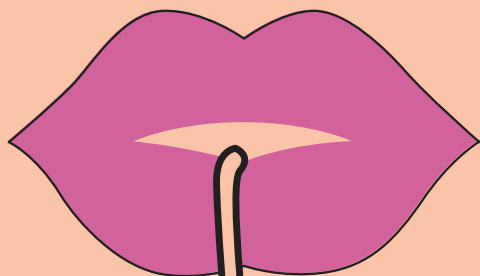
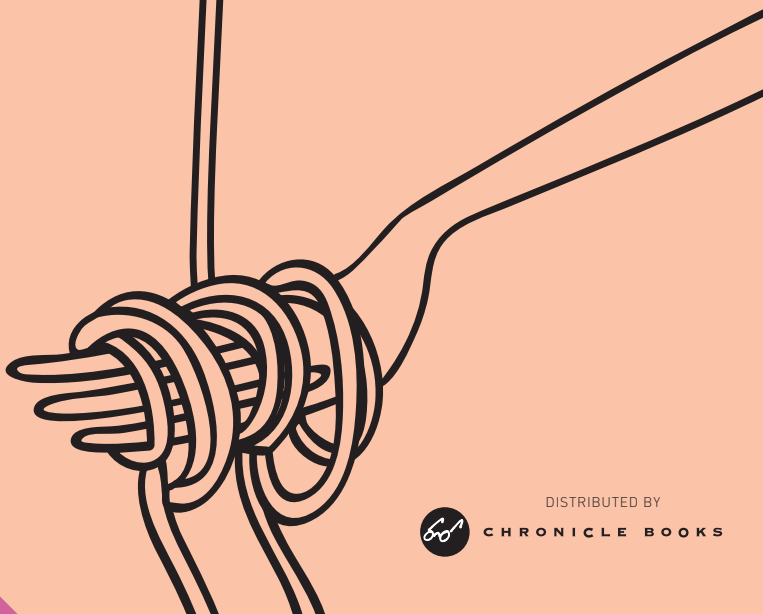


SPRING 2019

BOOKS & STATIONERY



QUADRILLE



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Welcome to the Spring 19 Quadrille list—we have an original, vibrant, and diverse list with a little something for everyone—here are a few highlights:

Embark on a soulful journey of finding your best, most authentic self with Kimberly Parson's ***The Yoga Kitchen Plan***, a simple, 7-day plan that incorporates recipes, breathing exercises, meditations, basic yoga practice, and daily tasks.

If you feel it's time to let carbs back into your life, then Food52 and The Pool contributor, Laura Goodman, has the answer: ***Carbs***. The first book on the subject, it will be the envy of everyone for its super creative recipes and fabulous die-cut cover.

Since food and lifestyle go hand in hand, ***How to be Gluten-Free and Keep Your Friends*** will help you navigate life without compromises, excuses, or apologies. You'll be armed with 50 recipes you can cook for yourself, your friends, and your family; plus hacks for being a better gluten-avoider.

On the lookout for the cookbook which answers the eternal question: 'What should I cook tonight?', look no further than ***New Kitchen Basics***, with 120 creative recipes using ten of your favorite grocery store ingredients.

To merrily accompany our food list, ***Where to Drink Wine*** is the essential guide to 400 of the world's must-visit wineries. Whether traveling locally or planning a trip to Europe or even Asia, you will be able to find the best spots.

Continuing on our mission to bring traditional crafts back into the modern world, Canadian artist Arouna Khounnoraj will share 20 stylish punch needle projects for your home in ***Punch Needle Workshop***. Embrace the 70s trend and you'll master rug hooking in no time!

In case you are looking for a more encyclopaedic overview of crafts, ***Crafted*** is a celebration of craft in the 21st century—a definitive and beautiful visual guide to 80 of the most popular and well-established crafts.

Anna Newton of YouTube sensation The Anna Edit, has a truly global reach of over 1 million followers. Her debut book, ***An Edited Life***, will give you a proactive 360-degree approach to decluttering every aspect of your life.

Interested in joining the growing movement towards sustainability? Take small steps to care for the planet with ***Live Green***, a practical guide containing 52 easy tips to live a more environmentally friendly life.

In this digital age, it's still important to record your family history and preserve memories. ***A Mother's Memory Journal*** and its companion volume ***A Grandmother's Memory Journal*** deliver just that.

We hope this new list will capture your imagination and excite you as much as it does us.

Margaux Durigon

International Sales Director

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DRAFT COVER



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Full color photography throughout

ISBN 978-1-78713-321-1



Also available:
The Yoga Kitchen 978 1 84949 899 9



THE YOGA KITCHEN PLAN

KIMBERLY PARSONS

A seven-day vegetarian lifestyle plan

A soulful journey towards finding your best, most authentic self

Through the use of non-stimulating foods, *The Yoga Kitchen Plan* helps the reader reach a state of tranquility and fulfillment each day.

The core of the book is a simple, 7-day plan which incorporates breathing exercises, meditations, basic yoga practice, and daily tasks. Accompanying this is a selection of 65 vegetarian recipes based on a sattvic food model—for breakfast, lunch, and dinner—that target each of your 7 chakras to take you through a whole week.

KIMBERLY PARSONS is a naturopath, chef, and speaker. As The Yoga Chef, her mission is to teach people how to listen to their body's daily symptoms in order to find long-lasting health and happiness. Kim cooks on health retreats all over the world and creates healthy meals for many private clients.

- Follow up to *The Yoga Kitchen*, which has sold over 15,000 copies in North America alone
- The 7-day plan includes not just food, but also yoga practice, breathing exercises, and meditations
- Revenue from the yoga industry in the United States is projected to reach over 11 billion U.S. dollars by 2020



SPAGHETTI AND MEATBALLS

What I want for you is to enjoy carbs in their most sauced-up, high-octane, lip-smacking forms, so how could I not give you meatballs? This recipe includes a large quantity of tomato sauce because it's important that you really feel the cinematic slurp on that spaghetti. Excellent though this recipe is, I've put it here as much as a prod as anything – a reminder not to get so bogged down with complex braises and ragus that you overlook the best things in life. And just so we're completely clear, the best things in life include the toasted meatball-mozzarella subs you're going to make with your leftovers. I'm so excited for you.

Serves 4

360g (12½oz) spaghetti

For the meatballs

75g (2½oz) white bread (after crusts removed, about 2–4 slices)
140ml (generous ½ cup) milk
250g (9oz) minced (ground) beef
250g (9oz) minced (ground) pork
1 onion, finely chopped
a grating of fresh nutmeg (about ¼ tsp)
2 tsp fine sea salt
½ tsp ground black pepper
1 egg
3 tbsp finely chopped parsley, plus extra to serve
3g (1¼oz) Parmesan, finely grated, plus extra to serve

1. Tear the bread into pieces and put it in a small bowl with the milk. Let the milk soak through. Use a fork to prod and mash until you have a mush (what the professionals call 'wet breadcrumbs').

2. Add all the meatball ingredients to a large bowl, including your mush. Use a fork to mix everything through, breaking up the egg and meat as you go, and making sure all the seasonings are evenly dispersed.

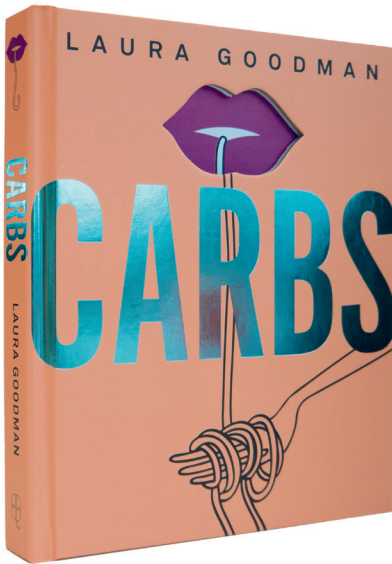
3. Use your hands to form about 24 balls. Oil your hands if it's sticky. Rest the balls on a plate in the fridge while you get the sauce on.

4. In a wide sauté pan (big enough to fit all your meatballs and lots of sauce), heat the olive oil over a medium flame. When it's hot, add the garlic and cook until soft, before adding the chilli flakes and cooking for another 30 seconds or so.

5. Add the canned tomatoes and passata and crush the tomato pieces with the back of your wooden spoon. Season with salt and pepper, and add a teaspoon of sugar if it tastes really acidic. Stir well and cook over a medium heat for 15 minutes, until it's thickened up but ample.

p.t.o.





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Full color photography throughout

ISBN 978-1-78713-257-3



CARBS

LAURA GOODMAN

From weekday dinners to blow-out brunches,
rediscover the joy of the humble carbohydrate

It's time to let carbs back into your life

We've tried to hide it, swapping carbs for zucchini noodles, but we're not fooling anyone. Carbs are what we want. Global medical guidelines say carbohydrates should make up 50% of our daily food intake. Skipping them could lead to long-term health issues. Macaroni and cheese is (practically) a medical requirement.

Whether you've always been a carb lover, or you'd like to learn to love them again, this book is for you, with rice bowls, pizzas, pastas, tacos, melts, and many, many ways with potatoes.

It's time to put carbs back on the table.

LAURA GOODMAN writes about food and travel for the *Sunday Times*, *Food52*, *Eater*, *Foodism*, and *The Pool*. She has won a Young British Foodies writer prize as well as Young Travel Writer of the Year.

- A truly unique book on the subject
- 80 recipes: from Kimchi and bacon fried rice to Chimichurri fries
- Perfect for people who want to rebel against clean eating/ketogenic diets
- Irresistibly cool package with a die-cut element on the cover

Macarons with salted chocolate dip

MAKES 4-10

4 egg good quality whites
135g desiccated coconut
145 flaked almonds
165g caster sugar
½ tsp vanilla bean paste

SALTED CHOCOLATE SAUCE

130g dark chocolate 70%
coco – broken into pieces
½ tsp sea salt flakes

Preheat the oven to 180 degrees Celsius. Line two baking trays with parchment. In a heatproof bowl combine the egg whites, coconut, almond flakes, sugar, vanilla bean paste and set over a pan of boiling water like a bain-marie. Ensuring the water just touching the base of the bowl, stir constantly and cook for around 7-8 minutes or until the egg whites turn opaque. Next place 6-10 generous dollops of the mixture onto your parchment sheets allowing plenty of space between macarons. Bake for 10 minutes on 180 degrees Celsius then reduce the heat to 170 degrees Celsius and bake for an additional 10 minutes. Once cooked allow to cool before eating.

For the salted chocolate place chunks of broken chocolate in a bowl over boiling water and allow to melt. Add in your salt then either dunk the cooled macarons in the chocolate and place back on the parchment finishing with a little extra sprinkle of sea salt flakes or simply drizzle the salted chocolate over the macarons. Serve once the chocolate has set.

Store these in an airtight container and serve the next day with coffee.



1

Harness the power of herbs (they can elevate an average dish to higher heights) by infusing oils, or making nifty flavoured butters



Herb butter

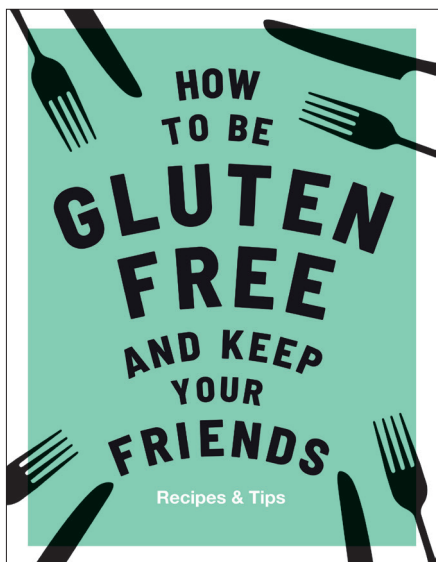
MAKES 200G

200g / 1 cup good quality butter, room temperature
30g / 1oz wild garlic or basil leaves or thyme leaves
sea salt flakes
½ zest of lemon (optional)

Remove the leaves from the stalks and muddle herbs of your choice with sea salt flakes, and lemon zest if you like.

Thoroughly combine with soft butter then place in a large rectangle of cling film. Roll into a long even tube, before or chilling or freezing.

3



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ISBN 978-1-78713-291-7



HOW TO BE GLUTEN FREE AND KEEP YOUR FRIENDS

ANNA BARNETT

Love living gluten-free with top recipes, tips and tricks

How to be Gluten-Free and Keep Your Friends helps you to live life without compromises, excuses, or apologies. Instead, you'll be armed with 50 incredible recipes you can cook for yourself, your friends, and your family (without hearing any complaints!).

The book also includes dozens of tips, tricks, and hacks for being a better, more easy-going gluten-avoider. With the help of this book, your options will open up, you'll enjoy a whole new menu of food, and your friends... well, they'll never have a bad word to say again!

ANNA BARNETT writes the *Grazia* food pages, supplies recipes for *Vogue*, and contributes to the *Evening Standard* online. She hosts pop-up restaurants, collaborates with brands, and caters private events. She has worked for MTV and she published her debut cookbook *Eat the Week* in 2015.

- 3.1 million Americans now follow a gluten-free diet, a number that has tripled in the last 5 years
- An accessible introduction to the subject aimed at people in their 20s/30s
- With tips and tricks on snacks for work, what to take to other people's homes, and shopping lists



Get tagging us on insta with your version of this cake using the hashtag #bcpleesecake

THE BC CAKE

We originally made this beast for our good pal the BC (Body Coach). He's been a top boy since the beginning of Pleesecakes, giving us a shoutout on insta in Jan 2017, getting the business off the ground. It seemed only fair to name a Pleesecake after him. Nice one Wicksy, here's to cheesecake and HIITS!

Whizz the biscuits to a fine crumb in a food processor (or stick 'em in a sandwich bag and bash with a rolling pin). Add the melted butter, give it a good stir to make sure that all the biscuit is nicely coated, then mix in the choc drops. Pour into the cake tin (pan) and press down gently and evenly to make your base. Level off round the edge with the back of a spoon and place in the freezer for 15 minutes to firm up.

Beat the cream cheese and sugar together. Add the hazelnut spread and mix together thoroughly. Whip the cream until you have stiff peaks and fold it gently into the mix.

This next bit's slightly tricky. Cut the Ferrero Rocher in half - a sharp knife is the key. Press the halves around the edge of the cake tin (with the flat inside edge facing outwards). Packing them in tight, being careful not to crush them, is the way to get them to stay standing up.

Spoon in the cheese mixture, starting gently around the edge with small spoonfuls, making sure you don't dislodge the Ferrero Rocher, and working your way into the middle. Level off with a palette knife and then run your forefinger and thumb around the rim of the tin to create a professional finish. Tap the tin gently on a hard surface to remove any air bubbles. Stick it in the freezer for at least 2 hours to set.

Topping time! Remove the cake from the tin and secure it down on a cake board using some hazelnut spread. To make the chocolate drizzle, blitz the dark and milk chocolate into a coarse crumb and whack it in a heatproof bowl. Heat the cream until piping hot (but not bubbling) pour the cream onto the chocolate gradually, stirring as you go, making sure the consistency is not too thick or too thin. Then drizzle it onto the cake, starting in the middle and using the back of a spoon to gently encourage the chocolate over the edge.

While the chocolate is still wet, start adding the toppings to secure everything in place. Remember, there's no right or wrong with this! When you're done creating, allow to defrost in a fridge for 3-4 hours before serving.

You'll need: 20cm (8-inch) deep springform cake tin (pan)

Base
360g (12½oz) double chocolate digestive biscuits
20g (2 tbsp) unsalted butter, melted
15g (½oz) dark chocolate drops
15g (½oz) milk chocolate drops

Filling
720g (3½ cups) cream cheese
80g (generous ½ cup) caster (superfine) sugar
400g (1½ cups) hazelnut spread
200ml (generous ½ cup) double (heavy) cream

Edge
10x Ferrero Rocher hazelnut chocolate balls

Topping
100g (3½oz) dark chocolate
100g (3½oz) milk chocolate
150ml (½ cup) double (heavy) cream
a big pile of choccy treats

Serves 

Classic Pleesecakes 83

STRAWBERRY & LEMON LAYER CAKE

We've given you this flavour combo because we think it's a winner, but you can literally use whatever your favourite guilty pleasures are. Peanut butter and chocolate hazelnut, vanilla and chocolate, passionfruit and raspberry... there are endless options out there!

Whizz the biscuits to a fine crumb in a food processor (stick 'em in a sandwich bag and bash with a rolling pin if you haven't got a processor). Add the melted butter and give it a good stir to make sure that all the biscuit is nicely coated, then mix in the freeze-dried strawberries and the lemon zest. Pour into the cake tin and press down gently and evenly to make your base. Level off round the edge with the back of a spoon and place into the freezer for 15 minutes to firm up.

For the lemon layer, beat the cream cheese and sugar together. Add the lemon juice and lemon essence, and mix together thoroughly. Whip the cream until you have stiff peaks and fold it gently into the mix. Spoon into the cake tin and level off with a palette knife, then repeat the edge with some kitchen roll. Stick it in the freezer for 45 minutes to set.

Meanwhile, make the strawberry layer in the same way, but first blitzing the strawberries with 10g (1oz) sugar in a food processor to make a purée. Then, beat the cream cheese and sugar together, mix through the strawberry purée and finally fold in the whipped cream.

When the lemon layer is slightly set, pour the strawberry layer on top and level off with a palette knife. Stick it back into the freezer for at least 2 hours to set.

Once firm, remove from the freezer, take it out of the mould and simply top with some mixed fresh fruits. Before serving, allow to defrost in the fridge for 3-4 hours.

Serves 

72 Classic Pleesecakes

You'll need: 20cm (8-inch) deep springform cake tin (pan)

Base
360g (12½oz) plain digestive biscuits
100g (scant ½ cup) unsalted butter, melted
3 tbsp freeze-dried strawberries
zest of 1 lemon

Filling
Lemon layer
450g (2 cups) cream cheese
70g (½ cup) caster (superfine) sugar
20ml (2 tbsp) lemon juice
5ml (1 tsp) lemon essence
75ml (75ml (scant ½ cup) double (heavy) cream

Strawberry layer
40g (½ cup) strawberries
60g (½ cup) caster (superfine) sugar
40g (generous ½ cup) cream cheese
75ml (75ml (scant ½ cup) double (heavy) cream

Topping
400-500g (14oz-1½oz) mixed fresh fruit





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Full color photography throughout

ISBN 978-1-78713-249-8



'Incredible cheesecakes—rock on!'
Joe Wicks, The Body Coach

PLEESECAKES

JOE MORUZZI & BRENDON PARRY

60 AWESOME no-bake cheesecake recipes

Amazing, show-stopping, no-bake cheesecakes!

Pleesecakes have reinvented the humble cheesecake for a new generation. Their inventive toppings and out-of-this-world flavor combinations will have you drooling with anticipation.

Joe and Brendon's first book features over 60 of their wildly popular no-bake recipes—once you've got the base and the basics, you're SORTED. Pile 'em high and enjoy! From crazy riffs on cocktails through celebration cheesecakes, plus vegan options, to classic Pleesecake favorites like strawberry Edge Ledge, this is a dessert book like no other.

Ex-painters and decorators **JOE MORUZZI** and **BRENDON PARRY** started Pleesecakes in January 2017 to supply friends and family with their popular cheesecakes. Since then they've amassed over 100,000 followers on social media.

- 'These boys have gone from rubbing down skirting boards and painting walls to making the most incredible cheesecakes you've ever seen!'
Joe Wicks, The Body Coach
- Instagram-friendly brand with over 100K followers
- Vegan options included





May 2019 | FB | CKB005000
 \$19.99 | 978 1 78713 364 8
 160pp | 6.3 x 8.3in | tbc
 Full color photography throughout

I S B N 978-1-78713-364-8



Also available:
Fire Food 978 1 78713 154 5



THE BURGER BOOK

DJ BBQ (CHRISTIAN STEVENSON)

Banging burgers, buns and sauces to cook indoors and out

Meat, veggie and vegan burgers to cook on or off the flames

This is the definitive burger book. The only burger book you'll ever need. The only burger book you'll ever want! And it's not just beef burgers—this book is packed with burger recipes covering options for fish, chicken, veggie, vegan, pork, and lamb. It has buns. It has sauces. It has all the delicious BBQ flavors and madcap shenanigans that you've come to expect from DJ BBQ.

So whether you want a classic, 10-inch, lockjaw beef burger, or fancy trying a smoked haddock burger, beet burger, or gravy burger (yes, the burgers are soaked in gravy!), this is the book for you.

DJ BBQ (aka Christian Stevenson) is a live fire chef whose YouTube channel has over 179K subscribers. He's a regular on Jamie Oliver's FoodTube and stars in and hosts food and sport festivals across the world.

- The follow-up to hit book *Fire Food* by the internationally famous DJ BBQ
- Expert advice on cooking perfect burgers on and off the grill
- Global and ongoing love affair with burgers
- Bespoke collaboration on a range of DJ BBQ spice rubs for Spiceology



citrus fregola salad

This zesty, fresh, and fragrant salad makes the perfect garden lunch on a summer's day. Fregola is small, pea-shaped pasta, which cooks into soft, little cushions. If you don't have fregola in the cupboard, giant couscous is an excellent substitute.

Serves 2

200g (7oz) fregola pasta
(ensure egg free)

1 orange, peeled and sliced into rounds

1 grapefruit, peeled and sliced into rounds

Zest of 1 unwaxed lime

2 generous handfuls of watercress

Handful of basil leaves

Juice of 1 unwaxed lemon

Drizzle of extra virgin olive oil

Generous pinch of sea salt flakes

Bring a saucepan of water to the boil and tip in the fregola. Simmer over a medium heat for 10 minutes until al dente.

In the meantime, add the orange and grapefruit slices to a bowl, then sprinkle over the lime zest. Mix in the watercress and basil, and leave to infuse.

Drain the water from the fregola and toss the fregola into the orange salad. Squeeze over the lemon juice and drizzle with the oil, then stir to combine.

Season with sea salt flakes and serve while the fregola is hot.

sweet treats | 59

coffee-poached figs with orange and hazelnuts

This is one of my favourite autumnal desserts, when figs are beautifully in season. After a hearty casserole or pie, a lighter pudding works a treat, these pancakes high and serve with toasted pecan nuts, or maple syrup if you happen to have some in the cupboard.

Serves 2

4 fresh figs, washed
500ml (17½ fl oz) 2 cups)
strong black coffee

1 tbsp soft brown sugar

2 whole cardamom pods

Pinch of ground cinnamon

Zest of 1 unwaxed orange

Generous handful of blanched hazelnuts

Place the figs in a deep saucepan and pour in the coffee. Spoon in the sugar, cardamom pods, cinnamon, and orange zest, then simmer over a medium heat for 8–9 minutes until the figs are tender and the coffee sauce thickens slightly.

In the meantime, toast the hazelnuts in a frying pan for 2–3 minutes until gently golden.

Serve the poached figs in bowls, and ladle over a little of the coffee poaching sauce. Sprinkle over the toasted hazelnuts.



140 | sweet treats



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Also available:
 15 Minute Vegan 978 1 84949 963 7
 15 Minute Vegan: Comfort Food 978 1 78713 106 4



15 MINUTE VEGAN: ON A BUDGET

KATY BESKOW

Fast, modern vegan food that costs less

Vegan food that costs less and tastes great, all ready in under 15 minutes!

15 Minute Vegan: On a Budget features 100 recipes for home cooks who want to create effortless, fast, and delicious vegan food, without the price tag associated with vegan cooking. All of the ingredients can be purchased in grocery stores, and every recipe is ready fast!

It challenges the perception that vegan cooking is expensive, and shows that veganism is for all with delicious recipes such as Citrus fregola salad and Cinnamon sugar tortillas. This is a book for non-vegans and vegans alike, who want to try reducing food costs without sacrificing on flavor.

KATY BESKOW is an award-winning cook, writer and cookery tutor with a passion for seasonal ingredients, vibrant food and fuss-free home cooking. Katy blogs at www.littlemissmeatfree.com. This is her third book.

- Targets students and young people, with the emphasis on cooking on a budget
- 15 Minute Vegan has sold over 12,000 copies in North America alone, and 80,000 worldwide

12 TOMATO-BASED PIZZA IDEAS

ANCHOVIES, GARLIC, OREGANO, MOZZARELLA

To be a fan of tomato sauce, add a handful of anchovy fillets. Scatter over a finely sliced clove of garlic, and a sprinkle of oregano—fresh leaves or dried—and dot the top with a few generous lumps of mozzarella, 4 or 5 pieces torn from a ball. Add a sprinkling of dried chili flakes for extra punch, season with a little pepper and drizzle with oil before cooking.

'NDUJA, ROCKET, RICOTTA

'Nduja is a spreadable and rather fiery salami; it's seriously addictive and it's built on pizza, where a sort of melted into an intense savory chili. It works really well with all sorts of pizza toppings, so try it in other combinations too. First it's eaten on, increasingly, in larger supermarkets.

Season the base with a little tomato sauce and dot little cubes of 'nduja on top, about 30-40g (1¼ cup) or so. Bake in the oven in the normal way, then, while it's still piping hot, add a few teaspoons of ricotta cheese and a big handful of rocket leaves. Drizzle over a little extra virgin olive oil, add a good dash of black pepper, and eat immediately before the rocket wilts.

ROAST FENNEL, GOAT'S CURD, THYME, CHILLI

Roasting fennel really intensifies its flavour and it goes well with soft creamy goat's curd. Use another creamy cheese like Boursin or Corgnac, if you prefer.

To a thin base of tomato sauce add a handful of roast fennel wedges. Dot with goat's curd about 75g (¼ cup). Sprinkle on some fresh thyme leaves and a pinch of dried chili flakes. Season with a grind of salt and pepper and add a good drizzle of olive oil.

FOR THE ROAST FENNEL: Spread out thinly sliced fennel wedges on a baking sheet, drizzle with olive oil, and season with salt and pepper and a few chili flakes. Slide into a hot oven and roast for 20-25 minutes, until soft and lightly caramelized.

OVEN-DRIED TOMATOES, SPINACH, EGG, MOZZARELLA, PARMESAN

I love putting an egg on a pizza, and for a long time the Fiaschetta was my pizza of choice at a rather well-known pizza restaurant. Now that I've mastered my own pizza-making in the wood-fired oven, this is still one of my very favourite combinations.

Top your pizza base with a little tomato sauce and dot spoonfuls of seasoned spinach around the edge to create a 'wall' to hold the egg in. Add about 4-5 oven-dried tomato halves around the edge (see page 182) or use semi-dried tomatoes from a deli counter, along with a few chunks of mozzarella torn from a ball. Just before sliding it into the oven, crack an egg into the centre and season the top with salt and pepper. Slide the pizza into the oven to cook. Once it's out of the oven, scatter over a few shavings of Parmesan.

FOR THE SPINACH: Wash a couple of handfuls of spinach per pizza, shake dry and tip into a sautépan. Cover with a lid and set over a medium-low heat to wilt for a few minutes. Spoon into a sieve, set aside to cool a little, then press the spinach firmly to squeeze out as much water as possible. Place in a bowl, stir in a drizzle of olive oil, and season with salt and pepper.



WOOD ROAST RATATOUILLE

This is a really loose recipe, ripe for adapting to whatever quantities of Mediterranean veg you happen to have to hand, and is perfect for 'backing in lots of ways (see below for a few ideas). It's great to make in midsummer when all these veg are plentiful and cheap. This recipe makes a generous amount, more than you need in one sitting, but it keeps well for several days in the fridge and tastes really good at room temperature too, making it ideal for picnics or workday lunches.

250-280°C (480-535°F)
SERVES 4-6

- 2 aubergines (eggplants) cut into small dice
- 2 red yellow or orange (bell) peppers, cut into small dice
- 5 strips olive oil
- 5 courgettes (zucchini), cut into small dice
- 5 cloves of garlic, finely chopped
- 750g (1½ lb) cherry tomatoes, quartered
- 4 tbsp red wine vinegar
- 2 tsp caster (superfine) sugar, or a little less if your tomatoes are really ripe and freshly ground black pepper

To serve
2-3 tbsp extra virgin olive oil, for drizzling
a large bunch of fresh basil, chopped
75g (1 cup) Parmesan, freshly grated, or to taste

AND ANOTHER THING...

- Add a drained and sliced tin of 20 (Bosc) (parmesan) beans or cannellini beans along with the tomatoes in the tin, with some home cooked ones, see page 179.
- Top through a couple of tablespoons of (doughy) capers or black olives just before serving.
- Add some saffron as you start the veg to perfume (season) each of ground coriander and oregano, a little pinch of cumin and give them a version of the Turkish dish turfu turfu.

You need a good hot roasting oven for this recipe – a temperature of 250-280°C (480-535°F) with some live flames is ideal to get plenty of colour into the veg. Like many recipes in this book, you can definitely cook it at a lower temperature – it will just take a bit longer and you will get slightly less intense flavour.

Dot the sliced aubergines and peppers into a large roasting tin, drizzle over the olive oil and season with a little salt and pepper. Slide into the hot oven, near the fire, to roast for 10-15 minutes, taking out the tin and stirring once or twice, depending on the heat of the fire. You are looking to get some good colour into the vegetables.
Remove the tin and add the courgettes and garlic. Stir to mix, and roast for another 10 minutes. Remove the tin from the oven again and add the tomatoes, vinegar and sugar, once again stirring together. Slide the tin back into the oven and cook for another 20-25 minutes, by which time the vegetables should be caramelized, soft and tender.

Allow to cool for 10 minutes, then drizzle over the extra virgin olive oil, scatter on the basil, toss everything together well and spoon into a serving dish. Sprinkle generously with the Parmesan and serve, either warm or at room temperature.





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THE ULTIMATE WOOD-FIRED OVEN COOKBOOK

GENEVIEVE TAYLOR

Recipes, tips, and tricks that make the most of your outdoor oven

70 amazing wood-fired oven recipes

The Ultimate Wood-Fired Oven Cookbook tells you everything you need to know about your oven, from initial setting up, to choice of woods, plus tips and tricks for perfecting cooking times.

Roast and broil (everything from Portuguese clams with white wine, garlic and cilantro to Kebabs), then bake as the oven starts to cool (Beet focaccia with goat's cheese and sage, and even Fig, honey and brandy clafoutis), and use the dying embers to slow-cook (Lamb shoulder with fennel) or simply leave to cook overnight (dishes like Barbecoa beef brisket and Overnight porridge).

GENEVIEVE TAYLOR is a food stylist and author of five books.

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TOMATO & BURRATA WITH BASIL & WALNUT PESTO (V)

Burrata is mozzarella's creamier, more decadent cousin but a good-quality buffalo mozzarella would work just as well here. Fresh tomatoes taste like sunshine, flashing some of them through the oven develops their flavour, adding another level of interest to this mouthwatering salad.

400g (1 1/4oz) on-the-vine cherry tomatoes
1 tsp dried oregano
4 heirloom tomatoes, sliced into rounds
2 beef (beefsteak) tomatoes, sliced into rounds
100g (3 1/2oz) baby-leaf salad leaves
1 tsp extra virgin olive oil
2 burrata (about 600g/1 1/4oz)
sea salt and freshly ground black pepper

FOR THE PESTO
50g (1 3/4oz/2 cups) basil leaves

50g (1 3/4oz/2 cups) walnuts, toasted and crumbled
1 garlic clove, finely grated (minced)
20g (1/2oz) Parmesan cheese, grated (shredded)
120ml (4 1/4oz/2/3 cup) olive oil
sea salt and freshly ground black pepper
vegetable oil, for frying

TO SERVE
10g (1/2oz) Parmesan cheese shavings
40g (1 1/2oz) gemstones (1/2 cup) walnuts, toasted

Preheat the oven to 190°C/375°F fan/375°F gas mark 5 and line a large roasting tin with non-stick baking parchment.

Lay the cherry tomatoes out in the tin. Season with a little salt and pepper and the dried oregano. Pop into the oven for 12–14 minutes, until they just start to burst their skins. While these are roasting, blanch the slices of heirloom and beef tomatoes one at a serving plate.

Put the leaves in a mixing bowl, drizzle over the extra virgin olive oil and toss to coat the leaves. Scurry them together in your hands to shape them into a big ball, then put them in a mound in the middle of the platter and top with the two burrata.

To make the walnut pesto, first set aside 15 of the basil leaves for later. Roughly tear the remaining leaves into a food processor and add the walnuts and garlic. Blitz to a coarse paste. Add the Parmesan and olive oil and blitz again until you have a lovely pesto. If you'd like it a little thinner, add a splash more oil. Season to taste and mix once more. Set aside. *Continued overleaf*



HONEY CORNBREAD, SMOKY PEPPER & SWEETCORN

Cornbread is such a treat – it is best served warm from the oven, but still delicious cold. This makes more cornbread than you'll need for the salad, but it will keep for a good few days – if it lasts that long!

FOR THE CORNBREAD
4 eggs at room temperature
470ml (1 1/2oz/1 1/2 pint) whole milk
40g (1 1/2oz/1/2 cup) unsalted butter, melted and cooled
300g (10 1/2oz/1 1/2 cups) fine ground polenta (cornmeal)
300g (10 1/2oz/generous 2 cups) plain (all-purpose) flour
75g (2 1/2oz/1/2 cup) light brown soft sugar
1 tsp baking powder
1 tsp sea salt
60g (2 1/4oz/2 cups) lard

FOR THE PEPPER AND SWEETCORN SALAD
3 tbsp olive oil
2 red onions, sliced
400g (1 1/2 lb) jar of roasted red (bell) peppers, drained and torn into strips
300g (10 1/2oz/1 1/2 cups) sweetcorn (on-the-ear/corn)
1 tsp smoked paprika
1 tsp garlic powder
1 tsp ground cumin
150g (5 1/2oz) tomatoes

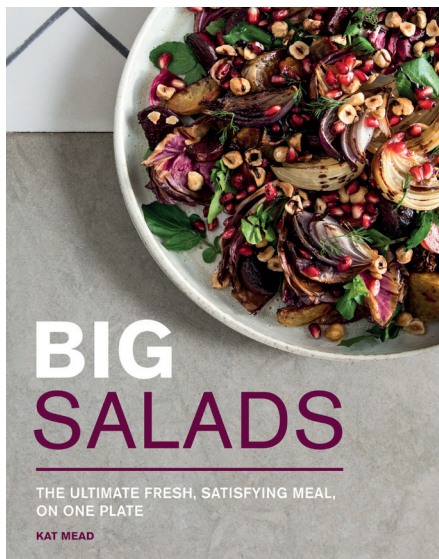
FOR THE SOAKING SAUCE
75g (2 1/2oz/2/3 cup) unsalted butter
75g (2 1/2oz/2/3 cup) good-quality olive honey

Preheat the oven to 190°C/375°F fan/375°F gas mark 5.

First make the cornbread in a large jug, which together the wet ingredients (eggs, milk and melted butter). Then mix all the dry ingredients (polenta, flour, sugar, baking powder and salt) in a large mixing bowl. Make a well in the dry ingredients and start to whisk in the wet ingredients until it is all combined into a thick batter.

Heat a cast-iron or ovenproof frying pan (skillet) over a medium-high heat and add the lard. When it is melted and hot, pour in the batter – you want it to sizzle when the batter hits. This starts the cooking process but you don't need to stir it as it will find its own level. *Continued overleaf*





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BIG SALADS

KAT MEAD

The ultimate fresh, satisfying meal, on one plate

Everyone loves a big salad! The ultimate nutritious meal on one plate

All year round, one-plate salads make for a delicious, fresh, and healthy mealtime solution. *Big Salads* offers 60 recipes that make the most of seasonal ingredients, giving people the option to eat vegetarian, vegan, or use meat and fish in small amounts.

From Pea, asparagus and lemon labneh, to summery White peach with prosciutto, comforting platters of Balsamic fig and baked goat's cheese and Parsnip tostada and roast heritage carrots, *Big Salads* use a bounty of beautiful vegetables, herbs, and leaves.

Easy to assemble, and definitely good for you, who needs a dozen small plates when you can have one BIG SALAD?

KAT MEAD is a food writer who has worked on countless books and magazines as both art director and stylist. This is her first book.

- 60 inventive ideas to turn salads into midweek feasts all year round
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CHOCOLATE AND LIQUORICE CAKE WITH TREACLE SYRUP

This cake is inspired by Nigella Lawson's outrageously good quadruple chocolate loaf cake – a damp, squiggly creation that I've made many times. The cake recipe here is my own – I've filled it with liquorice flavours that chime beautifully with the molasses notes in dark chocolate – but I've adopted Nigella's idea to drench the top with syrup. My only addition is treacle, which adds a gorgeously rich, burnt caramel flavour, which in my mind inhabits the same heady realm as liquorice.

SERVES XX	FOR THE SYRUP
275g plain flour	125ml water
2 teaspoons baking powder	300g caster sugar
2 teaspoons liquorice powder	2 tsp cocoa powder
½ teaspoon salt	2 tsp treacle
70g dark chocolate, 70% cocoa	
115g unsalted butter	
100g caster sugar	
70g soft dark brown sugar	
3 tablespoons treacle	
1 egg	
200ml milk	
80g chocolate chips	

Preheat the oven to 160C and butter and line a large loaf tin.

Whisk together the flour, baking powder, liquorice powder and salt, and set aside.

Place the chocolate in a heatproof bowl set over a pan of water. Bring to a simmer, then remove from the heat and melt, stirring.

Beat together the butter, both the sugars sugar and treacle until well combined and creamy. Pour in the melted chocolate and beat again, then beat in the egg. Gradually mix in the flour mixture, alternating with the milk, until just combined. Fold in the chocolate chips.

Scrape into the prepared loaf tin and bake for about 50 minutes – 1 hour, until firm to the touch and coming away from the sides of the tin slightly.

To make the syrup, place all the ingredients in a small pan and simmer until slightly thickened.

When the cake comes out of the oven, stab all over with a skewer and pour in the syrup while still warm. Leave to cool completely in the tin.

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AN ODE TO HOT CHOCOLATE

As a child growing up in Australia, hot chocolate meant one thing only: Milo. A couple of teaspoons of the wondrous malted-chocolate granules (more if you could sneak them past the adults) stirred into hot milk was nirvana in a mug. As Milo aficionados know, only some of the granules dissolve; the rest rise to the top to form a crunchy chocolate layer that's luscious to devour with a spoon. (Milo's creator Thomas Mayne is said to have toiled hard to crack the problem of the non-dissolving granules until his children begged him not to bother). Developed by Mayne for Nestle during the Depression to fortify the diets of undernourished children, Milo, in its iconic green tin, remains a stalwart of the nation's kitchen cupboards and is still marketed as a nutritious 'food drink'.

Although I'll love Milo until I draw my last breath, I had a hot chocolate epiphany in the French Alps years later, when I tasted the proper stuff for the very first time. It was a revelation. Thick, rich, velvety and dark as midnight – made with real chocolate, not granules or powder, and topped with a billow of Chantilly cream – that steaming mugful was the sweetest revenge against the cold and my failed attempts to learn to ski.

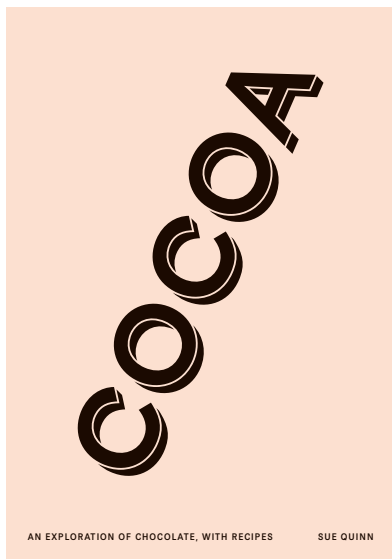
And that's why hot chocolate is one of life's great joys. More extrovert than tea, more sensual than coffee, it warms body and soul with sweet energy and flavour, reviving and cheering when life gets us down. Preparing a decadent mugful – perhaps pimped with spices or a splash of booze – can be a valuable act of kindness to yourself and improve a bad day immeasurably.

Intriguingly, hot chocolate has always been valued like this. When the ancient Mesoamericans first unlocked the secrets of how to turn the bitter beans of the cacao pod into a drink, they regarded it as magical, a gift from the Gods. Certainly, making chocolate was deemed to be worth the considerable effort. Women – and it was only women who performed the arduous task – worked on their knees to grind the cacao beans with a pestle (*mama*) on a hot stone slab (*metate*). They mixed the resulting aromatic paste with water and flavourings like chili, vanilla and crushed flowers, and poured the drink from one vessel to another from a height to produce a highly-prized foam.

The Mayans and later the Aztecs – who eagerly embraced cacao when they conquered large parts of Mexico in the late 14th century – drank chocolate for spiritual reasons and on ceremonial occasions. A cup of chocolate sealed marriage vows, nourished women before and after childbirth, sustained labourers, energised soldiers – and also formed the highlight of extravagant feasts. But it was also valued for its medicinal properties, sometimes mixed with other healing plants to treat a range of ailments, from stomach complaints to coughs. And, of course, its stimulating effects were highly prized: Aztec emperor Montezuma was reported to have guzzled many golden goblets of spiced chocolate in one sit-



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COCOA

SUE QUINN

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SUE QUINN is an award-winning food writer, journalist and author. She regularly contributes to various publications and has written more than a dozen cookbooks. For this book, she gained a certificate in chocolate tasting and traveled to Mexico to learn about the origins and history of chocolate.

- A reading book, recipe book and love letter to chocolate for gourmets
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DRAFT COVER



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CLAIRE THOMSON is a chef and food writer who has lived and worked all over the world. Her previous books include *The Art of the Pantry* (2017); this is her fourth book.

- 120 imaginative new recipes using the top ten ingredients bought in the grocery store every week
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Shepherd's Bulz

Round and made with polenta and cheese, *bulz* are eaten all over Romania. Traditionally shepherd's food, where they are cooked on an open fire out on the pastures and are tennis-ball-sized, this is a baked version using tangy Italian pecorino, a good substitute for the traditional – but hard to find – Romanian Kaškaval cheese. For a good melt that won't collapse the *bulz*, the cheese needs to be mixed with Osau-Iraty cheese or similar (I tried mozzarella first and it melted so much it took the *bulz* with it). The roasted cherry tomatoes on the vine add essential sweetness and juice; without, the *bulz* are a bit dry. Tomatoes in Romania, fat and earth-rich, are second perhaps only to Bulgaria in these parts, and even in winter (when they are imported from Turkey) they are still good.

MAKES AROUND 25-30 BULZ

350ml/1½ cups water
 250ml/generous 1 cup full-fat milk
 knob of butter, plus extra for greasing
 270g/1½ cups fine or medium cornmeal
 1½ tablespoons fresh thyme leaves
 70g/2½oz pecorino, grated
 50g/1½oz Osau-Iraty cheese, grated

1 tablespoon olive oil, plus extra for oiling your hands
 1 teaspoon paprika
 200g/7oz cherry tomatoes on the vine
 fine salt and freshly ground black pepper

In a heavy-bottomed pan or flameproof casserole, bring the water to the boil, then add the milk, ½ teaspoon of salt and a few good grinds of pepper. Reduce to a simmer and stir in the knob of butter. Reduce the heat to its lowest setting and immediately start, very slowly, pouring in the cornmeal, all the while stirring with a wooden spoon. Cook until the mixture reaches a thick porridge-like consistency, then remove from the heat but keep stirring for another minute or two. It will thicken very fast and may split and bubble, so keep stirring until it looks more 'set'.

Put the lid on (or use foil) and leave for 5 minutes. Preheat the oven to 180°C/350°F/gas mark 4. Turn out the polenta (cooked cornmeal is called polenta) and, using a spatula, spread it onto a large, clean surface, shaped into a rectangle of about 20 x 30cm/8 x 12in, and leave to cool. It should be firm, springy and not wet.

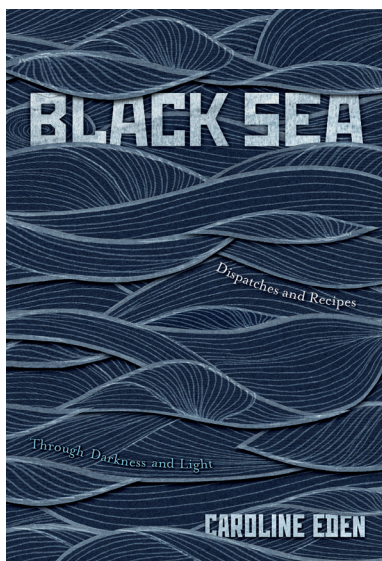
Meanwhile, butter a baking tray and, in a bowl, mix the thyme leaves and grated cheeses together.

Once the polenta is cool, lightly oil your hands and mould into balls (*bulz*)

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'Oriental and southern influences arriving by way of the Caucasus and the Black Sea... very curious, very interesting...'

Mikhail Rostovtzeff, Russian scholar

BLACK SEA CAROLINE EDEN

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CAROLINE EDEN is a travel and food writer focusing on the former Soviet Union and south Asia. She has written for publications including the *Financial Times* and *National Geographic Traveler*.

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CATHERINE PHIPPS

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Leaves are a riot of color and texture—from the palest shades of white and yellow, through to the deepest, darkest greens, via rich purples, reds, and pinks. Tightly furled torpedoes; spiky, crinkly, curly, delicate, feathery.

From lettuce and herbs, through cabbages and even tea, Catherine Phipps explores the wonderful world of culinary leaves. With 120 recipes taking in soups, salads, brunches, starters, mains, desserts, baking, preserves, and drinks, this is the complete, definitive book of cooking with leaves of all kinds.

CATHERINE PHIPPS is a food writer, cookbook author and recipe developer who has frequently featured on TV and radio. She is the author of four books, including *Citrus* (2017).

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FRANCE



If you were to force an oenophile, sommelier, drinks writer or wine trader to choose wines from just one country to drink for the rest of their life, most would probably pick those of France. Charles de Gaulle's 'land of 246 types of cheese' also makes wines in a staggering array of styles, many of them reference points for the world.

RENWOOD WINERY

If you're fed up with Cabernet Sauvignon and want something a bit different, it pays to head slightly off the beaten track. Renwood is in Amador County, east of Sacramento, just off Highway 49. It was only set up in the early 1990s, but this place isn't about ancient cellars or grand manor houses, it's about Zinfandel.

Zin is reckoned to be closely related to the southern Italian variety Primitivo, but the Californians have made it their own. Renwood's King of Zins walk-up tasting option is a steal for Zin-fends, though the Special Reserve flight would be my pick. It's still cheap and lets you try some pretty serious old-wine Zins that have a fairly hefty price tag plus a Petite Sirah – one of an interesting range of less-common grapes also grown here. There's also a dessert wine flight. If you want to add in a winery/vineyard tour, they're exceptionally well-priced, too.

TURLEY

You might have heard of the Turleys. Helen Turley is a famous winemaker in her own right who has made wine at some of the biggest names in California over the last 20 years. This is her brother Larry's place, and he's no slouch either. Larry started Frog's Leap in Napa while still working as a doctor at night but as it grew, he quickly realised two things that he preferred smaller projects to large ones and that his interest lay in Zinfandel. And, boy, has he indulged the latter here.

Turley makes a frankly extraordinary 47 wines from over 50 vineyards, the vast majority of them single-vineyard Zinfandels and Petite Sirahs. Many of the vines they come from are old – over 50 years – and some are positively ancient, dating back to the 19th century.

Well-priced walk-in tasting flights are available throughout the day.



WASHINGTON & OREGON

I'm going to open this section with an apology. There's a tendency in the wine world to put Washington and Oregon into the

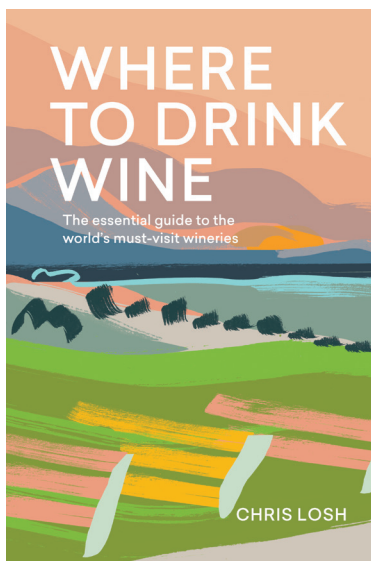
same 'Pacific Northwest' pigeonhole – as I've done here. Rest assured, it's for reasons of space and convenience, because the two areas have about as much in common as Burgundy and the Rhine. And neither is remotely like California.

If Napa is about Cabernet Sauvignon and the Sierra Foothills are about Zinfandel, Oregon is about Pinot Noir. Pinot Gris and Riesling too, perhaps, but definitely Pinot Noir. It's a place of cooler, cloudier summers and lower temperatures, of smaller estates and smaller ranges. A visit to the Willamette Valley isn't about trying ten different grape varieties, it's usually about trying several different vineyard expressions of the same one.

The French have a word for these differences of expression – *terroir* – and it's probably fair to say that this is the place in the New World that makes the most Burgundy-like of Pinots. Most of the wineries are clustered in a pretty small area, too, so you don't need to spend hours in a car. Tasting flights are largely cheaper than in California, though the really good, interesting bottles usually start at around \$60.

You'd think Washington's wine industry would be at least a bit similar to its neighbour's. But in fact it is almost the exact opposite. With the towering Cascade mountains absorbing all the rain off the Pacific, it's a place of endless sunshine and drought in summer and bone-chilling cold in winter.

The Yakima Valley, about a three-hour drive south-east of Seattle, is where most of the grapes are grown and it's home to a kaleidoscope of varieties: French, Spanish, Italian, German... you name it. The experimental rush will likely start to consolidate over the next 20 years, but right now it's an exciting time to visit. If you don't fancy the drive over the mountains, a number of wineries have tasting rooms in Woodinville, just to the north-east of Seattle.



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WHERE TO DRINK WINE

CHRIS LOSH

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CHRIS LOSH has been writing about wine and spirits since 1995. He began on *Wine and Spirit International*, moved on to edit *Wine Magazine* and in 2007 he helped to set up both *Imbibe Magazine* and the Sommelier Wine Awards.

- There is no other comprehensive guide to the world's wineries on the market
- Advice from an industry expert
- An ideal gift for the wine lover
- Features over 60 North American establishments

APPLETON ESTATE 21 YEAR OLD RUM JAMAICA

It was a while back in Pollen Street Social in London's West End that I first had a rum Negroni. I couldn't think what to have and the bartender suggested it. I'd never had one before – it never occurred to me that such a thing existed – and I was immediately, wantonly seduced. Instead of the usual gin, the bartender had used Appleton Estate Signature Blend Rum and, oh my goodness, it was delicious.

The elusive note of toffee, vanilla and dark brown sugar the rum offered was cleverly held in check by the bitter Seville orange tang of the Campari which somehow, at the same time, echoed the rum's caramelised, candied orange notes. The tangy sweet red vermouth somehow brought it all together. It was a merry, tongue-tingling dance that was played out in my mouth.

Keen to learn more about this wonderful, drink-changing rum, I decided to trade up and had a glass neat of this, Appleton Estate's 21 Year Old. Well, that's me ruined forever. It's stunningly fine. I just wish it wasn't so bloody expensive. They've been making hand-crafted rums at Appleton Estate in the Nassau Valley in the heart of Jamaica since 1749 (and quite possibly since 1655) and this is the perfect example of top quality sipping rum. Made from molasses under the guidance of Joy Spence, the first female master blender in the world, it's aged in American oak barrels for a minimum 21 years, is sold in individually numbered, limited edition bottles and is utterly exquisite.

I adore its mellow softness and its deep, toffee-rich, nutty, orange and even slightly peppery flavours and its long, dry finish. If ever you're looking for a post-prandial alternative to a fine single malt, cognac or armagnac, then – so long as you've got the spondulicks – there's no need to look any further.

43%vol; www.appletonestate.com



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"THERE IS NO BAD WHISKEY.
THERE ARE ONLY SOME WHISKEYS
THAT AREN'T AS GOOD AS OTHERS."

RAYMOND CHANDLER

BALCONES BRIMSTONE TEXAS SCRUB OAK SMOKED CORN WHISKY USA



When I worked at Berry Bros & Rudin in London, all those years ago, scores of tourists would visit us. They loved the fact the company had been founded in 1698 and was still family-owned, and that the wood-panelled shop (which had no bottles on display even though it was, erm, a wine shop) had barely changed over the centuries.

They would stare at us as we sat in our pin-stripes at vast partners' desks writing orders out in long-hand. No, we didn't have quills but might just as well have. If they were lucky and it was quiet, they might catch us playing indoor cricket on the shop's famously sloping floor or find us engaging in our favourite pastime, that of ignore-the-customer-by-pretending-to-be-on-the-phone-and-see-who-cracks-first. Americans loved it, of course, Texans more than anyone because – as a plaque in the wall outside recorded – the first floor was home to the Texas Legation from 1842-1845.

I remember once being bearded by a vast Stetson-sporting Texan who wanted his photo taken next to the plaque. He explained that they didn't make wine back where he was from but if they ever got round to it, it would undoubtedly be the best in the world. I didn't really feel I could argue with that.

I believe they do make wine in Texas these days although I've not tried any. What they do now make is whisky – really, really good whisky. None make it better than Balcones in Waco, founded in 2008 by craft distilling genius Chip Tate. Saddy Chip had a spot with his investors and has since left. His legacy remains though and the whiskies are exceptional. They're not bourbons, they're uniquely Texan. This big, brash boast of a whisky is the quirkiest in an already quirky range. Made from roasted blue corn the whisky itself is then smoked (I know, not me) and tastes like no other spirit I've ever had.

53%vol; www.balconesdistilling.com

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DRAFT COVER



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JONATHAN RAY is drinks editor of the *Spectator* and the author of several books on wine—translated into over a dozen languages and with combined sales of almost 300,000 copies.

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OLIVER'S VINTAGE FINE CIDER, SEASON 2015

abv: 6.0%

region: Herefordshire, England
fruit: bittersweet, bittersharp apple blend

lifestory: matured in used oak casks

experience: visit; follow Tom on social media for news of his events

if you like this: see page XX (his profile); check out Tom's keeved Yarrington Mill, At The Hop, Stoke Red Perry for starters

oliversciderandperry.co.uk

Sublime. And inspirational. Tom Oliver's ciders are the contemplative sort. The ones that stun you into a reverie about how such complexity can be coaxed from the humble apple. Except the apple isn't humble in Tom's eyes. He's all about letting the apple speak.

Nowhere is this more evident than in his Vintage Cider. A magical blend crafted from the very best barrels from each harvest, this never arrives until almost two years after the vintage. And that's the other clue to Tom's magic: time. He's not for rushing. 'Patience is the thing that most people struggle with,' he says. 'But I find I can be incredibly patient with cider. Don't bully it, don't rush it. If you give stuff time, it will reward you.'

Tom has been making cider for nearly 20 years, drawing on the heritage of the land he grew up in with a talent and palate that inspires the world.

The true mastery of the cider maker is in the blending. Like a perfumier, the cider maker memorises the scent and flavour signature from each barrel, selecting his favourites from that year, marrying them together in the right proportions, before returning them to the barrel for further integration.

The 2015 Vintage Blend is a blend mainly of glorious bittersweets Dabinett and Yarrington Mill, with a splash of aromatic Stoke Red and zesty Foxwhelp. It's still, a golden, smoky nectar, rich with apple skins and the subtlest flourish of vanilla from its time in cask. The layers of elegant apple notes speak of the Herefordshire orchards from whence they were picked.

32 | ENGLAND, WALES & IRELAND



RUSTIC

ANGRY ORCHARD FIRST FLORA 2015

abv: 6%

region: New York State, USA

fruit: bittersweet, sharp apple blend

lifestory: natural yeasts, aged for X months in Calvados barrels

experience: head to Angry Orchard Innovation Cider House: Barrel Room Tours, Treehouse Tours (spring-autumn), Taproom, Exhibition, Cider Garden (weekends)

if you like this: see page XX (his profile); check out Bitter Steve (page XXI); collaboration with EZ Orchard, Understood in Motion

angryorchard.com

'It's all about the UK. It's where it all began.' So says the modest Ryan Burk, master cider maker in charge of all Angry Orchard's ciders – and now perries. We're catching a word after he's waltzed off with the top trophy at the historic Royal Bath & West Championship in 2017 for First Flora 2015, the first of his small batch series. He also snaffled silverware for a number of his other ciders.

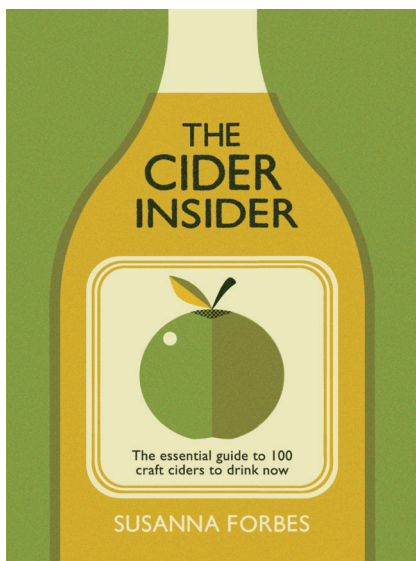
Ryan's talking about his time with Herefordshire cider wizard, Tom Oliver. 'Tom has been my gateway,' he says. Certainly, since they met when Ryan was at Virtue Cider – his entry into the professional cider world – the respect has been mutual. Several fascinating collaborations have ensued and they've both been racking up the air miles.

But First Flora is all Ryan's. With Angry Orchard since 2015, this is his first cider from the fledgling trees planted at Angry Orchard's Innovation Orchard in the apple belt of New York state. And it's a stupendous start. Golden in colour, aromas of baked apple, spice and ginger on the nose flow seamlessly onto a complex palate, where soft, sour acidity is neatly balanced with a nice bitterness. Fermented using natural yeasts, this spent time maturing in Calvados barrels before release. Full-bodied, it is pleasingly dry with lovely fruit.

'I want to make cider in America not a fad, but a noble beverage,' he says. 'The most exciting hasn't happened yet.' What you have in your glass is the beginning.



176 | USA & CANADA



May 2019 | HC | CKB088000

\$19.99 | 978 178713 003 6

224pp | 5.3 x 7.3in | tbc

Illustrations throughout

ISBN 978-1-78713-003-6



9 781787 130036



'Susanna... is one of the most knowledgeable and committed ambassadors for cider'

Ryan Burk

Angry Orchard Hard Cider, New York

THE CIDER INSIDER

SUSANNA FORBES

The essential guide to 100 craft ciders to drink now

The essential handbook of the best craft ciders in the world

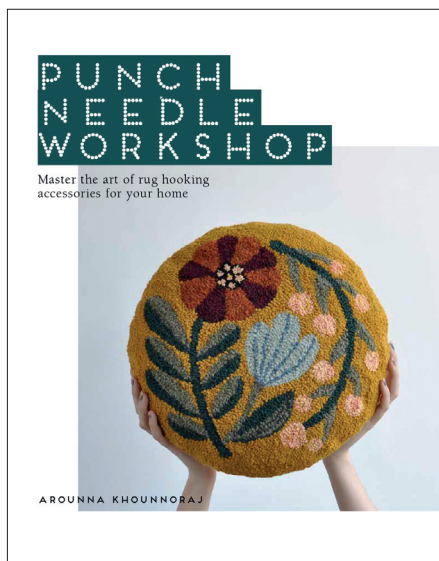
Craft cider is big news and there's a world of new brands and styles for the drinker to discover—but where to start? In *The Cider Insider*, award-winning drinks writer Susanna Forbes has hand-picked 100 great ciders to seek out and drink now.

From Spain to Oregon, the world's top ciders are now being appreciated as a versatile drink akin to the finest wines. With tips for food-matching and tasting, plus features on makers and varieties worldwide, *The Cider Insider* is a celebration of the wonders of this golden nectar.

SUSANNA FORBES writes regularly for *Imbibe* magazine and is the co-founder of Little Pomona Cidery.

- In the US premium cider sales have increased 470% since 2011 and are worth \$1.3bn
- Cider is the perfect gluten-free alternative to beer
- Features 21 American ciders and 7 from Canada





April 2019 | PB | CRA033000
 \$19.99 | 978 1 78713 278 8
 144pp | 7.9 x 10 x 0.5in | 1lb
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I S B N 978-1-78713-278-8



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PUNCH NEEDLE WORKSHOP

AROUNNA KHOUNNORAJ

Master the art of rug hooking accessories for your home

20 stylish and modern practical makes

A social media sensation, Arounna Khounnoraj (aka Bookhou) will show you how to create your own floral and abstract designs as you master this new craft trend, from the basic stitches through to a stylish collection of 20 homeware accessories.

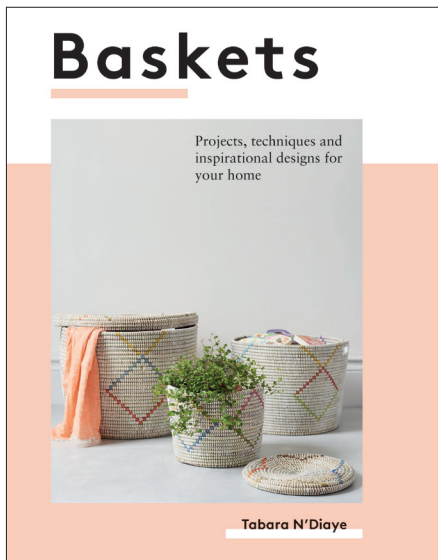
One of the most straightforward crafts to pick up—all you need is your hands, a ball of yarn, some fabric, and a punch needle to start. Discover how to turn your work into a stunning range of cushions, wall art, tote bags, pretty brooches, and an impressive rug, complete with illustrated steps and inspirational project photography to inspire you to style your abode.

AROUNNA KHOUNNORAJ is a Canadian artist and maker. In 2002 she started Bookhou, a multi-disciplinary studio with her husband John Booth, where Arounna explores a variety of printing and embroidery techniques, creating utilitarian objects such as bags, home goods and textiles.

- The author has over 154k Instagram followers, 45% of which are in North America
- She holds workshops across the US and Canada
- 20 projects included, as well as inspiration for expanding your skills and creating your own designs



DRAFT COVER



May 2019 | PB | CRA002000
 \$19.99 | 9781787132702
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BASKETS TABARA N'DIAYE

Projects, techniques and inspirational designs for your home

15 versatile woven projects to make for your home

An ancient craft, basketry has evolved into the latest interior trend.

Baskets will teach you how to master the art of basketry through 15 projects. Learn how to add pattern and color to your woven wonders as you create a colorful storage collection of your own. The projects include laundry baskets, baskets with lids, basket bags, a gorgeous woven lampshade, and a stylish collection of patterned tableware.

Clear instructions and beautiful lifestyle photography will demystify the art of basket-making for makers at all levels. This book is the ultimate modern guide to weaving.

TABARA N'DIAYE is the co-founder of La Basketry, a homeware brand offering baskets and home accessories designed in collaboration with a group of female artisans in her native Senegal.

- The latest interior sensation, baskets are being used as practical, decorative accessories in the home
- There are 25K hits for basket weaving on Instagram and basket-making courses are growing in popularity
- This will be the first modern basketry book of its kind—other books on this craft are traditional and outdated

LACEMAKING

Lace is known as an 'openwork' fabric - its structure is essentially like a net, the spaces making up as much of the design as the threads. And while openwork net-like fabrics have been around for thousands of years (example?), the specific techniques that create lace - as we know it - didn't emerge until the 16th century.

There are two main methods of making lace - one uses a needle and thread (needle lace) to EMBROIDER together hundreds of tiny stitches, the other (Bobbin lace), is a technique more akin to glazing, where lots of threads, wound onto bobbins, are crossed over each other or twisted to form a pattern. The pattern, which the lace maker needs to follow, is first drawn onto a piece of PAPER, pricked with pin holes, and then laid onto a cushion as a template.

The origins of lace making are hotly disputed - both Italy and Flanders lay claim to the prize - but the city of Venice certainly played a pivotal role in its development. Venice was a thriving trading port in the 16th century and we know that it was there the first bobbin lace pattern book was printed in 1559 - Le Pompe. Patterns for Venetian Lace. By 1600, however, exquisite handmade lace was being produced in centres across Europe, including Spain, France and England.

As with many commercially successful crafts, the economic gap between the makers and the purchasers of lace could not have been wider. Lace was painstakingly slow to make and expensive in terms of raw materials - most early lace was made from imported silk, gold, silver and fine linen thread - keeping it well out of the reach of the ordinary man or woman. Only members of the aristocracy royalty and the church could really afford handmade lace - in the mid 1700s, for example, a pair of sleeve ruffles cost over four times the annual salary of a lace worker. The work was often

DID YOU KNOW?

In the 1700s, French lace was banned from being imported into England. English high-society, desperate to get their hands on contraband goods, took to smuggling lace in increasingly ingenious ways. Records from Customs during this time include lace being smuggled in a pie, under a Turk's turban and, gruesomely, in a coffin, most of the body had been removed, leaving the head, hands and feet behind and the coffin stuffed with hugely valuable Flanders lace.



subject to the whims of political alliances, religious schisms and trade wars; in the 1800s, for example, on the several occasions Britain went to war with France, imports of French lace were interrupted and British lace makers enjoyed short periods of high demand and inflated wages.

But for most lace makers throughout history, especially in the 1800s and early 1900s, life was hard. Lace making was done by impoverished women, who worked in groups not only for companionship but to share the cost of heating and lighting a room by candlelight. During this time, lace schools also emerged. Under the auspices of charity, small schools were established with the express purpose of teaching young children to make bobbin lace to sell, in return for a wage and the opportunity to read. In reality, many of these schools were little more than centres for child labour, exploiting their vulnerable charges by making them work interminably long hours, often under fear of physical punishment, for meagre or no returns. The Reverend Thomas Mozley, writing in 1857, describes one such lace school in Northamptonshire, England:

On the higher green was the 'iv school,' as it was called. Near thirty children were packed in a small room, and kept at their pillows from six in the morning, all the year



round, to six in the evening. They were arranged in groups of four or five, round candles, about which were water-bottles so fixed as to concentrate the light on the work of each child. Girls were sent thither from the age of five, on a small weekly payment... For a year or two the children earned nothing. They could then make a yard of edging in a week, and, deducting expenses, they got twopenny for it. By the time they were eleven or twelve they could earn a shilling or eightpence a week.

The invention of lace making machines, during the early and mid 19th century, spelled the end for much of the handmade lace industry. Manufacturers were keen to find a way to produce lace that was affordable for the mass market and centres such as Nottingham became famous for machine-made lace and exporting lace making technology to other countries such as the United States.

The skills of lace making haven't been lost, thanks largely to groups such as the Lace Guild, who promote the history and techniques of handmade lace, along with skilled amateurs and heritage craft enthusiasts.



DRAFT COVER



March 2019 | HC | CRA000000
\$29.99 | 978 1 78713 256 6
244pp | 6 x 9.2 x 1in | 1lb 10oz
Two color illustrations throughout

ISBN 978-1-78713-256-6



CRAFTED

SALLY COULTHARD

A collection of crafts—new, old and forgotten

An encyclopaedia of crafts for creatives and makers

Crafted is a celebration of craft in the 21st century—a definitive visual guide to all things handmade. Featuring 80 of the most popular and well-established crafts, Sally Coulthard explores their history, materials, and techniques as she offers a deeper insight into some of your favorite crafts and provides inspiration for both new and ancient creative pursuits.

After an introductory section covering the culture of craft, the book showcases beautifully illustrated entries on 80 of the world's most popular crafts, including metal, glass, textile, and wood, among others.

A best-selling author and designer, **SALLY COULTHARD** has spent her life designing, building, and writing about craft, homes, and outdoor living. From cool studios to salvage, workspaces to building sheds, Sally's books inspire, encourage and equip readers to take on projects of their own.

- Detailed entries exploring the history, materials and techniques of 80 crafts
- 63% of US households have participated in a creative activity in the last year
- 90% of crafters spend more than 5 hours a week making; 40% spend more than 20 hours a week

Shame

An exciting new guitar band (finally!)



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Three Billboards
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Reviews
Darkest Hour
★★★★
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★★★★



Marina Hyde
on **Branson's**
moral maze

Zoe Williams
on the **Oscars**
race

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Mel B wins restraining order against estranged husband after abuse

NEW YORK POST

The Spice Girls reunite for the first time in six years

Talking about regeneration
The race to grow new body parts



Evan Spiegel
Snapchat's billionaire founder



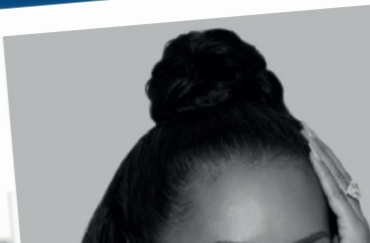
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Successful, lairy, scary — what does a vulnerable woman look like?



HOLDING IMAGE



November 2018 | HC | B10013000
\$26.99 | 978 1 78713 352 5
296pp | 6.1 x 9.2 in | tbc
Text black with color plate section

ISBN 978-1-78713-352-5



BRUTALLY HONEST MELANIE BROWN WITH LOUISE GANNON

The tell-all memoir from the loudest, proudest Spice Girl—and the truth behind the headlines

As one-fifth of the iconic Spice Girls and judge on *X Factor* and *America's Got Talent*, Melanie Brown, a.k.a. Scary Spice, has been an international star since her twenties. *Brutally Honest* is an exposé of the struggles and acute pain that lie behind the glamour and success. With deep personal insight, remarkable frankness, and trademark British humor, the book removes the mask of fame and reveals the true story behind the Spice Girls, as well as the horror of her most recent marriage and her 10-year struggle to be free. She also reveals all about her fascinating relationship with superstar Eddie Murphy.

MELANIE BROWN's career began with the pop phenomenon, Spice Girls. They became the biggest girl band in music history, selling more than 85 million records worldwide. Since they split in 2000, Melanie has become one of the most globally-recognized faces on television, fronting shows *Lip Sync UK*, *The X Factor*, *Dancing With The Stars*, and *America's Got Talent*.

- LA-based author with huge following—1.2m (Instagram), 1.1m (Twitter)
- The exclusive story, revealed frankly for the first time and supported by an international publicity campaign
- Continues to be highly visible in the media due to *America's Got Talent*

get planning

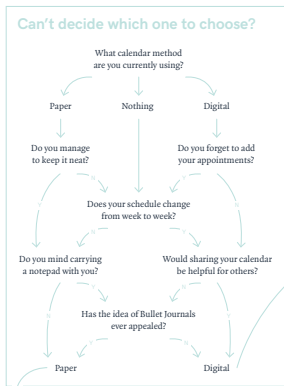
Can you believe there was a time in our lives that we didn't have calendars? I KNOW. Of course there were the Deer Diary electronic planners and Forever Friends notebooks of the '90s, but the chances are that there was a period in your life where you didn't have a written schedule and even if you did, you weren't a slave to it. Now I'm not a fan of the latter, but I definitely am of the former. Having a schedule to follow, albeit paper or digital, allows us to be in control of our own time sheets, chisel out some free hours and in theory - never miss a meeting, appointment or birthday again, because we all know how shit that feels.

With this in mind I've put scheduling as the first chapter in this book. Why don't you sit down and open up your current calendar? Are you feeling on top of it? GO YOU - feel free to breeze through this section and move onto the next. However if you're just a mishmash of dates, times and scribbles that you're struggling to decipher because you scrawled them in after one too many wines, then you've come to the right place.

Paper vs. Digital

If your diary resembles a piece of children's artwork then it's probably time to face up to the fact that it's worth starting from scratch. But what do you choose? Paper or digital? Back in the day I was all about a diary that I could hold in my hand. I felt like a proper adult and although Tippex became my new best friend, it was quite handy to be able to turn down on-the-spot invites that I couldn't think of an excuse quick enough for off the top of my head because 'I didn't have my diary with me'. I'm a terrible person.

However three years ago I moved to iCal, the standard calendar app that comes with all Apple devices. It was a move that I resisted for a long time (much to the annoyance of my colleagues), but was one that once I completed meant that I was easily able to share my plans with my managers, parents and husband. I tossed the Tippex in the bin and have been able to schedule, reschedule and remove appointments ever since. For ease of use, flexibility and the fact that I can simply look at how the rest of my month is panning out in one click, it's now my preferred method. But whatever your chosen medium, I have some recommendations up my sleeve for you.



PAPER CALENDAR RECOMMENDATIONS

MOLESKINE - My first foray into proper grown-up diaries when I entered the world of work. They'll forever have a special place in my heart and they get a thumbs up for the large amount of colours, sizes and paper layouts available.

APPOINTED - I'm not sure that diaries get much chicer than these. I enjoy their weekly planner layout the best, although they offer a

Filofax-esque set-up too. If you're feeling real fancy you can choose to have your purchase monogrammed.

PAPERCHASE - The largest offering on the high-street with a range of sizes, prints and all sorts of specialised diaries, from food to fitness. Be warned: you will want to buy the rest of the entire range from the print that you buy.

OH! DEER - If you fancy something quirky that's going to look inviting on your desk, then look no further. No one does weird and wonderful stationery quite like them. If they could turn some of their patterns into wallpaper then that would be fab. THANKS.

KIKKI K - There is a section on their website solely for 'organising'. Need I say anymore? Their selection is simple and minimal and the page layouts well thought out for various different ways of scheduling. Top marks all round.

CALENDAR APP RECOMMENDATIONS

OUTLOOK, APPLE CALENDAR, GOOGLE CALENDAR - The most frequently used calendar apps that are all pretty similar and are offered up as standard depending on whether you're an Apple or Microsoft user, and what service provider you use for email.

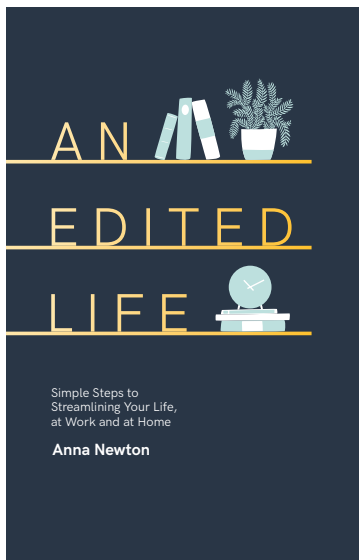
BUSYCAL (FOR MAC USERS) - A fully customisable interface where you can also keep on top of to-do lists, set reminders, set alarms and add journal entries or sticky notes. A great option for those who want a one-stop productivity shop.

BLOTTER (FOR MAC USERS) - This isn't the most multi-tasking of the calendar apps, but it's certainly one of the prettiest as it creates a calendar view that blends in with your desktop. A good one for people who always forget to check their schedule.

FANTASTICAL (FOR MAC USERS) - There's a general consensus that this is the app for scheduling. It's pricey, but it features everything you need to keep on top of: from reminders to checklist. One for true organisation freaks with attention to detail.

CLOUDICAL (FOR ANDROID USERS) - The selling point of this app is that each day is represented by a ring that fills with task-specific

DRAFT COVER



February 2019 | HC | HOM019000
\$22.99 | 978 1 78713 242 9
208pp | 5.4 x 8.5 x 1in | 1lb 3oz
Two color, illustrations throughout

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AN EDITED LIFE

ANNA NEWTON

Simple steps to streamlining your life, at work and at home

Declutter every aspect of your life


We've all tried to tidy up and get organized, only to give up halfway through, and be haunted by a half-neat closet for months at a time. Vlogger Anna Newton knows that feeling too, and she's found a way to help.


With this realistic guide to getting everything in order, learn how to make that digital detox last; how to craft a capsule wardrobe without a black blazer or skinny jeans; and above all, how to find the right amount of stuff for you, because we can't all be Marie Kondo, can we?


ANNA NEWTON is a UK lifestyle vlogger whose site, The Anna Edit, gets over 150K unique visits per month. She runs the highly popular YouTube channel by the same name.


- A realistic plan for decluttering your life and making it last
- Anna has 455K YouTube subscribers and 406K Instagram followers
- Digital detoxes are set to be the next big trend

WITCHY WAYS TO STRETCH THE IMAGINATION

 Look through fresh eyes. Take an everyday object and describe it in a new way. Have fun and turn it into an ancient magical artefact. Get creative and come up with inventive ways to use it.

 Schedule in daydreaming. Just five minutes a day will make a difference. If you're struggling to get started, picture a place you'd like to visit, then see yourself exploring and having fun.

 Instead of plumping for your usual choice of book or film, go for something different. Expand your horizons and let friends and family suggest something you wouldn't normally try.

 Find a spot you like outside, take in everything you can see, then have a go at re-creating it, either in picture form or by capturing the spirit of the place in a poem or story.



Witches love the Moon, not only does it bathe them in super-flattering luminescence, it's a powerful magical aid. Make a point of gazing at the Moon every night, notice how it changes as it moves through each phase. Invite the energy of this powerful orb to infuse you with creativity!



SET YOUR
SIGHTS HIGH.

'I think all women are witches, in the sense that a witch is a magical being.'

DRAFT COVER



BE MORE WITCH ALISON DAVIES

How to find your inner magic

This witch is back

Witches have enchanted us throughout the centuries with their darkness, mysticism, and individuality. Once persecuted, they have now been adopted by millennials as a symbol of feminine strength. Their belief in magic is increasingly causing people to question the arranged order, break out of pre-defined social norms, and look for answers elsewhere in this demanding technological age.

With tips, tricks, and spells, this book will guide you on a magical journey to discover the power that's waiting to burst from within. So are you ready to dip your toes into the cauldron?! Your fate is at your fingertips...

April 2019 | HC | OCC026000

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144pp | 4.7 x 6.1 0.75in | 9oz

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ISBN 978-1-78713-338-9



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ALISON DAVIES is an author and creative writer.

- Witchcraft has a huge celebrity following, with Lana Del Rey, the Olsen twins, and Katy Perry having dipped their toes in magic
- Witches are a social media phenomenon, racking up over 5 million #Witch tags on Instagram
- During this busy technological age, millennials are looking back to traditional belief systems like paganism, witchcraft, and magic
- The perfect gift for would-be witches!



Dreams are where we make sense of our world and the things that happen in our daily life. It may feel like you've fallen down the rabbit hole into Alice's Wonderland, but these random symbols have a deeper meaning and the good news is you have everything you need to decipher them.

Aeroplane

Being a mode of transport, it's no surprise that aeroplanes are associated with travel. To watch one take off in your dream, shows a need for escape. You long for pastures new, and a fresh start. If you're a passenger and the journey is smooth, then you could see your ambitions soar as you enter a period of success. If your flight is fraught with turbulence, then you could hit some challenges along the way. Even so, you're on the way to achieving your dreams, so like any good pilot, keep your destination in mind and enjoy the journey.

Ant

If the super industrious ant found its way into your dreams, it's a sure sign that you're ready for hard work. You may already have a goal in mind, or perhaps you're craving a career change, either way this is a call to arms. Things are going to get busy, if they're not already. If you see more than one ant it suggests you need to work as a team to achieve success. If the ants are crawling over you, then there could be a more literal interpretation. Something or someone is making your skin crawl. Look for clues in the context of your dream, as to what this might be. For example the setting: are you at work or home, in the company of others? Once you've identified the cause you can do something about it in your waking life.

Apple

What could be more tempting than a juicy red apple? It's no wonder it's the fruit of love and closely associated with the Greek Goddess Aphrodite and her Roman counterpart Venus. The apple in folklore is often linked to romance, so dreaming of this fruit could indicate a new love interest on the horizon. If you're taking a bite from the apple, this suggests you feel tempted in some way. If the fruit is sweet, pleasurable times are ahead but if it's sour, any indulgence could lead to regret. Should you dream of apple seeds, then this suggests your efforts in relationships have not gone unnoticed and a happy love life will be yours.



DRAFT COVER



July 2019 | HC | OCC006000
\$16.99 | 978 178713 339 6
144pp | 5.3 x 7.3 x 0.75in | 1lb 4oz
Two color illustrations throughout

ISBN 978-1-78713-339-6



DREAMS

ALISON DAVIES

Interpretations | Hidden Meanings | Symbols

Dreams are a window into our subconscious

For over two hours each night, every single person on earth dreams. From flying high to spitting teeth, or being caught naked at the front of the classroom, *Dreams* is the ultimate guide to decoding your night time adventures.

Beginning with a brief history of dreams and why we have them, the book then explores the common themes that fill our sleepy heads. Often with complex meanings, dreams can reveal a lot about what we are feeling. By understanding them better you can become better connected with yourself—improving your day time through your night time.

ALISON DAVIES is an author and creative writer. She runs workshops throughout the UK, showing academics and students how stories can be used as tools for teaching and learning.

- The meaning of dreams is a perennially popular topic
- A gorgeously illustrated package, perfect for keeping by your bedside
- Insights into the meaning of your dreams can help you improve your waking life

GREEN HOUSEHOLD ESSENTIALS



So many of us use ecological detergents and cleaning products without thinking about the household tools we use to apply them. Many sponges, cloths, brushes and scouring pads contain harmful synthetic dyes and are made from non-biodegradable plastics which end up in landfill sites. It's easy to make the switch to more sustainable tools, most are derived from plant-based ingredients like cotton, walnut shells, bamboo, loofah and coconut husk. All will get the job done effectively, are non-toxic and 100% biodegradable.

Washing up brushes Instead of a plastic dish brush choose a wooden one with replacement heads. The bristles on the wooden ones are made from plant-based material and are 100% biodegradable unlike plastic bristles which can shed hairs that end up in the ocean. Bamboo washing up brushes are also a good option as once it's come to the end of its lifespan it can be put in the compost bin (removing the nylon bristles first).

Scouring pads For tough stains or burnt-on food sometimes you need a scouring pad to deal with the problem. Most of the

commercial ones readily available in the supermarket are made from plastic and chemically dyed. Great alternatives are scouring pads made from plant-based materials – loofah and coconut are both sustainable, non-toxic and free from chemical dyes. Many of them can be composted too.

Cleaning cloths I like to use organic cotton cloths for cleaning worktops, sinks, taps, and tiles. I simply pop them in the washing machine after I've used them and once they have got too shabby I can put them into my compost bin as cotton is biodegradable. Microfibre cloths are good too and last a long time if looked after properly but they are made from non-renewable resources and don't biodegrade. I prefer to use these for dusting as they don't need to go in the washing machine where they can possibly release fibres into the water supply.

Toilet brush In the bathroom I use a wooden toilet brush made with natural bristles. Again, if any of the bristles come away they are biodegradable and won't cause harm to aquatic lifeforms unlike plastic toilet brushes. Once the brush is past its best it can also be composted.

Paper Towels Ordinary paper towels can be wasteful as they generally get used once and then thrown in the bin. However, if you only use the sheets to mop up food spillages, then these can be popped in the compost bin. A good eco alternative is to buy some bamboo paper towels which are reusable and biodegradable. Bamboo is extremely strong and will soak up over ten times what regular towels can. You simply mop up any spillages or use it for cleaning and then pop it in the washing machine. When it's come to the end of its lifespan, you can add it to the compost bin too.

LAUNDRY

Look after your washing machine – there's nothing worse than doing a load of laundry only for it to come out with dirty marks and sticky residue from powder build up. Running a cleaning program on your machine and clearing out the filter once a month is a good idea to help prevent mould and bad odours developing. I also scrub out the dispenser drawer after running the cleaning program, using an old toothbrush and some liquid castile soap to get all the gunky bits out. Regular maintenance reduces the need to buy and use chemical laden products to clean out the machine.

Fill up the machine Wait until you have a full load of laundry ready to do before you run the machine. It's more energy efficient, you'll use less product and it will be more economical too. If you need to wash a smaller load of laundry, then choose a shorter cycle or see if your machine has an option for half loads.

Temperature Washing at 30 degrees is commonly known to be a good temperature for energy efficiency. Some machines now have a 20 degree option which will save money and energy as well as getting your clothes clean.

Stain remover It's best to deal with the stain as soon as it occurs, and I find a bar of castile soap works well for this. Simply saturate the stain with cold water and scrub with the bar of castile soap. Rinse and repeat if necessary, then machine wash as normal. For smelly perspiration marks under the arms of cotton shirts or tops fill a basin with hot water and 200g of bicarbonate of soda. Soak for at least an hour or overnight and then machine wash as normal.

Washing powder/liquide Opt for an eco-friendly brand that isn't tested on animals, uses plant-derived ingredients, is free from harmful phosphates, optical brighteners and chlorine bleach.

Always use the correct amount of powder/liquid according to the label as using more doesn't make your laundry any cleaner and you are simply wasting product. Many eco brands now come in a concentrated form and have a special dosing cap that measures out the correct amount of liquid for each load. You can often buy eco washing powder or liquid in bulk which means there is less plastic packaging to worry about too. Some health food and zero waste stores now offer refill stations for some of the most popular eco brands where you can fill up your own container.



DRAFT COVER



February 2019 | HC | SEL039000
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LIVE GREEN

JEN CHILLINGSWORTH

52 steps for a more sustainable life

Live simply. Live Green.

Many of us are already doing what we can to adopt a greener lifestyle. We recycle, try to reduce our waste, and choose organic food. Yet we often wish we were doing more and it can be overwhelming to know where to start.

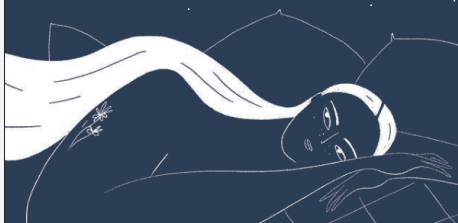
Live Green is a practical guide of 52 tips and changes you can make to your home and lifestyle over the course of a year. Tackling all areas of your life from home and garden, your cleaning routine, food, fashion, natural beauty, and how to celebrate an ethical Christmas, this book has all the ingredients to help you achieve a more sustainable existence.

JEN CHILLINGSWORTH has a love of nature and strives to protect it. She writes regularly about slow and simple living, eating seasonally, and green issues on her blog Little Birdie.

- Google has seen a 500% increase in the search term 'how to reduce plastic waste'
- There has been a flurry of articles and social media campaigns promoting plastic free living (#plasticfreetuesday & #plasticfreefriday)
- Sustainable has gone mainstream as leading market intelligence agency Mintel has identified

“True Silence is the rest of the mind, and is to the spirit what sleep is to the body, nourishment and refreshment.”

William Penn



THE BRAIN CHEMICALS THAT REGULATE SLEEP

The co-ordination of the sleep-wake cycle involves communication between different areas of the brain. The hypothalamus, thalamus, brainstem, basal forebrain and cerebral cortex are involved in the shift between sleep and wakefulness as well as the transitions between the sleep stages.

When the parts of the brain that control alertness are active, they inhibit the activity in the areas of the brain that are responsible for promoting sleep. Similarly, when the areas of the brain that produce sleep are most active, they inhibit the activity in areas of the brain that are responsible for promoting wakefulness.

The communication between the different parts of the brain that control sleep and wakefulness is carried out by hormones and neurotransmitters. The body's task of ensuring that those chemicals that promote sleep are not overwhelmed by those that stimulate alertness is an important one.

33

MINDFULNESS

Mindfulness involves bringing your attention to the present moment. Focusing on your current surroundings and taking in all experiences in a nonjudgmental way allows for the release of tension and worry. In addition to enhancing alpha brain wave activity, practising mindfulness has been shown to reduce pain, anxiety and depression. Enhanced immune system function and improvements in focus, attention, sleep and feelings of overall wellbeing have also been observed in those who regularly engage in the practice.

MEDITATION

Meditation is a technique that is used to bring about a state of calmness, relaxation and mental clarity. It is usually performed seated or lying down. There are many types of meditation and several exercises can be performed. There are those that encourage focus and drawing one's attention to their own body, the present (mindfulness), an object or a tranquil place. Some involve visualizations, while others require emptying the mind of all thoughts. Those who meditate regularly experience enhanced mood, sleep and energy levels.

40

BREATHING

We all breathe to live, but most of us do not take the time to notice our breath. Breathing deeply and fully can elevate us to a higher level of consciousness, as well as to a deeper and more nourishing state of unconsciousness (sleep). Focused breathing can reduce stress and improve the health of the mind and body.

MOVEMENT

Our bodies are made to move. We use motion every day to complete tasks and to maintain our physical health. What many people don't know is that movement is also important for our emotional and spiritual well-being. Light motion can ease tension and calm the mind. Whether it's the smooth movements of our muscles as we stretch or the gentle glide of our hand as we softly stroke the fur of a pet, delicately moving about relaxes us and enables us to absorb all that surrounds us.



In the realm of sleep, we do not attain alpha status by way of assertion. We do so through mindfulness, acceptance and letting our tensions go.

41

DRAFT COVER

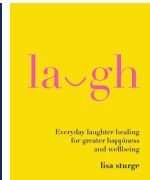
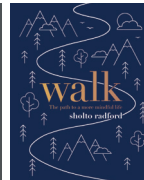
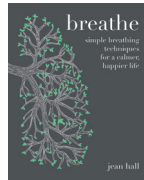


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Also available:
Breath 978 1 84949 774 9
Walk 978 1 78713 099 9
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SLEEP

LISA VARADI

The secrets of slumber

How to get the best night's sleep you've ever had

Sleep invites you to explore the benefits to be gained from the simple act of sleeping.

The body's natural way of healing, sleep nourishes the mind and body with its numerous health benefits. Whether you sleep like a baby or are a perennial insomniac, *Sleep* will explain why our body clocks are important, and delve into the four stages of sleep, from shallow to deep. You'll learn about why it's so important to get a good night's sleep, what *really* goes on when you're dreaming, and how to tackle the perpetual problem of insomnia.

So pyjamas at ready...it's time to get the best night's sleep you've ever had.

LISA VARADI is a Toronto-based naturopath and sleep coach with over a decade of experience treating insomnia and related sleep disorders. She implements sleep programs, conducts seminars and is frequently invited to speak to various groups about the importance of sleep.

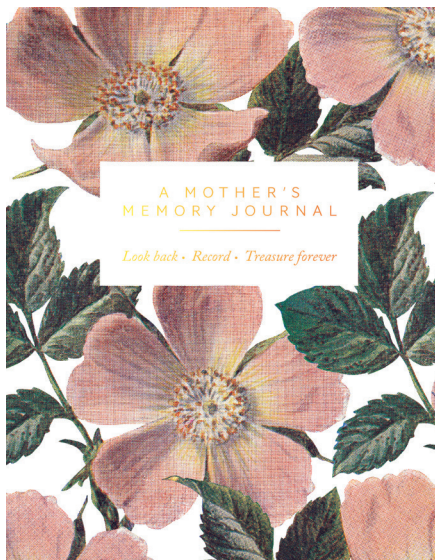
- Expert advice from a qualified Naturopath
- '50-70 million US adults have a sleep disorder' –American Sleep Association
- Sleep problems can affect overall health, wellbeing, and productivity

MEMORY JOURNALS

Too often precious memories, anecdotes, and family history get lost between one generation and another. Inspire your mother or grandmother to record memories of her own childhood, school days, family members, and experiences by giving her this beautiful journal.

Filled with over 150 questions and prompts to help her write about her life (as well as your part in it), this journal can be completed and returned to you as a keepsake to be enjoyed for years to come.

The journal also includes a ribbon marker, an internal gatefold for recording your family tree, some blank pages for sticking in old photos, and a pocket affixed to the inside back cover for other pieces of memorabilia.



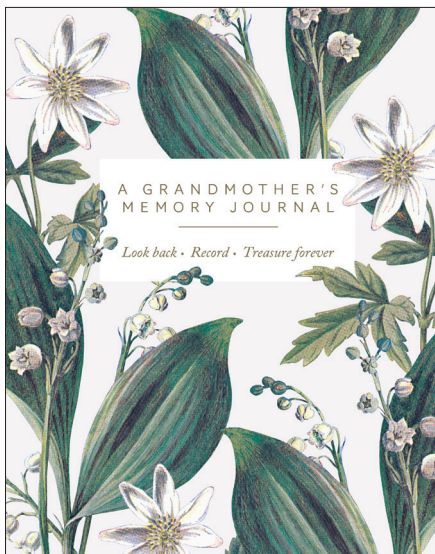
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A MOTHER'S MEMORY JOURNAL

Look back. Record. Treasure forever.



A GRANDMOTHER'S
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Look back. Record. Treasure forever.

Are there any family health issues we should discuss?

Is there an aspect of Christmas or other festivities that our family has always celebrated in a particular way?

Are there any family heirlooms that are particularly meaningful?

Which family traditions would you like us to continue?





I Like Birds is a Scottish brand producing bird-themed designs with universal appeal. Distilling the natural world into something simple and beautiful, *I Like Birds* blends a passion for aerial wildlife with fresh design to create products that are fawned over by nature lovers and the design cognoscenti alike. *I Like Birds* was named a competition finalist by the Brand Licensing Europe committee in 2016. All the stationery products are printed on environmentally friendly FSC paper.

I LIKE BIRDS: A PARLIAMENT OF OWLS FAMILY PLANNER

This spiral bound planner, wrapped in a recyclable polybag, contains 4 tabbed, ring-bound inserts including 52 non-dated weekly planner pages, tear-off shopping lists, monthly budget pages, notes for vacations/special occasions, a sticker sheet, and elastic closure to keep everything secure.

The cover design features a group of owls, otherwise known as a 'parliament'. Owls are generally solitary birds but come together for the mating season, during which some species have the same mate for life. The male and the female will take turns watching the eggs, tending the nest, and bringing food back to the young owlets.

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Illustrations throughout

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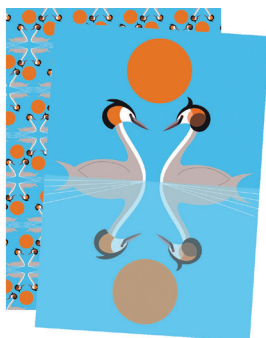
I LIKE BIRDS: NESTING SET OF TWO NOTEBOOKS

With designs featuring the Great Crested Grebe, noted for its elaborate mating display, this elegant pair of paperback notebooks is a must-have addition to any stationery lover's collection.

One notebook is lined, the other is plain. They are wrapped in a recyclable polybag.

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\$12.99 | 978 1 78713 237 5
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ISBN 978-1-78713-237-5



I LIKE BIRDS: FLYING PUFFINS GUEST BOOK

Use this beautiful 96-page hardback guest book to remember all of your guests at any event. It is wrapped in a recyclable polybag.

The cover features puffins in flight. Their short wings are adapted for swimming with a flying technique under water. In the air, they beat their wings very quickly, often flying low over the surface of the sea. Although puffins are rather vocal at their breeding colonies, they are silent when out at sea.

March 2019 | HC
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ENGLISH HERITAGE

English Heritage cares for over 400 historic monuments, buildings and places, from world famous prehistoric sites to grand medieval castles, from Roman forts on the edge of an empire to a Cold War bunker. Through these, they bring the story of England to life for over 10 million visitors each year. A contribution from the sale of this product helps them to secure this spectacular and unique heritage for future generations to enjoy.

ENGLISH HERITAGE: NOTEBOOK

The colorful floral design of this hardback notebook is a contemporary reproduction of 19th century chintz in the private family rooms of Osborne, the seaside retreat of Queen Victoria, Prince Albert, and their children on the Isle of Wight, England. The perfect size to fit into your purse, it has 128 lined pages and foil on the cover.

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\$14.99 | 9781787131811
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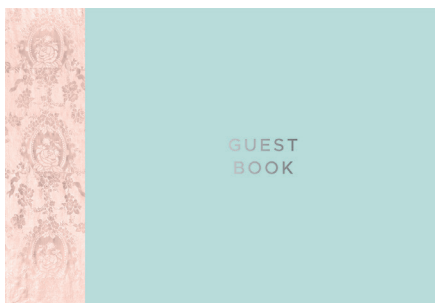


ENGLISH HERITAGE: GUEST BOOK

Inspired by original fabric and wallpaper detail at Brodsworth Hall and Gardens, a Victorian country house in South Yorkshire, England, this hardback guest book contains a ribbon marker and 96 deluxe cream pages. It provides plenty of space for recording guests' names, addresses, comments or memories. Perfect for birthdays and special occasions such as weddings, christenings, engagements, bar/bat mitzvahs, reunions, and anniversaries.

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\$19.99 | 9781787131828
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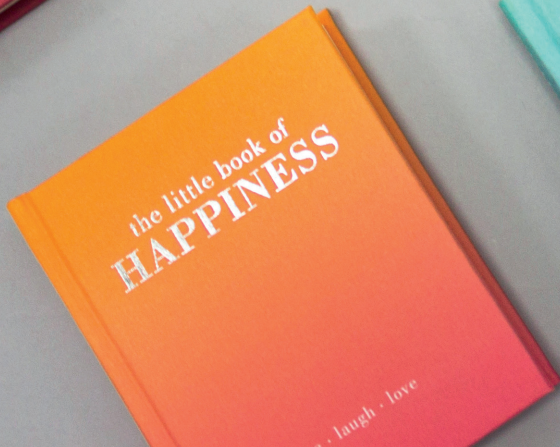
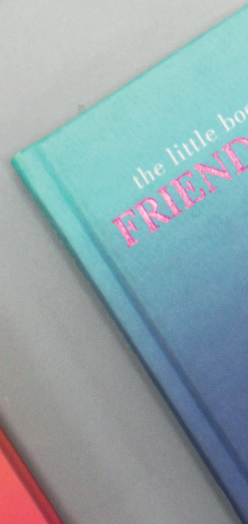
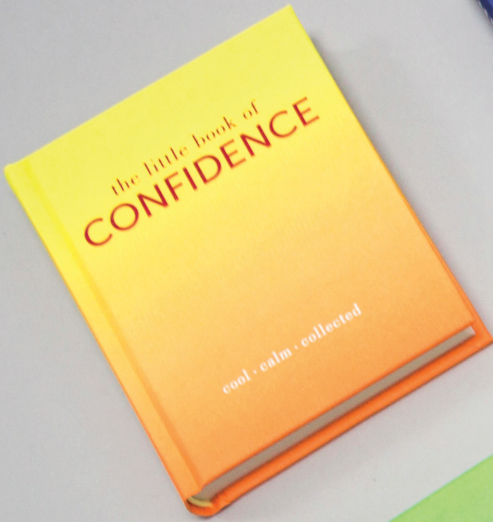
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This boxed set of 16 'Thank You' cards contains cards and matching envelopes in 4 different designs derived from original fabric and wallpaper interiors at Brodsworth Hall and Gardens, a remarkable example of a mid-Victorian country house in South Yorkshire, England. The message inside each card reads 'Thank You'.

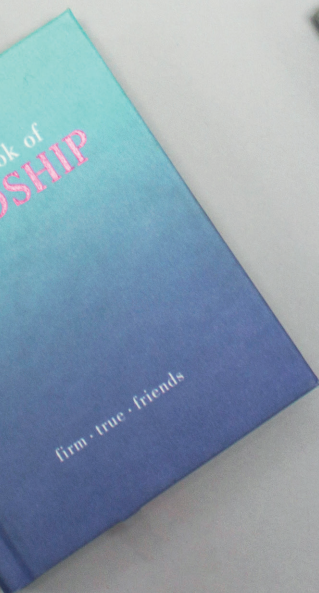
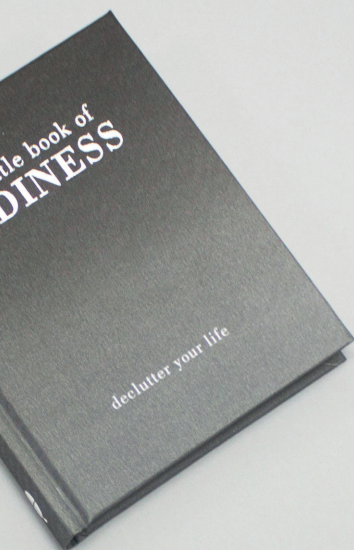
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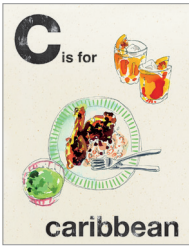




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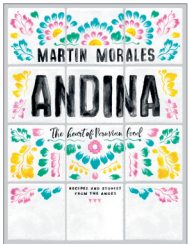
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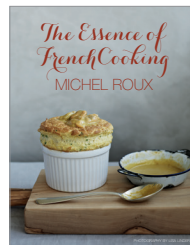
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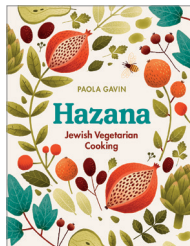
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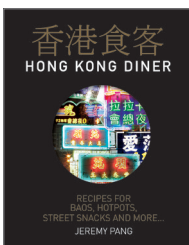
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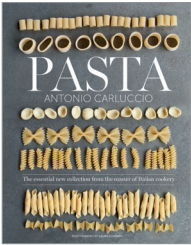
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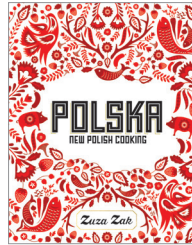
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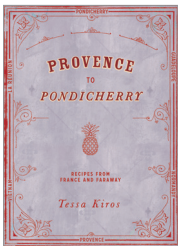
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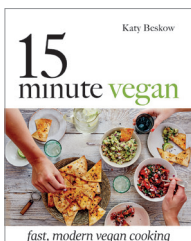


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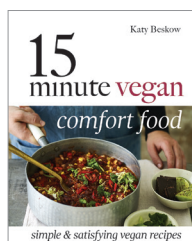


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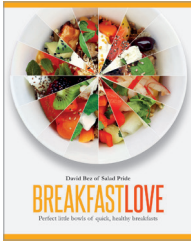
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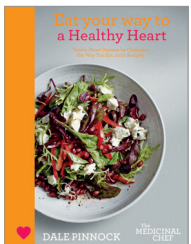
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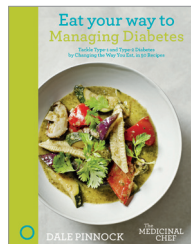
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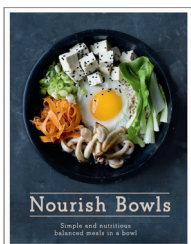
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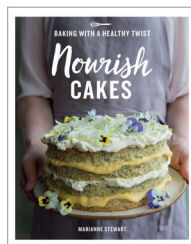
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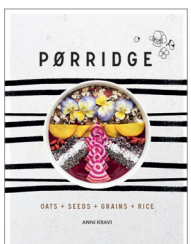
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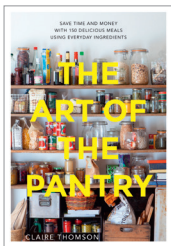


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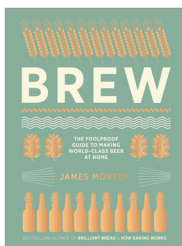


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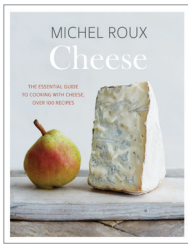
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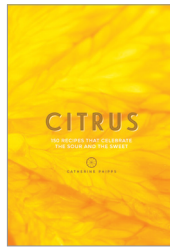


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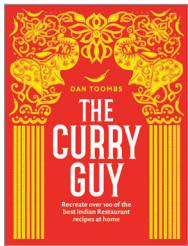


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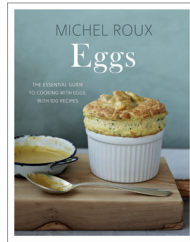
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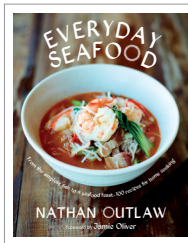


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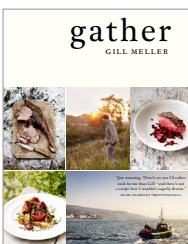


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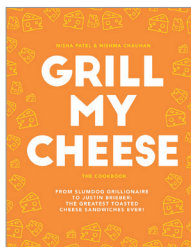
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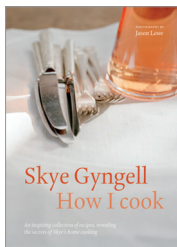
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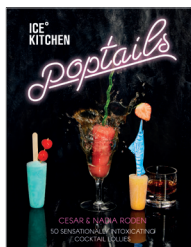
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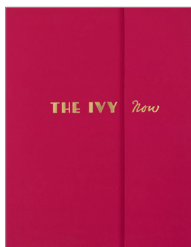
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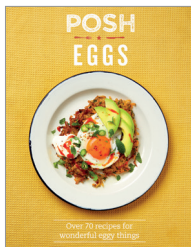
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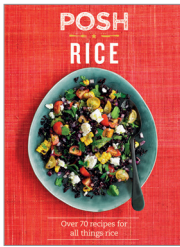
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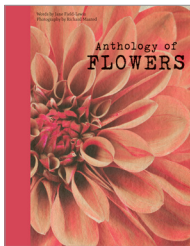


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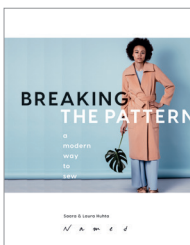
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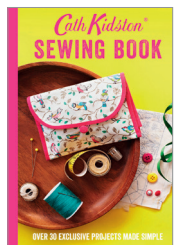
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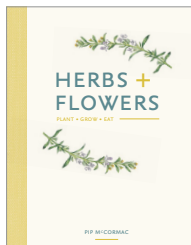
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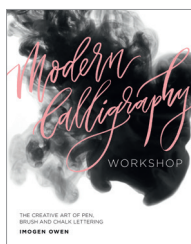


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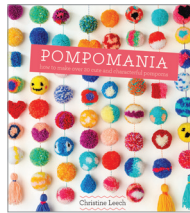
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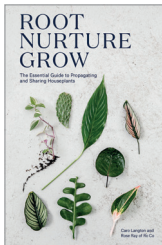
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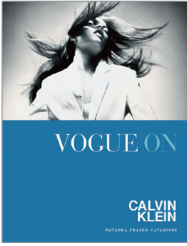
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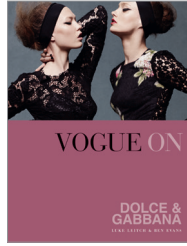




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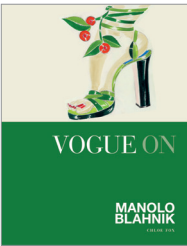
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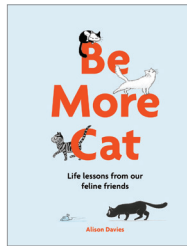
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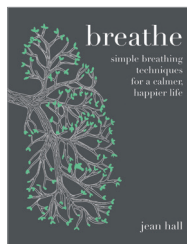
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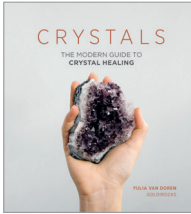


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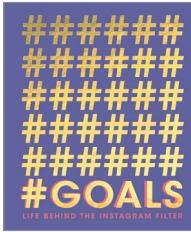
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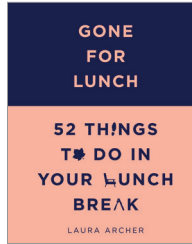
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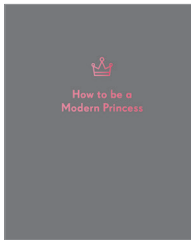
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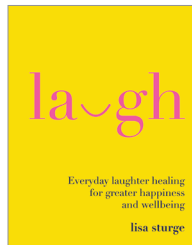
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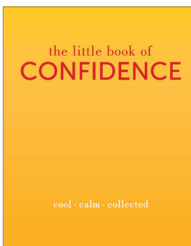
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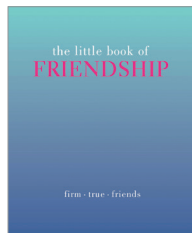
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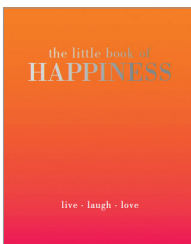
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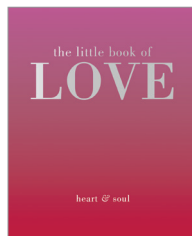
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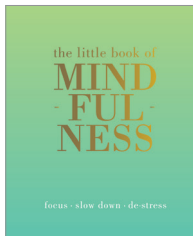
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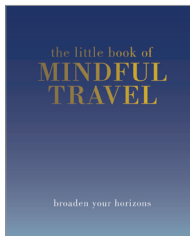




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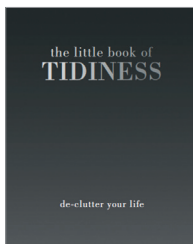
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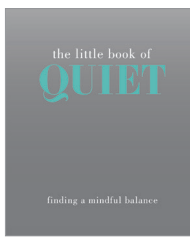
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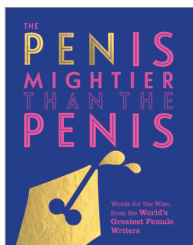
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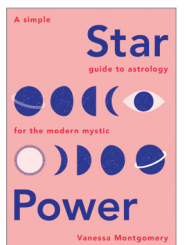
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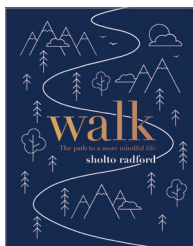
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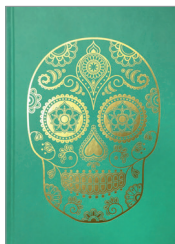


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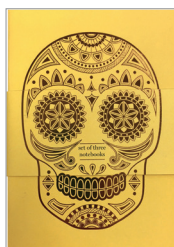
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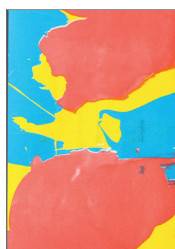
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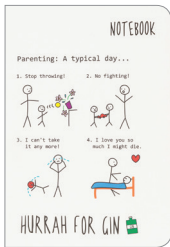
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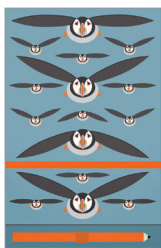




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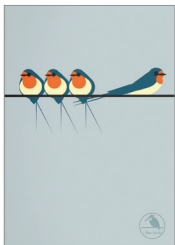
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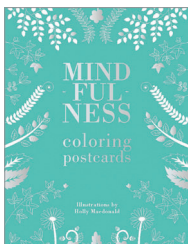
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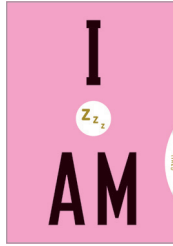




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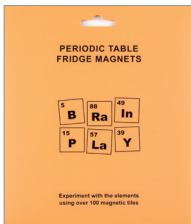
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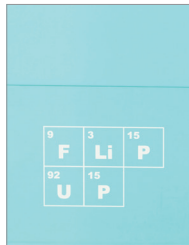
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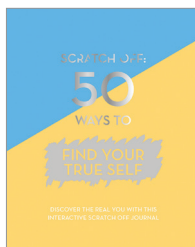
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