is a good oven-to-table size.

First defrost the mince. Once drained and squeezed of liquid, it should give you around 250g (9oz). Finely chop, then put in a bowl with the remaining stuffing ingredients plus plenty of seasoning. Use to stuff the shells, making sure each shell is full - the shells will expand as they cook.

Drizzle the olive oil over the base of your pressure cooker, followed by the tomato sauce. Arrange the stuffed shells over the sauce, then pour water around them (trying to avoid pouring it over them), making sure it covers all the way up the sides. Close the lid and bring up to high pressure. Cook for 10 minutes, then allow to drop pressure naturally for 2 minutes before releasing the rest of the pressure.

Tear over the cheese to cover the top and leave on a low heat for a short while until the cheese has melted. Alternatively, cover the handle of your pressure cooker with foil and put under a hot grill for a few minutes.



## Cheese

### Over 100 Recipes Celebrating Cheese In All Its Glorious Forms

#### James Martin

7 November 2024 | Hardcover  
 £25.00 | 9781837831302  
 224 Pages | 248 x 187 mm  
 Full-colour photography throughout

**Cheese is the essential cookbook for the most versatile and flavoursome ingredient in the world.**

James Martin offers over 100 classic and contemporary recipes that highlight how cheese can add flavour, depth and indulgence to your everyday cooking. There are so many classics to master, as well as twists on favourites and lighter, more delicate dishes. Including savoury snacks like Marmite and Cayenne Cheese Straws, perfectly balanced salads like Mozzarella, Blackberry and Beetroot or Warm Lentils with Whipped Goat's Cheese, as well as comforting mains like Chicken Cordon Bleu and Paneer Makhani, not to mention those all-important sides like Pommes Aligot and next-level Cauliflower Cheese – there's something for everyone.

With hundreds of cheese varieties to choose from, James guides you through the most popular and how best to cook them, and offers recipe variations plus new favourites to try. These are simply the best cheese recipes for the home kitchen.

Host of ITV's *James Martin's Saturday Morning*, **James Martin** is one of the UK's most popular TV chefs. His accessible approach to cooking has been showcased across bestselling books including *James Martin's Spanish Adventure*, *Potato*, *Islands to Highlands*, and more. He regularly appears on the BBC, ITV and Food Network, and tours the UK with his one-man show.

- Mintel says 9/10 people eat cheese in the UK, and 98% of households buy cheese regularly
- James Martin is one of the UK's best-known chefs and hosts ITV's flagship cookery show
- A mix of classic and contemporary dishes that will stretch your repertoire of cheese recipes!

[View on Edelweiss](#)



Potato  
 9781787139657  
 £23.00 | Hardcover



Butter  
 9781787138223  
 £22.00 | Hardcover



#### BERKSWELL CHEESE GNOCCHI WITH ROASTED BUTTERNUT SOUP

SERVES 4

**FOR THE GNOCCHI**  
 200g potatoes, peeled, cooked and rice  
 4 egg yolks  
 60g Italian '00' flour, plus extra for dusting  
 30g Berkswell cheese, finely grated  
 1 teaspoon salt  
 30ml olive oil  
 2 sprigs of rosemary, leaves picked and roughly chopped

**FOR THE SOUP**  
 2 tablespoons olive oil  
 1 onion, finely diced  
 1 butternut squash (about 1kg), peeled, deseeded and cut into 1cm dice  
 2 garlic cloves, finely chopped  
 300ml chicken stock  
 sea salt and freshly ground black pepper

**TO SERVE**  
 2 tablespoons coriander leaves  
 2 tablespoons olive oil

Gnocchi is one of the true joys to make in a kitchen, using dry, cooked and riced potatoes with the addition of egg yolks and flour. You can add various cheeses, the classic being Parmesan, but Berkswell or a blue cheese works fantastically with this soup. If you want to make gnocchi in advance, the best way is to blanch them first, then freeze them and use as required. This soup works equally well with cauliflower instead of the butternut squash.

To make the gnocchi, mix the potato, egg yolks, '00' flour, cheese and salt together in a bowl until it just forms a soft dough. Check the seasoning.

Divide the mixture in half and then, on a floured surface, roll each piece into a long sausage shape, about 1.25cm in diameter. With a sharp knife, cut each sausage into 2.5cm pieces of gnocchi.

Bring a large saucepan of salted water to the boil, drop the gnocchi into the water and cook for 1-2 minutes, or until they float. Remove from the water with a slotted spoon and place onto a plate lined with kitchen paper.

Heat a frying pan until hot, add the oil, rosemary and the gnocchi and fry for 1-2 minutes until golden brown and just crispy. Drain onto kitchen paper.

40 | SNACKS, SOUPS & STARTERS | 21

#### NIBBLES WITH WARM CHEESE FONDUE

SERVES 6

**FOR THE FONDUE**  
 100ml white wine  
 3 teaspoons cornflour  
 500g Cheddar, grated  
 500g Gruyère, grated  
 100ml crème fraîche  
 sea salt and freshly ground black pepper

**TO SERVE**  
 24 baby potatoes (about 400g)  
 12 slices of pancetta, halved lengthways  
 40g chorizo chunks  
 18 baby carrots  
 2 small bags of radishes  
 1 jar of cornichons and pickled onions, drained  
 1 endive, leaves separated

This was simply the most popular dish in the book when this photograph was taken. The cooked potatoes wrapped in pancetta work brilliantly hot or cold and dunked in the fondue – what could be nicer? For vegetarians, just use good quality potatoes and veg like fresh radishes, which taste amazing.

Preheat the oven to 200°C (392°F) gas 6.

Cook the potatoes in boiling salted water for 12-15 minutes until just soft. Drain and leave to cool.

Wrap each potato in a slice of pancetta, pop onto a roasting tray and roast for 15 minutes.

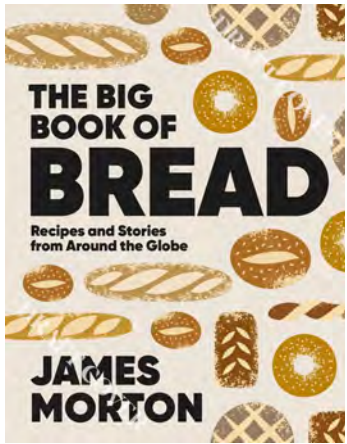
Pop the chorizo into a small roasting tray and roast for 15 minutes alongside the potatoes.

To make the fondue, whisk all the ingredients together in a non-stick pan, gently whisking continuously until warmed through. Pour into a fondue dish and keep warm.

Serve with the carrots, radishes, chorizo, baby potatoes, cornichons and onions, and endive for dipping.

40 | SNACKS, SOUPS & STARTERS





# The Big Book of Bread

Recipes and Stories From Around the Globe  
**James Morton**

10 October 2024 | Hardcover  
£30.00 | 9781787138742  
320 Pages | 248 x 187 mm  
Full-colour photography throughout

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

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

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

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

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

[View on Edelweiss](#)



Super Sourdough  
9781787134652  
£20.00 | Hardcover

## Pain aux Noix

(Hazelnut bread)

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You can't summarise French bread culture in a few recipes. It's impossible, it's disrespectful. It's damn cultural appropriation. But when you've got to pick your favourite breads from across the world, it's important to pick the ones that are interesting, that represent techniques or aspects or ingredients that are relevant to breads from a wide range of origins. Bread is of such national and regional importance in France, and so, so many of the other breads I've written about are derived from French practices and traditions (despite their protestations that we've got to do little justices were we can).

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

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

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

### Makes one large rustic loaf

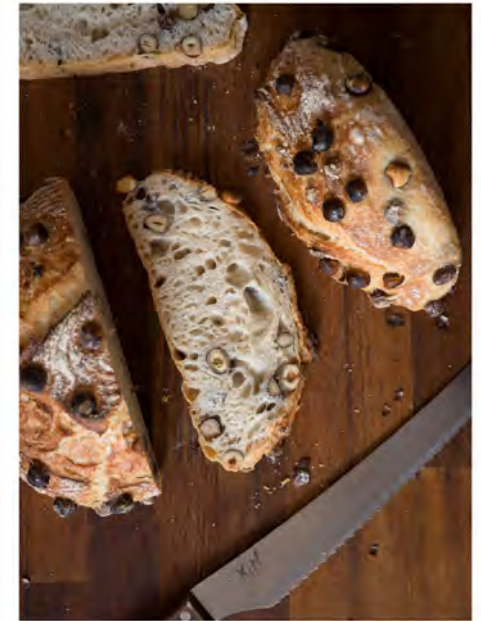
- 200g strong wholemeal flour
- 50g boiling water
- 300g strong white flour
- 40g butter (substitute vegan block if plant based)
- 10g table salt
- Two teaspoons of instant yeast (omit if making sourdough)
- 150g whole milk, tepid (substitute oat milk if plant based)
- 15g tepid water
- 150g active sourdough starter (optional if yeasted version)
- 200g whole hazelnuts

Into a medium bowl, weigh your wholemeal flour. Then, you want to sieve this into a larger bowl, separating the 'white' ('ah) flour from the bran. Place the bran back into your smaller bowl, and add in the just-boiled water to make a kind of thick paste. Mix together using a spoon and set aside.

To your sieved flour, add in your white flour, yeast and salt, and distribute. Next, add in your butter and use your fingertips to 'rub' the butter into your dry mix until it disappears into ever-smaller clumps, a bit like when making pastry dough.

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

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



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How to Make Bread

## Pan de Camote

(Sweet potato bread)

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This is a sweet roll from Paris, that triumphs both in its colour and its softness: the incorporation of cooked sweet potato means the dough clings onto moisture to give a soft, searable bun that's naturally sweet. Then, of course, we enrich it more – for that super orange colour, use the best eggs you can find.

Adding root vegetables, and sweet potato in particular, can be a problem: the first time I made this, the bread ended up an overly wet flap, with rolls that I couldn't shape and that spread over the sides of the trays. I then tried a version I found online where instead of boiling the sweet potato, I baked it slowly for an hour. The flavour is was so much more intense, the dough sweeter and the colour saturated. And most importantly, the dough didn't turn over into a gummy mess.

Still, this is an enriched dough, and so should be treated like a brioche roll for serving purposes. If you're after a savoury rather than sweet use, such as the roll to accompany a pretty posh meal, then try sprinkling some sea salt over the top after your egg wash. If it's for having as a sweet snack, icing sugar makes its saccharine nature clear. If you're that sort of person who likes mixing sweet and salty popcorn, why not both?

### Makes 12 rolls

- 1 large sweet potato – at least 200g unpeeled weight
- 50g strong white flour
- 80g sugar
- 2 tsp instant yeast
- 1 1/2 tsp salt
- 40g butter
- 3 eggs
- 100g tepid water
- 100g white sourdough starter (optional)

Another egg, for brushing icing sugar or sea salt, depending on your sweet-savoury preference.

Start at least an hour, but up to a day, before you bake. Set your oven to 180C fan, then wrap a sweet potato in foil. Roast it in the oven for an hour. Using a tea towel or oven glove, give it a squeeze to ensure it's soft. Leave to cool as you start the dough, or store in the fridge for later.

Start by weighing your flour, salt and sugar into a large bowl. For a yeasted loaf, mix in the yeast. If you are planning to leave the dough overnight in the fridge, reduce the quantity of yeast to 1 teaspoon. For extra flavour, add some sourdough starter too, along with the liquid ingredients. For full sourdough, leave out the yeast altogether, and you'll need an active, happy, recently fed starter that's at peak rise.

Once you've mixed together your dry ingredients, add your butter, then rub this in so that it's mostly combined. It doesn't need to be perfect. Add in your eggs, water and soap in your soft sweet potato – you're aiming for 200g cooked weight. If your potato is hot, use cold water. If it's cold from the fridge, use warm water. Simple.



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How to Make Bread



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

### Dan Keeling

7 November 2024 | Hardcover  
£30.00 | 9781787139886  
320 Pages | 248 x 187 mm  
Full-colour photography throughout

**All wine lovers fantasise about unattainable bottles like Romanée-Conti, but do you really need to pay cosmic prices for wines that are out of this world?**

When wine writer and Noble Rot co-founder Dan Keeling found himself at a Romanée-Conti vertical tasting, it felt surreal. What if the opulence of the occasion – and the world's most expensive wine – ruined him for ever?

Knowing what Romanée-Conti was like made a vast difference to how Dan felt about all the wines with which he was already familiar. Delicious wine should be democratic, for everybody, and in *Who's Afraid of Romanée-Conti?* Dan sheds light on all the incredible vineyards and winemakers that you *should* know, but probably don't.

These are no-compromise wines, born from love and dedication. Join Dan on a stylish, knowledgable journey through the greatest wines the world has to offer.

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

- The previous Noble Rot book has sold over 20k copies in the UK
- Dan's wine writing regularly features in publications including the *Financial Times* and the *Telegraph*
- Dan has celebrity support from the likes of Keira Knightley, Jarvis Cocker and Marina Hyde

[View on Edelweiss](#)

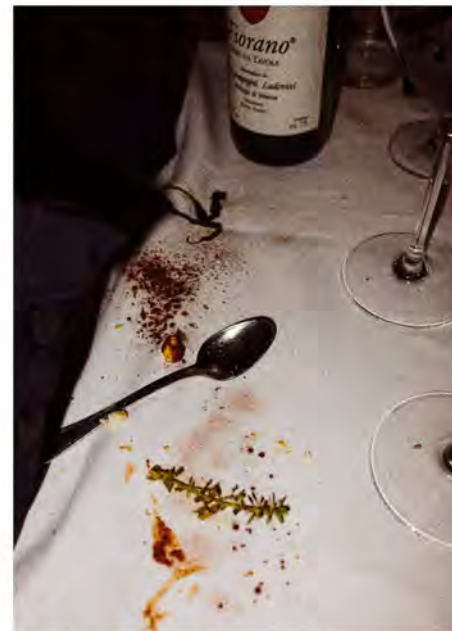


The Noble Rot Book: Wine from  
Another Galaxy  
9781787132719  
£30.00 | Hardcover



Sed ut perspiciatis unde omnis iste natus error sit voluptatem accusantium.

13



## THE WISDOM OF OLNEY

When the American wine and food writer Richard Olney described the events of 28th March 1991 as "a voyage never taken before and one which can never be repeated" in his venerable volume *Romanée-Conti*, he was partially right. Having been commissioned to write *THE* book on the world's most fabled wine, he led a panel of six luminaries tasting 45 vintages of Romanée-Conti, several of which were the last bottle in the domaine's cellars, which even the then co-directors Aubert de Villaine and Lalou Bize Lerooy had never tried. The other guests included *Saturday*'s Serena Sutcliffe, Christie's Michael Broadbent, and wine critic Michel Bettane. The bottles, which had matured in ideal conditions in the domaine's Yonne-Romanée cellar and had never suffered the trauma of long-distance transportation, were served in flights descending from the 1960s to the oldest - 1915. Descriptions of these Romanée-Contis published in Olney's book read as close to vinous nirvana as it's possible to get without divine intervention. But, as I say, he was only partially right about the voyage never being repeated, because on April 4th 2022 Aubert De Villaine, assisted by the filmmakers Franck Ribière and Véraane Frédiani, organised a similar event for an update of the book. Even if by necessity it was centred around the past 25 vintages of Romanée-Conti.

I never met Richard Olney, whose life was toasted with Jeroboams of Domaine de la Romanée-Conti La Tache by friends and family at a wake at his Prevaux home in 1999, but his influence infuses my love of wine and food. Besides *Romanée-Conti* he also wrote the definitive book about Yquem - widely considered the planet's greatest sweet wine - as well as *The French Menu Cookbook* and *Time Life's* cookery series (on which he was a consultant), a benchmark of many chef's education. But, for me, it was his indirect influence through two protégés that most informed my own way of thinking: Simon Hopkinson, whose *Week in Week Out* helped teach me how to cook, and Kenneth Lynch, whose *Adventures on the Wine Route* made me think about wine from a fresh perspective, and inspired me to leave behind a job as a record company A&R man for a new métier as a writer, importer and restaurateur. I particularly relate to Olney and Lynch's love of wine as drinkers - not academics - and their never less than joyful celebration of long-aged traditional styles.

Although Lynch - an influential importer responsible for popularising numerous French artisanal greats in the States - had never been Domaine de la Romanée-Conti's agent, he'd long worked with his good friend

WHO'S AFRAID OF ROMANÉE-CONTI?

12



## Vegan Pantry

### 10 Staple Ingredients, 100 Plant-Based Recipes

#### Katy Beskow

7 November 2024 | Hardcover  
 £22.00 | 9781787139473  
 240 Pages | 248 x 187 mm  
 Full-colour photography throughout

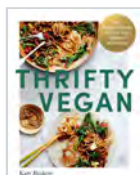
**Vegan Pantry is the ultimate guide for plant-based mealtimes, bringing you 100 new recipes from bestselling author Katy Beskow.**

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

**Katy Beskow** is an award-winning cook, writer and cookery tutor with a passion for seasonal ingredients, vibrant food and fuss-free home cooking. Once inspired by a bustling market in South London, Katy now lives in rural Yorkshire and cooks from a small (yet perfectly functioning) kitchen. This is her twelfth book.

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

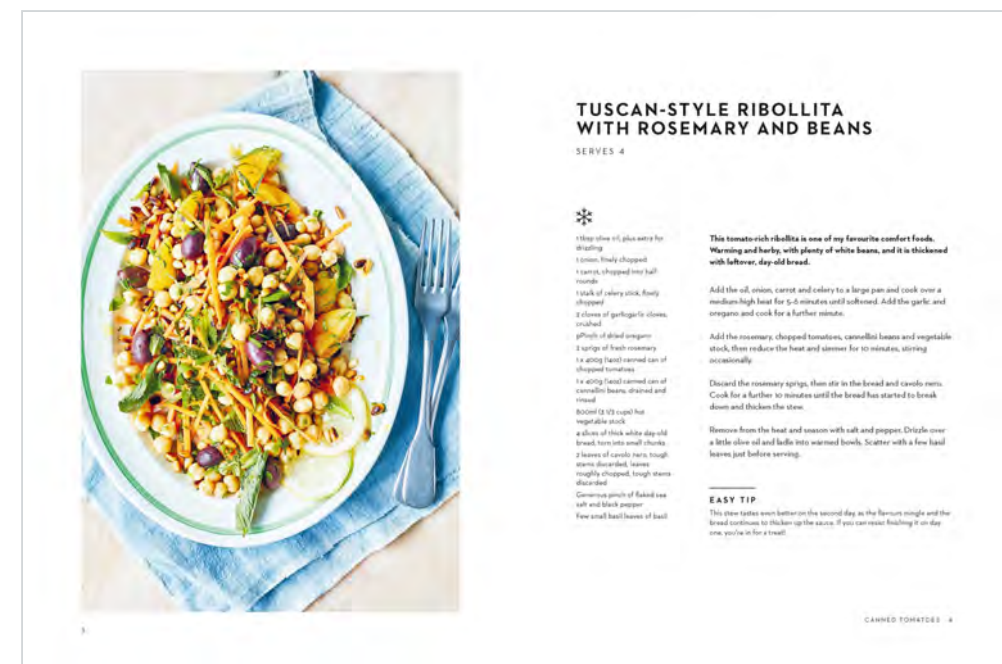
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Thrifty Vegan  
 9781837830374  
 £18.00 | Paperback - with flaps



Easy Vegan Christmas  
 9781787139459  
 £22.00 | Hardcover





## Foolproof Microwave

### 60 Essential Recipes to Make the Most of Your Microwave

**Amy Stephenson**

26 December 2024 | Hardcover  
 £14.00 | 9781837832309  
 144 Pages | 210 x 160 mm  
 Full-colour photography throughout

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

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

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

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

- More than 90% of UK households own a microwave
- With energy costs soaring, microwaves are sparking increasing interest for their ability to cook food efficiently – and cheaply. [Recent research](#) by the energy company Utilita suggests that microwaves are the cheapest way to cook, costing only 8p a day to use, or £30 annually
- Microwaves are easy to clean and it's almost impossible to make a mistake when cooking with them, making this the perfect gift for students



Foolproof Roasting Pan  
 9781787139817  
 £14.00 | Hardcover



Foolproof Slow Cooker  
 9781787138995  
 £14.00 | Hardcover

### CARAMELISED WHITE CHOCOLATE BROWNIES

125g unsalted butter  
 150g golden caster sugar  
 1 tsp vanilla bean paste  
 60g cocoa powder  
 2 medium eggs  
 50g plain flour  
 100g caramelised white chocolate, roughly chopped  
 50g pecans, roughly chopped

Put the butter in a microwave safe rectangular dish (ours was 20cm x 16cm) and heat for 1 minute, stirring halfway. Tip the melted butter into a bowl and brush what is left in the rectangular dish around the bottom and sides so it's fully coated.

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

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

Makes 6  
 - Prep 5 mins  
 - Cook 6 mins

### COD AND PRAWN RISOTTO

1 onion, finely chopped  
 2 garlic cloves, finely chopped  
 1 fennel bulb, finely chopped  
 1 tbsp olive oil  
 175g risotto rice  
 600ml fish or vegetable stock, hot  
 Approx. 260g cod, cut into 8 chunks  
 150g raw king prawns  
 100g frozen peas  
 1/2 bunch tarragon, leaves roughly chopped  
 1/2 bunch dill, roughly chopped  
 1/2 lemon, cut into wedges

Put the onion, garlic, fennel, olive oil and some salt in a large microwave safe bowl and cook for 8 minutes, stirring twice. Add the rice, some seasoning and 1/2 of the stock, stirring well then cover and cook for 8 minutes.

Pour in another 1/2 of the stock, stir and cook for 3 minutes. Add the remaining stock, stir and cook for a further 3 minutes until al dente and creamy.

Add the cod, prawns and peas and cook for 2 minutes. Stir in the chopped herbs and serve with lemon wedges for squeezing over.

Serves 2  
 - Prep 5 mins  
 - Cook 24 mins



## Foolproof Veggie Air Fryer

### 60 Simple and Speedy Vegetarian Dishes

**Louise Kenney**

26 December 2024 | Hardcover  
 £14.00 | 9781837832163  
 144 Pages | 210 x 160 mm  
 Full-colour photography throughout

Discover everything you need to know about cooking in an air fryer, with 60 veggie-friendly recipes and clear, step-by-step instructions.

Air frying is a miraculous cooking method: you get all the satisfaction of fried food, without the mess, it's versatile (as well as 'frying', you can bake, roast, steam and more), and it makes simple and satisfying dishes in minimal time. With soups, pastries, noodles and more – *Foolproof Veggie Air Fryer* includes a huge variety of quick and easy dishes that make the most of this must-have kitchen appliance.

The *Foolproof* series celebrates the simple ways to cook, eat and enjoy different dishes and techniques, and offers amazing new ways to elevate classics, as well revealing new sure-to-be favourites. The series includes: *BBQ, One-Pot, Freezer, Veggie One-Pot, Fish, Picnic, Roasting Pan, Slow Cooker* and *Air Fryer*.

**Louise Kenney** trained as a chef at Ballymaloe Cookery School then ran her catering business for 10 years. She is now a food stylist, home economist and recipe writer and she is the author of *Dinner's in the Bag* and *Foolproof Air Fryer*.

- Vegetarian diets have become increasingly mainstream
- Annual sales figures from Lakeland show sales of air fryers were up 1,175% on last year
- Air fryers are quicker, use less fat to fry and so have a health benefit, and use less energy to operate. They are also portable so renters can take them with them

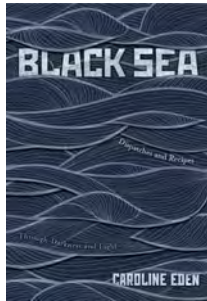
Foolproof Air Fryer  
 9781787139671  
 £14.00 | Hardcover



Foolproof Veggie One-Pot  
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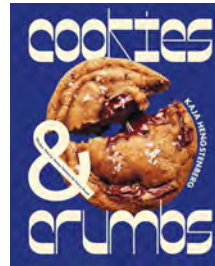


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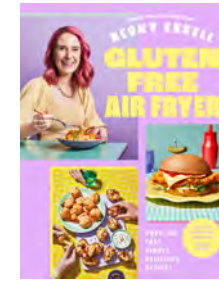


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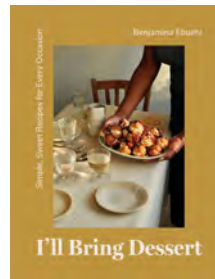


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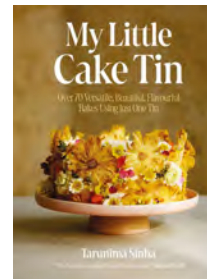


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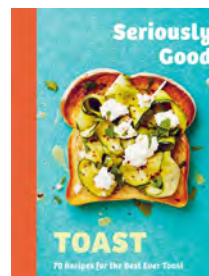
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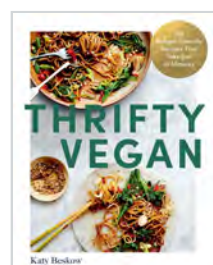
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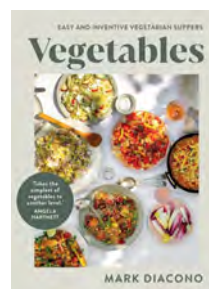
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## Verdura

10 Vegetables, 100 Italian Recipes  
**Theo Randall**



# Craft & DIY



## Woven

### Make Your Own Accessories from Raffia, Rope and Cane

#### Tabara N'Diaye

8 August 2024 | Paperback - with flaps  
£16.99 | 9781837831906  
144 Pages | 253 x 201 mm  
Full-colour photography throughout

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

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

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

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

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

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



[View on Edelweiss](#)



## Homemade Beauty

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

#### Marta Tarallo

22 August 2024 | Hardcover  
£16.99 | 9781837832392  
144 Pages | 185 x 135 mm  
Full-colour photography throughout

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

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

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

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

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

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

[View on Edelweiss](#)



Weaving  
9781837831715  
£16.99 | Hardcover



Visible Mending  
9781837830732  
£16.99 | Hardcover

### shea butter deodorant and antiperspirant

Difficulty level: Beginner  
Recipe makes: 50g (1.76oz)  
Shelf life: 6 months

Natural deodorant was one of the first products I made after going zero waste. This recipe is very quick and satisfying and you will only need five ingredients: shea butter, coconut oil, arrowroot powder, essential oils and bicarbonate of soda (baking soda). A great thing about this deodorant is that it does not require any wax – shea butter gives the right stickiness you want in a deodorant, but without the tackiness of a wax. This also means it will still remain hard even during the summer at fairly high temperatures, because it calls for only a little coconut oil while the shea butter has a high melting point of 33° to 58°C (89° to 100°F). The starch component will help absorb moisture so this deodorant will easily be effective for as long as eight hours.



34 Body care



### tools and equipment

In this section I explain what tools you will need to get started, don't worry, you will not require much specialized equipment and you can probably buy most things second-hand. You may even have most of the items already in your kitchen – although it's important to have a set of dedicated items for making your cosmetics and never use them for food purposes afterwards. Focus on tools that are available and reusable, most of this equipment is available in your local supermarket, from online stores like Amazon or through online cosmetic stores – see pages 172-175 for a list of suppliers.

I like to categorize tools by their main function, the way you will notice that you can use the same tools across similar projects.

#### Hygiene and safety: Reusable rubber gloves, mask/respirator, reusable goggles

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

22 Ingredients

#### Tips

Although most recipes call for completely natural ingredients, many of which are also edible, I advise you to dedicate a set of equipment just for your cosmetic-making experiments.

Glass pipettes can be cleaned in the dishwasher by popping them upright on the spikes that support the plates.

Technically you could weigh all the oils in the same heat-safe container you will use to make the rest of the recipe later, but if you add a wrong amount of an oil you cannot reverse the reaction and you could end up with wrong quantities.

Each soap-making ingredient, whether it is liquid or solid, is always measured in weight and not by volume. This is because different oils might have very different weights even if they are of the same volume. For example, castor oils is a very heavy and thick liquid that will weigh much more than the same volume of sweet almond oil. Soap making is truly a precision game!





# Dopamine Dressmaking

## 15 Sewing Patterns for Every Season

### Brogan Sommerville

5 September 2024 | Hardcover  
 £26.00 | 9781837831401  
 192 Pages | 253 x 201 mm  
 Full-colour photography and illustrations throughout

Embrace your feminine style with a collection of 15 dresses and tops to make at home.

Using simple shapes and in Brogan's signature style, this book features a collection of classic designs with a playful twist in UK sizes 6–22.

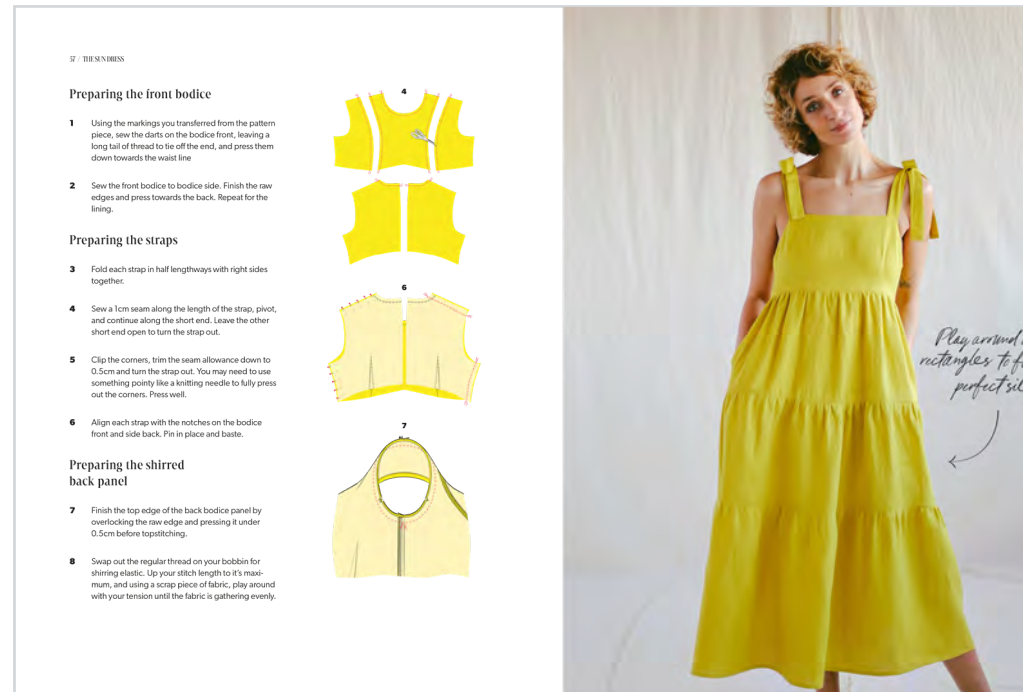
Brogan gently guides you through the projects, which include a simple t-shirt dress, a shirred summer dress, a showstopper party dress and an elegant tea dress, plus variations on how to turn many of these into tops.

The book includes downloadable PDF patterns, step-by-step instructions and illustrations, beautiful fashion photography to give you inspiration and Technique Tutorials covering all the core skills you need to tackle the projects in this book, from gathering to sewing on the bias. Learn how to style your garments throughout the seasons because dresses aren't just for summer!

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

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

[View on Edelweiss](#)





## Green Christmas

Sustainable Celebrations That Won't Cost the Earth

Jen Chillingsworth

19 September 2024 | Hardcover  
£18.99 | 9781837832736  
144 Pages | 253 x 201 mm  
Full-colour photography throughout

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

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

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

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

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

[View on Edelweiss](#)

## Gift wrapping

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

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

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



130 / SIMPLE CHRISTMAS

SIMPLE CHRISTMAS / 137

## Simple Christmas

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

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



138 / SIMPLE CHRISTMAS



# Intarsia Knits

## 12 Colourful Knitwear Designs to Make Your Own

### Anna Husemann

10 October 2024 | Paperback - with flaps  
 £16.99 | 9781837831517  
 160 Pages | 253 x 201 mm  
 Full-colour photography and illustrations throughout

**Create 12 colourful, unique intarsia knitwear designs for every season.**

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

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

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

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

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

[View on Edelweiss](#)



**CONSTRUCTION**  
 The beachbag is knitted flat in a variation of a broken slip stitch combined with the intarsia technique to create a bold botanical motif. The slip stitch creates three-dimensional stripes as well as a firm fabric, suitable for bags.

The beachbag is knitted in rectangles; the front and the bag is knitted separately, finished with an I-cord bind-off at the upper edge. Then you knit two rectangles which have an I-cord edge on both sides. These will both be the bottom and the sides of your bag, as well as the strap.

You can choose, whether you also want to add an inside pocket to your beachbag or a loop for attaching a keyring or a hook for the matching oppor pane.

**SKILL LEVEL**  
 The beachbag is suitable for knitters with previous knitting knowledge. As the intarsia motifs are quite big, you won't have more than 7 colours per row and as all pieces are knitted individually and sewed together at the I-cord edge, it is suitable for intermediate knitters or adventurous beginners that are eager to learn new techniques.

**SIZES**  
 One size

**MEASUREMENTS OF THE FINISHED BAG**  
 length: XX inches / 42 cm  
 width: XX inches / 35/36 cm  
 depth: XX inches / 7/7 cm

Length of the straps  
 XX inches / 60 cm

Size of the inside pocket (optional):  
 length: XX inches / XX cm  
 width: XX inches / XX cm

**MATERIAL**  
 heavy weight DK / light worsted weight yarn in a blend of wool and protein fibre for strength

Yarn used in the sample:  
 De Ruyter Natura (70% Organic merino d'Arles (France) and 30% recycled cotton, included 2% of others recycled fibres (France), 270 yds / 250 m - 100g)  
 MC: p4cher merino, XX yds / XX m (2 skeins)  
 CC1: grand bleu, XX yds / XX m (1 skein)  
 CC2: azur, XX yds / XX m (1 skein)

**NEEDLES**  
 US 6 / 4 mm circular needles for the all bag parts and US 4 / 3.5 mm circular needles for the I-cord bind-off.





## Thrown

A Modern Potter's Guide to Working With Clay on the Wheel

Lilly Maetzig

10 October 2024 | Hardcover  
£20.00 | 9781837831883  
160 Pages | 253 x 201 mm  
Full-colour photography throughout

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

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

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

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

- Lilly Maetzig has a course with Domestika on creating your first ceramic vessel
- "Pottery is the perfect tactile pastime and a great antidote to the digital world." BBC, [Why the slow, mindful craft of pottery is blooming worldwide](#)
- Community projects have meant it is easier to find a kiln than ever before



[View on Edelweiss](#)



Handbuilt  
9781787139176  
£20.00 • Hardcover



## The Sewing Fix

### Three Practical Pillars for a Sustainable Wardrobe

#### Annie Phillips

24 October 2024 | Paperback - with flaps  
 £20.00 | 9781837832286  
 160 Pages | 253 x 201 mm  
 Full-colour photography and illustrations throughout

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

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

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

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

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

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**Out now**  
9781787139985  
£18.00 | Paperback -  
with flaps  
160 Pages  
253 x 201 mm

## Arctic Knits

Jumpers, Socks, Mittens and More  
**Weichien Chan**



**Out now**  
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£30.00 | Hardcover  
224 Pages  
253 x 201 mm

## The Great British Sewing Bee: Back to Basics

Create Your Own Capsule Wardrobe  
With 25 Dressmaking Projects  
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that Truly Fit  
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15 Stylish Projects To Make  
Your Own  
**Sara and Sine Finne Frandsen**



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192 Pages  
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Learn How to Sew Clothes to Boost  
Your Wardrobe and Your Confidence  
**Jenny Rushmore**



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£26.00 | Flexibound  
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253 x 201 mm

## Tilly and the Buttons: Mini Makes

Sewing Patterns to Make for Kids  
Aged 0–12 Years  
**Tilly Walnes**



**Out now**  
9781837830732  
£16.99 | Hardcover  
144 Pages  
210 x 160 mm

## Visible Mending

Repair, Renew, Reuse The Clothes  
You Love  
**Arouna Khounnoraj**



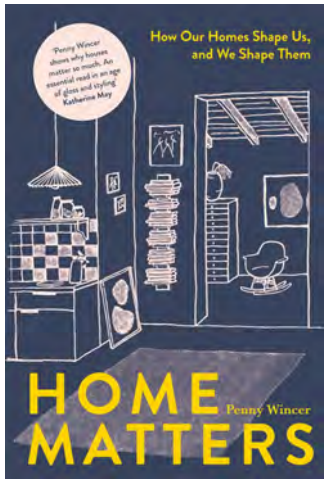
**Out now**  
9781837831715  
£16.99 | Hardcover  
144 Pages  
210 x 160 mm

## Weaving

A Modern Guide to Creating  
17 Woven Accessories for your  
Handmade Home  
**Mary Maddocks**



# Homes & Gardens



# Home Matters

## How Our Homes Shape Us, and We Shape Them

### Penny Wincer

4 July 2024 | Hardcover  
£20.00 | 9781837830916  
240 Pages | 234 x 153 mm  
Full-colour photography throughout

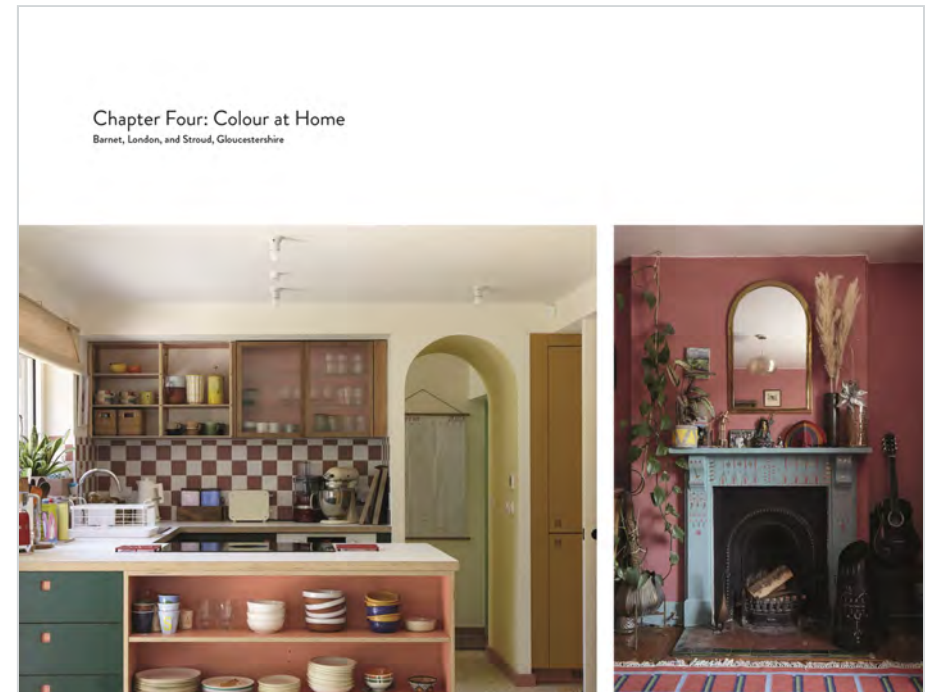
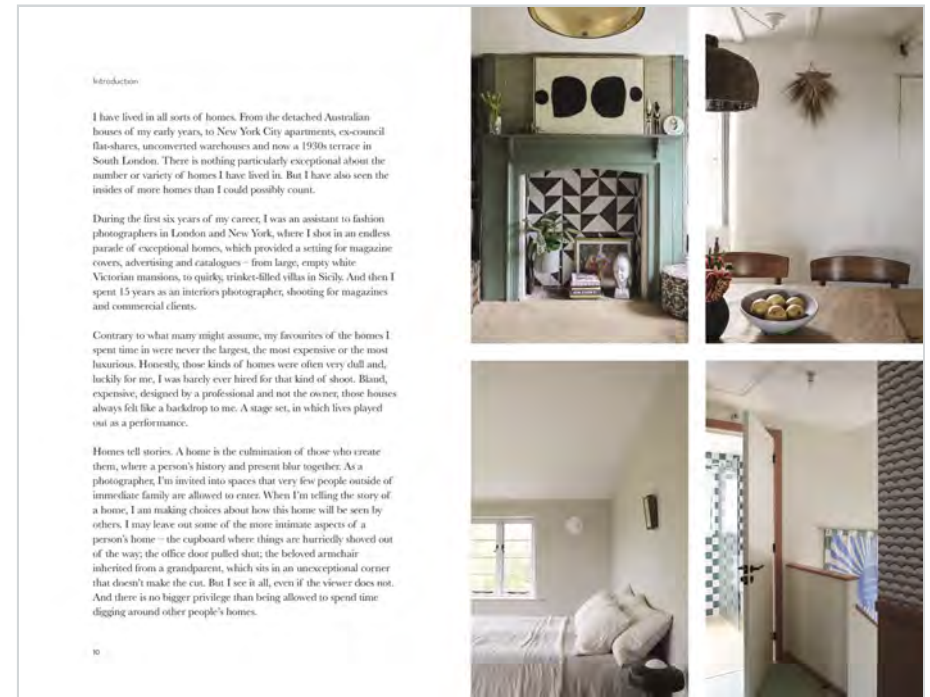
**As a photographer, Penny Wincer found that walking through a stranger's home, listening to them explaining the space, was one of most joyful aspects of her work. In *Home Matters* Penny does exactly that, taking us through the houses of 13 artists, designers and writers, inspiring us to reflect on how we want our own homes to feel.**

Through beautiful photographs, interviews and Penny's reflections, *Home Matters* brings together multiple perspectives centred on the psychology of home: how we create homes to meet our needs. Each chapter considers a different aspect of shaping a home – from colour choices to size constraints, childhood influences and possessions – inviting the reader to reflect on their own experiences. *Home Matters* shows that when we let go of the idea of the perfect home, we can embrace the home that works for our lives as they are.

**Penny Wincer** is a writer, photographer and writing coach. Her first book, *Tender: The Imperfect Art of Caring*, was published in 2020. She has written for *The Telegraph*, *BBC Radio 4* and *Red Magazine*, co-hosts the podcast *Not Too Busy To Write*, and has shot for magazines and brands such as *Country Living*, *Living Etc*, *House Beautiful* and *Guardian Weekend*. Penny lives in South London with her two children.

- Includes conversations with a fascinating range of interviewees, from Emily Henson to Kemi Lawson and Huma Qureshi
- Incorporates Penny's beautiful photography from the 13 homes she visits

[View on Edelweiss](#)





## The Big Book of House Plants Emma Sibley

26 September 2024 | Hardcover  
£18.99 | 9781787139428  
256 Pages | 225 x 175 mm  
Full-colour photography throughout

***The Big Book of House Plants* is a source of green inspiration for small-space gardening, featuring an impressive directory 110 of the most popular varieties of foliage to own, including cacti, succulents and house plants.**

From dramatic palms and tropical leafy wonders to beautiful ferns and flowering potted plants – this book covers everything you need to know about nurturing and growing your own.

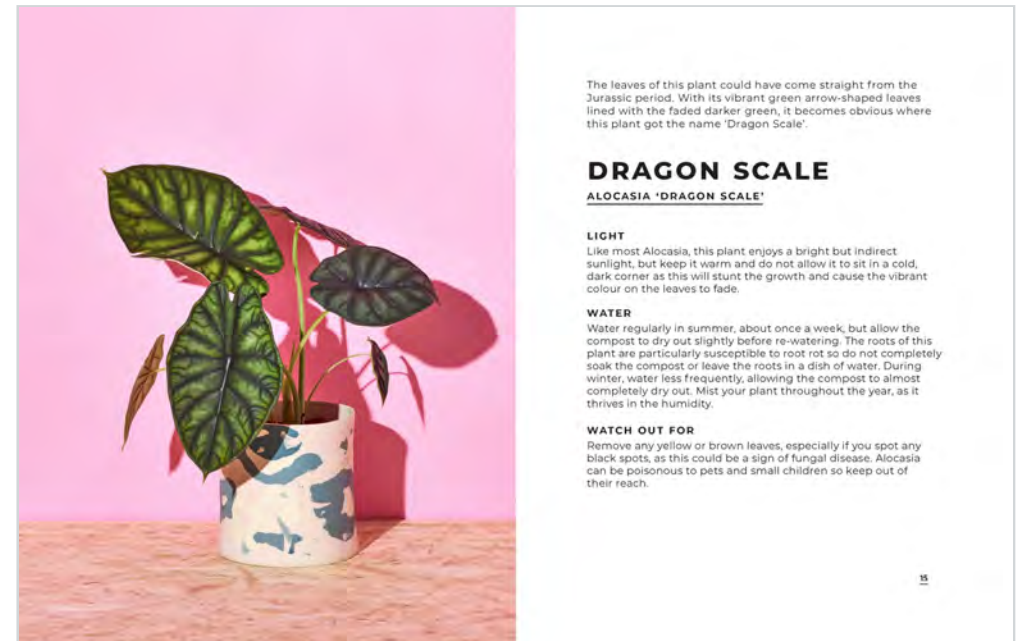
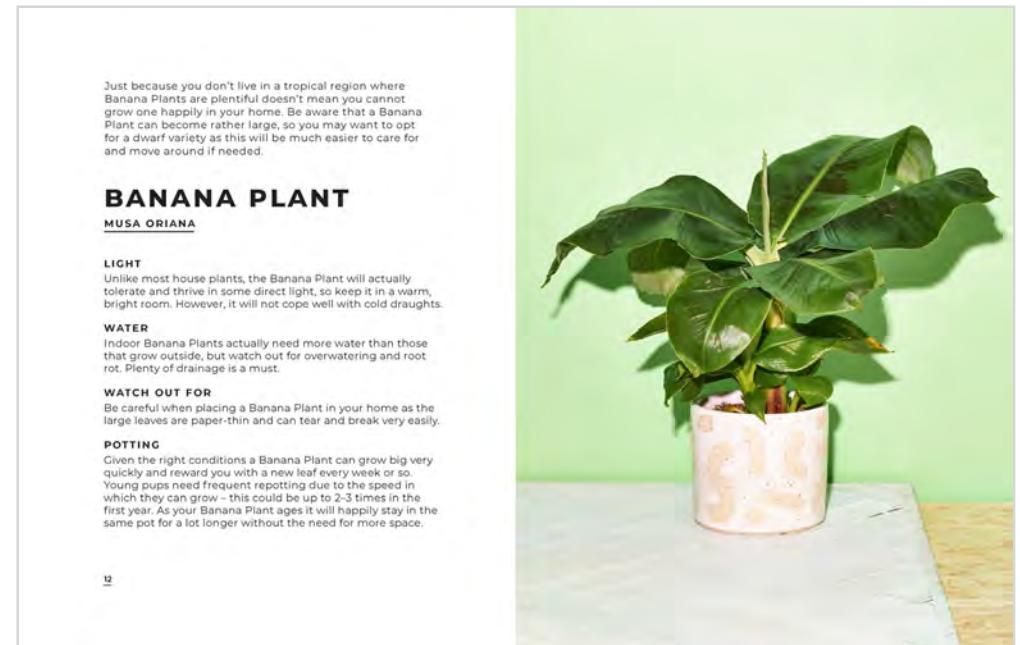
Each of the 110 plants is accompanied by luscious photography and an easy-to-follow breakdown of all the essential requirements for that variety. This includes details on size, growth and flowering, along with any extra tips on caring for that specific plant.

Perfect for anyone wanting to grow their indoor plant collection or a gift for a plant-loving friend, *The Big Book of House Plants* is the ultimate modern guide to all your indoor planting needs.

**Emma Sibley** runs London Terrariums and offers workshops, interior displays and private commissions. She is also a member of the British Cactus and Succulent Society.

- A follow on from the best selling and very popular *The Little Book of House Plants*, *The Little Book of Cacti* and *Little Book, Big Plants*
- Expert advice on general care for each plant plus tips on repotting, pruning and propagating
- The perfect gift for a plant-loving friend or satisfying self-purchase for anyone wanting to grow their indoor plant collection

[View on Edelweiss](#)





## New Scottish Style

Inspirational Interiors from Stunning Spaces in Scotland

### Banjo Beale

3 October 2024 | Hardcover  
£35.00 | 9781837831999  
272 Pages | 283 x 216 mm  
Full-colour photography throughout

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

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

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

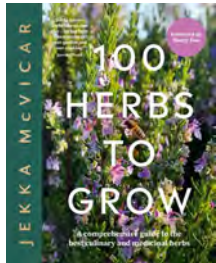
- A unique look at Scottish design in a fully illustrated format with high production values
- Banjo has 107k followers on Instagram and his own TV series *Designing the Hebrides* as well as presenting *Scotland's Home of the Year*
- Photographed by Alex Baxter, showcasing Scottish homes and designs never seen before



[View on Edelweiss](#)



Wild Isle Style  
9781837830435  
£25.00 • Hardcover



**Out now**  
9781837830442  
£30.00 | Hardcover  
288 Pages  
253 x 201 mm

## 100 Herbs To Grow

A Comprehensive Guide To The Best Culinary And Medicinal Herbs

**Jekka McVicar**

Foreword by Monty Don



**Out now**  
9781837830954  
£18.99 | Hardcover  
176 Pages  
247 x 173 mm

## Dahlias

Inspiration, Cultivation and Care for 222 Varieties

**Ulrika Grönlund**



**Out now**  
9781837831739  
£14.00 | Paperback - with flaps  
128 Pages  
185 x 135 mm

## Floristry

14 Seasonal Projects to Enjoy in Your Home

**Milli Proust**



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128 Pages  
185 x 135 mm

## Seeds

Grow Your Own Cut Flowers from Scratch

**Milli Proust**

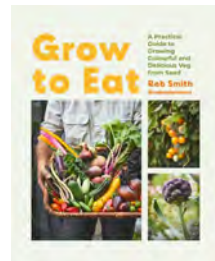


**Out now**  
9781837830602  
£14.00 | Hardcover  
144 Pages  
185 x 135 mm

## Planting Wildflowers

A Grower's Guide

**Jane Moore**



**Out now**  
9781837831289  
£20.00 | Hardcover  
208 Pages  
240 x 190 mm

## Grow to Eat

Growing Colourful And Tasty Vegetables From Seed

**Rob Smith**



**Out now**  
9781837831128  
£24.00 | Hardcover  
224 Pages  
248 x 187 mm

## Your Not Forever Home

Affordable, Elevated, Temporary Decor for Renters

**Katherine Ormerod**



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224 Pages  
253 x 201 mm

## Wild Isle Style

Resourceful And Sustainable Interior Design Ideas

**Banjo Beale**





# Gift & Wellbeing



## Rainy Day Paris

### A Practical Guide: 100 Places to Keep Dry

Wendy Lyn

4 July 2024 | Paperback  
£14.00 | 9781837832057  
128 Pages | 185 x 135 mm  
Full-colour photography throughout

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

From iconic institutions to local, under-the-radar spots, *Rainy Day Paris* is the essential guide to 100 of the best things to do in the city when it's raining (which is a lot of the time).

Whether you're looking for delicious places to eat, inspiring museums to mooch around or bars serving up creative cocktails, this handy book has it covered.

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

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

[View on Edelweiss](#)



Rainy Day Edinburgh  
9781837830688  
£14.00 | Paperback - with flaps



Rainy Day London  
9781787138957  
£12.99 | Paperback

### Gramme Café

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

86 rue des Archives  
timboryard.co  
@grammeparis3

### Parcelles Bistrot

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

13 Rue Chapon  
themilkman.coffee  
@parcelles\_paris



Parcelles Bistrot

16 Central Cafés & restaurants

### Caractere de Cochon

Take an appetite-piquing stroll down pastel-coloured Victoria Street and you'll find it hard to not cross the threshold of this legendary Aladdin's cave. The first sight through the storefront window is of huge wheels of farmhouse cheddars, stiltons and camemberts, blues and bries, and the pickings are just as rich when nosing around inside: witness rare Scottish cow, goat and sheep cheeses like tomme-style Laganory, creamy Isle of Mull Cheddar and slightly boozy Hebridean Blue, plus hanging sausissons and shelves stacked with oils, quinces, figgy jams and condiments. The design is all raw brickwork and floor tiles with a cluster of vintage milk churns for good measure, while queues often snake out onto the street. Opened in 1993, founder Iain and his son Rory Mellis now run a cheese empire, with stores elsewhere in Edinburgh (including a wine and cheese bar at the back of its gentrified Morningside cheesemonger), as well as in Glasgow and St Andrews.

42 rue Charlot  
mellicheese.net  
@caracteredecocchonparis



30 Central Shops



## The Joy of Mindfulness Coloring

50 Quotes and Designs to Help You Find Calm, Slow Down and Relax

**Holly Macdonald**

11 July 2024 | Paperback  
£12.99 | 9781837832149  
96 Pages | 245 x 205 mm  
Full-colour illustrations throughout

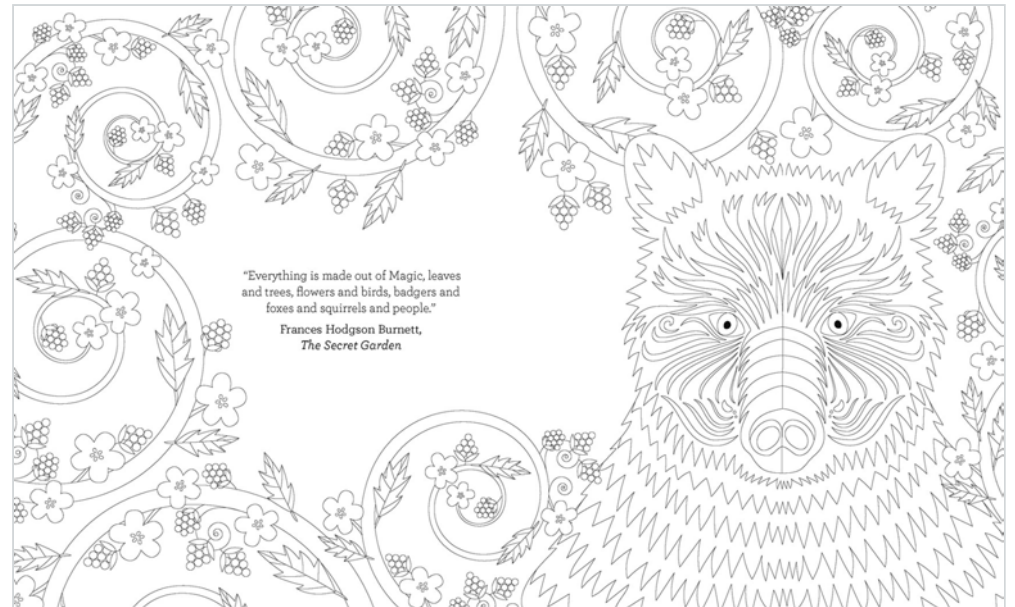
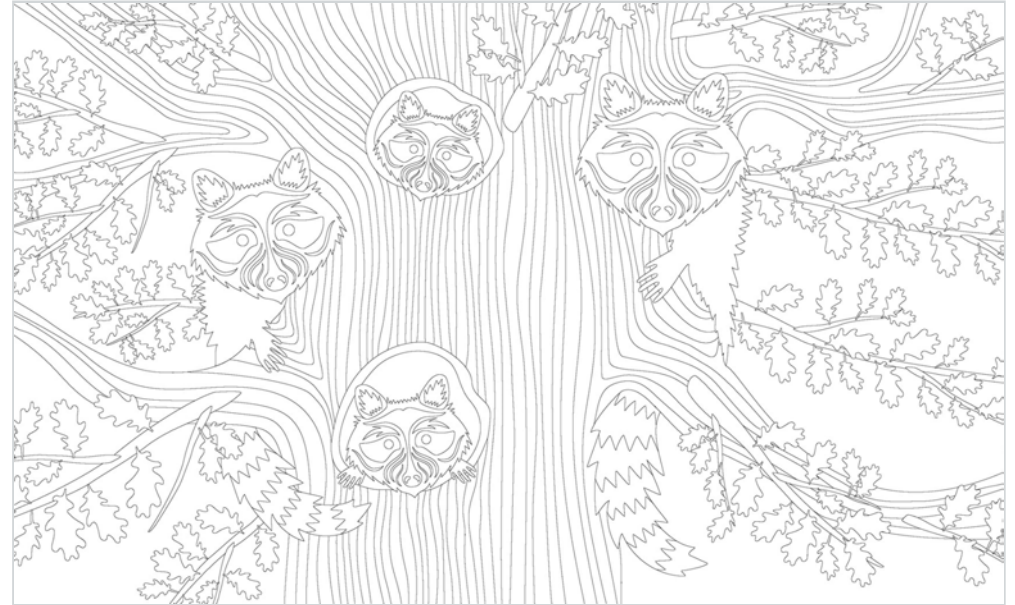
**This creative adult coloring book is the perfect activity book for a relaxed and calm state of mind.**

*The Coloring Book of Mindfulness* includes seasonal line illustrations of the natural world – from flora and fauna to animals and birds that are specially designed to be colored in – alongside a collection of 50 nature-inspired quotes that will enable you to find focus and calm in everyday life, whilst boosting a feeling of wellbeing, mindfulness and creativity that will permeate every aspect of everyday life.

This is a practical way to relax the mind, spark imagination and relieve stress.

**Holly Macdonald** is an illustrator and graphic designer, living in London.

- A coloring book for adults from the best selling *Mindfulness Coloring series* that will help promote creativity and calm
- Beautiful line illustrations, inspired by nature and designed to be coloured in
- 50 inspirational quotes to help relax the mind



[View on Edelweiss](#)



## The Cat Year

### Cats, Magic, Nature and Spells

**Alison Davies**

12 September 2024 | Hardcover  
£14.00 | 9781837831371  
144 Pages | 185 x 135 mm  
Full-colour illustrations throughout

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

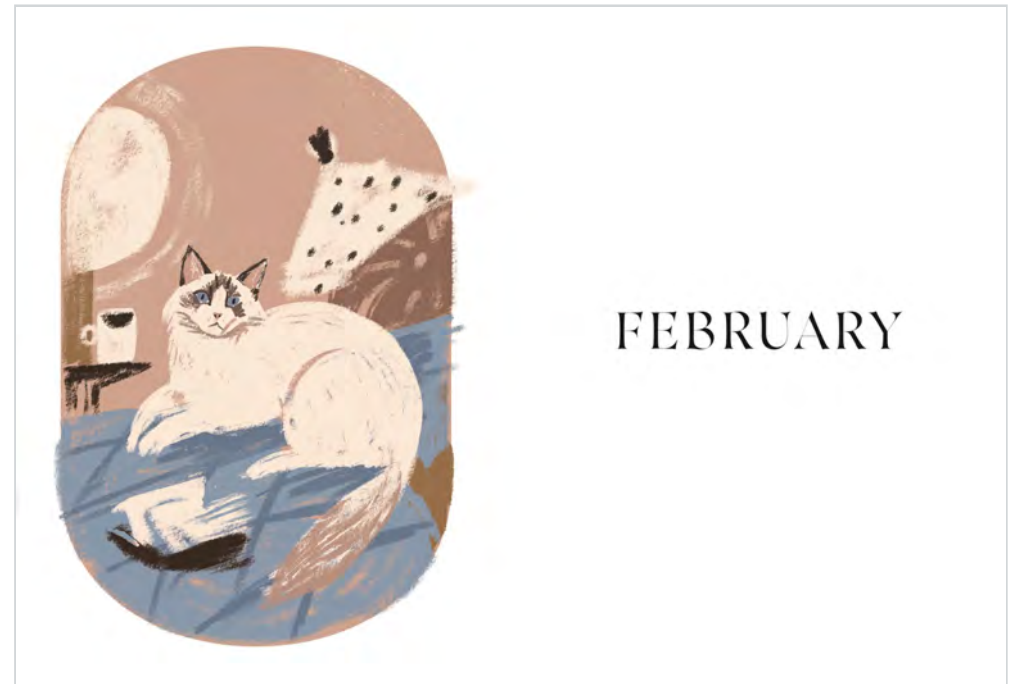
This gorgeous, funny, cat-themed follow on from the Year series combines cat mythology and superstitions from around the world with a new cat breed to learn about every month (because who actually knows what breed their cat is?). Plus, discover feline fun in the form of games, tips and tricks to strengthen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

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

**Alison Davies** is the author of over 30 books, she runs storytelling workshops at universities across the UK. Alison writes for a wide selection of magazines.

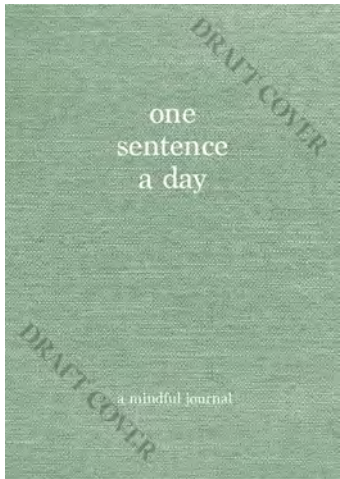
- The perfect gift for cat lovers everywhere
- A beautiful, cat-themed follow-on to *The Mystical Year*
- Packed with exercises, rituals, cat-themed yoga poses and more

[View on Edelweiss](#)



# FEBRUARY





# One Sentence a Day

## A Mindful Journal

### Quadrille

19 September 2024 | Hardcover  
£15.00 | 9781837832156  
240 Pages | 210 x 148 mm  
Full-colour illustrations throughout

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

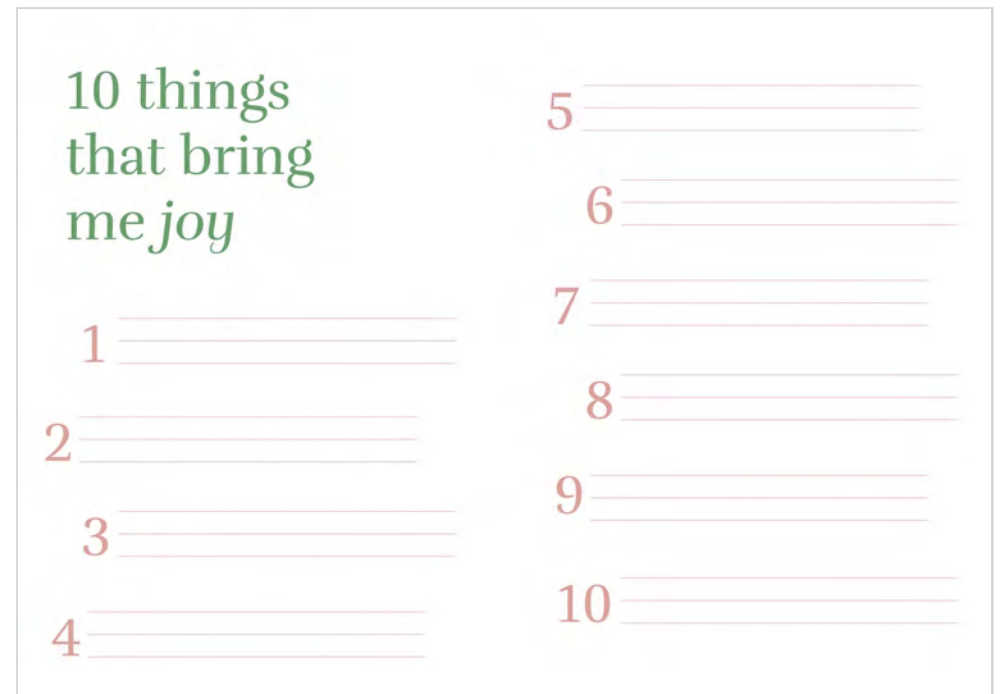
- 365 entries to capture highlights and lows over the year
- Featuring journaling prompts and affirmations in this handy, pocket-sized notebook
- Get inspired by seasonal refreshes
- A modern and sophisticated journal that will instantly become a keepsake
- Improve self-care and mindfulness as you keep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

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

Conceived and edited by **Quadrille**.

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

[View on Edelweiss](#)





## The Dog Lover's A to Z Clare Faulkner

26 September 2024 | Hardcover  
£14.00 | 9781837832071  
144 Pages | 185 x 135 mm  
Full-colour illustrations throughout

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

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

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

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

- 34% of UK households own a dog
- Entries on key popular breeds including King Charles Spaniels, Greyhounds, Dachshund, Miniature Schnauzers and Staffordshire Bull Dogs

[View on Edelweiss](#)



The Cat Lover's A to Z  
9781837831074  
£14.00 | Hardcover



### MANES

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

### MATING

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

### MINIATURE SCHNAUZER

These handsome little dogs with memorable bushy eyebrows, cute ears and beards are said to be great fun, loyal companions and dedicated watchdogs. They are sure to turn a few heads whilst out and about with their charming looks. Confident training will keep most mischief-making at bay. See also SCHNAUZER



### Small scale fluff

### SHIH TZU

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



### SHOES

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

An unfortunate victim of shoe mouling



### SHIBERIAN HUSKY

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

### SIGHING

Often thought to be an exclusively human peculiarity, the sigh is also, rather amusingly, sometimes heard emanating from our fuzzy pals. Just as for humans, it generally indicates an untroubled and contented mood while your canine is relaxing or snoozing, but it can also be a sign of boredom or unhappiness. Your pining canine may also learn their dramatic sighs quickly get your attention, so try to ignore them if this is the case. Sighing accompanied by moans, groans or other noises, could be a health or anxiety issue, so as always, do pay attention to their body language.



Contented sighs after a long day being a doggo



## Be More Cat

### Feline Wisdom for a Purr-fectly Happy Life

Alison Davies

17 October 2024 | Hardcover  
£8.99 | 9781837832644  
144 Pages | 155 x 120 mm  
Two-colour illustrations throughout

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

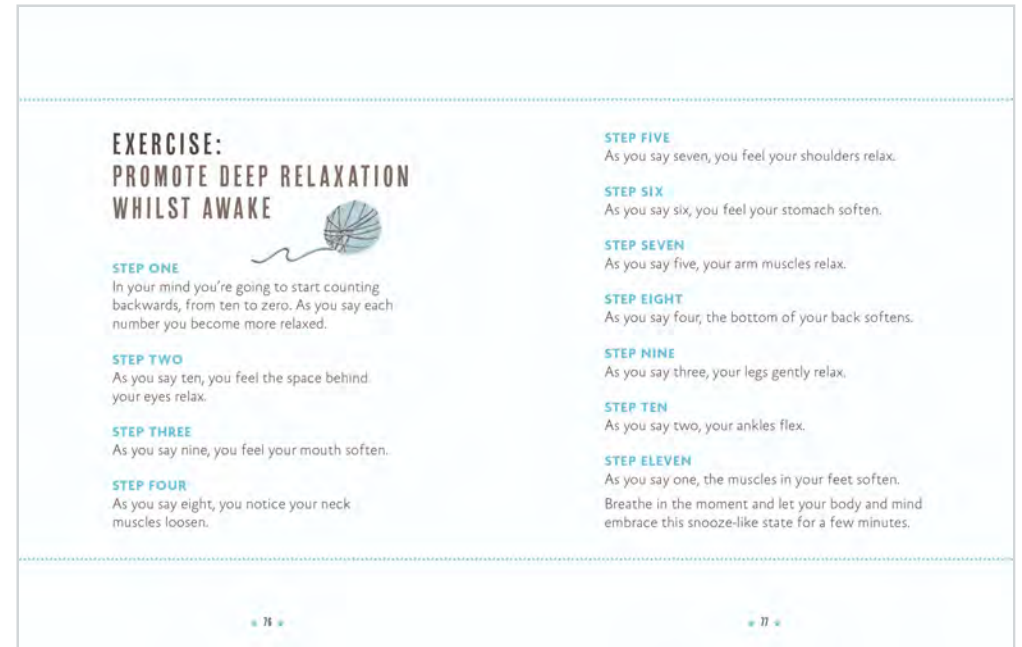
Cats' ability to seize the day makes them excellent examples of how to make the most of every moment; whether it's playing an impromptu game of chase the sock, or an opportune swiping of a slice of roast chicken, our cats have it sorted. They're flexible but also prepared to tread their own path and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

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

Alison Davies is the author of over 30 books, she runs storytelling workshops at universities across the UK. Alison writes for a wide selection of magazines.

- A brilliant gift for the cat-lover in your life, full of heart-warming relaxation tips
- The author writes for a wide range of wellness, women's magazines and national newspapers where reviews of the book will be placed
- 7.5 million (17%) of UK households own a cat and cats remain a perennial publishing trend

[View on Edelweiss](#)





## Be More Dog

Tips and Tricks for Unlocking  
Your Paw-tential

**Alison Davies**

17 October 2024 | Hardcover  
£8.99 | 9781837832651  
144 Pages | 155 x 120 mm  
Full-colour illustrations throughout

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

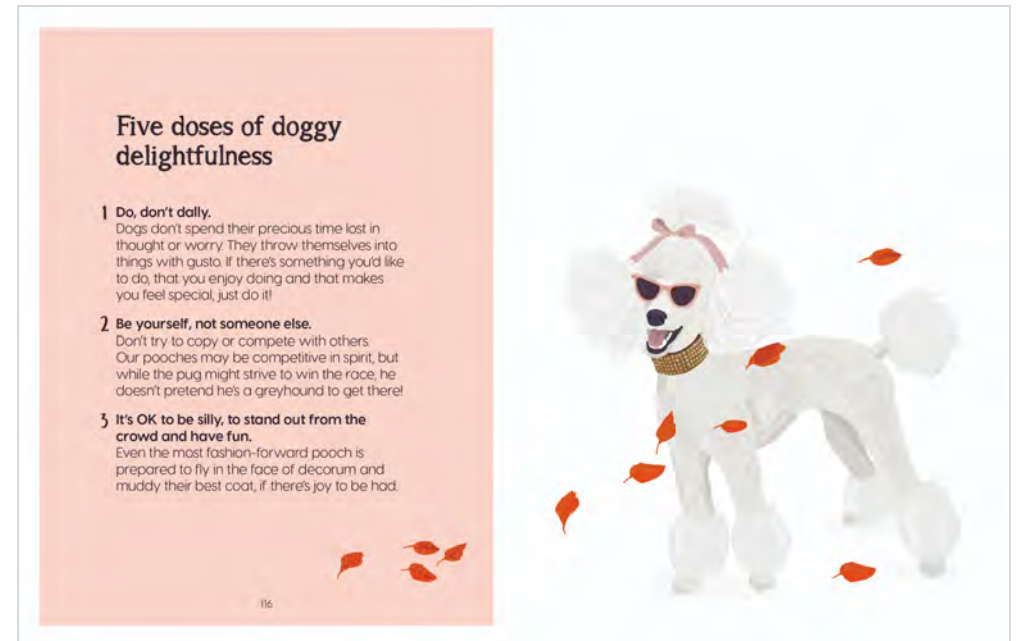
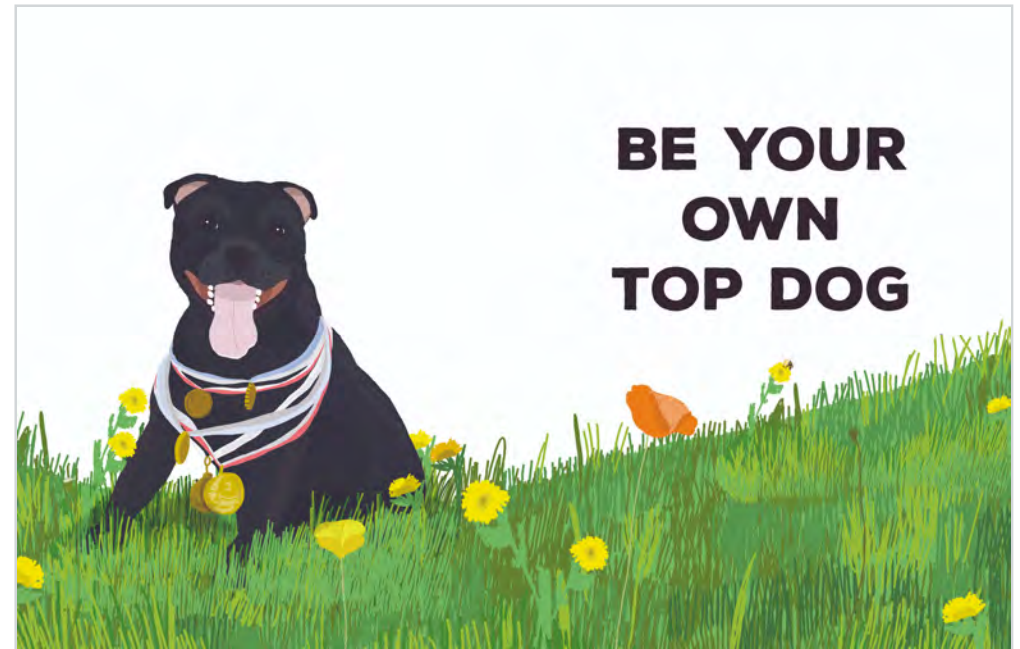
Whether it's a mad dash around the local park or sneaking an errant sausage off the BBQ, the world is a wagtastically wonderful place full of fun and treats if you're willing to open your heart. From Great Danes to Miniature Dachshunds, Poodles to Chihuahuas, there's no such thing as an underdog – every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

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

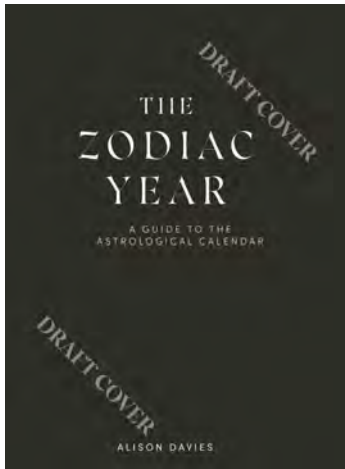
**Alison Davies** is the author of over 30 books, she runs storytelling workshops at universities across the UK. Alison writes for a wide selection of magazines.

- The perfect gift for the dog-lover in your life, full of heart-warming tips for happiness
- Following on from the best-selling *Be More Cat* (over 20k copies sold worldwide)
- There are an estimated 8.9 million pet dogs in the UK

[View on Edelweiss](#)







# The Zodiac Year

## A Guide to the Astrological Calendar

Alison Davies

31 October 2024 | Hardcover  
£14.00 | 9781837832620  
144 Pages | 183 x 135 mm  
Full-colour illustrations throughout

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

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

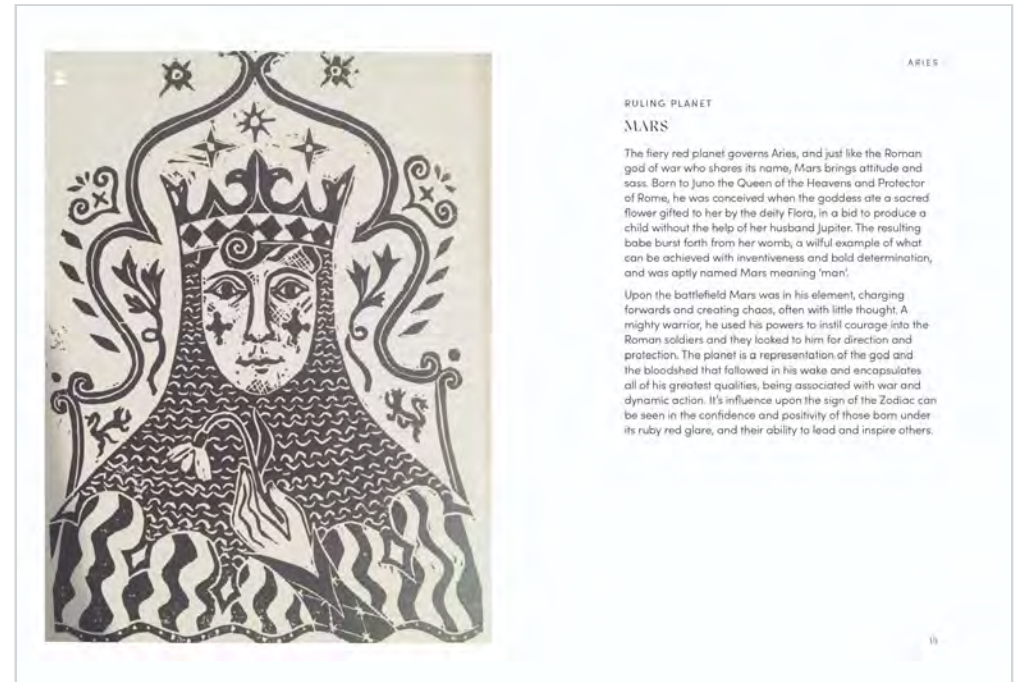
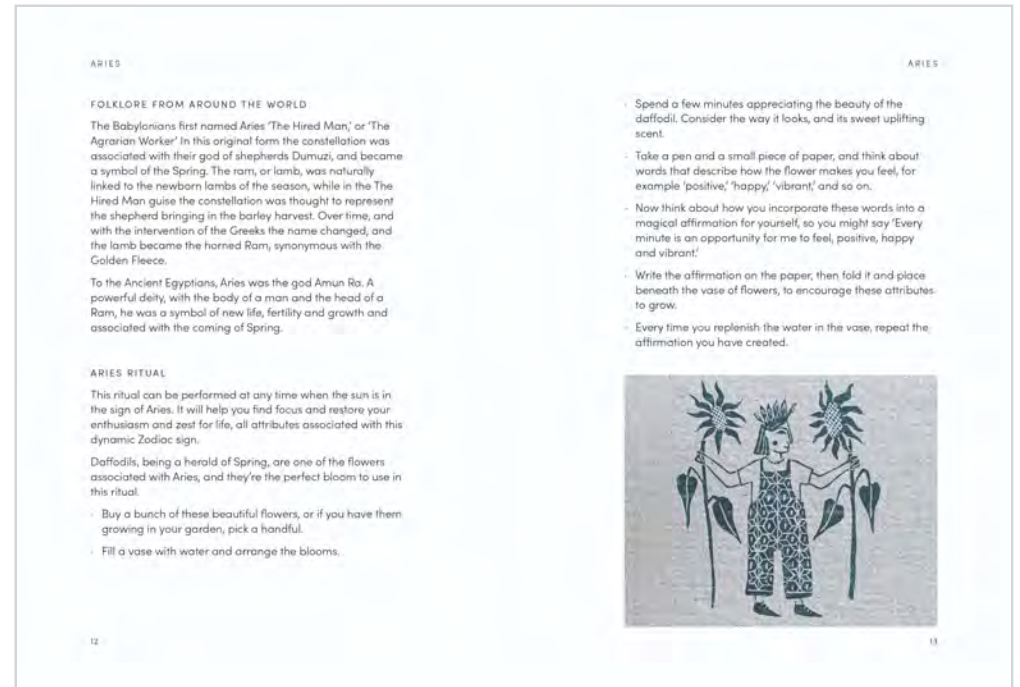
Harness the natural rhythm of the universe by engaging with rituals, mindfulness exercises, and astrological insights, enhancing your connection to the universe and your place within it. Immerse yourself in this stunning book as you navigate your way through the year following the map of the night sky.

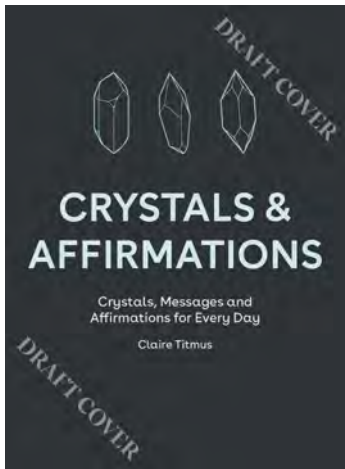
**Alison Davies** is the author of over 30 books, she runs storytelling workshops at universities across the UK. Alison writes for a wide selection of magazines.

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



The Lunar Year  
9781837830909  
£14.00 | Hardcover





## 365 Crystals and Affirmations

Crystals, Messages and Affirmations for Every Day of the Year

**Claire Titmus**

7 November 2024 | Hardcover  
£12.99 | 9781837832101  
384 Pages | 155 x 120 mm  
Two-colour illustrations throughout

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

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

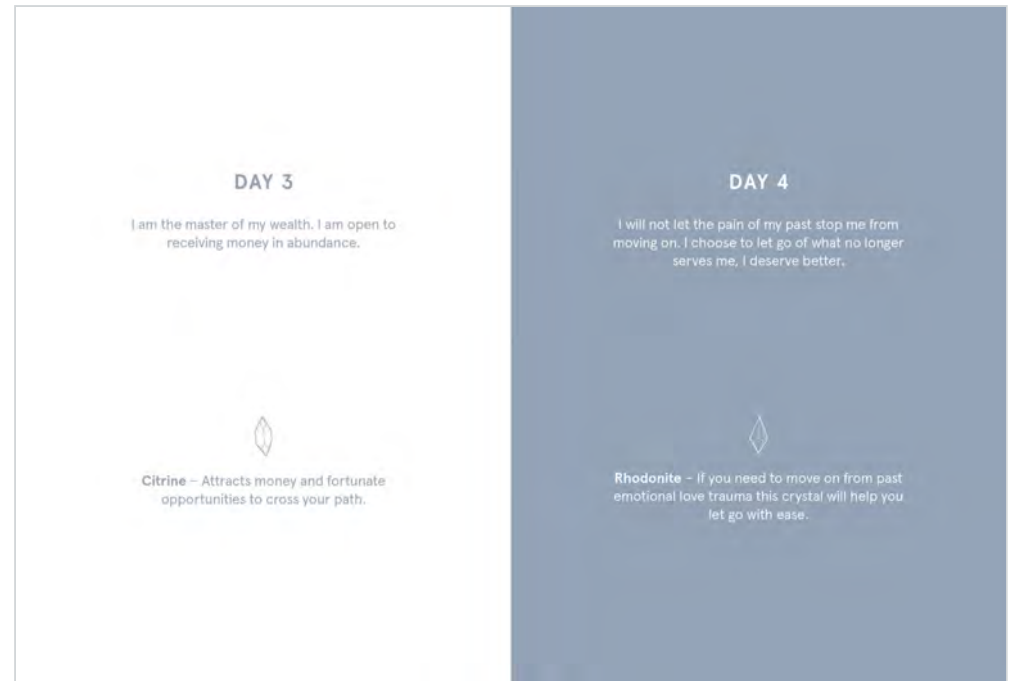
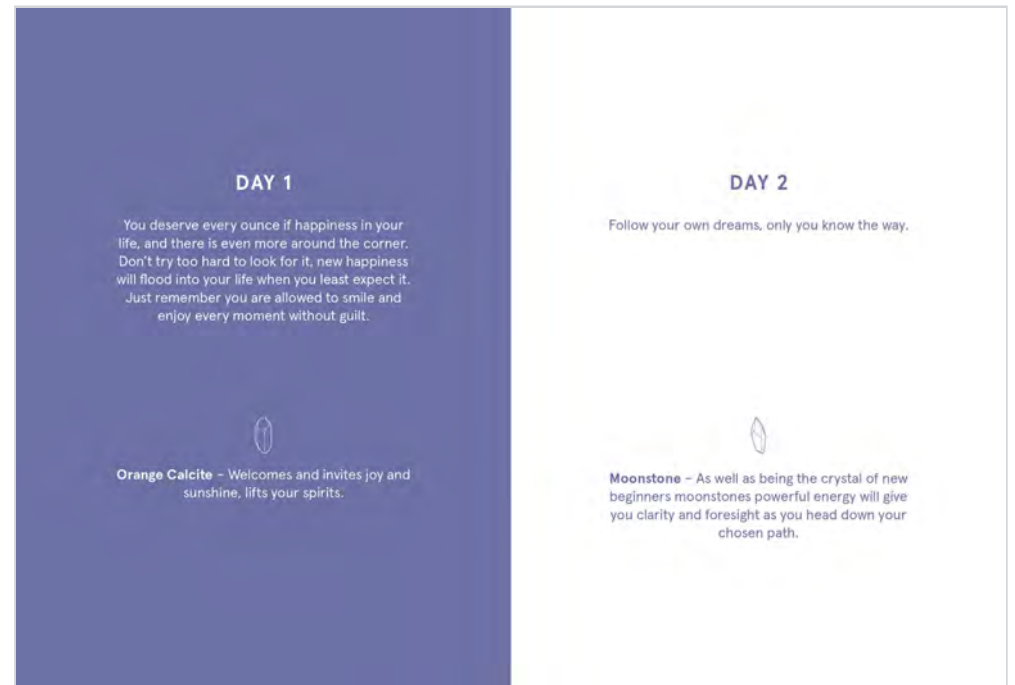
Work through the pages one-by-one or simply flick through its pages and land on the affirmation the Universe wants to reveal each day. Whether you're looking to make crystals a part of your morning ritual or feel empowered by the messages, as and when you need them, let this book support you on your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

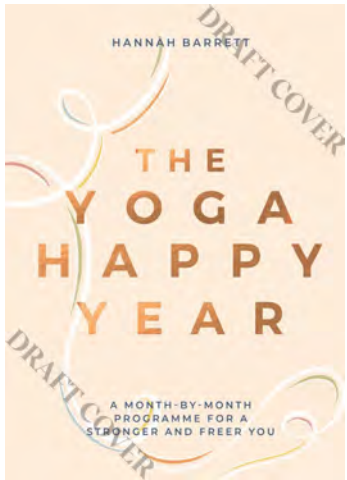
Your daily message is waiting...

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

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

[View on Edelweiss](#)





## The Yoga Happy Year

### A Month-by-Month Programme for a Stronger and Freer You

#### Hannah Barrett

26 December 2024 | Paperback - with flaps  
£20.00 | 9781837831333  
192 Pages | 247 x 173 mm  
Full-colour photography and illustrations throughout

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

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

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

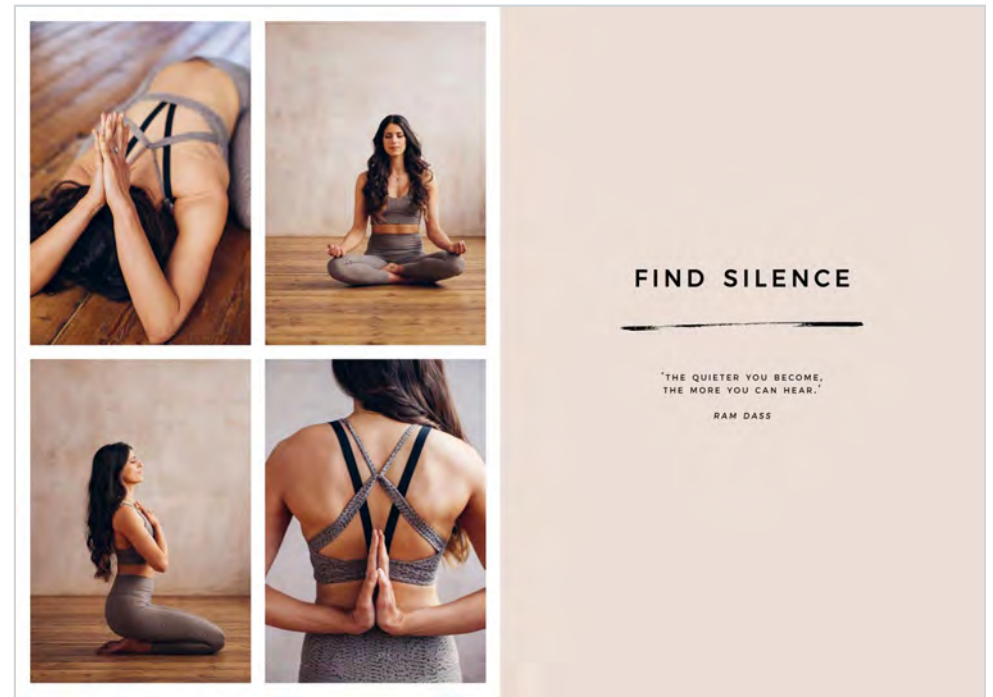
**Hannah Barrett** is a yoga practitioner and author, and launched her own yoga app. After the traumatic birth of her daughter, yoga helped Hannah rediscover who she was and her purpose in life. The transformational effect and growth yoga had on Hannah's recovery gave her passion to help others find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

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

[View on Edelweiss](#)



Yoga Happy  
9781787137677  
£20.00 | Hardcover





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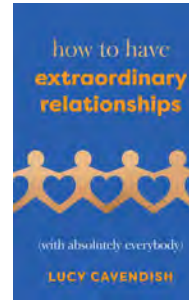


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Simple Breathing Techniques  
for a Calmer, Happier Life

**Jean Hall**



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(With Absolutely Everybody)

**Lucy Cavendish**



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50 Quotes and Designs to Help You  
Find Calm, Slow Down and Relax

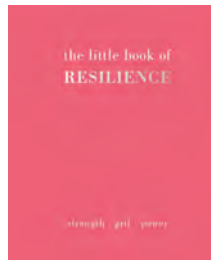
**Holly MacDonal**



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**Joanna Gray**



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**Chidera Eggerue**



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How to Reconnect with Nature  
Through the Seasons

**Sally Coulthard**

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