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KYLE BOOKS USA

FALL 2019 - WINTER 2020

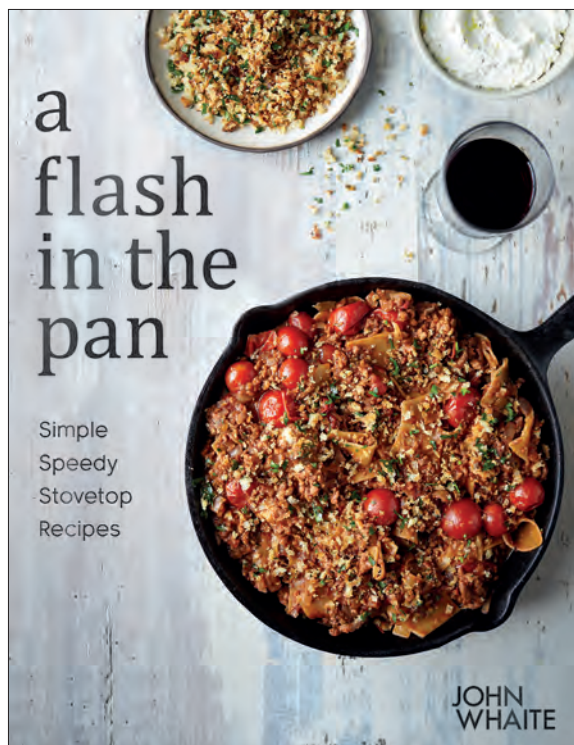


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OCTOPUS
BOOKS USA

K Y L E B O O K S U S A

FALL 2019 — WINTER 2020



A FLASH IN THE PAN

Simple, Speedy Stovetop Recipes

John Whaite

Speedy food can't be complicated - just a flash in the pan - so no trickery, just delicious but achievable recipes. This book offers exceptional dishes that can be rustled up without an oven; just pans and a stove are all you need to feed family and friends. In true John Whaite-style, *A Flash in the Pan* is brimming with interesting and innovative combinations – from Marmalade Brûlée French Toast and Bloody Mary Prawn Tacos to Saag Halloumi and Apricot, Whisky & Honey Cheesecake.



John Whaite won the third series of *The Great British Bake Off*, and now runs his own cookery school, John Whaite's Kitchen. His fourth book *Comfort* was chosen as a Book of the Year by BBC Radio 4's Food Programme. He has written regularly for *The Daily Telegraph*, *Delicious* and *aitrose Weekend and Kitchen*.

Also Available:



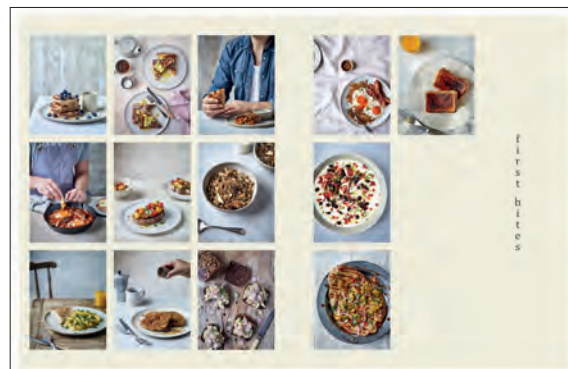
COMFORT

9781909487925
\$29.99 (HC)
\$32.99 in Canada



PERFECT PLATES IN 5 INGREDIENTS

9781909487598
\$29.95 (HC)
\$32.99 in Canada



9780857837141

September 2019
US \$24.99 CAN \$27.99
Hardcover
7 1/2" x 9 3/4"
192 pages



TAKE ONE CAN

80 Delicious Meals from the Storecupboard

Lola Milne

Our cupboards are full of cans – tomatoes, chickpeas, tuna, kidney beans, sardines, sweetcorn, even figs – that often are used as an addition to a recipe but never the main ingredient. *Take One Can* is a celebration of canned ingredients, offering 80 recipes that take one can and make it the focus of the meal.

Arranged to showcase the range of canned ingredients available, the chapters begin with the staple that is Beans and Pulses, followed by Tomatoes and Vegetables, which play a central role in countless dishes, then Fish, and finally Fruit and Sweet Cans. The last chapter offers a few tasty accompaniments to eat alongside your meal, such as quick chapatis and fig & red onion jam.

Lola's creative but simple recipes, such as cherry pie, sweetcorn fritters, Sri Lankan mackerel curry and pineapple, coconut & lime upside down cake make the absolute most of ingredients you will already have, topped up with one or two fresh ingredients. Substitutions are also suggested should you not have every ingredient on hand.

Save money, be creative and waste less food by looking in your cupboard instead of visiting the supermarket.



Lola's eyes were opened to the world of cookbooks, food photography and styling when she did work experience with Jamie Oliver and his food team. After school, she went to Glasgow School of Art and studied Fine Art Photography, though food continued to weave through her work there. After graduating she decided to return to the world of food styling and started working in the kitchens of cafes and bakeries while doing work experience with food stylists. She then progressed to assisting full time and then to being a stylist herself, expanding along the way into recipe testing and then writing.

9780857837189

September 2019

US \$14.99 CAN \$16.99

Hardcover

6" x 8 1/2"

160 pages



wagamama

**Restaurants
in Boston and
New York**

9780857837097

September 2019

US \$24.99 CAN \$27.99

Hardcover

7 1/2" x 9 1/4"

224 pages

WAGAMAMA FEED YOUR SOUL

**Fresh + Simple Recipes from the
wagamama Kitchen**

Feed your Soul includes more than 70 tempting recipes inspired by restaurant favorites. The dishes have been designed for every occasion, from rapid weekday meals to slow-cooked ramens and the art of making gyoza.

Sections include: The Basics, Lighter Meals, Nourish your Soul and Small Plates. Recipes range from sauces and accompaniments such as soy sauce, sriracha, wasabi, pickled ginger and Japanese curry paste to delicious salads such as harusame, packed with protein and crunch, or the ever popular yaki soba and bang bang cauliflower.

Since opening its first restaurant in 1992, wagamama has grown to become a much-loved global brand. With its Japanese ethos of Kaizen meaning 'good change' and its recipes based on the principles of egalitarianism, balance and simplicity, wagamama is a place where a bench, a bowl and fresh ingredients always provide a welcome.

wagamama restaurants are a global brand with restaurants worldwide in the UK, USA, Austria, Belgium, Bulgaria, Denmark, France, Italy, Netherlands, Norway, Slovakia, Spain and Sweden as well as UAE and New Zealand. wagamama was acquired in October 2018 by The Restaurant Group, owners of Frankie & Bennies, Garfunkels, Chiquito and Joe's Kitchen.

Also Available:

**THE WAGAMAMA
COOKBOOK**

9781904920236

\$24.95 (HB)

\$27.99 in Canada



shopping list

soy sauce light soy is generally best for cooking and is suitable for many of our recipes, dark soy has a stronger flavour than light soy and works well as a condiment.

sriracha sauce sriracha is a type of hot sauce or chili sauce made from a paste of chillies, vinegar, garlic, sugar and salt. sriracha makes a great dipping sauce and complements many asian dishes.

wasabi wasabi or japanese horseradish can be found in paste form and used as a powerful condiment for sushi and other foods. it is similar in taste to hot mustard or horseradish rather than chilli peppers as the heat is felt in the nose more than the tongue.

pickled ginger available in a jar and sometimes called sushi ginger, pickled ginger is made from sweet, thinly sliced young ginger that has been marinated in a mixture of sugar and vinegar. our savoury noodle dishes are complemented perfectly by the fresh kick of pickled ginger.

chilli paste a condiment made from fresh, dried or roasted red chillies, made into a paste and combined with oil, the paste may simply be seasoned with salt, or flavoured with garlic, onion, ginger or spices.

thai green curry paste traditional thai green curry paste is made with a blend of green chillies, shallots, coriander, garlic, Thai basil,

lemongrass, galangal, kaffir lime leaves, shrimp paste, spices and seasoning, all pounded into a smooth paste.

japanese curry paste japanese curry paste is typically made using a blend of spices including turmeric, coriander, cumin, fenugreek, pepper and chilli. it can be found in specialist supermarkets, but any mild indian curry paste will work as a substitute.

crispy fried onions crispy, light and crunchy, fried onions are widely available in supermarkets and used as garnish to add a savoury flavour and crunch to many asian dishes.



green curry paste



sriracha sauce



soy sauce



curry paste



crispy fried onions



wasabi



pickled ginger

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wagamama: feed your soul



harusame salad

ハスマームサラダ

This is a light, refreshing salad packed with protein and crunch.



1 chicken breast
100g glass noodles
50g / 2 handfuls pea shoots*
20g / 1 handful curly kale, roughly chopped
20g adzuki beans*
drained and rinsed
20g edamame beans, removed from pods*
20g mangelout, top and tail - finely sliced
1 medium carrot, grated
1 tbsp of good quality thai green curry paste
2 tbsp gyoza sauce (see page 25)
2 tbsp crispy fried onions
Torn fresh mint leaves to taste (optional)

*unable to source some of the ingredients? use these alternatives
pea shoots: baby spinach or watercress
adzuki beans: red kidney beans
edamame beans: garden peas

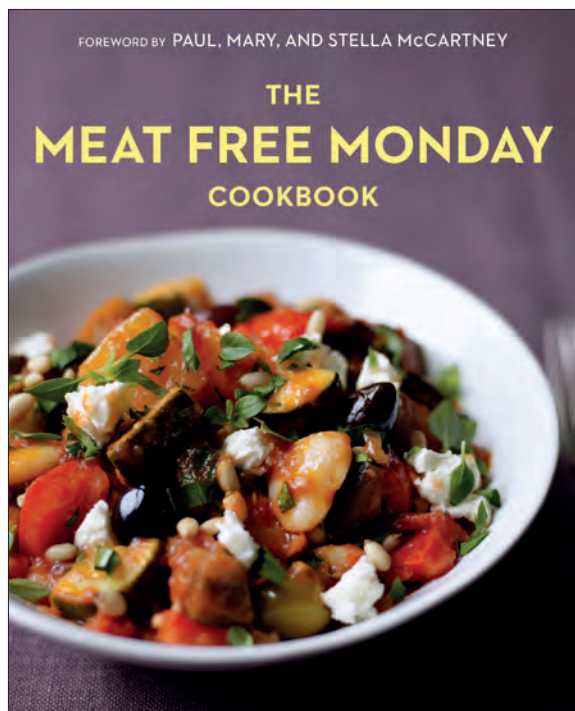
- 1 Pre-heat the oven to 200°C fan/390°F/gas mark 4.
- 2 Coat the chicken breast in the curry paste and place on a baking tray in the centre of the oven. Cook for 20-30 minutes or until cooked through. Once cooked, remove from oven and set aside to cool.
- 3 Place the rice noodles in a heatproof bowl and cover with boiling water. Soak the noodles for 10 minutes, drain and set aside.
- 4 Meanwhile add the kale, edamame beans and mangelout to a pan of boiling water and cook for 3-5 minutes, the vegetables should still have some crunch. Strain and set aside.
- 5 Add the carrot to a large bowl with the noodles, pea shoots, kale, adzuki beans, edamame beans, mangelout.
- 6 Once the chicken has cooled, shred using two forks and combine with the noodle mixture.
- 7 Drizzle two tablespoons of gyoza sauce over the mixture and stir through to coat the ingredients. Add more to taste.
- 8 Divide between two plates and scatter over torn fresh mint leaves and crispy fried onions.

top tip to make your salad vegetarian or vegan replace chicken with 1 packet of firm tofu.

wagamama: feed your soul



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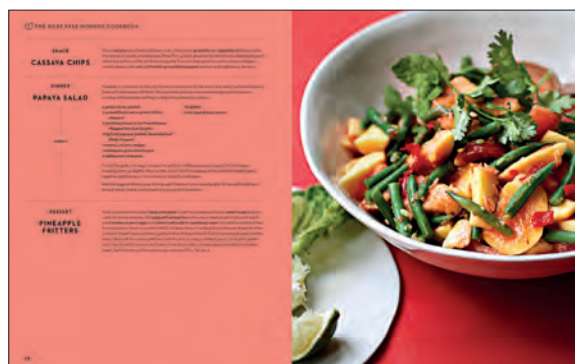
THE MEAT FREE MONDAY COOKBOOK

Foreword by Paul, Stella, and Mary McCartney

The Meat Free Monday Cookbook proves how simple it is to eat less meat by including irresistible vegetarian menus for every week of the year—two main dishes, plus four other ideas for each meal of the day.

Packed with recipes, such as Fruity Quinoa, Mexican Cornbread, Warm Halloumi, Apple and Radish Salad, Double Choc Crackle Cookies, and Gingerbread Cake, as well as vibrant spring soups, inventive summer salads, appetizing autumn bake goods, and comforting winter stews, it includes contributions from Paul, Mary, and Stella, as well as from celebrity and chef supporters, such as Skye Gyngell, Giorgio Locatelli, Yotam Ottolenghi, and Vivienne Westwood. It really is the perfect recipe book for anyone who cares about their health, the environment, and seriously delicious food. www.meatfreemondays.com

@MeatFreeMonday



The Meat Free Monday Campaign, launched by **Paul, Mary, and Stella McCartney** in 2009, has been a trailblazer, and magazines, restaurants, hospitals, colleges, workplaces, celebrities, and entire communities have pledged their support. Furthermore, almost every health

study published in recent years has proved that eating a more plant-based diet improves body weight, blood pressure, and blood sugar and shows that having at least one meat-free day a week is essential for anyone wanting to enjoy a healthy life.



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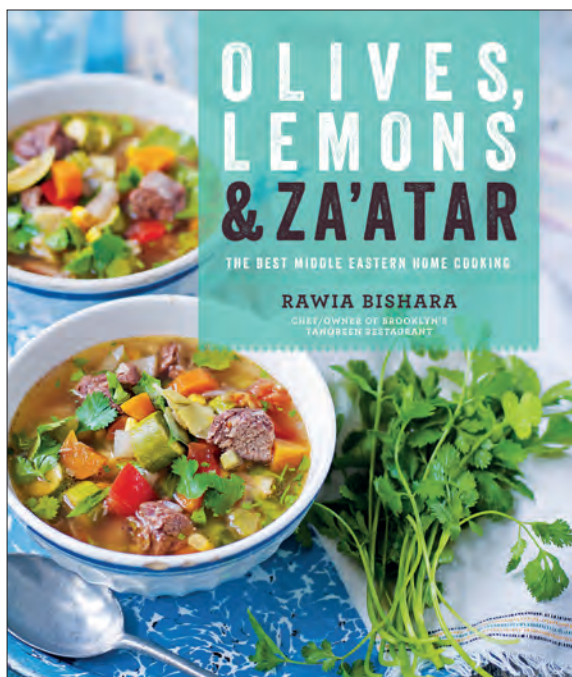
September 2019

US \$24.99 CAN \$27.99

Hardcover

10" x 8"

240 pages



Rawia Bishara opened Tanoreen in 1998 as a tribute to her mother's rich culinary heritage, and over the years it has won countless accolades. She teaches at the renowned DeGustibus Culinary School and her recipes have appeared in *Plate Magazine*, *New York Magazine*, and *The New York Times*. In 2017, Rawia was nominated for the James Beard Foundation award for Best Chef, New York City.



Also Available:

LEVANT

9781909487727
\$34.95 (HC)
\$44.95 in Canada

9780857837578

September 2019
US \$29.99 CAN \$32.99
Hardcover
9 7/8" x 8 1/4"
224 pages

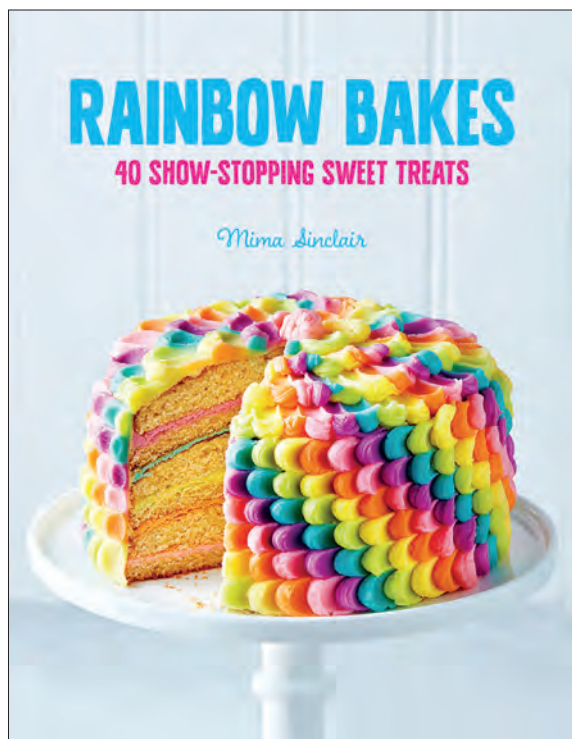
OLIVES, LEMONS & ZA'ATAR

The Best Middle Eastern Home Cooking

Rawia Bishara with Jumana & Tarek Bishara

Tangy lemony tabbouleh, smoky, rich baba ghanouj, beautifully spiced lamb shank . . . the recipes in *Olives, Lemons & Za'atar* provide something irresistible for every occasion. These dishes represent the flavors of Rawia's Middle Eastern childhood with recipes that have been faithfully copied from family cookbooks (her mother's most treasured harissa), and then developed with a creative flourish of her own. Her food is deeply personal, so although she includes the classics, there are also Mediterranean influences that come from summer vacations in Spain and living in Bay Ridge, the old Italian neighborhood in Brooklyn. The result is a sensational cross-cultural mix and provides you with everything you need—pickles, yogurt, bread, mezze, salads, stews, etc.—to enjoy the best home cooking and share the most convivial Middle Eastern hospitality.





RAINBOW BAKES

40 Show-Stopping Sweet Treats

Mima Sinclair

Taste the rainbow with this celebration of color and creativity! Mima Sinclair has pulled out all the stops in creating a collection of delicious cakes, cupcakes, cookies, small treats, and desserts that will brighten anyone's day.

Rainbow design is on trend with their frivolity and vibrancy creating a feel-good factor that is infectious and a perfect antidote to the depths of a cold winter. As always with Mima, she includes helpful tips and techniques, so you can make your creations with confidence. Including a Christmas Ombré Crepe Cake, Rainbow Yule Log, Disco Dip Valentine's cookies, a Piñata Cake filled with hidden sweets, Marshmallow Funfetti Blondies, a Macaroon tower, Multicolored Meringues, and, of course, the ultimate Rainbow Layer Cake, this book contains inspirational recipes that will bring happiness to any occasion.



Mima Sinclair is a food writer who has cooked, tested, written, and developed recipes for numerous cookbooks, Sainsbury's magazines, and worked with a number of top chefs. This is her third book with Kyle Books, following the best-selling *Mug Cakes* and

Gingerbread Wonderland. Since going freelance, she has contributed to many food-related stills, video, publishing, and packaging projects.



9780857837547

September 2019

US \$12.99 CAN \$14.99

Hardcover

6" x 8"

112 pages



GINGERBREAD WONDERLAND

30 Magical Houses, Cookies & Bakes

Mima Sinclair

Turn your kitchen into a magical winter world with 30 ideas, ranging from cute gingerbread families to a delicious chocolate birdhouse and an edible star wreath.

Packed with fun cookies and sticky gingerbread cakes, plus handy tips on how to avoid mistakes, create edible glue, and utilize the included templates. The book provides all the traditional Christmas favorites, such as a Hansel & Gretel House. There are also contemporary creations, such as Mini Coffee Cup Houses, Glass Pressed Cookies, and a 3D Christmas Tree. Make perfect treats to slip into lunch boxes, serve to friends with coffee, give as gifts, or show off as your holiday centerpiece.



9780857837561
September 2019
US \$12.99 CAN \$14.99
Hardcover
6" x 8"
112 pages

CUSTOMIZE YOUR CLOTHES



EMMA WARREN

CUSTOMIZE YOUR CLOTHES

20 Hand Embroidery Projects to Update Your Wardrobe

Emma Warren

Embroidered clothes add a bit of delightful extra personality to your wardrobe, so instead of spending money on new commercially embroidered clothes, why not customize your own with the exact design you want?

Customize Your Clothes is a beautiful gift title featuring 20 projects for personalizing your clothes with hand embroidery. Using a range of techniques, materials, and designs, this book guides you through which tools to use, which stitches work best with certain designs, and also teaches you how to embellish with a range of materials to add a special personal statement to your items.

Projects, which include a plant T-shirt, a slogan tote bag, beaded collars, and a monogrammed sweater, make up this collection of ideas and inspiration for personalizing your wardrobe. Designs range from embroidering an image of your pet on your T-shirt to decorating your sweater with pompoms.

By customizing your own clothes, you will have a unique collection of items all embroidered to your taste of color, style, and design, and without spending a fortune.



Emma Warren studied textile design, specializing in embroidery, for her BA honors degree. After graduating, she worked freelance for many studios and designers, such as Harlequin Design, before starting her own business of embroidered clothing and accessories in 2016. She has a dedicated following of young girls and women that are repeat customers and also like to follow her and her blog through social media.

By customizing your own clothes, you will have a unique collection of items all embroidered to your taste of color, style, and design, and without spending a fortune.



9780857836861

September 2019

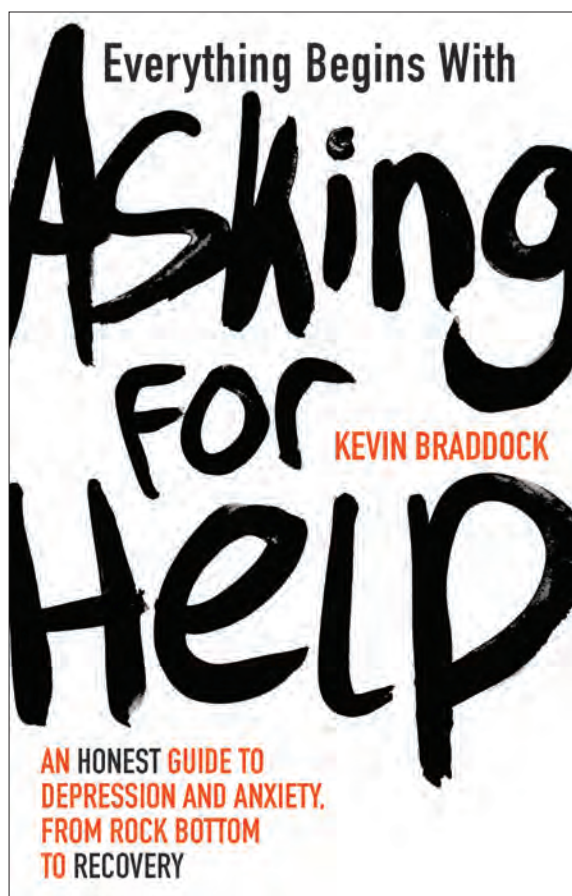
US \$14.99 CAN \$16.99

Hardcover

6" x 8 1/2"

112 pages





EVERYTHING BEGINS WITH ASKING FOR HELP

An Honest Guide to Depression and Anxiety, from Rock Bottom to Recovery

Kevin Braddock

An honest guide to depression and anxiety, from rock bottom to recovery, from someone who has been through it and come out the other side.

Everything Begins with Asking for Help is a frank, insightful, and thought-provoking book on mental health, drawing on the author's own experience of a severe mental breakdown and sharing the recovery tools he has developed in partnership with various medical professionals and mental health experts.

Kevin shares his own story to give the book a vital human element, explaining how his fast-paced life in Berlin, Germany, as a successful magazine journalist was brought to a sudden halt by a major depressive episode. In this dark time, Kevin reached out to friends for help, and it was that act—asking for help—that set him on the long road to recovery.

Building on this narrative, Kevin leads the reader through the stages of asking for help; learning to listen; the physical, emotional, and mental elements of recovery; and how to maintain stable mental health at home and at work. Written with warmth, honesty, and compassion, this is a valuable resource for anyone who needs help and doesn't know where to begin.



Kevin is a writer and editor with 20 years of experience at titles, including *GQ*, *Esquire*, *The Guardian*, *The Face*, *Vogue*, and *Sleek* (Berlin), where he was editor in chief.

Since his breakdown and recovery, he has completed qualifications in coaching and

mentoring from University College London and in humanistic and psychodynamic counseling from Goldsmiths, University of London. In 2017, Kevin self-published a magazine about his story called *Torchlight*, which has since sold more than 1,500 copies and been featured in other publications, such as the *Observer*. He continues to promote and develop the *Torchlight* system, including practice cards that help users try out his techniques and advice.

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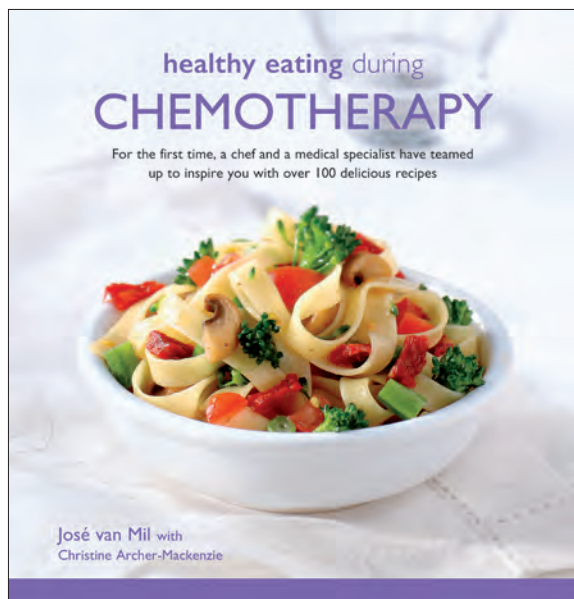
September 2019

US \$12.99 CAN \$14.99

Hardcover

5" x 7 ¾"

208 pages



HEALTHY EATING DURING CHEMOTHERAPY

For the first time, a chef and a medical specialist have teamed up to inspire you with over 100 delicious recipes

José van Mil with
Christine Archer-Mackenzie

Devised by a chef and based on nutritional advice, this much needed cookbook is for people whose lives are touched by chemotherapy. It contains more than 100 recipes, divided into chapters that focus on all important textures, such as Smooth, Soft with a Bite, and Crispy, and temperatures to help the patient or caregiver choose those dishes that will probably be enjoyed the most. Teaming with practical tips and a Good Food List, it is not only an easy, flexible, and appetizing guide but also a source of inspiration for both patient and caregiver alike.



José van Mil grew up in her father's restaurant and trained at the Cordon Bleu Cookery School in London. She currently works as a food stylist and culinary consultant to a number of food brands. She has written for *Pink Ribbon* and cooked for her husband when he went through his chemotherapy treatment.

Christine Archer-Mackenzie is a radiologist and psychologist in the field of cancer. When her husband was diagnosed with cancer, she developed a particular interest in eating problems and nutrition.



9780857837523

September 2019

US \$16.99 CAN \$18.99

Paperback with flaps

8 5/8" x 8 1/4"

160 pages



HEALTHY EATING TO REDUCE THE RISK OF DEMENTIA

100 fantastic recipes based on extensive, in-depth research

Margaret Rayman, Katie Sharpe, Vanessa Ridland, and Patsy Westcott

Dementia affects nearly 36 million people worldwide, with 7.7 million new cases every year. It has a dramatic and devastating impact on people with the condition and their families. There is evidence, however, that a healthy lifestyle, especially in midlife, can help to reduce the risk of developing dementia. In this much-needed book, Margaret Rayman and her team of nutritional experts lay down some clear and effective guidelines, based on original research, to show you how to adapt your diet and lifestyle to help protect you against this disease—and with clear guidance and 100 delicious recipes, this book makes it easy.



Margaret Rayman is Professor of Nutritional Medicine at the University of Surrey. Katie Sharpe and Vanessa Ridland are dietitians, and Patsy Westcott is a health writer and nutritionist.



9780857837530

September 2019

US \$16.99 CAN \$18.99

Paperback with flaps

8 5/8" x 8 1/4"

176 pages



ANNIE BELLS'S BAKING BIBLE

Over 200 triple-tested recipes that
you'll want to cook again and again

Annie Bell

In this beautiful book, Annie Bell explains the techniques that produce perfect results every time, covering everything from cakes, brownies and meringues, to tarts, pies and pancakes. With sweet treats for all occasions, Annie shares fail-safe recipes that will ensure your cakes never fail to rise and your pastry is always perfect. From The Ultimate Chocolate Brownies, Rocky Road Slab and Cherry Pound Cake to Tiramisu Torte, Retro Lemon Cheesecake and Big and Fruity Scones, with over 200 delicious recipes packed into one practical volume, this is an indispensable guide to becoming a brilliant baker. It is the only baking book you will ever need.



Annie Bell spent several years as cookery writer for *Vogue*, then as food writer on the *Independent*.

Also Available:



THE MODERN DAIRY

9780857833587
\$27.95 (PB)
\$35.95 in Canada



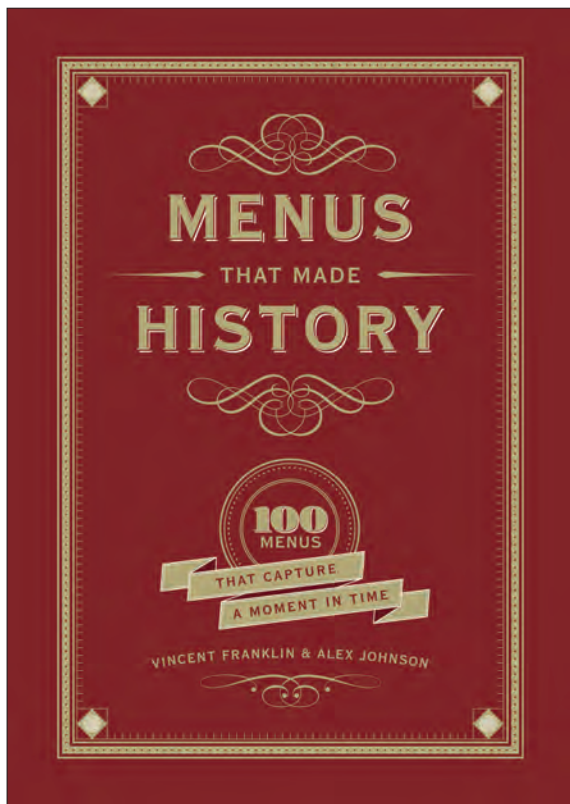
LOW CARB EXPRESS

9780857834355
\$19.99 (PB)
\$21.99 in Canada



9780857837479

September 2019
US \$29.99 CAN \$32.99
Hardcover
8 1/2" x 9 3/4"
336 pages



This fascinating miscellany of menus from around the world will educate as well as entertain, delighting both avid foodies and the general reader.



Vincent Franklin is an actor (*Bodyguard*, *Happy Valley*, *The Thick of It*) and creative partner at communications agency Quietroom.



Alex Johnson is the author of *Shedworking* and *The Book of Book Lists*. He has been part of the online team at the *Independent*, the UK-based newspaper, since 2007 and runs the Shedworking (www.shedworking.co.uk), 'Bookshelf' (www.onthebookshelf.co.uk), and

The Micro Life (www.themicrolife.co.uk) blogs.

9780857835284

October 2019

US \$19.99 CAN \$21.99

Hardcover

6" x 8 1/2"

224 pages

MENUS THAT MADE HISTORY

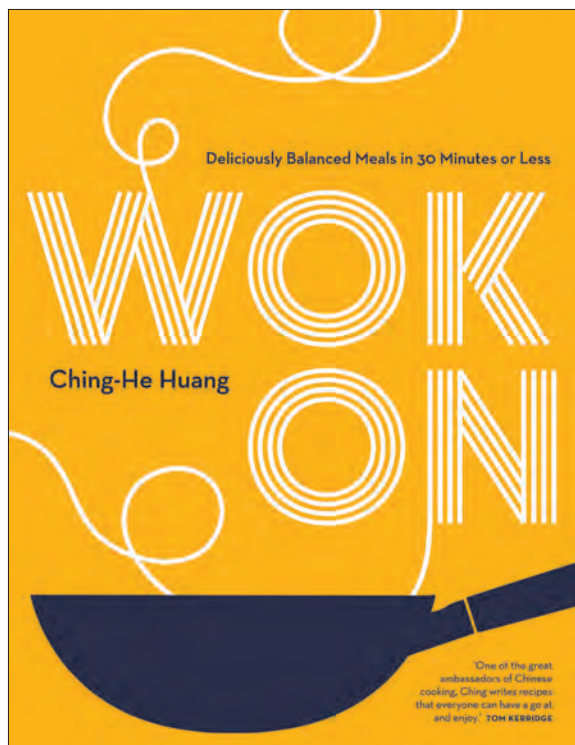
100 Menus that Capture a Moment in Time

Vincent Franklin & Alex Johnson

Delve into this captivating collection of the world's 100 most iconic menus, which reveal not only the story of food but periods of history, famous works of literature, notable events, and celebrity figures.

Each menu provides an insight into its particular historical moment—from the typical food offered in a nineteenth-century workhouse to the opulence of King George IV's gargantuan coronation dinner. Some menus are linked with a specific and unforgettable event, such as the *Hindenburg's* last flight menu or the variety of meals offered for first, second, and third class passengers on board RMS *Titanic*, while others give an insight into transport and travel with the luxury lunch on board the Orient Express. In addition to the menus, there will be a collection of 15 recipes for you to follow. Also included are literary occasions, such as Charles Dickens's 1868 dinner at Delmonico's restaurant in New York City as well as the purely fictional and fantastical fare of Ratty's picnic in *The Wind in the Willows*.





**As seen on
The Today
Show**

9780857837127

October 2019

US \$24.99 CAN \$27.99

Hardcover

7 1/2" x 9 3/4"

208 pages

WOK ON

Deliciously Balanced Meals in 30 Minutes or Less

Ching-He Huang

Fast, fresh and fun dishes are at the heart of this book, a celebration of the wok, demonstrating its versatility and featuring recipes from across Asia, including Taiwan, Hong Kong, Malaysia and Vietnam. This modern collection of recipes, from dumplings and curries to stir-fries, is simple enough for every day and every cook. Each dish can be made in 30 minutes or less and has been created with nutrition, taste and affordability in mind.

Asian dishes typically include lots of vegetables and Ching has kept to this, ensuring that many of her recipes are suitable for vegetarian and vegans as well as those with gluten and dairy allergies. Fresh produce and ingredients that are readily available in supermarkets are also key to these dishes, which feature steam-frying, flash-frying, braising and stir-frying.

A stunning and accessible guide, *Wok On* will inspire you, showing you how to wok this way.



Ching-He Huang was born in Taipei, Taiwan.

An Emmy-nominated TV chef, her culinary ethos is to use fresh, organic, ethically sourced ingredients to create modern dishes that fuse Chinese tradition with innovation and are also accessible to home cooks. Her TV series include

Chinese Food Made Easy, *Chinese Food in Minutes*, *Exploring China* and *Ching's Amazing Asia*. She is the author of eight cookbooks including *Stir Crazy*, *Eat Clean: Wok Yourself to Health*, *Exploring China*, *Ching's Fast Food*, *Everyday Easy Chinese*, *Ching's Chinese Food in Minutes*, *Chinese Food Made Easy* and *China Modern*. She appears regularly on TV in both the UK and US, including *The Today Show*.

Also Available:

STIR CRAZY

9781909487673

\$24.95 (HC)

\$31.95 in Canada





SPICY PRAWN CHOW MEIN

For the noodles

400g dried soybean noodles or thin wheat flour noodles
1 tablespoon toasted sesame oil

For the prawns

2 tablespoons groundnut oil
1/2 teaspoon toasted ground Sichuan pepper
2 medium red chillies, deseeded and finely chopped
2 spring onions, finely chopped
250g shelled raw tiger prawns, deveined, heads removed, tails on
100g beansprouts, washed a small handful of coriander

For the sauce

50ml vegetable stock
2 tablespoons low sodium light soy sauce
1 tablespoon toasted sesame oil
1 tablespoon chinkiang black rice vinegar or clear rice vinegar
1 teaspoon chilli bean paste
1 tablespoon chilli oil
1 tablespoon cornflour

For garnish

1 spring onion, top and tailed, sliced 1cm on a deep angle

This is a winner dinner! Woks in less than 10 minutes, uses your noodle and store cupboard ingredients and is great for all year round! I have used beansprouts but you could use any seasonal vegetables of your choice.

Serves 2 kcal 400 carbs 49.5g protein 25.4g fat 15.2g

Put all the sauce ingredients into a jug and mix well.

Cook the noodles according to the packet instructions and drain well. Drizzle over a tablespoon of toasted sesame oil to prevent them from sticking together.

Heat a wok over a high heat, add the groundnut oil, give it a swirl and then add the Sichuan pepper, chillies and spring onion and toss for a few seconds. Then add the prawns and cook for 1 minute. Pour in the sauce, bring to the boil and then add in the noodles and toss together well. Add the beansprouts and give it one last toss and serve immediately. Garnish with spring onion slices.



8 WOK ON



CRISPY SWEET SPICY CHICKEN WITH GREEN PEPPERS

450g skinless, boneless chicken thighs, sliced to 5cm strips

1 tablespoon chilli bean paste

1 tablespoon cornflour

sunflower oil, for deep frying

sea salt

1 large green pepper, deseeded and sliced into 1cm strips

1 white onion, peeled and cut into half-moon slices

3 long dried chillies

2 tablespoons low sodium light soy sauce

3 tablespoons sweet chilli sauce

juice of 1/2 orange

1/2 teaspoon dark soy

For garnish

1 spring onion, top and tailed, sliced into shards

This is a delicious wok dinner and beats the takeaway anytime!

The quick "pass through the oil" technique is a great Chinese wok tip and gets the chicken and peppers wokked in no time, but you could also stir fry the chicken until cooked, add the onion, peppers and then add the sauce - but if you're in a hurry, this is super speedy and makes you feel like a Chinese streetfood wokker!

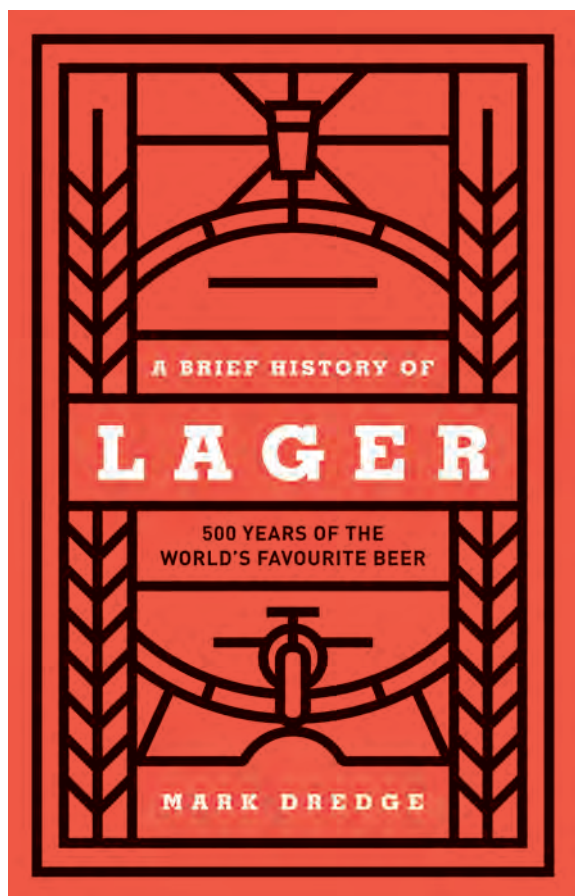
Serves 2 kcal 450 carbs 54g protein 30.1g fat 19.7g

Place the chicken strips in a large bowl and season with the chilli bean paste. Mix well and then add 1 tablespoon of cornflour. Toss until the chicken has absorbed the cornflour.

Heat a wok over a high heat. Fill a third of the wok with oil and heat to 180°C. Swirl the chicken pieces in the oil and cook until it is golden brown. Fry in batches until all the pieces are cooked. Drain the chicken in a heatproof colander set over a heatproof bowl. Cook and drain the peppers in the same way.

Reheat the wok over a high heat and add 1 teaspoon of oil. Add the onions and chillies and wok fry for a few seconds to release their aroma. Add the light soy, sweet chilli sauce, orange juice and dark soy and bring to the bubble. Add in the chicken and peppers and toss together to coat well. Serve immediately with jasmine rice.

10 WOK ON



Mark Dredge is a writer and beer expert. He has written five books, including his bestselling *Craft Beer World*, *Beer and Food* and *The Beer Bucket List*, and numerous articles on the topic, while also appearing on Channel 4's *Sunday Brunch* to share his knowledge. He has won many awards for his work, including the British Guild of Beer Writers' Beer and Food Writer of the Year Award in 2016, 2014, 2013 and 2011.

A BRIEF HISTORY OF LAGER

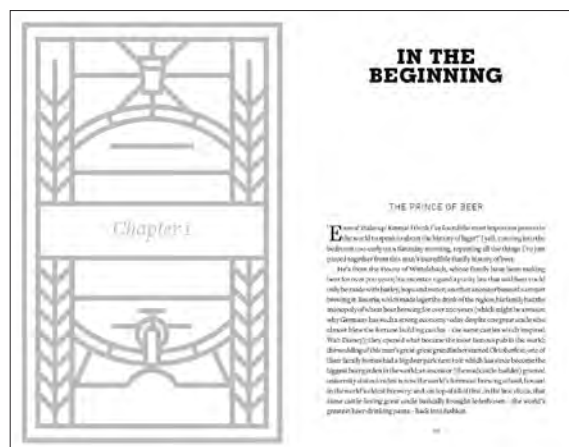
500 Years of the World's Favourite Beer

Mark Dredge

Beer has been brewed and drunk for 10,000 years, but those earliest beers (think dark, soupy and sour) would've been unrecognizable to modern lager drinkers expecting something bright, effervescent and golden. Despite beer's history, which is as old as civilization, lager is a relative newcomer, ostensibly first brewed around 500 years ago, while those pale, lively lagers that we know so well today didn't arrive until the middle of the 19th century and weren't widespread until over a hundred years later.

In this fascinating book, beer expert Mark Dredge dives into the history of this well-loved drink. Discover: what, exactly, a lager is; how it was first brewed and how it would have tasted; what beer was like before the birth of lager; and what role was played by German monks and kings in the creation of the drink we know so well today. From the importance of 500-year-old purity laws to a scrupulously researched exploration of modern beer gardens, Mark has delved deep into the story of the world's favorite beer.

From 16th Century Bavaria to the recent popularity of specialist craft lagers, *A Brief History of Lager* is an engaging and informative exploration of a classic drink.



9780857835239

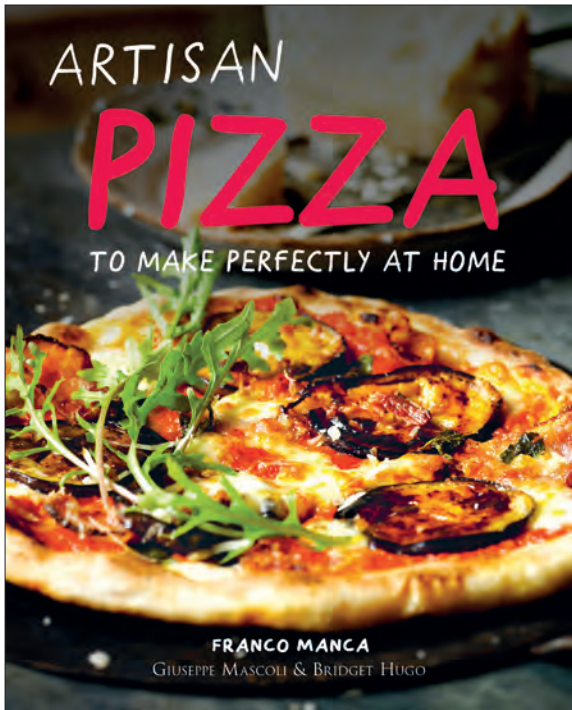
October 2019

US \$19.99 CAN \$21.99

Hardcover

5 1/4" x 8 1/2"

224 pages



ARTISAN PIZZA

To Make Perfectly at Home

Giuseppe Mascoli & Bridget Hugo

Franco Manca's owners, Giuseppe Mascoli and Bridget Hugo, know that the best pizza in Italy comes from Naples, so they have therefore gone back to Giuseppe's Neapolitan roots, where making pizza is all about simple things (bread, tomato, cheese) and simple steps (make the dough, let it rise, flatten it, add topping, bake in the oven), all using the best ingredients to produce pizza of exceptional quality.

Aimed at the home cook who doesn't have a traditional wood-burning oven, Giuseppe and Bridget have tailored their recipes so you can use a cast iron skillet or a heavy baking sheet and still get great results.

Their famous, slow-rising sourdough recipe produces a soft and easily digestible crust, and there are 50–60 recipes with seasonal variations plus fritti (fried appetizers) and salads, as well as tips and techniques for making your own flavored oils, preserving your tomatoes, and curing your own meat. Without a doubt, this is the closest you'll come to the real deal in your home kitchen, and in your personal quest for perfect pizza.



Giuseppe Mascoli is the co-owner of the thriving pizza chain Franco Manca, with restaurants in several locations in London. He also runs a successful wine supply company and owns Blacks, the Soho private members' club popular with journalists and artists.

Bridget Hugo, his restaurateur partner, is a singer, artist, activist, and winner of the Young British Foodies 2012's "New Best Alchemist of the Oven" for her Bread Bread bakery, which bakes for restaurants such as Brunswick Café.



SAUSAGE WITH WILD BROCCOLI

STRENGTH, AND JENSEN

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Journal of Internal Medicine 247: 395–402

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2. *Chlorophyll b* (mg/g)
3. *Chlorophyll a + b* (mg/g)

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Journal of Internal Medicine 247: 351–357

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9780857837516

October 2019

US \$19.99 CAN \$21.99

Hardcover

9 1/4" x 7 7/16"

128 pages



THE SCENTED CANDLE WORKSHOP

Creating your perfect home fragrance, from wax to wick

Niko Dafkos & Paul Firmin

A stylish yet practical guide to creating unique scented candles at home for the modern reader.

In this beautiful book, Paul and Niko of Earl of East London share the secrets behind the gorgeously scented candles they create at their studio. As well as the basic steps to preparing and pouring candles at home, the book includes a fascinating exploration of the art of building scent, so that the reader can create their own signature fragrances. Paul and Niko are devoted to capturing memories and feelings in scent, and in this book you can learn how to combine different essential oils to trigger different emotions and memories, whether that is the recollection of a childhood vacation conjured up by a hint of mandarin and seaweed, or an imagined walk in your grandparents' vegetable garden scented with basil and parsley.

Not only is candle making and scent development a wonderfully relaxing craft, it is also a unique way to create personalized gifts or to create a signature scent for your own home or special event.



Niko and Paul started Earl of East London in 2014 as a side hustle to their roles in advertising. Since then, the couple have launched a successful candle line with 130 retailers worldwide. Paul is from the north of England, while Niko is from Germany with Greek heritage. They enjoy brand partnerships with Peroni, Canon, Topman, and Lululemon.



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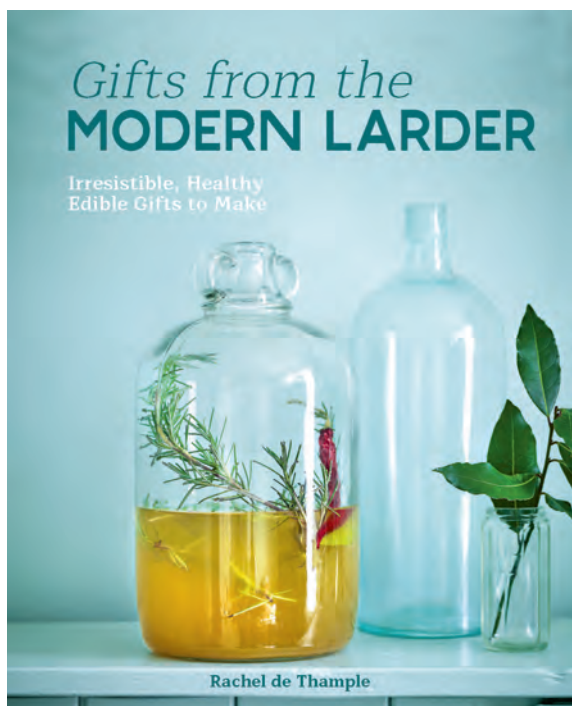
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Hardcover

7 1/2" x 9 1/4"

144 pages



GIFTS FROM THE MODERN LARDER

Irresistible, Healthy Edible Gifts to Make

Rachel de Thample

A bounty of recipes for homemade gifts that are good for you, from smoked and spiced pickles with digestion-friendly attributes to energizing beverages, such as oak-aged blackberry kombucha, and healing gourmet treats, such as homemade miso and wild garlic oil. Organized into chapters for infusing, fermenting, pickling, baking and drying, Rachel's recipes use everyday ingredients in ingenious ways to create treats for any occasion.

Spend some mindful moments in your kitchen turning nature's bounty into decadent treats for your family and friends. The act of making edible gifts for others is just as rewarding as receiving them, especially when you keep a store of jars for yourself to savor as the seasons come and go. Treat both those around you and yourself to the bounty of a modern pantry full of delicious offerings.



Rachel de Thample has worked in the kitchens of Marco Pierre White, Heston Blumenthal, and Peter Gordon. She is the author of *Less Meat, More Veg* and was commissioning editor of *Waitrose Food Illustrated*, and head of food for the organic food home-delivery company Abel & Cole. She has helped set up numerous local food initiatives, including the award-winning Crystal Palace Food Market and the Edible Garden, and currently runs preserving courses at River Cottage in Devon, England, seasonal Market Table pop-up dinners, and writes for *The Simple Things* and *Locavore* magazines.



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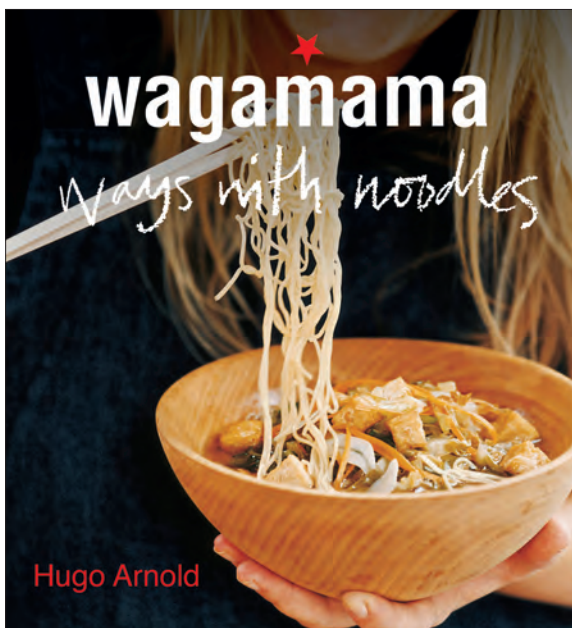
October 2019

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7 ½" x 9 ¼"

144 pages



wagamama

9780857837684

October 2019

US \$19.99 CAN \$21.99

Hardcover

8" x 10"

192 pages

WAGAMAMA WAYS WITH NOODLES

Hugo Arnold

The Wagamama Cookbook told the story of the company and was driven by the menu and the specials attached to it. *Ways With Noodles* takes its inspiration from wagamama's core expertise; noodles: how to cook, serve and eat them.

Noodles are the fast food of today, the pasta of the 21st century. The distinctive wagamama flavor originates from the traditional 200-year-old ramen (noodle) stalls of Japan that guaranteed nourishment with ingredients to cleanse and nurture the mind and body. Minimum fuss and maximum enjoyment are what wagamama noodles are about.

Noodles to soothe, noodles to celebrate, noodles to share, noodles for that impromptu supper for one when nothing else will do. Hugely versatile, noodles turn up in soups, side dishes, as a nest for meat, fish or vegetables, as a bed for curry or in a salad. They can be stir fried or dressed, or poached in a heady broth, aromatics being provided by freshly chopped herbs. And they are healthy too: high in complex carbohydrates, low in fat, while most recipes make much use of fresh vegetables and fish.

Brush up on your noodle knowledge and get to know your soba from your somen. Try the mouthwatering recipes, which include wide noodle hot-pot with seven vegetables, chargrilled chicken, soba and miso soup, and marinated salmon ramen. Look no further for delicious noodle recipes for every occasion, from appetisers to family meals to elegant dinner party dishes

Hugo Arnold is mad about noodles. Their ease, versatility and sheer convenience make them a truly modern food. Having written *The Wagamama Cookbook*, the opportunity to indulge in even more noodles was too great a temptation to ignore.





9780857837660

November 2019

US \$19.99 CAN \$21.99

Hardcover

7 1/2" x 9 1/4"

208 pages

GOOD & PROPER TEA

How to Make, Drink & Cook with Tea

Emilie Holmes & Ben Benton

Nothing can beat a good cup of tea. But with so many of us relying on our daily brew, isn't it time we started giving it the attention and credit it deserves? Emilie Holmes started *Good & Proper Tea* with the intention of changing the tea market one cup at a time. In this gorgeously presented book she and Ben Benton share their passion for tea with tips, techniques, and recipes.

Discover how to brew the perfect cup of tea, considering water type and temperature, timings, and strength.

Learn the difference between oolong and jasmine tea, and how to make your own blends and tisanes. The book includes recipes for different tea-based beverages and cocktails, including Darjeeling and Vanilla Ice Tea, Turmeric and Lemongrass Latte, and an Oolong Mojito.

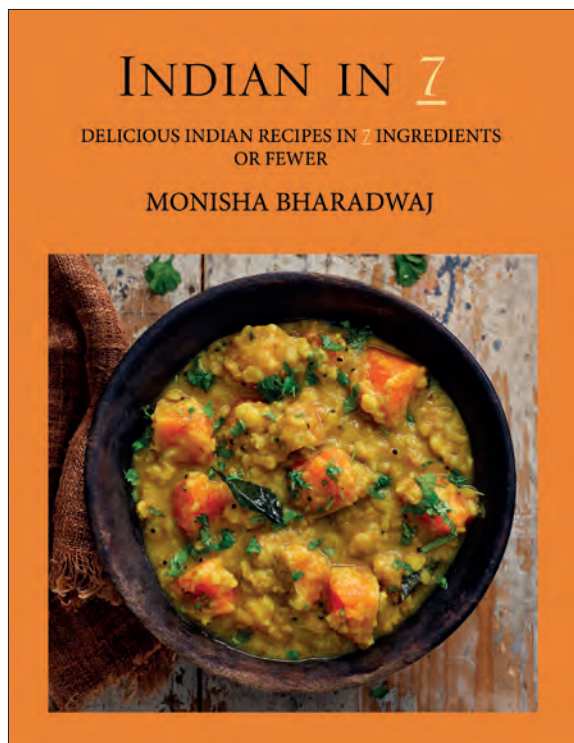
There's also a selection of tempting ways to cook with tea, such as a Rooibos, Orange, and Poppy Seed Cake, and Earl Grey and Cardamom Sugar Rolls.

From a cup of traditional black tea to a fragrant floral blend, this is a celebration of the ritual and joy of tea.



Emilie Holmes was born in Paris and lived in France, Portugal, New York, and India before settling in the UK, where she worked in advertising. In 2012, she left the corporate world on her mission to change the UK tea market.

Ben Benton is a cook, writer, and restaurant consultant. He was the cowriter of *Max's Sandwich Book* and has ghost written recipes for leading columns in the UK-based newspapers *The Guardian* and *The Telegraph*.



9780857837769

November 2019

US \$24.99 CAN \$27.99

Paperback

7 1/2" x 9 3/4"

176 pages

INDIAN IN 7

Delicious Indian Recipes in 7 Ingredients or Fewer

Monisha Bharadwaj

Using easy-to-find ingredients available from most grocery stores, *Indian in 7* is packed full of dishes that you can effortlessly pull together any night of the week. With years of experience teaching students how to make tasty and authentic Indian food, Monisha shows that cooking mouthwatering Indian meals doesn't require a pantry stocked full of spices or a long list of obscure and unpronounceable ingredients.

With 80 irresistible recipes, chapters are divided into:

- * Fresh—Vibrant, colorful, and healthy meals
- * Comfort—Bowls of warming dahl or Egg & chili toast
- * Fast—On the table in 30 minutes or less
- * Hearty—Filling and flavorsome dishes
- * One-pot—For minimal dish washing!
- * Vegan—Nourishing plant-based recipes
- * Sweet—Satisfy your sweet tooth



Monisha Bharadwaj is an award-winning chef, author, and food historian. She was awarded "Cookery Writer of the Year" by the Guild of Food Writers and her books have been shortlisted for awards, such as the André

Simon Award, the Cordon Bleu World Food Media Awards, and the Jacob's Creek World Food Media Awards. She has written 15 books. Monisha runs her own successful Indian cooking school in London—Cooking With Monisha—teaches once a month at Divertimenti, and has recently given demos at Borough Market.

Also Available:

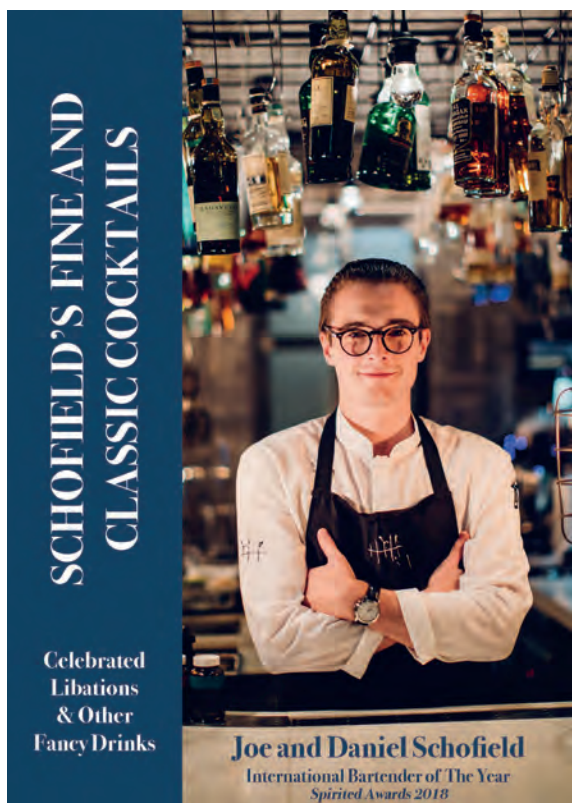
VEGAN IN 7

9781909487857

\$24.95 (PB)

\$27.99 in Canada





SCHOFIELDS CLASSIC COCKTAIL CABINET

Celebrated Libations and Other Fancy Drinks

Joe and Daniel Schofield

Internationally renowned mixologist Joe Schofield has worked at some of the best bars in the world, from the American Bar at The Savoy Hotel to the Tippling Club in Singapore.

His reputation for creating superlative cocktails from classics to contemporary innovations, has led to numerous awards and much acclaim within the bartending industry.

His first book includes 100 recipes for the creme de la creme of classic cocktails with details on how to make them using only the finest ingredients, including his personal recommendations for the most suitable spirits, mixers and garnishes for each recipe.

Joe Schofield has bartended and lived in numerous countries across the globe. He currently splits his time working in Manchester and Asia with his own projects; Schofield's and Sensorium.

Schofield's will be opening early next year in his Manchester with his brother **Daniel**, an awarded bartender in his own right.



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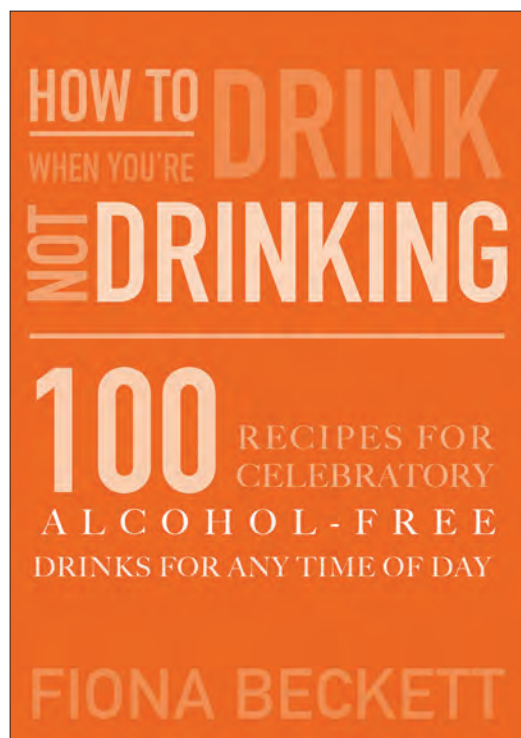
November 2019

US \$19.99 CAN \$21.99

Hardcover

6" x 8 ½"

224 pages



HOW TO DRINK WHEN YOU'RE NOT DRINKING

100 Recipes for Celebratory Alcohol-free Drinks for Any Time of the Day

Fiona Beckett

How to Drink When You're Not Drinking outlines the rise of teetotalism and the health benefits of including alcohol-free days as part of a healthy lifestyle.

This beautiful and inspiring book includes tips and recipes for flavoring waters, creating rhubarb bellinis, and marmalade mimosas, as well as delicious cardamom syrups, roiboos tea punch, and root beer floats.

Whether you want to create a watermelon cooler or an alcohol-free fruit punch to get a party started or simply want to make a pair of herb-flavored spritzes for a Friday night in, this book proves that "no-lo" beverages are just as interesting as alcohol.



Fiona Beckett is the author of more than ten books, including *Fiona Beckett's Cheese Course* and *Food, Wine & Friends* (Cico), and *How to Match Food and Wine* (Mitchell Beazley). She is the wine writer for British newspaper *The Guardian* and her Matching Food and Wine

website has followers around the world, with 230k unique users a month, 17k registered subscribers, and a social media reach of more than 130k across all channels.



9780857836151

January 2020

US \$19.99 CAN \$21.99

Hardcover

6" x 8 1/2"

208 pages



PLANT POWER

100 Protein-rich Recipes for Vegetarians and Flexitarians

Annie Bell

Balancing your diet by consuming animal protein is straightforward—a chicken breast, salmon fillet, or lamb chop are nearly pure protein—but there is little that offers the vegetarian, vegan, or flexitarian that ease.

In *Plant Power*, Annie Bell shows you how to source plant proteins from high-quality unrefined whole foods. She explains which foods contain protein and the simplest and most delicious ways to include a broad range in your diet to make sure that you optimize your protein consumption with no need for expensive supplements or “fake” meats.

Recipes include Three Seed Porridge with Berries for breakfast, Spicy Lentil Baked Eggs for a power brunch, a nourishing Spring Root and Farro Salad for lunch on the go, and Halloumi and Pine Nut Burgers for a satisfying dinner. With comfort food, such as Spaghetti Carbonara, and bowls of energy, such as Cauliflower Dhal with Coco-Lime Yogurt, Annie shows that good nutrition and good food should always go hand in hand.



Annie Bell has a Master of Science degree in Human Nutrition. She is an award-winning cookery writer who trained as a chef before writing for *Vogue*, and then the *Independent*, a UK-based newspaper. Awarded Journalist of the Year by the Guild of Food Writers, her interest in healthy eating found its roots in her early writing as a vegetarian. She has been principal cookery writer on the Mail on Sunday's *YOU Magazine* for the last 20 years. Her previous cookbooks include *Annie Bell's Baking Bible*, *Soup Glorious Soup*, *The Camping Cookbook*, *Low Carb Revolution*, *Low Carb Express*, and *How to Cook*.

9780857836120

January 2020

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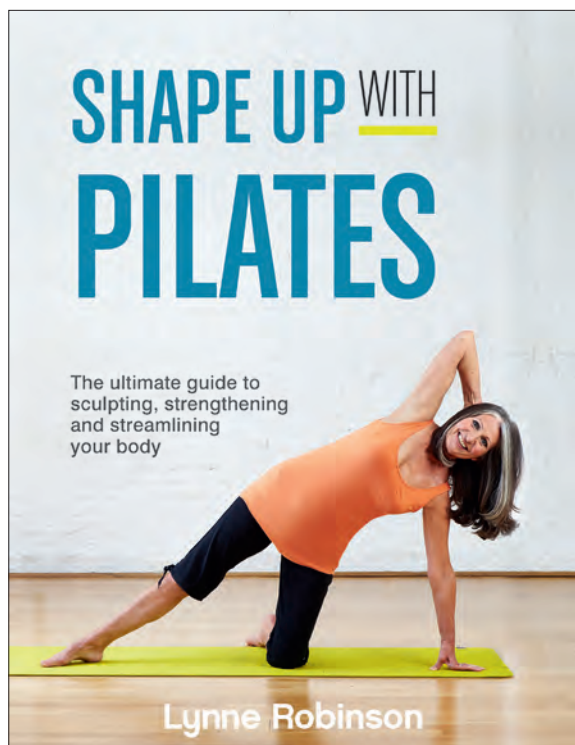
Paperback

7 ½" x 9 ¾"

176 pages

“Whatever book Annie Bell writes is always sure to contain recipes I want to cook.”

Nigella Lawson



9780857835895

January 2020

US \$19.99 CAN \$21.99

Paperback with flaps

10" x 8 7/8"

192 pages

SHAPE UP WITH PILATES

The ultimate guide to sculpting, strengthening, and streamlining your body

Lynne Robinson

Shape Up with Pilates is an innovative regime of 20 targeted, step-by-step workouts, clearly explained and illustrated, and designed to give you a streamlined torso that will retain its natural curves. Organized into four-week programs of varying lengths it includes:

- Seven 20-minute workouts per week
- Five 30-minute workouts per week
- Three 45-minute workouts per week

Plus advice on which exercises to do for particular problem areas, such as the waistline and belly, buttocks, thighs, upper arms, or upper back; tips on how to incorporate exercise into your life; the benefits for mental health and well-being; and how to improve your diet.

In just three months, Lynne promises you can change your shape and sculpt parts of your body you had long forgotten. You will feel the benefits within the first few weeks and others will soon start to notice the changes as you begin to look taller and slimmer. Within three months, you will both look and feel like a new person!



Lynne Robinson is one of the world's most respected Pilates teachers. She is the founder of Body Control Pilates, which is seen as an international benchmark for safe and effective teaching. Her bestselling books include *The Pilates Bible*, *Pilates for Life* and *Pilates for*

Pregnancy. She has also produced highly popular DVDs. In demand internationally, she frequently lectures at conferences throughout the world and has taught Pilates in countries as varied as the US, Japan, South Africa, Thailand and Australia.

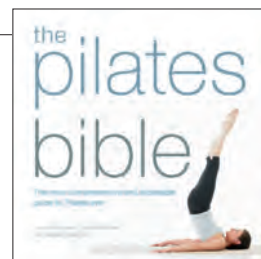
Also Available:

THE PILATES BIBLE

9780857836700

\$19.99 (PB)

\$21.99 in Canada





9780857837554

February 2020

US\$19.99 CAN\$21.99

Hardcover

7 1/2" x 9 1/4"

144 pages

VEGAN PIZZA

Deliciously simple plant-based pizza to make at home

Tim Barclay and Filippo Rosato

Purezza, founded in Brighton, England, in 2015, was the first vegan pizzeria in the UK. Passionate about plant-based food, their aim was simple: To make their menu superior to the traditional alternatives, revolutionizing Italian food by using cruelty-free ingredients. As well as vegan pizzas, they offer soy-free, nut-free, and gluten-free options.

Now you can enjoy their authentic-tasting pizza with its soft and easily digestible sourdough crust at home. There are recipes for variety of seasonal toppings, including Vulcano (fried eggplants, green chili peppers, baby corn, oven-roasted romano peppers, red onions, and sriracha sauce) and Fumosa (smoked tofu, oven-roasted mushrooms, smoked beet carpaccio, and BBQ sauce), as well as for vegan cheeses, such as silken tofu ricotta, cashew and almond nut, and brown rice mozzarella. In addition, there are recipes for gluten-free pasta dishes, sides, and desserts.

Without a doubt, this is the closest you'll come to the quest for perfect vegan pizza.

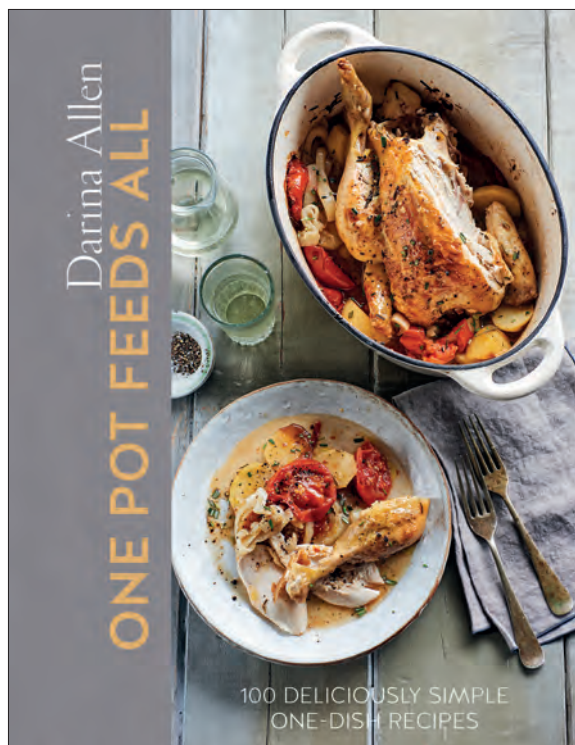


Tim Barclay set up Purezza with his Italian wife Stefania. He has a background in marketing and Stefania in law, but in 2015 they decided to follow their dream of starting a plant-based food business.



Filippo Rosato, head chef at Purezza, is a pizza enthusiast from Naples. He joined the business on day one and contributed to perfect the menu, introducing the use of whole-grain flours and developing the concept of sourdough Neapolitan-style pizza.

Purezza



ONE POT FEEDS ALL

100 Deliciously Simple One-dish Recipes

Darina Allen

Cooking using just a single pot is liberating, satisfyingly efficient and relatively inexpensive. There's less juggling of different elements, no complicated techniques, little space required and less washing up to do. What's not to like? You can cook in one pot for one person or one hundred – all you have to do is scale up or down ingredients – perfect for solo cooks, families and anyone wanting to rustle up a feast for friends.

Including 100 dishes to be cooked in a pot, tray or pan comprising lighter meals, such as soups, baked eggs and frittatas to hearty dishes like stews, tagines and curries, plus about 10 desserts. Chapters are divided into Eggs, Poultry, Meat, Fish, Vegetables, Rice, Grains & Pasta and Sweet Things with an international mix of dishes, including Mexican Fried Eggs, Kung Pao Chicken, Italian Beef Stew, Moroccan Lamb Tagine, Spanakopita, Chettinad Tomato Rice and Coffee Crema Catalana.

So let 'gourmet grande dame' (Nigel Slater) Darina Allen show you how to make her trademark tasty, tried and trusted recipes – in just one pot.



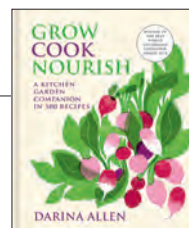
Darina Allen is Ireland's best-known food ambassador and the bestselling author of *Ballymaloe Cookery Course* and *Forgotten Skills of Cooking*, which won the prestigious André Simon award in 2009. She campaigns for local produce, is a member of Slow Food Ireland and set up Ireland's first farmers' market. She won Best World Gourmand Cookbook award for *Grow, Cook, Nourish*.

Also Available:



**SIMPLY DELICIOUS:
THE CLASSIC
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\$27.99 (HC)
\$29.99 in Canada



**GROW COOK
NOURISH**

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KYLE – BESTSELLERS



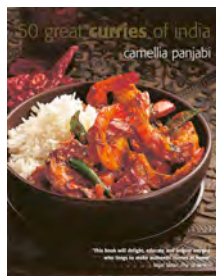
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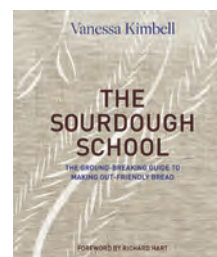
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THIN FROM WITHIN

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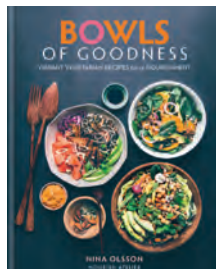
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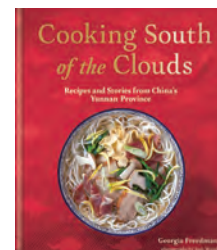
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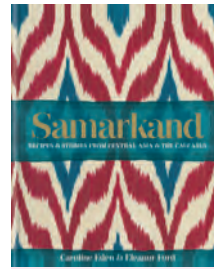
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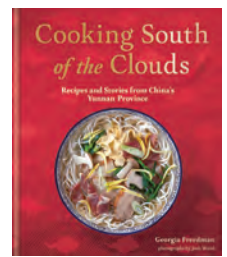
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COOKING SOUTH OF THE CLOUDS

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\$34.99 (HC)
\$38.99 in Canada



THE WAGAMAMA COOKBOOK

9781904920236
\$24.95 (HC)
\$31.95 in Canada



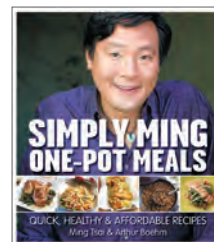
STIR CRAZY

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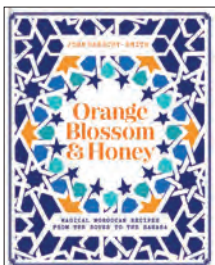
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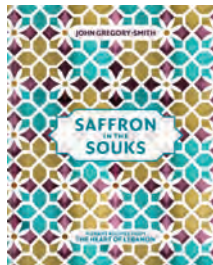
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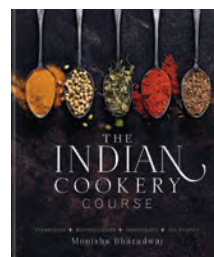
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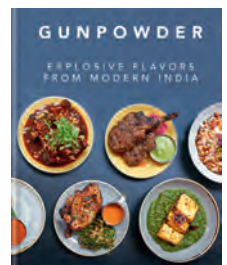
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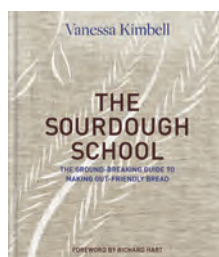
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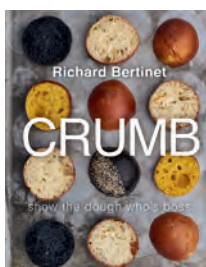
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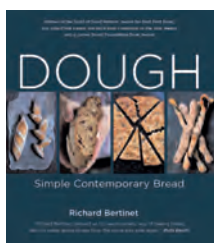
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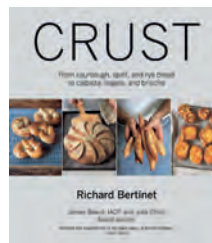
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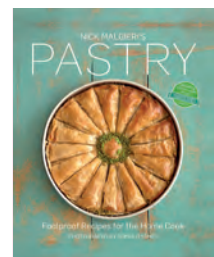
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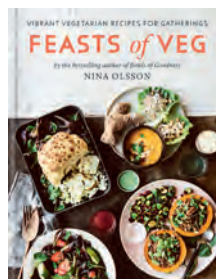
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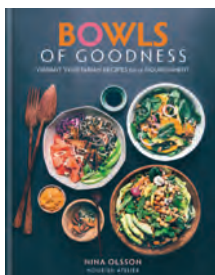
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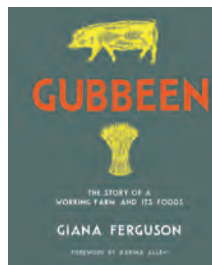
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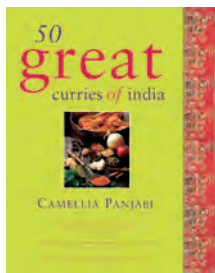
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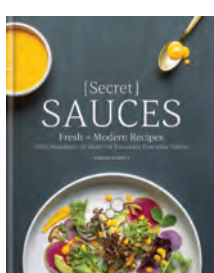
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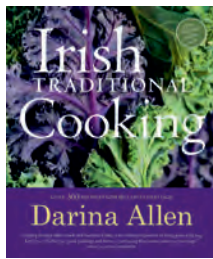
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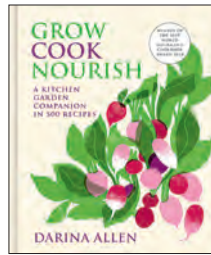
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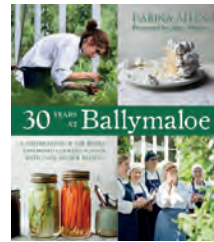
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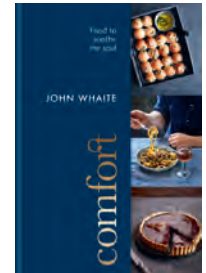
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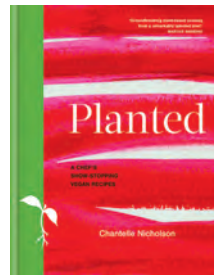
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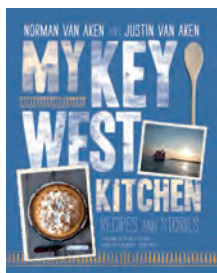
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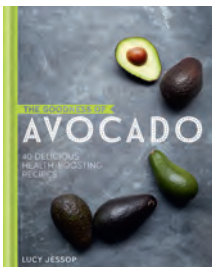
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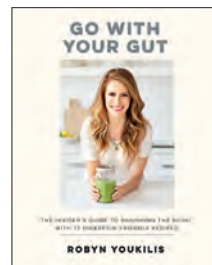
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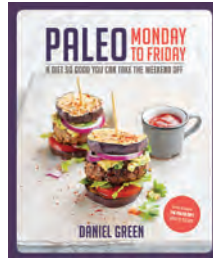
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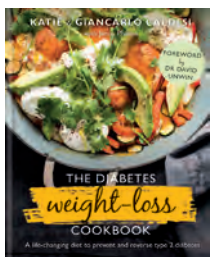
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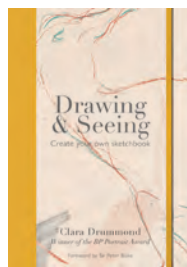
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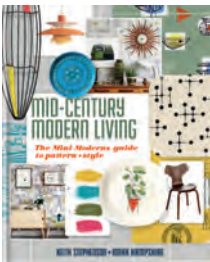
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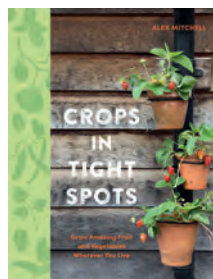
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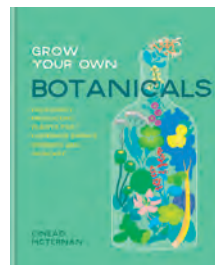
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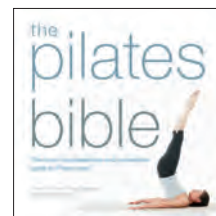
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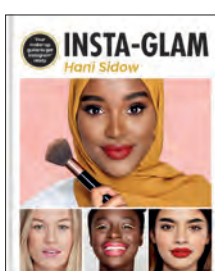
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Images taken from *Wagamama feed your soul* (front) and *Take One Can* (back)