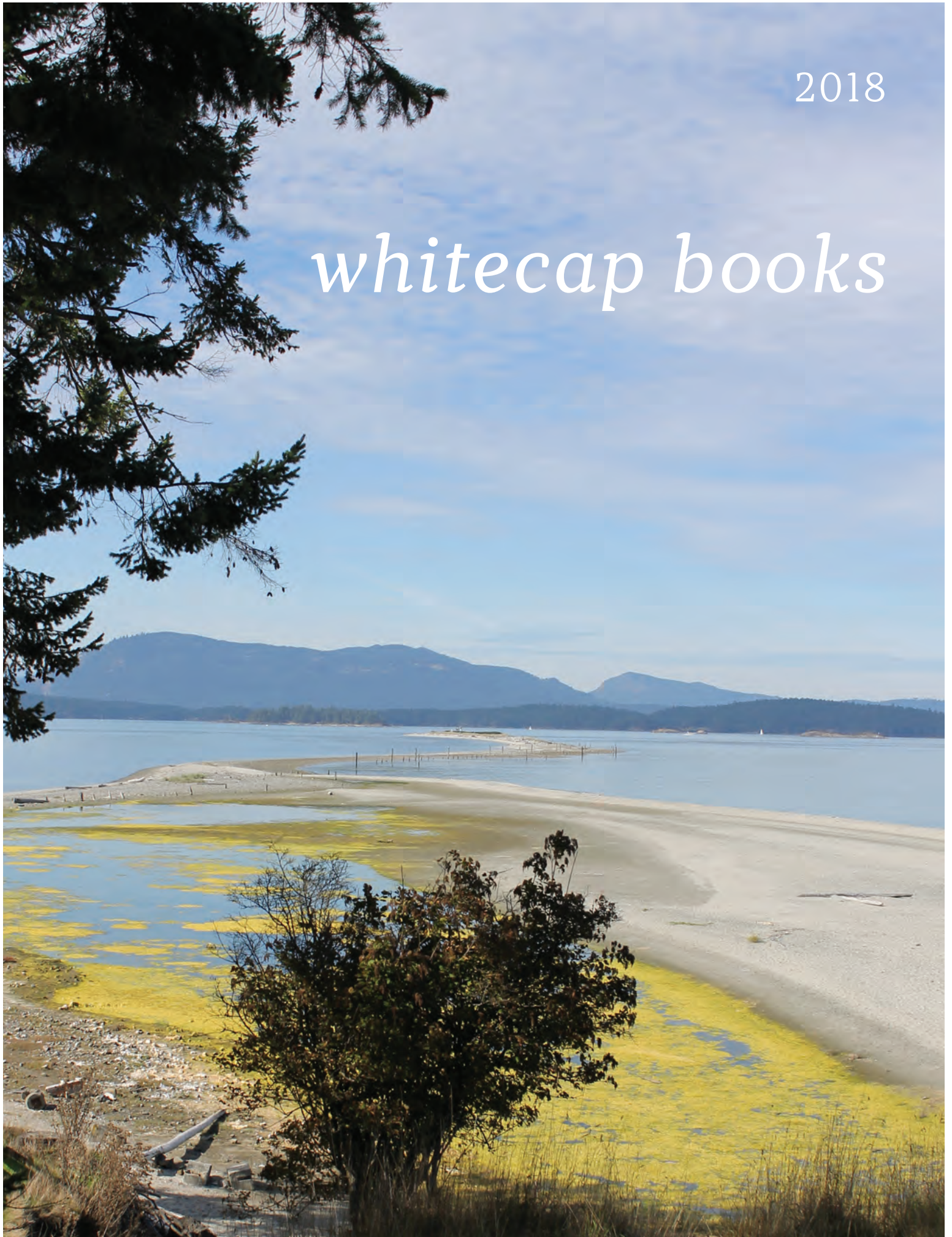


2018

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RUSSIAN CUISINE

Traditional and Contemporary Home Cooking

by Maria Depenweiller

This is not just a book, it is a voyage into Russian culture. Start your exploration with a dive into Russian history with typical ingredients and explanation how these foods became Russian staples. Then venture into a guided tour of Russian gastronomical history, where the author, a native Russian, explains how Russian culinary art evolved throughout the years and reflected in prominent art works of famous painters and finally get to sample Russian traditional home cooking from pre and post Revolution eras that have become true classics of contemporary Russian cuisine. To enhance the immersion experience the author suggests at the beginning of each recipe chapter tips on setting the appropriate mood with recommended table setting, film to watch, music to listen to and a book to read. She also included her mother's memoirs to add a personal touch to the narrative

GLOSSARY

Samovar – metal container used to boil water for tea. Large, usually made from brass or sometimes silver, has two handles and a spout, used to pour out hot water. Essential component of Russian tea drinking tradition.

Shashlik – Soviet-era classic, that spread throughout Russia – a version of kebab that originated from Caucasus region. Most often made with lamb or pork. Meat is marinated and accompanied with vegetables such as onions and red bell peppers and roasted over coals on metal skewers.

Varenye – is a type of Russian jam, a sweet preserve that can be made of all kinds of fruits and berries. The distinctive trait of the Russian varenie is that fruits or berries should remain as intact as possible in heavy syrup and no pectin is used for thickening. This is the ideal way of preserving the abundance of summer fruits and berries for the long winter months.

Paskha – a particular moulded tvorog (cottage cheese with no salt added) dish that is a delectable ancient dessert that was served only on Easter. Traditionally the paskha was always decorated with the letters X.B. which in Cyrillic alphabet is an abbreviation for "Hristos Voskreshe" (Christ has Risen) – a traditional Easter greeting.

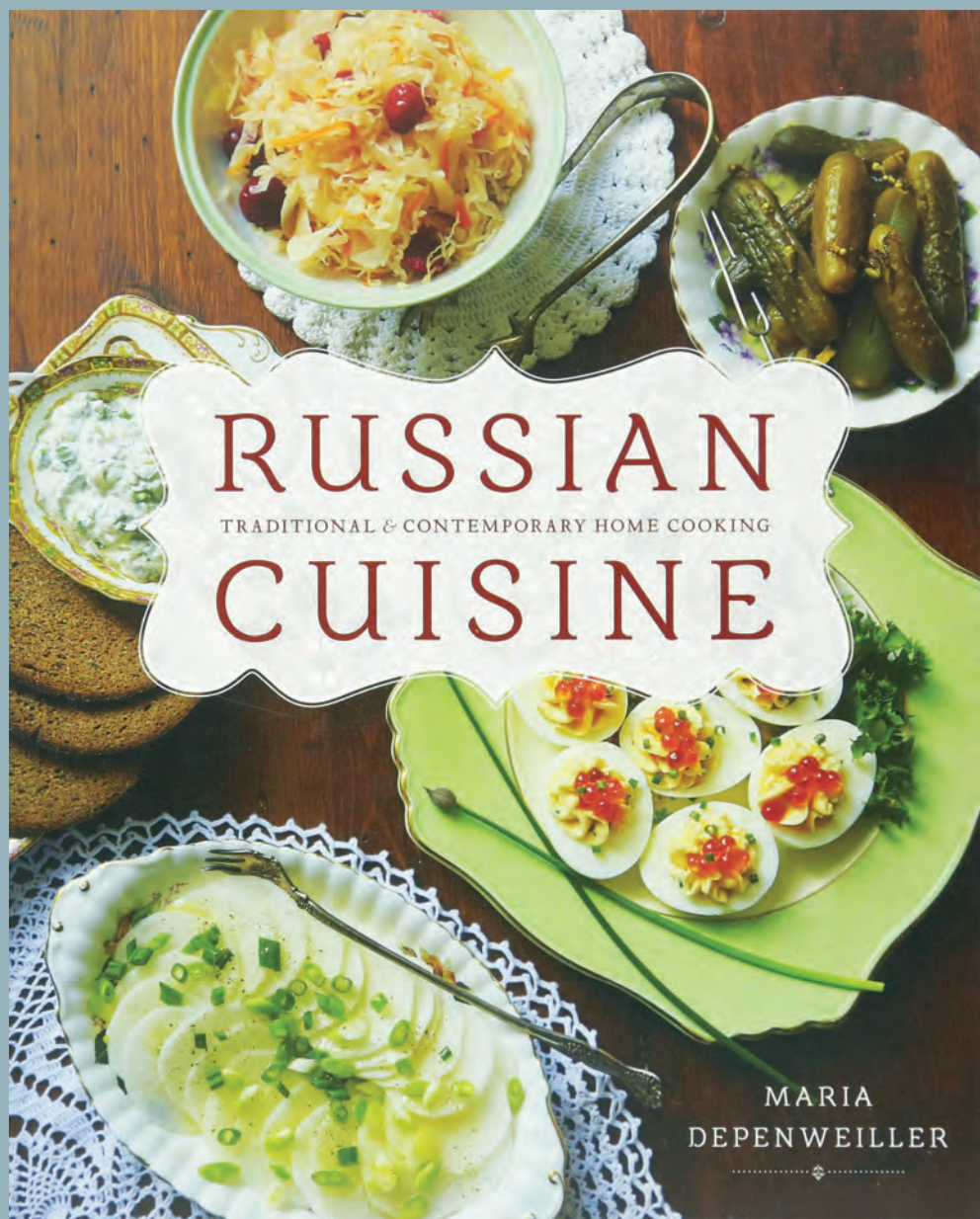
Pirozhki – not to be confused with "pierogi" – Canadian-Ukrainian name for small dumplings most often filled with potato and cheese. In Russian cuisine pirozhki is a small baked or fried oval buns with a filling, they can be held in hand and eaten as a convenient snack, or served as a side dish (most often with soup), they can be either sweet or savoury. Savoury fillings can be made from vegetables (carrots, beets, potatoes, green onions), mushrooms, fish, meat or kasha. Varenie is often used as sweet filling as well as fruit such as apples or pears and berries such as blueberries, wild strawberries, raspberries, etc.

Rasstegai – are a savoury boat-shaped pirozhki with an elegant opening on top, exposing the filling. Typically they are made with fish such as salmon and served as a side dish with soup such as ukha.

Ukha – fish soup

Rassolnik – a variety of hearty soup made with dill pickles and some brine, having a distinct tangy-sour flavour. It is delicious, try it!

Herring under fur coat – Soviet-era classic layered salad consisting of boiled root vegetables (potatoes, carrots, beets) and smoked herring. Typically served at winter festivities such as New Year's Day celebration.



MARIA
DEPENWEILLER

ISBN 978-1-77050-233-8

8" x 10"

softcover with flaps

236 pages; \$29.95

full colour throughout

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Honest to Goodness

by Christine Tizzard



Chef and TV Host Christine Tizzard knows that for all the things you can't control in this world, what you put on the table is entirely up to you. In *Honest to Goodness* she showcases years of experience preparing food in front of and behind a camera, sharing over 100 nutritious, stress-free and flavourful recipes that will have your family savouring every bite.

It can be hard to keep up with food trends, and *Honest to Goodness* surveys the endless fads and fixations to discover what's best for you and your family. With an emphasis on raw ingredients and whole foods, Christine shows you how to prepare accessible meals from scratch, utilizing the healthiest and most beneficial properties of everything you touch without skimping on taste or getting lost in culinary crazes.

Learn everyday staples like Homemade Hot Sauce or Gluten-Free All Purpose Flour, then add them to breakfasts, lunches and dinners that are quick to prepare and delicious to eat. Enjoy preparing foods that serve everyday needs without feeling ordinary, like Spatchcock Piri Piri Chicken or Sweet and Spicy Spaghetti Squash with Sorgum. Sample enough bake sale recipes to get you through the year—from Zucchini Oatmeal Chocolate Chip Cookies to Oh My Gluten-Free Brownies—and let Christine shows you how to prepare packed lunches your kids will want to show off: Kid-Friendly Quinoa Tabouli, Black Forest Grilled Cheese in a Bagel—even sushi.

Without the right motivation, cooking can become a chore. *Honest to Goodness* brings creativity back to the kitchen and ensures a meal you can delight in—whatever side of plate you're on.

EXCERPT Most the time when we cook at home it feels like a chore, but food should be fun. I see more and more people getting absorbed in food trends and niche diets and struggling to keep up. But trends don't last, and I want to instil a positive and encouraging approach to food—all people need are practical, easy and accessible recipes made with humble, nutrient-dense ingredients. I want you to be able to sit down and eat, whether it's by yourself, or around a table full of kids and chatter. This is where memories are made!

FEATURES / WHY BUY

- Christine has a recognizable brand across numerous platforms on television and social media, including a popular YouTube channel.
- A vibrant cookbook that is very informed on food trends and dietary restrictions.
- Public appearances and extensive promotion will make this one of the most buzzed about cookbooks of the season.

Christine Tizzard is a Newfoundland native and mother of two who has been passionate about food, film, fashion and television for as long as she can remember. A model and actor from a young age, her obsession with food and healthy eating eventually led her to the Chef training program at George Brown College in Toronto. Since then, she has made regular guest chef appearances on daytime TV shows like Rogers' Cityline, CTV's Marilyn Dennis, CBC's Steven and Chris and was thrilled to join CBC Television and Canada's most popular daily food show, BEST RECIPES EVER. She has been a spokesperson and brand ambassador for Philips, Dairy Farmers of Ontario and Bonne Maman (to name a few) and worked as a food stylist, food writer and recipe developer, as well as a culinary producer for shows such as Masterchef Canada and W Networks Pressure Cooker. *Honest to Goodness* is her first cookbook.



Experience the goodness of cooking at home

ISBN 978-1-77050-302-1

8" x 10"

Paperback

230 pages; \$29.95

161 recipes; 30 photographs

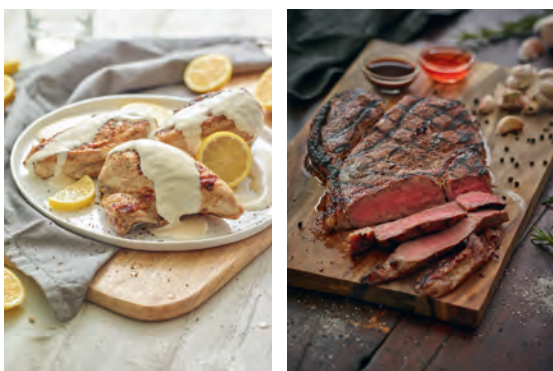
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ON THE ROAD WITH THE COOKING LADIES

Let's Get Grilling

by Phyllis Hinz and Lamont Mackay



Two university friends who embarked on a lifelong journey of food and exploration, Phyllis Hinz and Lamont Mackay have for years travelled the highways and low roads of Canada and America, covering over 300,000 kilometres in their 40-foot motor home while sampling, learning and sharing the best of North American cuisine and culture. Together they have been restaurant owners, food columnists, caterers, TV personalities, event speakers and recipe consultants, but to the world at large they are best described simply as “the Cooking Ladies”!

Let's Get Grilling is the newest adventure by Phyllis and Lamont, a collection of grilling recipes and travel anecdotes spanning Halifax to San Diego. Having surveyed a wide world of grilling ideas, the Cooking Ladies encourage readers to traverse new horizons with recipes for Peachy Country-Style Pork Ribs, Chicken Breasts with North Alabama White BBQ Sauce and West Coast Cedar Plank Salmon. Presented alongside fascinating food histories and an inspiring narrative of life on the road, *Let's Get Grilling* is a go-to guide for getting the best from your grill. So catch a ride with the Cooking Ladies and *Let's Get Grilling*!

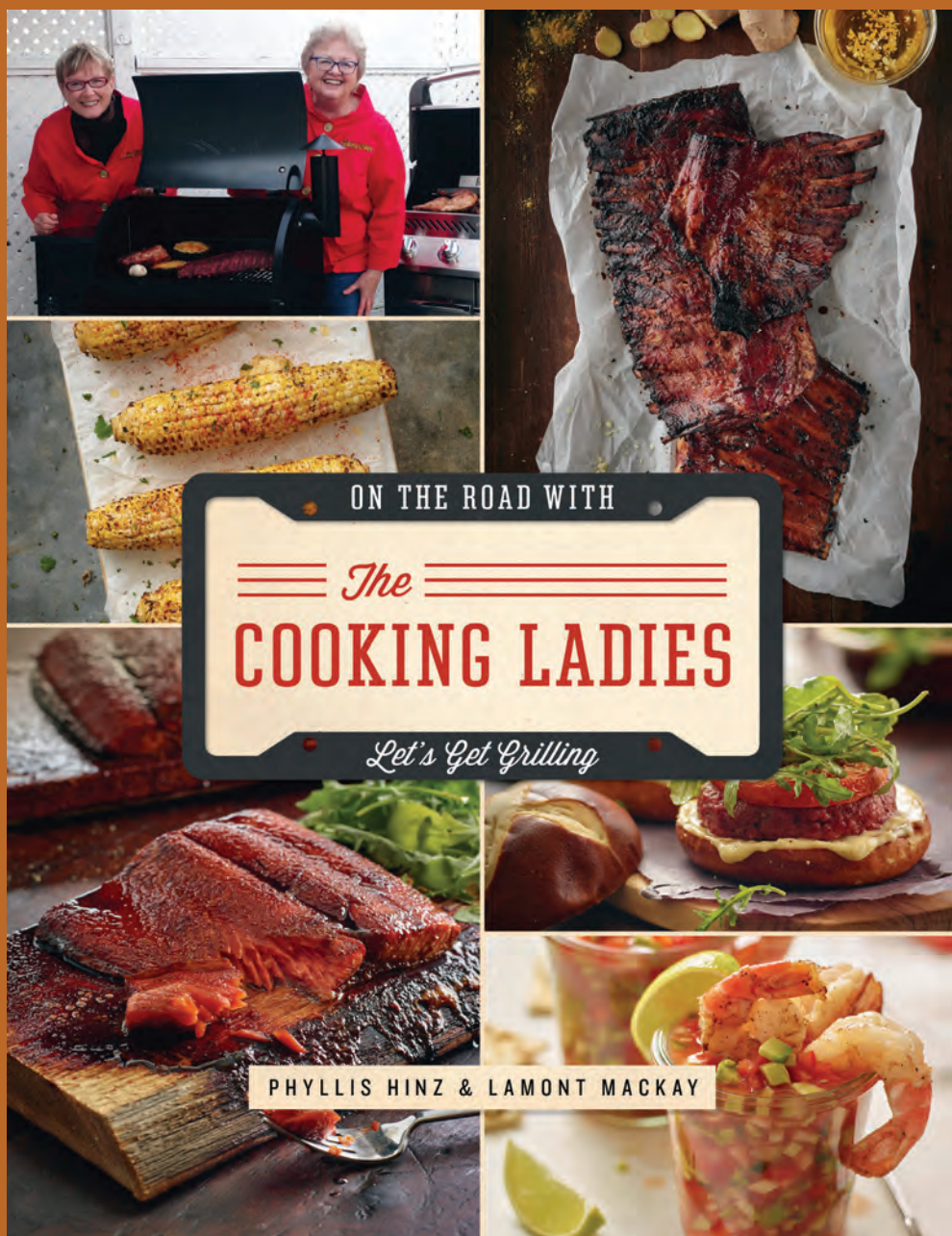
EXCERPT A food truck festival is like a buffet. We are pulled in every direction by the graphics on the trucks and the aromas in the air. The longest lines indicate the best food. We have to plan our strategy. We go our separate ways to meet up later and examine each other's choices. Sometimes we share. The names of the trucks are enough to make anyone hungry. Brazen Sandwich. Make Me Melt. Thai-U-Up. Pig Rig. Knockout Taco. Shrimp Shack. Cupcake Frolic.

Our food truck experiences, in the past, have been serendipitous. Now, by checking Facebook and Twitter, we can track the whereabouts of these gourmet street vendors at any given moment, no matter what city in North America we happen to be visiting.

FEATURES / WHY BUY

- The Cooking Ladies offer a unique take on the grilling genre that expands its demographic.
- A fusion of cookbook and travel guide that appeals to audiences of both and features an engaging narrative with fascinating historical/geographic tidbits.
- The Cooking Ladies brand is fun and inspiring, and broadened by a wide-ranging social media presence.

The Cooking Ladies are [Phyllis Hinz](#) and [Lamont Mackay](#), two friends who traded their careers as restaurateurs and caterers for the freedom and spontaneity of a life on the road. They have worked as food columnists, travel writers, event speakers, restaurant consultants, official Home Hardware Kitchen Experts and for the past 14 years have written a regular column for *RV Lifestyle Magazine*. When they are not travelling, they are at their test kitchen on the north shore of Lake Erie.



Hit the road and heat your grill!

ISBN 978-1-77050-297-0

8.5" x 11"

softcover with flaps

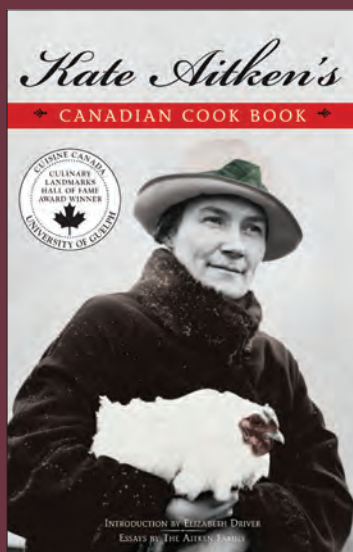
224 pages; \$29.95

112 photographs; colour throughout

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HISTORICAL COOKBOOKS



Kate Aitken's Canadian Cook Book

edited by Elizabeth Driver

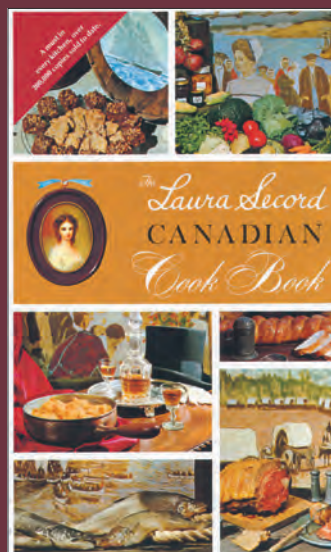
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The Laura Secord Canadian Cook Book

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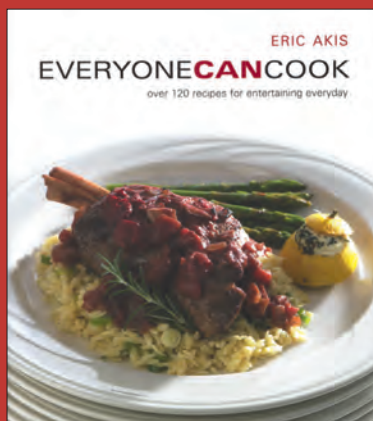
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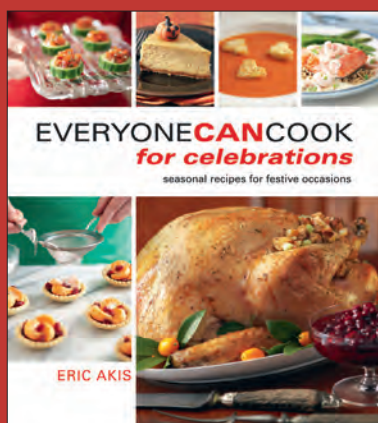
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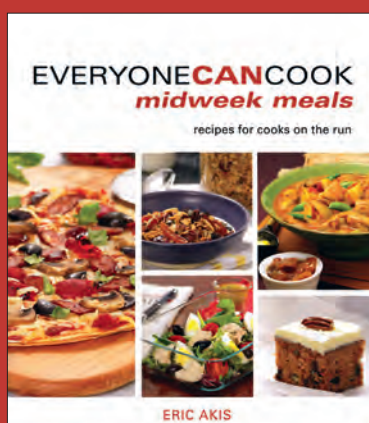
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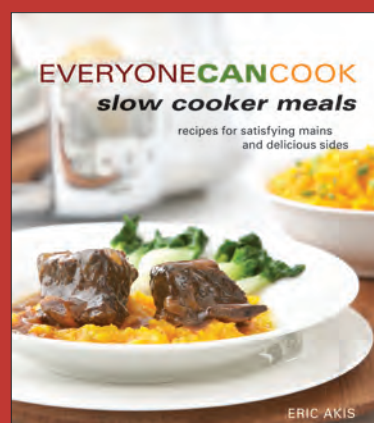
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Everyone Can Cook Slow Cooker Meals

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BOOKS BY
Bal Arneson



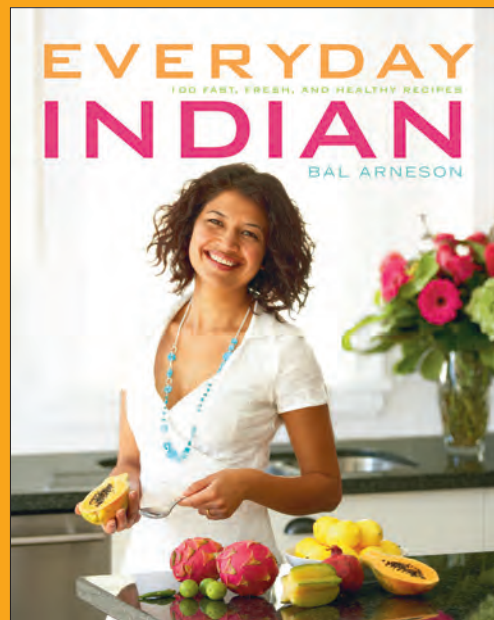
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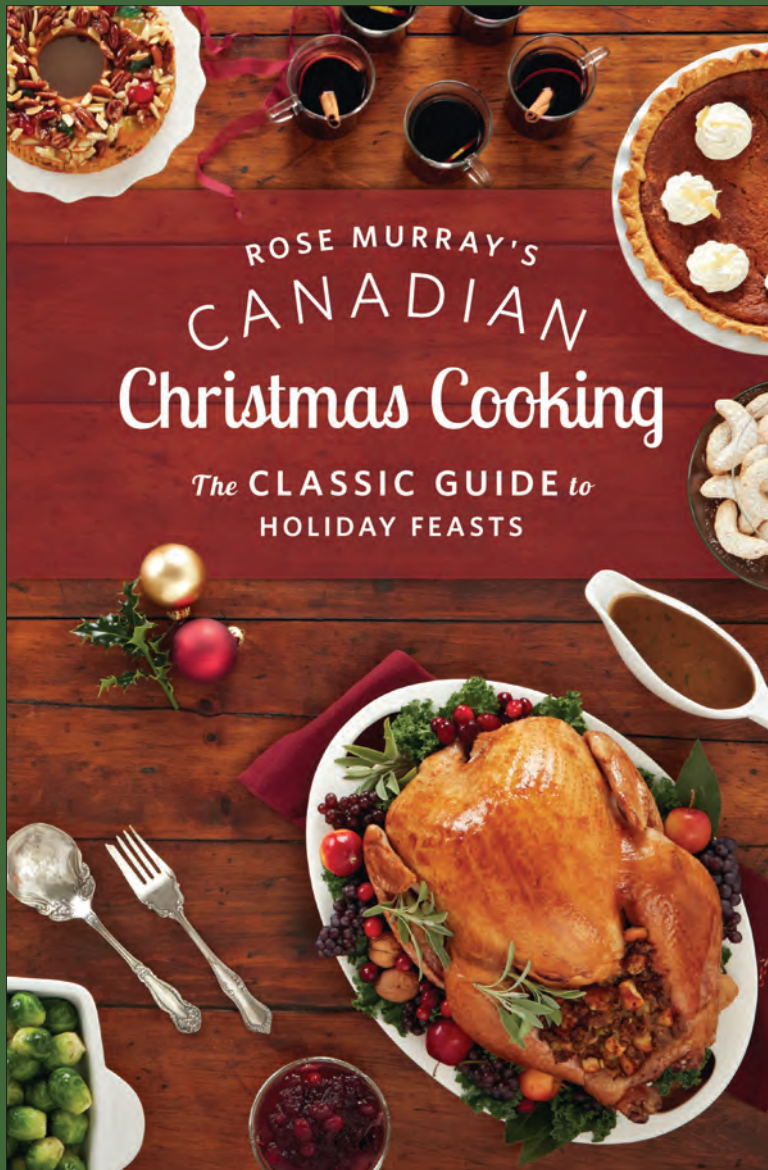
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ROSE MURRAY'S
CANADIAN
CHRISTMAS COOKING
**The Classic Guide to
Holiday Feasts**

by Rose Murray

ISBN 978-1-77050-192-8

168 pages

6" x 8"

paperback

\$19.95

Beer At My Table

by Tonia Wilson



What better way to master the art of pairing beer with food than by tasting? Chef and beer sommelier Tonia Wilson provides the fundamental information you need to understand how aroma, flavour and texture affect the interactions of beer and food. The book describes 39 different beer styles and pairs each with a seasonal recipe, together with an explanation of why the beer works with the dish. The elegant, yet simple recipes allow you to experience the food alongside the beer, enabling a full appreciation and understanding. In addition to being a great learning tool, *Beer At My Table* is a beautiful cookbook which encourages a love of beer and recognizes its place at the table.

EXCERPT

Seared Calamari with Green Olives, Tomato and Lemon

2 lb whole calamari, cleaned and beaks removed from tentacles (about 12 squid))
¼ cup olive oil
2 tsp garlic, finely chopped
¼ tsp chili flakes
2 cups cherry tomatoes, halved lengthwise
zest and juice of 1 lemon
2 tbsp fresh basil, coarsely chopped

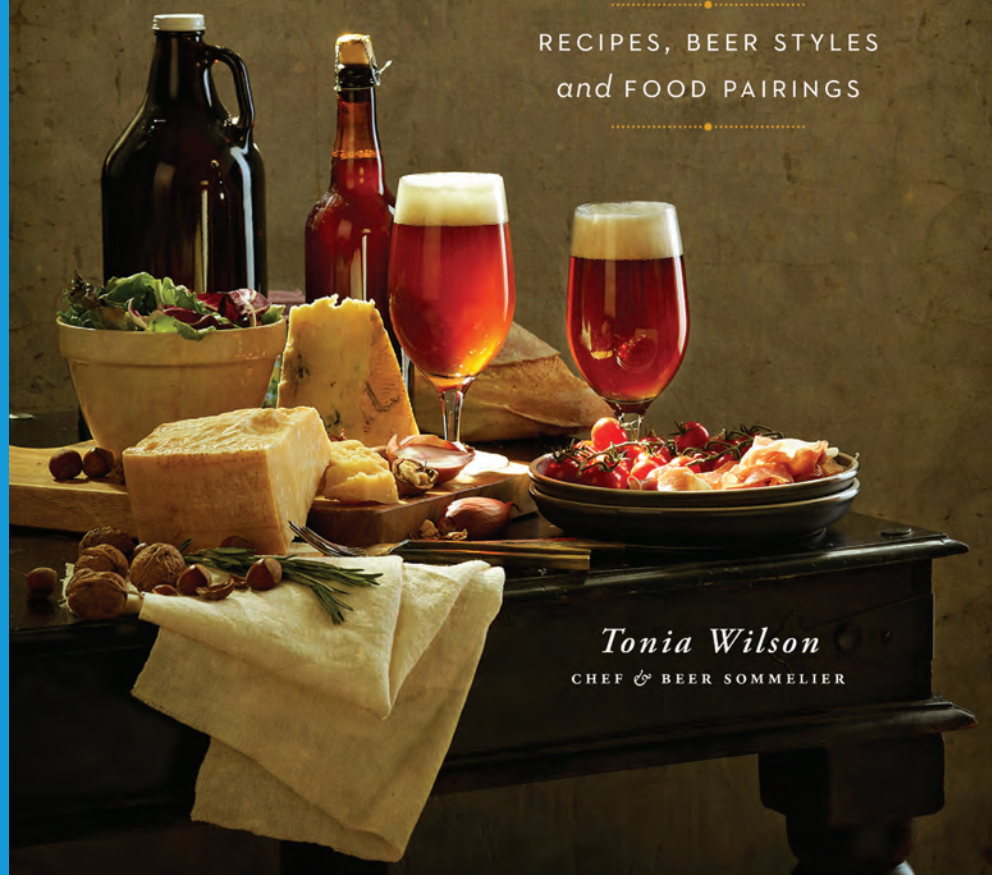
1. Place tip of knife inside the top of the calamari body, cut a slit from the top to the bottom point, open it like a book. It should be flat. Using a sharp knife score the outer side of the flesh by making 6 shallow slices along the flesh, try to avoid slicing through. Not a big problem if it does. Score 6 more times in the opposite direction so that it creates a crisscross pattern. This will allow the calamari to soak up more flavour. Pat dry with paper towel.
2. In a large skillet heat 2 tbsp olive oil over medium-high heat. Lay the bodies flat in the skillet and allow to brown, but not burn. After 2 minutes, flip the bodies over, they will have already begun to curl into rolls. Add tentacles to pan and allow everything to cook through, about 3 more minutes.
3. Remove calamari from pan and set aside.
4. Add to the pan 1 tbsp olive oil, add garlic and chili flakes, cook for 1 minute over medium heat.
5. Add tomatoes, lemon zest and juice and cook until tomatoes are tender, about 4 minutes.
6. Place calamari back in skillet and warm through with tomato mixture for 1 minute. Add basil and remaining 1 tbsp olive oil. Stir to combine and serve. Divide between 4 plates and allow 3 tentacles and 3 bodies per person.

Serves 4

Tonia Wilson is a certified sommelier and chef, a regular contributor to the LCBO's *Food & Drink* magazine and the author of the upcoming book *Beer At My Table*. Tonia spent many years working in Europe as head chef at Canada's embassies in Rome and Brussels. She is certified with the Associazione Italiana Sommelier and is a Prud'homme-certified beer sommelier. Tonia teaches, conducts corporate tastings and events, and recently launched her company BRÜ Mustard to create mustards inspired by beer. For more information on her services please visit www.toniawilson.com and www.brumustard.com.

BEER AT MY TABLE

RECIPES, BEER STYLES
and FOOD PAIRINGS



Tonia Wilson
CHEF & BEER SOMMELIER

ISBN 978-1-77050-318-2

8.25" x 10.5"

Hardcover \$40

rights: world

Available in Canada October 2018

Available in U.S. October 2018

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Dining in Paradise

by Raquel Fox



Bahamian cuisine is never bland. Our food consists of fresh tropical fruits, spices, chilies, lime and rum. Seafood is the staple diet and we believe that fresh is best!

CHAPTERS

Raquel's Private Stash

Breakfast & Brunch in Paradise

Comforting Soups

Breezy Island Starters & Salads

Casual Dining Under the Sun, Stars & by the Sea

Sweet Endings

Sail Away Cocktails

Raquel Fox lives and breathes her Bahamian heritage. She is respectful and innovative to the ingredients of her youth and is an expert and culinary icon of Island Cuisine – Nettie Cronish

Raquel Fox is a professional chef and motivational speaker. She grew up in The Bahamas and spent a great deal of time in the kitchen as a young girl, learning the secrets of many traditional Bahamian specialties. Raquel and her husband opened a fine dining restaurant, The Wine Lounge, which was voted on USA Today's list one of the 10 best lounges in the Bahamas. Raquel honed her skills at The Chef School at George Brown College in Toronto where she explored all aspects of cooking, food culture and international cuisine. She now teaches a Caribbean Cooking Class for the continuing education course at the college.



DINING

*A food lover's dream
of family style dining
in the Bahamas*

in Paradise



R A Q U E L F O X

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WILD PLACES

Vancouver Island

by John Kimantas



One of the most spectacular places on earth, Vancouver Island is a wonderland of dense rainforests, rugged mountain trails, breathtaking coastlines and natural beauty unlike anywhere else. In *Wild Places: Vancouver Island*, experienced outdoorsman and bestselling author John Kimantas invites you to experience this scenic paradise for yourself, providing up-to-date information on how to access and navigate some of the island's most stunning regions..

Wild Places: Vancouver Island anticipates the needs of hikers, fishers, climbers, mountain bikers, campers, kayakers and explorers of many backgrounds and interests. With detailed maps and full-colour photographs, this is a book that will lead you wherever you want to go, even if you don't yet know where that is. Whether you're going for an afternoon walk or journeying off the beaten path, John will enrich your experience with historic and practical information, including internet resources and GPS waypoints that will ensure you have the most dependable data for your trip.

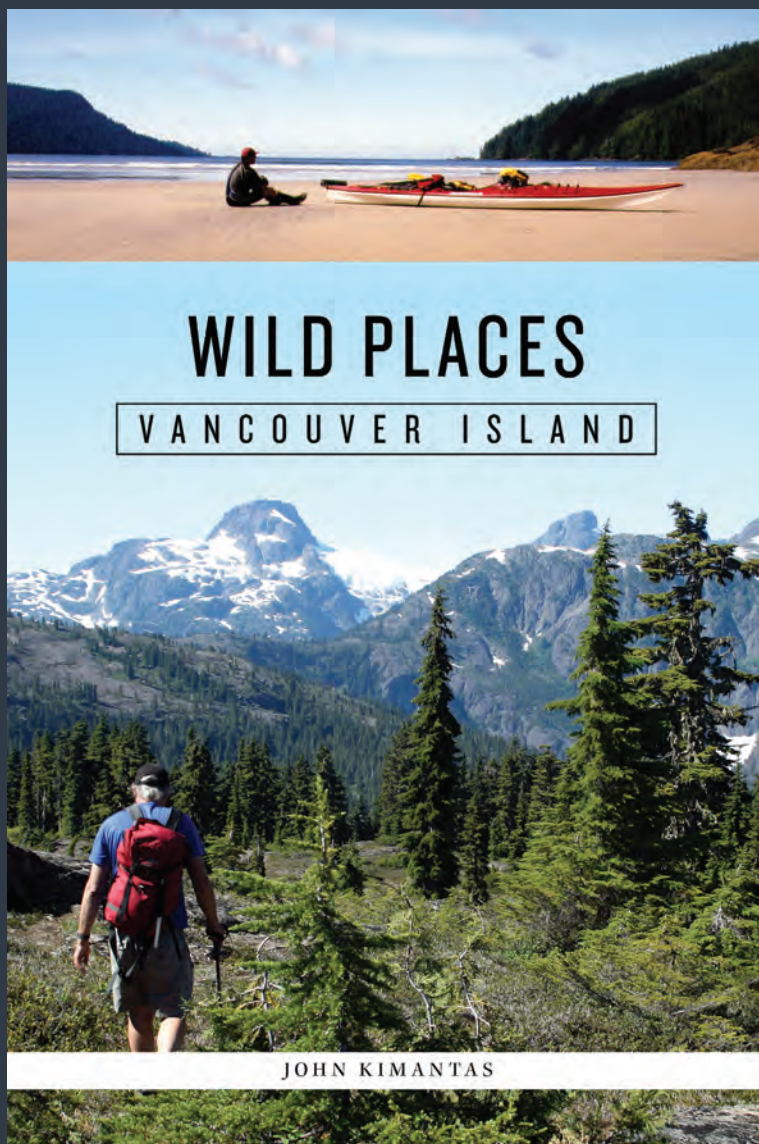
From hidden lakes to hilltop vistas, with every captivating twist and turn in-between, Vancouver Island truly is an explorer's paradise. Discover its pristine beauty for yourself with this essential guide.

EXCERPT The Vancouver Island terrain is one of the toughest anywhere. The ground will be uneven rock. Thin cover will hide all manner of evils—thick moss over footfalls, rotting wood branches that will break when stepped on, and mercilessly barbed undergrowth. Never for a moment believe you can just muscle through. The worst mistake is to leave a trail to head through a clear forest area, then when the clearing runs out think you can just turn back. It sounds so easy to do—until that route you followed isn't visible from the opposite direction...

FEATURES / WHY BUY

- Updated and expanded edition of one of BC's most dependable guidebooks.
- The "Wild Places" brand has endured for over a decade, with new issues of *Wild Places Magazine* available seasonally throughout BC.
- Filled with detailed maps that anticipate the needs of both casual daytrippers and experienced hikers.

John Kimantas has been a journalist for more than 18 years and has written for newspapers across Canada. He is editor and owner of Wild Coast Publishing, which produces *Coast & Kayak Magazine* (formerly *Wavelength*) and *Wild Coast Magazine*. He is also the author of the Wild Coast book series and the BC Coastal Recreation Kayaking and Small Boats Atlas series. He lives on Vancouver Island.



*Let John Kimantas be your guide through one of the
most rugged, beautiful terrains on Earth*

ISBN 978-1-77050-312-0

6" x 9"

paperback

370 pages; \$29.95

100 photographs

colour throughout; rights: world

Available in Canada January 2019

Available in U.S. January 2019

9000 YEARS OF WINE

A World History

by Rod Phillips



Wine has a deeper history than that of any mere beverage. Present at the earliest recorded points of human history, it has been present at the heights of sophistication and the depths of debauchery, an integral part of religious ritual and a free-flowing social lubricant.

This new edition explores the tourism and terroir-driven global industry of today while reaching as far back as Ancient Greece and Rome. On the way it stops at significant points in wine history including the birth of Champagne, Venice in the 17th century, trade in the Middle Ages and more. Celebratory and thorough, *9000 Years of Wine* never lets the scale of history—wars, fraud, blight, colonization, Prohibition—get in the way of a good story or notable bottle.

EXCERPT Clearly, the journey that wine made from the vine to the glass (or the kylix or the mug or whatever was used to drink from) has always been one in which humans and the environment have collaborated, and part of the history of wine is the story of that relationship. Yet if winemakers like to think of their wine as representing the harmony of their skills with the best fruits of nature, they are expressing the optimism that is probably necessary for their trade, for vine-growers and wine-makers have battled nature—in the form of freezing winters, torrid summers, frosts, hail, volcanoes, floods, droughts, pests, and diseases—as much as they have fought the economic and other obstacles that humans put in their way.

FEATURES / WHY BUY

- Rod Phillips is a respected voice in wine writing, with four books under his belt and frequent contributions to magazines such as *The World of Fine Wine* and *NUVO*.
- Wine is ubiquitous in human history. This book blends social commentary and primary sources with larger historical trends for a read that entertains as well as informs.

Rod Phillips is the wine columnist for the *Ottawa Citizen*, author of four books about wine including *Ontario Wine Country* and seven editions of *The 500 Best-Value Wines of the LCBO* and a contributor to magazines such as *The World of Fine Wine*, *Vines*, *NUVO*, *Wine Access* and *Wine Spectator*. Rod is known for his in-depth knowledge and understanding of wine. He is a frequent judge at wine competitions throughout Canada and Europe and a professor of history at Carleton University.

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 - {5} New Wines, New Skills 000
 - {6} Wine in New Worlds 000
- {7} Wine, Enlightenment and Revolution 000
- {8} Towards an Age of Promise 000
- {9} A Time of Troubles 000
- {10} Into the Light 000

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9000 YEARS *of* WINE

A WORLD HISTORY

Rod Phillips

Trace the history of a beverage as old as humankind

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paperback

370 pages; \$19.95

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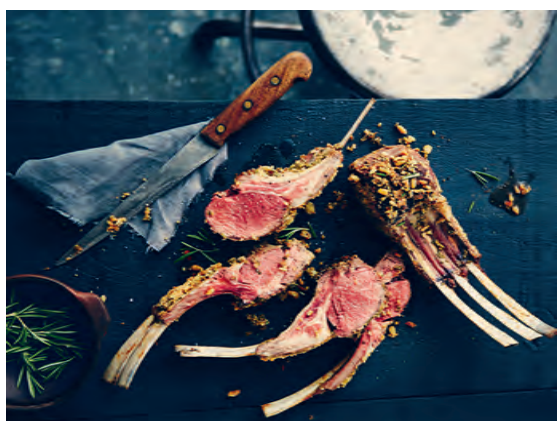
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PIMENTOS AND PIRI PIRI

Portuguese Comfort Cooking

by Carla Azevedo



Hearty and filling and flavourful—these are the words that are most often used to describe the cuisine of Portugal. Designed, as it originally was, to sustain farm workers and other labourers through their long days, Portuguese fare is rooted firmly in the tradition of peasant food that is fresh, simple and easy to prepare.

Pimentos and Piri Piri is Carla Azevedo's tribute to that tradition. A food journalist and teacher who was first introduced to Portuguese cuisine by her husband, who came from a Portuguese family, Carla soon learned how to adapt Old World recipes to the New World environment of urban Toronto. Her first book, the bestselling and often-reprinted *Uma Casa Portuguesa* (Portuguese Home Cooking), was the result. At the time of its publication, Elizabeth Baird wrote, in *Canadian Living* magazine: "Pride and love. These are the words . . . that every Portuguese cook stirs into her kitchen creations. It's this pride and love that bubbled out when I spoke to Carla Azevedo."

Now, Carla has substantially revised, updated and added to her collection of Portuguese recipes and her understanding of Portuguese cuisine, and brings us *Pimentos and Piri Piri*.

This book features a comprehensive introduction, "Essentials of Portuguese Cuisine," with detailed glossaries of cooking techniques, ingredients and utensils. Also included are 330 recipes for a wide range of dishes: appetizers, snacks, soups, seafood and fish, poultry and game, beef, lamb and pork, vegetables and rice, sauces and breads and desserts.

Whether you are feeling adventurous and want to explore the tastes and flavours of Portugal, or just want to create a delicious and satisfying meal, *Pimentos and Piri Piri* is for you.

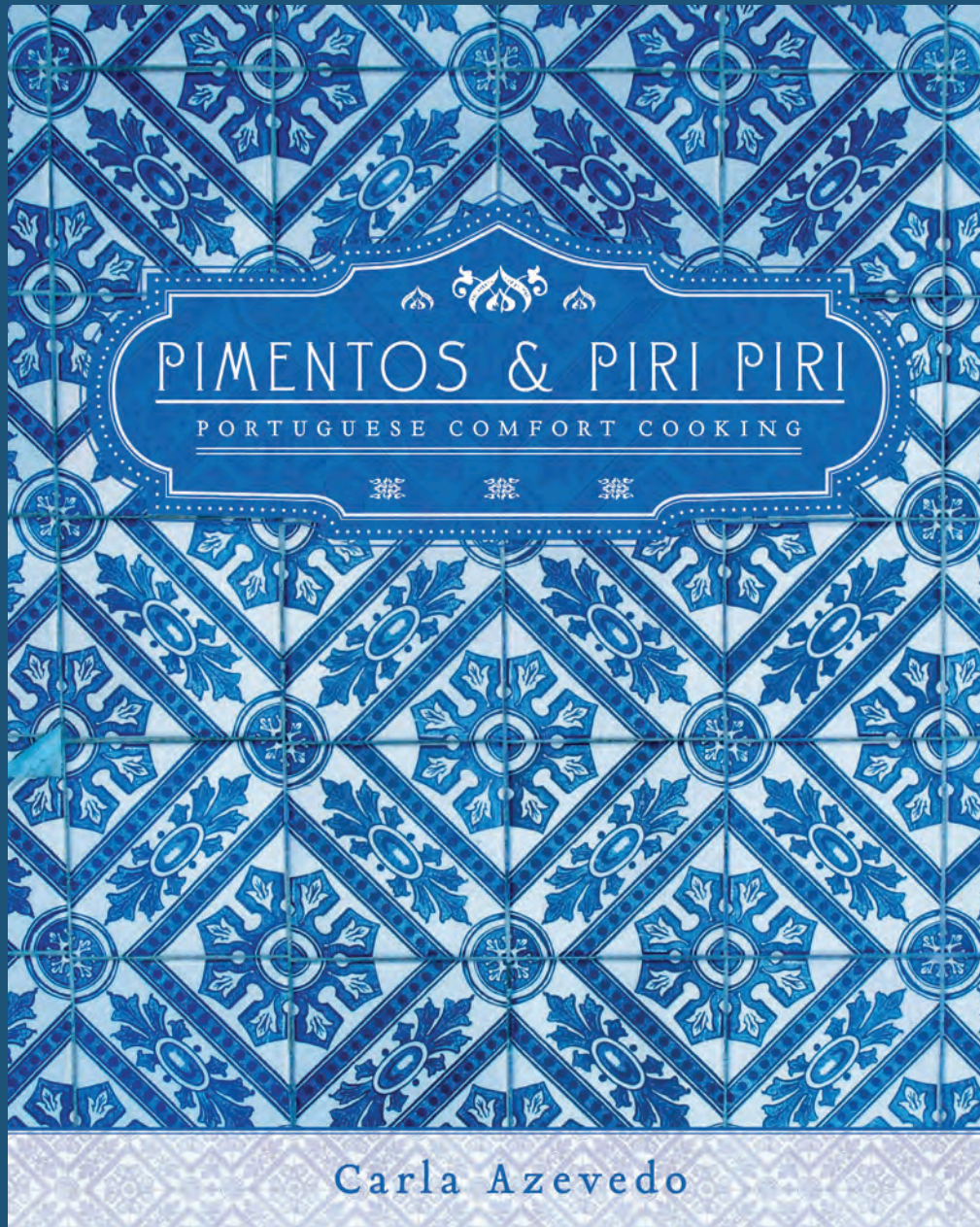
EXCERPT Whether from the Azores, Mozambique, Cape Verde or mainland Portugal, the Portuguese love seafood. In fact, they love all things coming from the sea and have discovered how to draw out every last drop of flavour from whatever sea ingredients they find. Cape Verde Soup comes from fishers who had little time to stew flavourful stocks. Sea-bound cooks would scrape barnacles from rocks or the sides of the ship and toss them into bubbling caldrons along with other sea crustaceans to create a meal that would sustain a hungry crew in a hurry. The intense seafood flavours that developed, along with a deliciously seasoned cornmeal and tomato stock, would be enjoyed that day, and leftovers reheated to be enjoyed the next. Like the seafood in the dish, the added vegetables or grains are imbued with authentic flavours worth savouring.

FEATURES / WHY BUY

- With over 300 recipes, this is one of the most comprehensive Portuguese cookbooks on the market.
- Carla Azevedo was born and raised in Canada and brings a North American approach to Portuguese cooking by using easy-to-find ingredients and familiar cooking techniques.

Carla Azevedo's love affair with the tastes of Portugal started when she met her husband, Antonio. She is a graduate of the acclaimed chef training program at George Brown College and the journalism program at Ryerson Polytechnic Institute. Carla is a teacher and lives in Toronto, Ontario. *Pimentos and Piri Piri* is her first Whitecap book.

REPRINT



*Cosy up to traditional Portuguese recipes in
a North American kitchen*

ISBN: 978-1-77050-190-4

8" x 10"

Hardcover

432 pages; \$39.95

350 recipes

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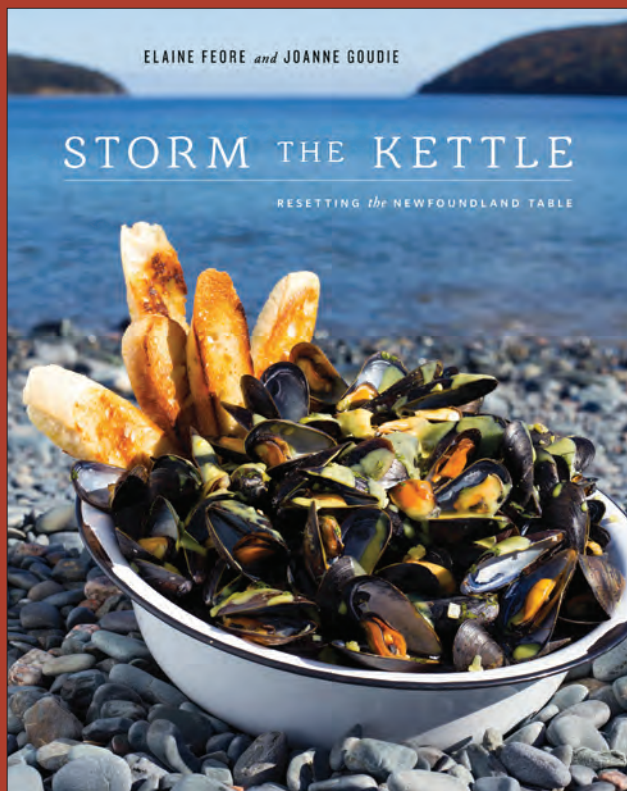
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STORM THE KETTLE

Resetting the Newfoundland Table

by Elaine Feore and Joanne Goudie



ISBN: 978-1-77050-299-4

8" x 10" • 208 pages

paperback with flaps

\$29.95 • Rights: World

Elaine Feore was born in St. John's, Newfoundland. She is a self-taught cook who ran a catering business in Windsor, Ontario before fulfilling her dream of opening her own restaurant, Elaine's Fine Foods. After selling that restaurant, she returned home to live in Newfoundland where she met Joanne Goudie. Together the two of them built The Blue Fish Bistro, a restaurant in Grand Falls, Windsor serving cuisine inspired by menus from around the world. Elaine and her husband Dermot now divide their time between St. John's and Cape Broyle and her happiest times are spent cooking for her grandchildren, family, and friends from all corners of the world. *Storm the Kettle* is her first cookbook.

Looking out over Newfoundland's breathtaking coastal scenery invokes a sense of timelessness, and it's this feeling that makes Newfoundland and Labrador one of Canada's most extraordinary regions.

In *Storm the Kettle*, authors Elaine Feore and Joanne Goudie celebrate Newfoundland's strong connection to the past with an eye to the culinary world beyond its shores, maintaining a centuries-old love of food and commonwealth, but, at the same time, infusing them with a contemporary sampling of recipes from around the globe.

It's often observed that Newfoundlanders take great pleasure in sharing food with the people around them, and *Storm the Kettle* encourages and updates this tradition, taking inspiration both from present-day Newfoundland restaurant culture as well as from the customary foods that have graced East Coast tables since Canada's earliest days.

Recipes for Thai Beef Skewers, Greek Phyllo Chicken (with Lemon Béchamel Sauce), and Fattoush accompany the classic stew and seafood dishes that have long defined Newfoundland's unique culinary scene. Appetizers and sides like Turnip "Fries" with Crispy Prosciutto and Balsamic Dressing invite foreign tastes to time-honored staples. And for the purist, Feore and Goudie offer a generous helping of recipes that pay tribute to Newfoundland's essential export-cod-with selections such as Salt Cod Soup, Cod Tacos, and Poached Cod with Mixed Vegetables.

Embellished with sidebars that detail Newfoundland's rich heritage and culinary evolution, *Storm the Kettle* is a unique book that reflects Newfoundland's enduring place on the Canadian menu, while looking at the food trends and tastes that influence it today.

ABOUT THE TITLE Newfoundlanders are famous for having their own way of saying things, be it with words, phrases or accent. On The Rock *Storm the kettle* means to boil water hastily in a kettle for a 'mug up' or cup of tea.

While former bistro owners and current Newfoundlanders Feore and Goudie are careful to include historical island favourites such as figgy duff and pease pudding — here the mashed soft yellow peas are presented as a dip — Storm the Kettle's flavours and approaches are unabashedly global. From fattoush made with Newfoundland-baked pita to Mediterranean-seasoned chicken thighs, this is a friendly cookbook that delights in multiplicity. Canadians searching for a new bedtime tradition would do well to pick a delicate "bed lunch" sandwich of crusty bread and melted bittersweet chocolate.

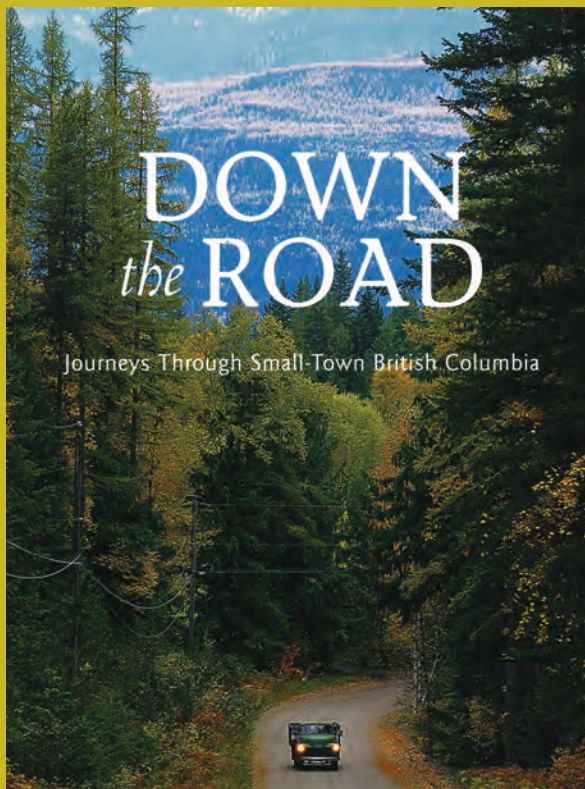
— *The Globe and Mail*

Joanne Goudie was born in the central Newfoundland town of Botwood but has lived in many parts of the island including Corner Brook, Stephenville, St. John's, Fogo Island and Grand Falls, Windsor. She has always loved baking and catering, and after meeting Elaine Feore the two were able to turn their shared passion for food into the grand adventure of opening their own restaurant, The Blue Fish Bistro, which would help inspire their cookbook *Storm the Kettle*. Joanne and her husband Craig are the proud parents of two sons.

DOWN THE ROAD

Journeys Through Small Town British Columbia

by Rosemary Neering



ISBN: 978-1-55285-464-8

6" x 9"

paperback

\$18.95

FW Fall 2018

Cover not final

Winner of the BC Book Prize Back in Print!

Traveling the roads and highways through the islands, mountains, and plateaus of British Columbia, Rosemary Neering talks to a fascinating cross-section of people in the small towns she visits. In coffee shops, post offices, and living rooms, she gathers their stories with the inquisitive ear of the traveller...[setting them] down with a storyteller's wisdom. When Rosemary Neering talks to former urbanites used to having the world at their door, they feel that life is more complete in places where people don't lock their doors at night, and where everyone knows your life better than you do. But in many resource-based communities where the fisheries, forests and mines are increasingly controlled by large corporations, there is resentment towards urban approaches to rural problems. As she travels, a compelling portrait is formed of a world often hidden to city dwellers.

A few of the places portrayed are Merritt, Campbell River, Vanderhoof, Nelson, Kaslo, Nakusp, Prince George, and Quesnel.

Rosemary Neering is a prolific and highly respected author of books and articles on all aspects of her adopted province. First published in 1991.

BACK TO BAKING

200 Timeless Recipes to Bake, Share, and Enjoy

by Anna Olson



ISBN: 978-1-77050-063-1

8.5" x 10.5" • 340 pages

trade cloth

\$40.00 • Rights: World

Anna Olson is the host of *Fresh with Anna Olson* on Food Network Canada and she has hosted five seasons of the program *Sugar*, which airs regularly on Food Network Canada and is broadcasted internationally. This is Anna's seventh book with Whitecap, including *Inn on the Twenty Cookbook* and *Anna & Michael Olson Cook At Home*, which she co-authored with her husband. She lives in the heart of Canada's Niagara region.

In this latest book from bestselling author and celebrity chef Anna Olson, the mystery of baking is revealed with 215 all-new recipes. Whether looking to bake a fundamental recipe like a basic shortbread cookie or brownie; or delving into a classic torte or an imaginative holiday dessert, Anna provides a reliable framework for all of your baking, with guaranteed success. With section on baking troubleshooting or tips on accurate measuring, Anna helps novice bakers bypass any kitchen disaster and move right on to produce perfect baked goods every time.

Back to Baking is about enjoying the process of baking itself, (making those extras that can have a place in a balanced diet), in modest portions. Making something from scratch gives you control. You know what you're making, what's going into the dish, and how it's being prepared. Because these delights are homemade, the recipes can suit those with food intolerances and allergies. With entire chapters on dairy-free, egg-free, gluten-free, and low-fat/low-sugar baking, this book has recipes for everyone you love.

Whether you're a novice cook, perhaps a young person who wants to make your first batch of brownies, or a more adventurous baker who's ready to tackle a wedding cake, this book provides fundamental formulas and guidelines, as well as sophisticated advice for any home baker. Try your hand at recipes such as:

- Chewy Molasses Cookies
- Delectable Fudge Brownies
- Two-Crust Caramel Apple Pie
- Raisin Butter Tarts
- Whole Wheat Carrot Sticky Buns
- Chocolate Layer Cake with Caramel Frosting

EXCERPT Those of us who bake understand that baking is about a sense of satisfaction, a sense of sharing. Especially these days, when time is our most valuable commodity, taking the time to make something that doesn't just feed the family but is meant as a reward is a gift that can be as gratifying for the giver as it is for the receiver. If you're ready to feel that sense of satisfaction and sharing, then it's time to get back to baking.

THE BAKER IN ME

by Daphna Rabinovitch



ISBN: 978-1-77050-242-0

8" x 10" • 208 pages

hardcover

\$45.00 • Rights: World

FEATURES / WHY BUY

- A very accomplished pastry chef's take on good home baking, including familiar favourites like chocolate chip cookies.
- Author has a distinguished baking career that has given her many contacts in the media.
- Baking tips and technical know-how that is not always well understood outside of professional baking.

"Right off the bat, I have to start by saying that although I completed my stage at a hotel restaurant and then moved on to be a pastry chef and then an executive pastry chef, I am, at heart, a home baker."

—Daphna Rabinovitch

With chapters for cookies, bars, cakes, chocolate, muffins and quick breads, and pastries, as well as smart guides for techniques, ingredients and equipment, *The Baker in Me* will be a trusted, lasting resource in kitchens everywhere.

Daphna Rabinovitch has been an enthusiastic baker from her childhood right through to a distinguished career as a pastry chef. In *The Baker in Me* she brings years of experience and a keen eye for details to a comprehensive guide that lets home bakers take charge of their kitchens. Science-based and technically sound, Daphna provides a warm and approachable guide to baking.

Transform your home baking with recipes like:

- Five-Spice Butter Cookies
- Just for the Fun of It Blondies
- Rhubarb Coffee Cake with White Chocolate
- Seed Bread

Daphna Rabinovitch has worked as a pastry chef, a personal chef, the director of the *Canadian Living Test Kitchen*, and the senior pastry chef at the prestigious David Wood Food Shop. She is the co-author of two cookbooks, and a graduate of Tante Marie's cooking School and a baking apprenticeship in Tuscany. She lives in Toronto.

EXCERPT One of the things that makes baking so extraordinary and so magical is the fact that from just a few simple ingredients—butter, sugar, flour, eggs, a few flavourings—gorgeous, flaky, airy, melt in your mouth, chewy, tart, gooey and crispy desserts and creations are made. Whether they succeed or falter will depend on the quality of the ingredients you bring to your baking counter. The ingredients should be of the best quality that you can afford. Why make an insipid cookie with margarine and flavoured chips when you can make a truly memorable one with fresh unsalted butter and real chocolate. Why spend the time on a lemon meringue pie if you're only going to use bottled lemon juice? Freshly squeezed lemon juice—boisterous and puckery—spells the difference between lifeless and stellar.

FIREHOUSE CHEF

Recipes from Canada's Firefighters

by Patrick Mathieu



ISBN: 978-1-77050-306-9

8" x 10" • 208 pages

trade paper

\$34.95 • Rights: World

A firefighter encounters many situations that require decisive action, but one that influenced Waterloo firehouse chef Patrick Mathieu more than most was the simple question posed to him at mealtime: "are you gonna cook, or clean up?"

The Firehouse Chef is an account of Mathieu's culinary experience as a Canadian firefighter, preparing meals for his fellow firemen that have kept them well-nourished for over 15 years.

With original recipes, as well as contributions by chefs from firehouses stretching from Newfoundland to British Columbia, this is a book that gets what it's like to prepare meals for households on the go. A team of firemen is just like a family, and *The Firehouse Chef* is sure to spark some new ideas in your own home with sizzling recipes such as:

- Old South Classic FireHouse Pulled Pork
- Cauliflower Steaks with Salsa Verde
- Yukon Elk Chili with Chocolate and Cinnamon
- Thai Drunken Noodles

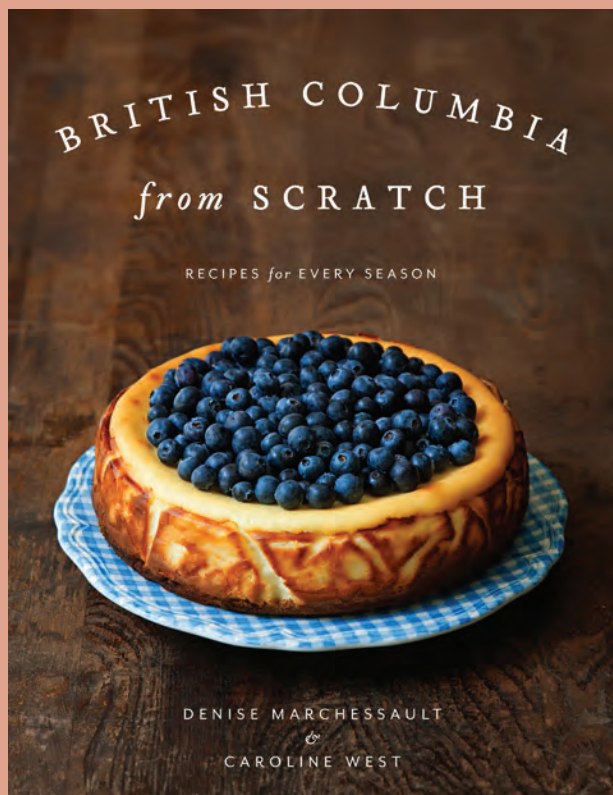
Whether you're looking for a simple starter, a gourmet dessert, or a hearty main, these recipes have been tried and tasted by test audiences who are not afraid to speak their mind! Filled with colourful anecdotes and sumptuous photography, get ready as Patrick Mathieu and firehouse chefs from across the country set the culinary world ablaze with the season's hottest cookbook.

Firefighter **Patrick Mathieu** is a very passionate foodie and self-taught chef who followed in his French-Canadian family's traditions of firefighting and cooking from the heart. He has cultivated his love for cooking in the firehouse and, alongside his wife Andrea Lauren, is the proud owner of StationHouse Catering and Private Chef Services. Patrick is also a culinary instructor, a food and recipe columnist for *Firefighting in Canada Magazine*, and appeared on Season 2 of the Food Network's *Chopped Canada*. He lives just outside Waterloo, Ontario with his wife and two children.

BRITISH COLUMBIA FROM SCRATCH

Recipes for Every Season

by Denise Marchessault and Caroline West



ISBN: 978-1-77050-234-5

8.5" x 11" • 320 pages

hardcover

\$40.00 • Rights: World

FEATURES / WHY BUY

- This book offers a uniquely warm and personal take on eating locally
- The chef and photographer worked closely on the project to create a truly collaborative work of recipes and images
- Both the author and photographer are experts in their fields with years of experience behind them

A celebration of British Columbia through a cook's palate and a photographer's lens, this cookbook highlights the province's diverse edible landscape, from the Pacific Ocean's seafood to Okanagan fruit. The seasonal layout pairs an eclectic collection of made-from-scratch recipes with evocative images, paying tribute to wholesome unprocessed foods and the skilled farmers who grow them.

Seafood lovers will find plenty of ideas for enjoying the Pacific's bounty with recipes for halibut, salmon, oysters, mussels, clams and spot prawns. B.C.'s prized fruits are featured in summer pies, tarts, meringues and ice cream while fall and winter recipes showcase local pears, apples and cranberries. The Fraser Valley's meats appear throughout the book, as do the region's vegetables that make up vegetarian dishes like the award-winning Ratatouille Pie.

There's even a section for getting back to basics with everything from stocks, to pasta, to honest-to-goodness real mayonnaise. *British Columbia from Scratch* features the province's most commonplace market ingredients, making this book as practical as it is beautiful.

Denise Marchessault is a classically trained cook with a particular fondness for French cooking techniques. A firm believer in cooking from scratch, Denise's soups and sauces are created with fresh, local ingredients. She lives in Vancouver with her husband and twin daughters.

Caroline West is an art director, photographer, vintage home wares collector and contributor to *Vogue Living Australia*. She lives on Vancouver Island with her husband.

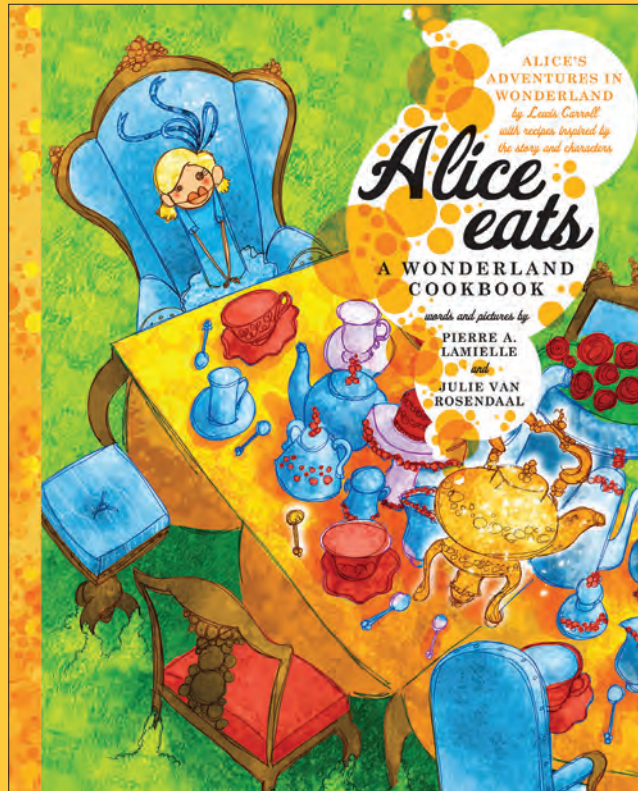
EXCERPT We set out to explore British Columbia, season by season. We harvested oysters from the shores of Mudge Island, picked peaches in the sunny Okanagan Valley, foraged for mushrooms in an ancient rain forest on Vancouver Island, gathered plump berries on Westham Island and watched farmers in the Fraser Valley flood their cranberry bogs.

The more we travelled, the more we appreciated our hardworking farmers. Once you've seen a cranberry bog flooded, it's impossible to enjoy a glass of cranberry juice without thinking of the effort that went into harvesting the berries. The mantra "Fresh, Local and Seasonal" may sound like a cliché but for farmers who depend on the sun and soil, it's their way of life. Cooking with the ebb and flow of the seasons makes good sense: food tastes better in season.

ALICE EATS

A Wonderland Cookbook

by Pierre A. Lamielle and Julie Van Rosendaal



ISBN: 978-1-77050-191-1

268 pages

8" x 10"

hardcover

\$34.95

Whitecap Fall 2013

This delightful volume is the full text of the original *Alice's Adventures in Wonderland*, by Lewis Carroll, with recipes and photographs by Julie Van Rosendaal and new, full-colour illustrations by Pierre A. Lamielle.

The assortment of inventive recipes in this book, all inspired by characters and events from the original story, include such imaginative and enticing dishes as:

- Cheshire Cat's Grinny Grainy Mustard Rarebit
- White Rabbit's Cucumber Frames with Three Fillings
- Caterpillar's Double-Stuffed Mushroom Caps
- Mock Turtle's Mock Mock-Turtle Soup
- The Queen of Heart's Red Velvet Cupcakes with Regal Cream-Cheese Frosting

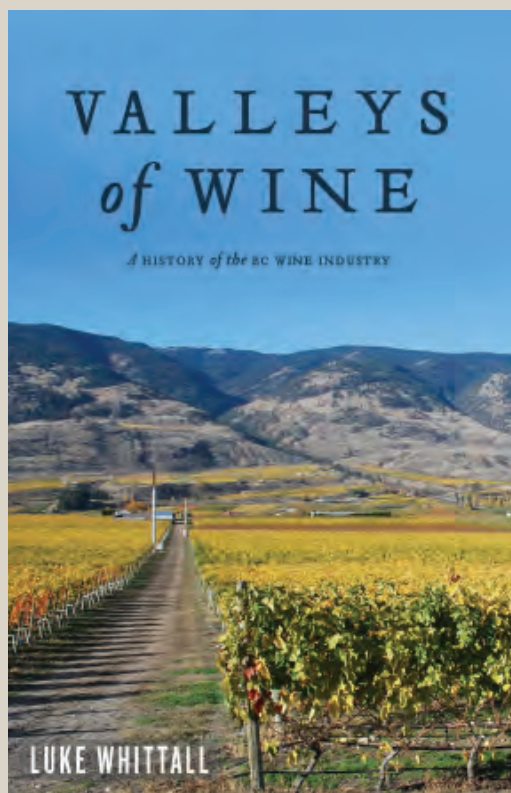
There is also special tea-party section inspired, of course, by the famously chaotic and surreal Mad Hatter's Tea Party. This section includes a 16-recipe menu—four sets of four recipes (a sweet dessert, a savoury dish, a scone and a drink), one set for each of the characters at the Wonderland tea party (Alice, the Mad Hatter, the Dormouse and the March Hare)—complemented by tips for making the perfect pot of tea, dipping tea biscuits and reading tea leaves as well as an illustrated glossary of tea sandwiches.

Whether this book is for a young girl's dreamy tea-party or a grown-up's costume-fantasy event or a creative afternoon in the kitchen, *Alice Eats* will delight, entertain and inspire. Readers who are "curiouser and curiouser" about planning an Alice-themed event, who want to know what an "Eat Me" cake might taste like or who want to make a memorable English afternoon tea will find both classic and out-of-this-world ideas in *Alice Eats*.

VALLEYS OF WINE

A History of the BC Wine Industry

by Luke Whittall



EAN: 9781770503168

Trim: 5.5 x 8.5

Page: 370

Price: \$29.95

Paperback

Available October 2018

The story of a particular wine's history and flavour can vary, sometimes quite significantly, from one winery to another. In British Columbia's Okanagan Valley, these stories can be the result of a diverse geology, different aromatic ingredients, production methods . . . or maybe just the winery owners themselves, originating from different backgrounds and careers, each with their own interpretation of the wines they mythologize.

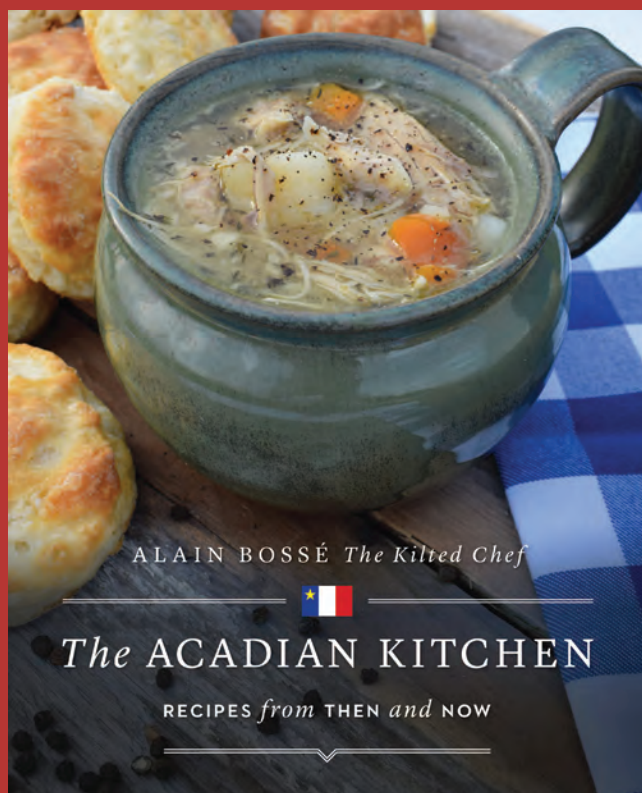
With so many stories, it can be hard to separate the tall tales from the terroir, and *Valleys of Wine* is the first comprehensive text in decades to look at the actual history of Okanagan wine—not as a guidebook, but a regional history examining the trends and industry regulations that have continued to shape a thriving part of BC's economy. Luke Whittall takes a detailed look at the evolution of BC wine from the earliest vines in the mid-19th century, to the estate wineries that have elevated British Columbia's wines to the international stage. With insight, wit and exhaustive research, *Valleys of Wine* demonstrates that great wine is exceptional for the very reason it can seem so elusive: you can't understand it fully without taking into account the people and places who make it what it is.



ACADIAN KITCHEN

Then and Now

by Alain Bossé



EAN: 9781770503137

Trim: 8 x10

Pages: 200

Price: \$34.95

Paperback

A detailed culinary history supplemented with context-providing sidebars, historical timelines, glossaries and over 120 extraordinary recipes, *Acadian Recipes: Then & Now* is an essential guide to the culture and food history of the Acadians.

The aroma of rappie pies baking in the oven, rich fragrant broth bubbling on the stovetop for the evening's fricot, buckwheat pancakes frying in a cast-iron skillet—these are the tastes and smells of traditional Acadian cooking, brought to life as never before in “The Kilted Chef” Alain Bossé's new book, *Acadian Recipes: Then & Now*.

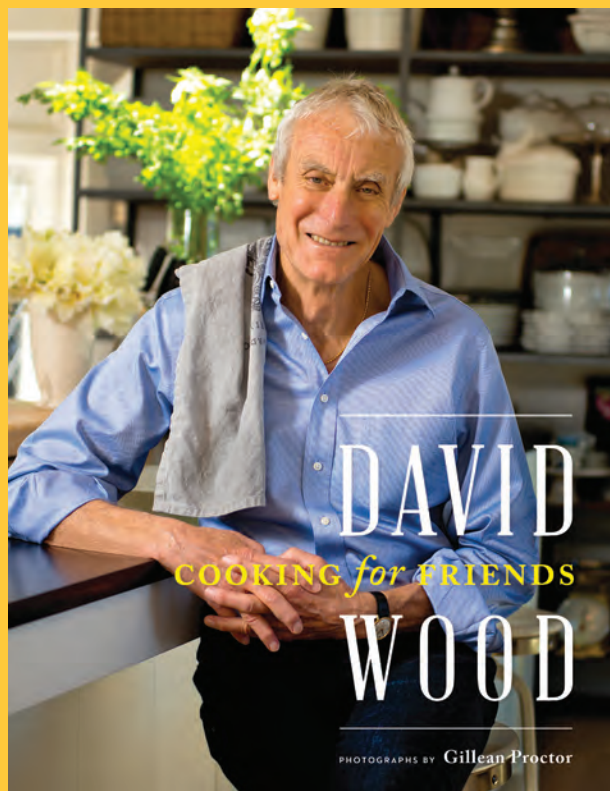
Celebrating the evolution of Acadian cooking from its 17th century roots to the Cajun and French Canadian dishes it's known for today, *Acadian Recipes* is a landmark guide to Acadian history, culture and the time-honored foods that define its one-of-a-kind heritage. Influenced by the cultural exchange of historic French, Indigenous, Creole and maritime ideas, Acadian cuisine is defined less by technique than by the desire to take simple, local ingredients, and turn them into something delicious. With chapters on chowders, pies, preserves, classic desserts and much more, *Acadian Recipes* captures an extensive variety of Acadian dishes, both new and old.



DAVID WOOD

Cooking for Friends

by David Wood



ISBN: 978-1-77050-063-1

8.5" x 10.5"

340 pages

hardcover

\$40.00

Rights: World

In the 30 years since David Wood first published his classic *David Wood Food Book*, he has continued to cement his reputation as one of Canada's great culinary artisans. Former owner of the prestigious David Wood Food Shop in Toronto, David has spent over two decades on the West Coast cultivating acclaim for his cheese-making (as owner of the Salt Spring Island Cheese Company), as well as for his unique understanding of the elemental role food plays in daily life.

David Wood's *Cooking for Friends* is written with the idea in mind that it's not what you eat but how you make it that matters. A traditionalist at heart, David grew up in postwar Scotland respecting food as basic sustenance and not much else. Now a cook of wide-ranging skill with a familiarity of many complex cooking methods and tastes, David continues to be influenced by the pragmatism of his early years, but with greater ambition and a refined palette.

Fantastic recipes like Pesto-Stuffed Chicken Breasts, Risotto Milanese and Seared Salmon with Dolce Forte Sauce are more than just great meals; they help shape the character of an occasion. Sublime desserts like Raspberry and Fig Gratin, or Poached Pears with Caramel Ginger Sauce, show how fresh, everyday ingredients can be elevated with proper care and an attention to detail.



ROSE MURRAY'S COMFORTABLE KITCHEN COOKBOOK

Easy, Feel-Good Food for Family and Friends

by Rose Murray



For decades, Rose Murray has been known for her easy-going, dependable cookbooks—guiding the hands of young cooks and bringing culinary wisdom into homes with her classic, tried-and-true recipes. In *Rose Murray's Comfortable Kitchen*, “comfort” is everything. Rose perfects the family recipes that have endured for generations and that taste more than anything, like home. Both nostalgic and effortlessly modern in its range of tastes and ideas, *Comfortable Kitchen* collects over 230 recipes that will put you at ease—from soothing soups and quick salads, to main courses and exquisite desserts.

Written with the home cook in mind, Rose offers a wide variety of recipes, like her New-Style Chicken with Parsley Dumplings, and Fettuccine with Creamy Rosemary Shrimp, Raspberry-Walnut Muffins, Sensational Turtle Brownies and an Irresistible Almond Streusel Cherry Pie.

Rose Murray has been a key player in the Canadian food scene for almost three decades. She has written 10 cookbooks, various magazines and newspapers, taught at various colleges and cooking schools, and appeared on television and radio. Rose has helped shape Canada's culinary landscape since 1979, and in September, 2015, she was inducted into Taste Canada's Hall of Fame with their lifetime achievement award.

EAN: 9781770503014

Trim: 8" x 10"

Page: 220 pages

Price: \$29.95

Paperback

BOOKS BY

Jeanelle Mitchell

For the Love of Salad

by Jeanelle Mitchell

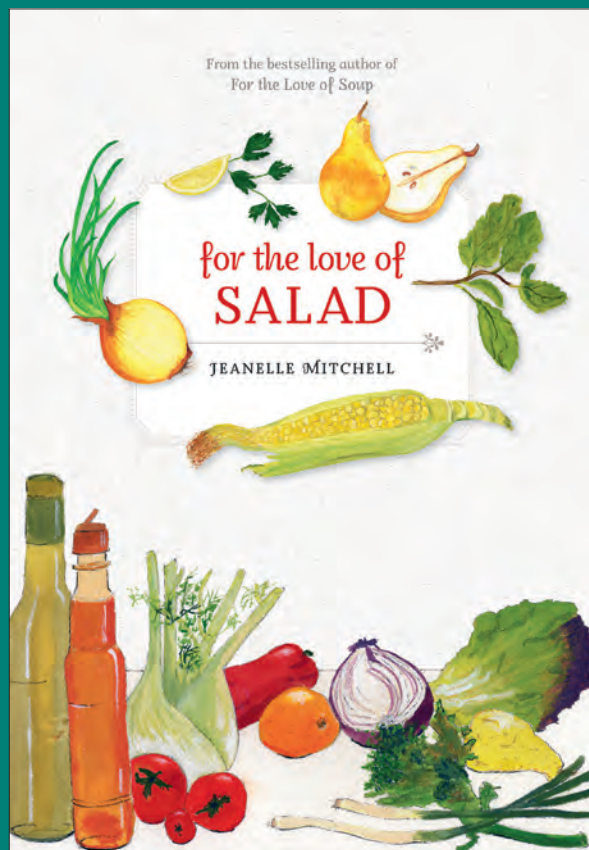
978-1-77050-007-5

176 pages

7" x 10"

paperback

\$19.95



For the Love of Soup

by Jeanelle Mitchell

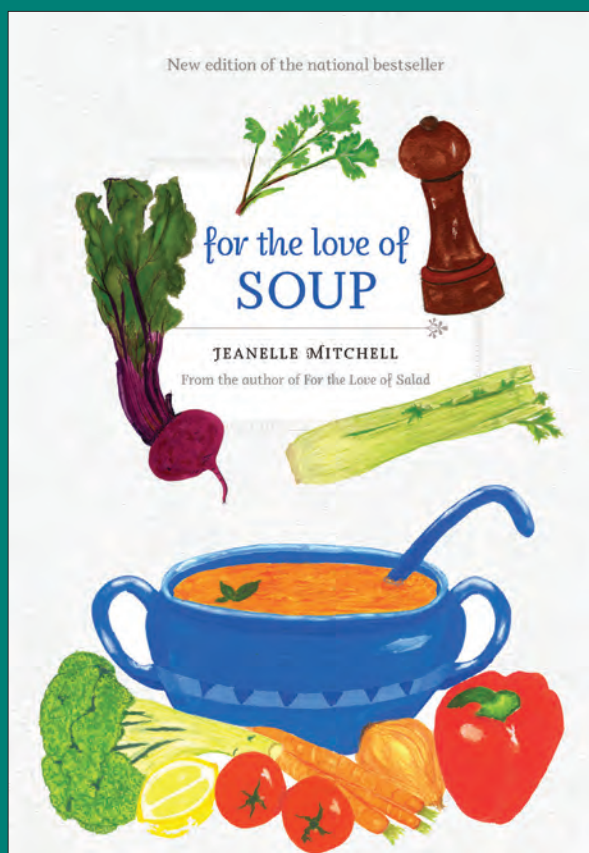
978-1-77050-032-7

192 pages

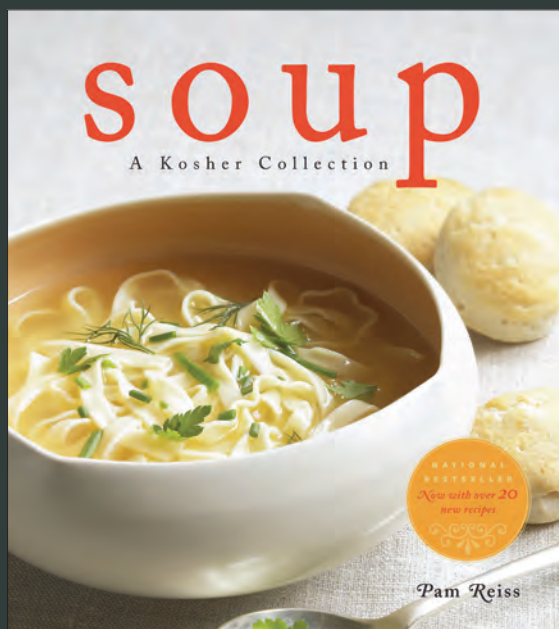
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\$19.95



BOOKS OF *Jewish Interest*



SOUP

A Kosher Collection

by Pam Reiss

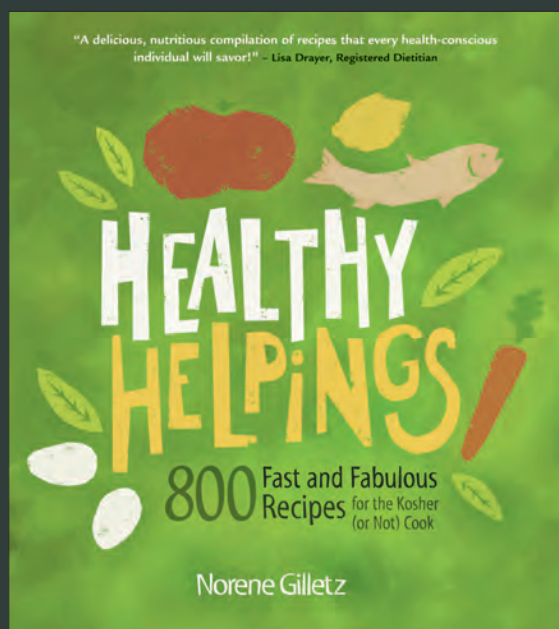
978-1-77050-062-4

224 pages

8" x 9"

paperback

\$24.95



HEALTHY HELPINGS

800 Fast and Fabulous Recipes

by Norene Gilletz

978-1-55285-788-5

432 pages

8" x 9"

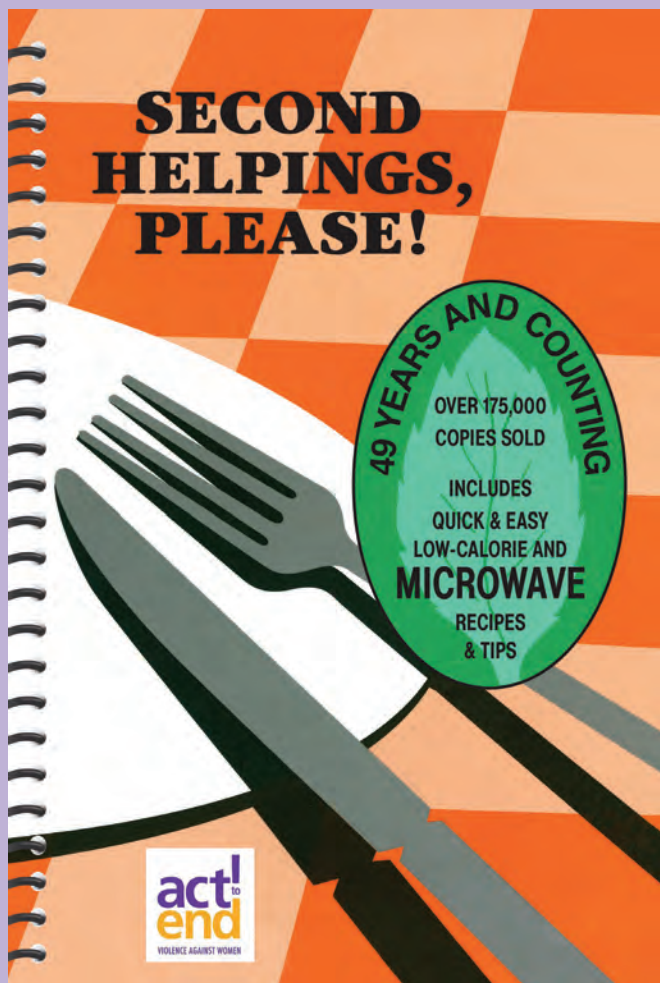
paperback

\$29.95

SECOND HELPINGS, PLEASE!

Act to end violence against women

edited by Noreen Gilletz and Harriet Nussbaum



EAN: 9781770503199

Pages: 292

Trim: 6 x 9

Price: \$34.95

Published: June 2017

Paperback

*Now into its
19th printing
with over 150,000
copies sold*

Revised edition including a selection of low-calorie and quick and easy microwave recipes, plus tips for today's busy cook.

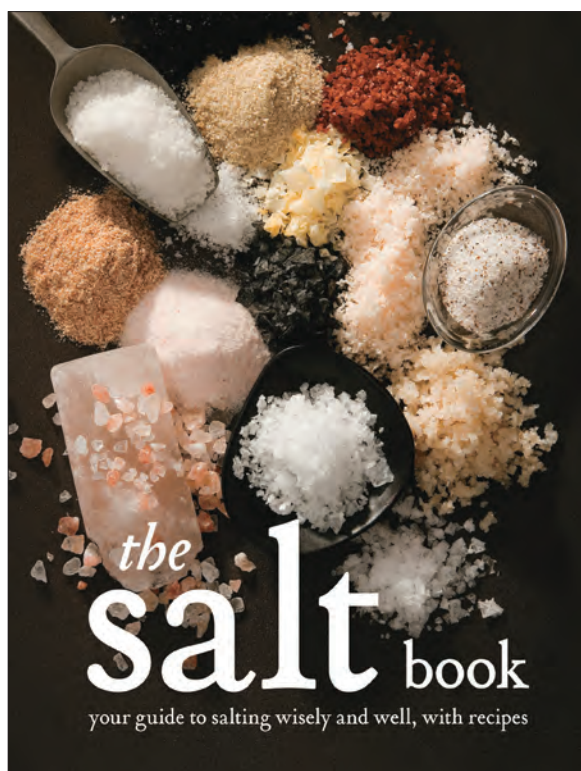
First published in 1968, this is the “go to” cookbook for young singles, marrieds, and people who simply love food. Originally conceived as a culinary celebration of Jewish Holy Days, *Second Helpings, Please* has evolved into an indispensable cooking treasury, one designed with convenience in mind, but packed with all sorts of helpful tips and advice for the amateur cook. From discussions of oven temperatures to substitutions (when you do not have fresh milk, for example), from a primer on how to measure, to a dictionary of food terms, this soup to nuts compendium features over 500 recipes, plus extra pages to fill in one's own special favorites. A comprehensive index, charts of recommended freezer storage time, glossaries, special occasion menus, and dieting hints add even more to the package. Check out the reviews on Goodreads. One happy customer noted...“an invaluable resource...more satisfying, more nutritious, more honest cooking...”

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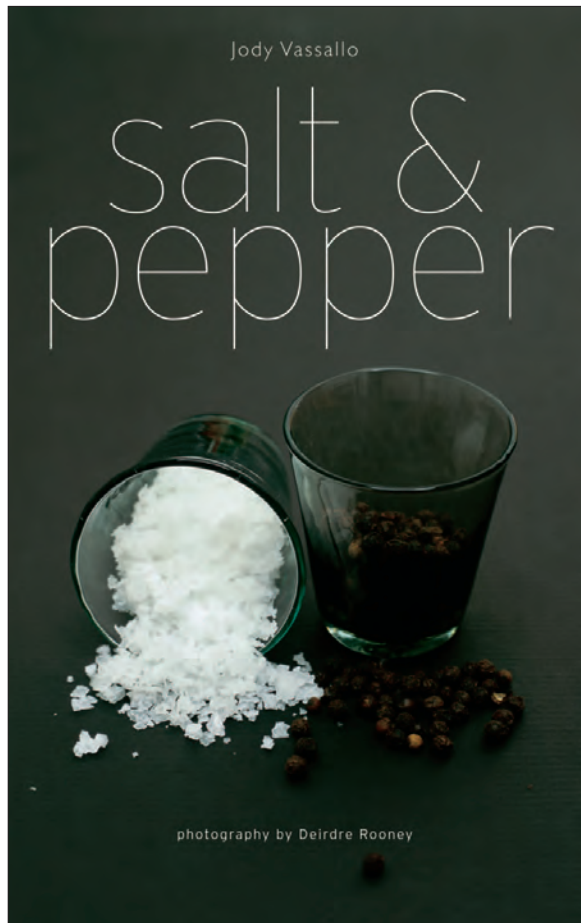
Helpful Hints
Appetizers & Party Treats
Soups & Garnishes
Meat, Poultry & Stuffing
Fish, Eggs & Cheese
Vegetables, Side Dishes,
Salads & Dressings
Bread, Rolls & Muffins
Cakes & Icings
Pies & Desserts
Cookies, Squares & Candies
Jewish Festivals
Miscellaneous
One Helping Please
Microwave Basics

BOOKS ON *Seasoning*

The Salt Book
 Your Guide to Salting Wisely and
 Well, with Recipes
by Fritz Gubler and David Glynn
with Dr. Russel Keast
 978-1-77050-176-8
 208 pages
 9.5" x 7.25"
 paperback with flaps
 \$29.95



Salt & Pepper
by Jody Vassallo
photos by Deirdre Rooney
 978-1-55285-816-5
 160 pages
 7" x 11.13"
 paperback with flaps
 \$24.95



BOOKS BY Mairlyn Smith



Homegrown

Celebrating the Canadian Foods We Grow, Raise and Produce with 60 Recipes

by Mairlyn Smith, with recipes from the Ontario Home Economics Association

312 pages

978-1-77050-232-1

8" x 10"

\$39.95



The Vegetarian's Complete Quinoa Cookbook

from the Ontario Home Economics Association

edited by Mairlyn Smith

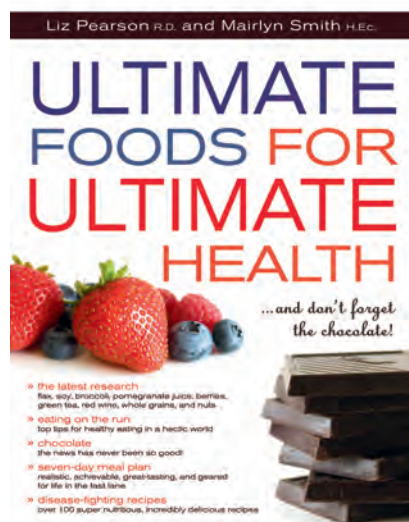
978-1-77050-097-6

208 pages

8" x 10"

paperback with flaps

\$29.95



Ultimate Foods for Ultimate Health

... and Don't Forget the Chocolate!

by Liz Pearson
and Mairlyn Smith

978-1-55285-845-5

336 pages

7.5" x 10"

paperback

\$29.95



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by Mairlyn Smith

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cake decorating

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edited by Jane Price

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Around the Globe
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BOOKS BY *Nettie Cronish*

NOURISH

Whole Food Recipes Featuring Seeds, Nuts, and Beans

by Nettie Cronish and
Cara Rosenbloom

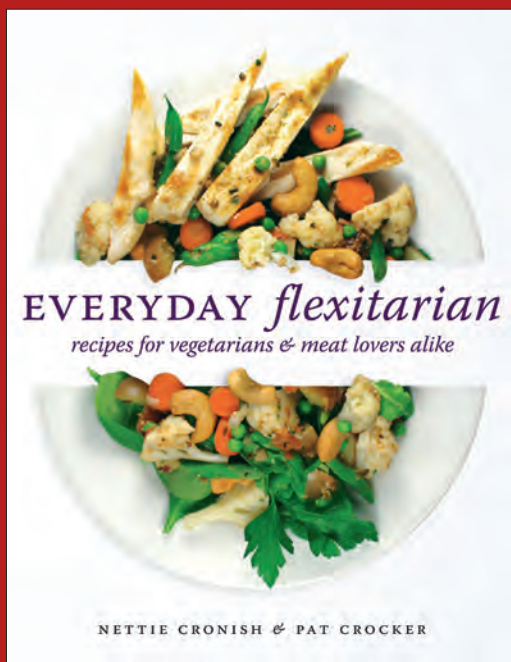
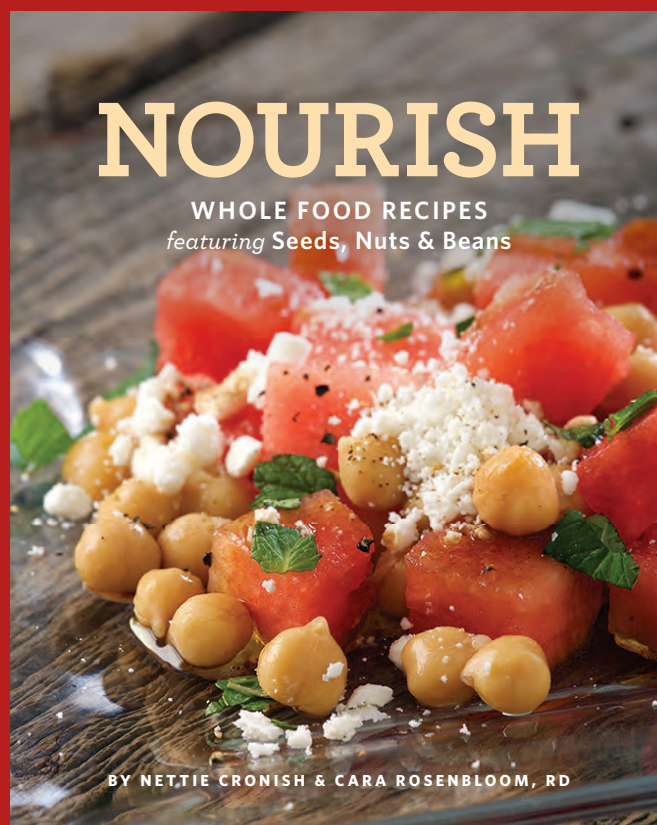
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224 pages

8" x 10"

paperback with flaps

\$29.95



Everyday Flexitarian

Recipes for Vegetarians and Meat Lovers Alike

by Nettie Cronish

and Pat Crocker

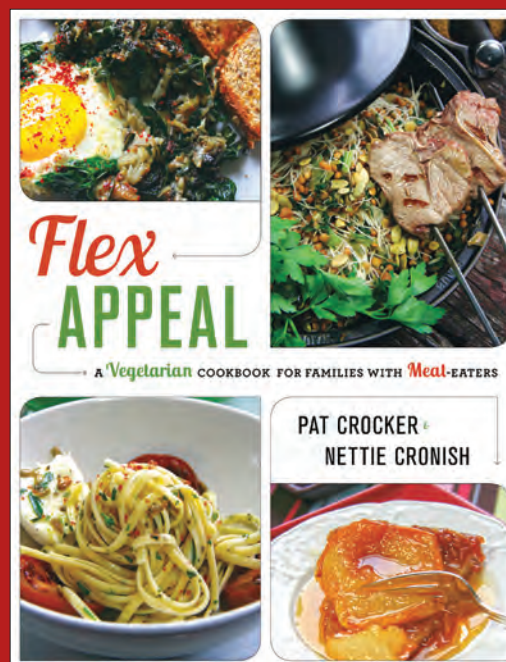
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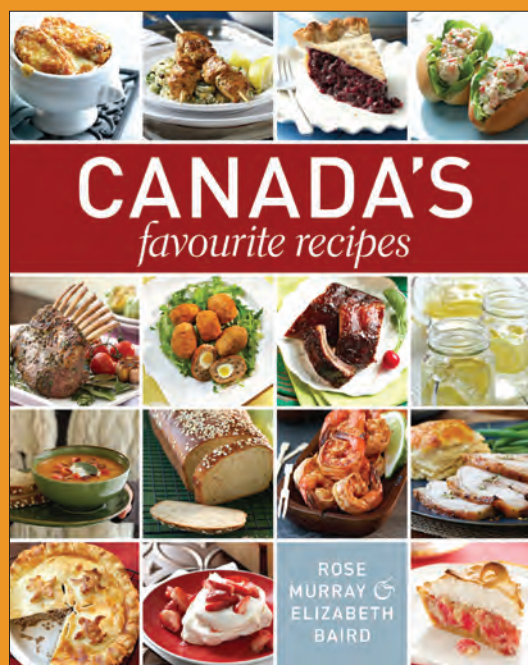
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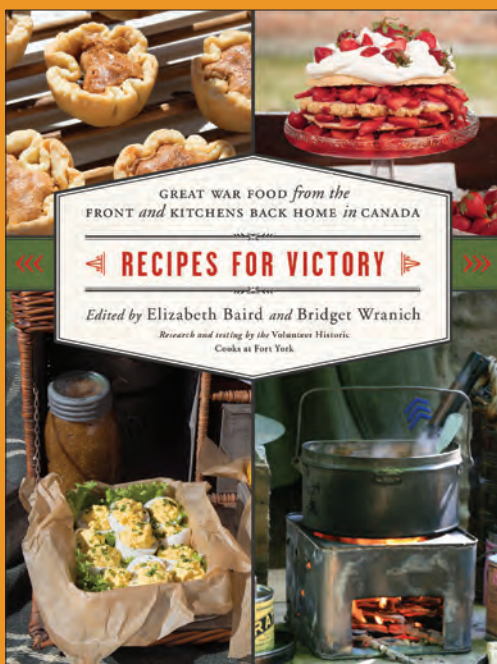
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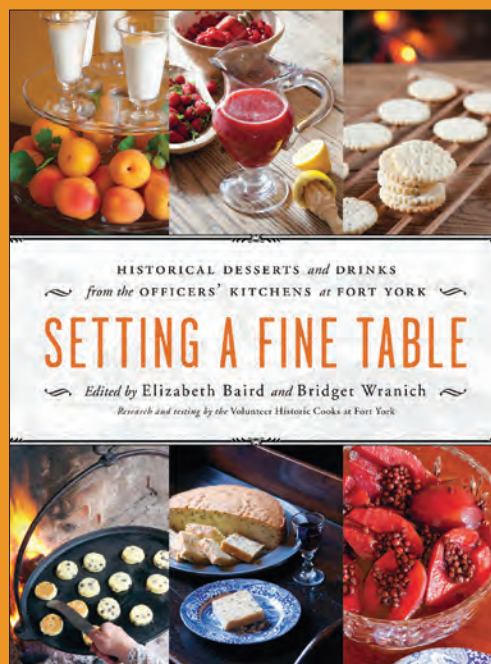
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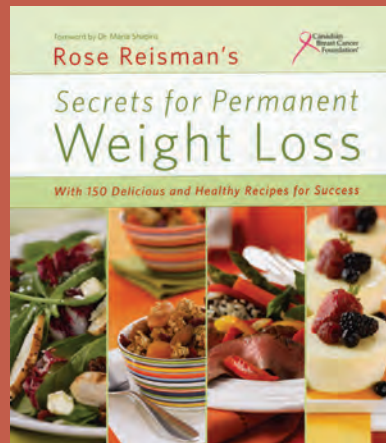
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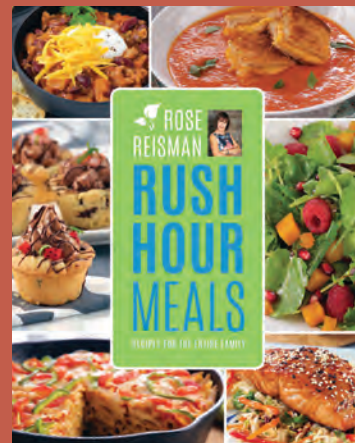
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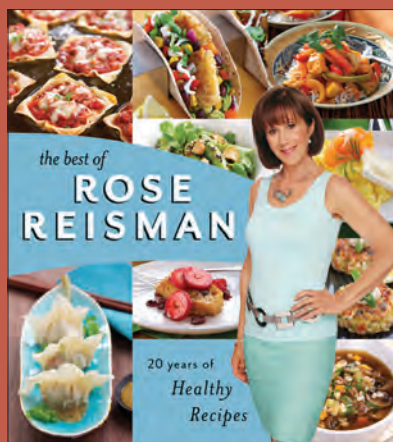
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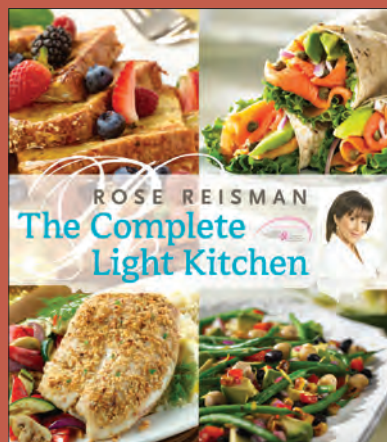
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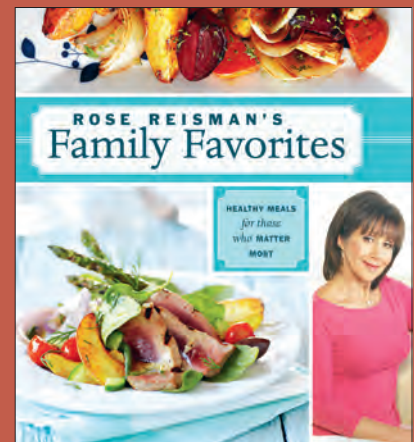
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ICE CREAMS, SORBETS & GELATI

The Definitive Guide

by Caroline and Robin Wier



Caroline and Robin Weir's book is the biggest selling book on ices that has ever been published. It is universally regarded as the bible on the subject. Since its first publication, over a decade of research and millions of calories went into the new edition which was published in 2010.

Now for the first time the book is being issued in a paperback edition.

The book has over 400 recipes covering ice creams, gelato, graniti, bombes, parfaits, instructions on making wafers, biscuits, punches, even ice creams for diabetics and vegans.

If you have never tasted home-made ice cream, you are in for a revelation. If you have the previous book you are in for many inspired new flavours. These are not ice creams loaded with junk confectionery, these are pure unalloyed, straightforward ices, easily made from straight forward, easily obtained ingredients without additives. Everything for the beginner, the enthusiast the cook, the expert and the professional chef.

ISBN: 978-1-77050-063-1

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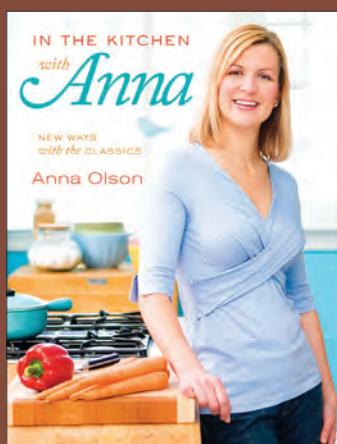
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Anna Olsen

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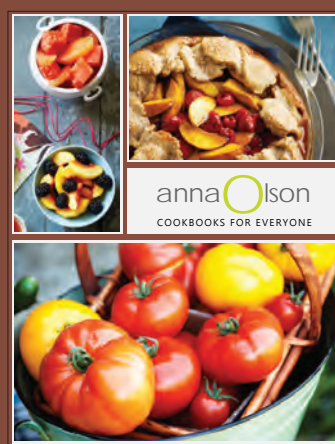
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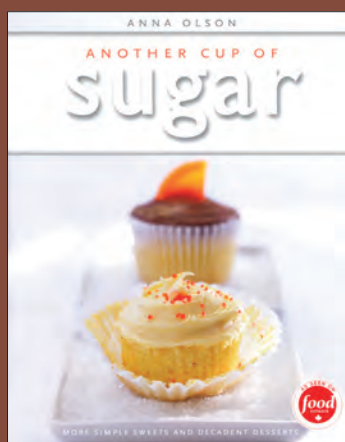
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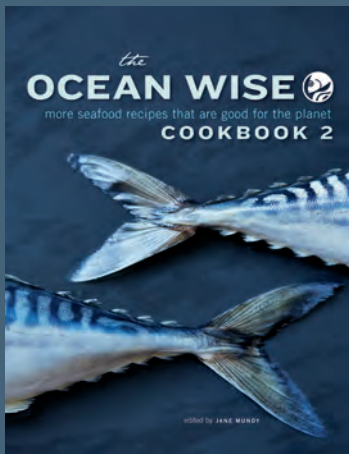
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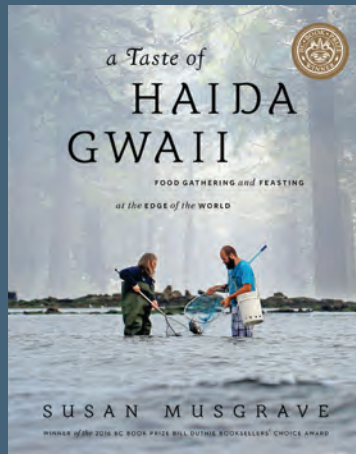
Taste Canada Awards

GOLD
IN THE SINGLE SUBJECT
COOKBOOK
CATEGORY



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More Seafood Recipes that are Good for the Planet
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GOLD
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A TASTE OF HAIDA GWAII
Food Gathering and Feasting at the Edge of the World
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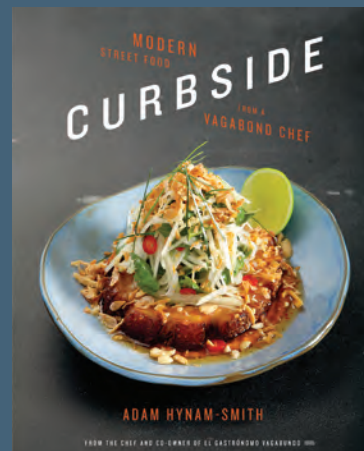
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CATEGORY



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by Mary Jo Eustace
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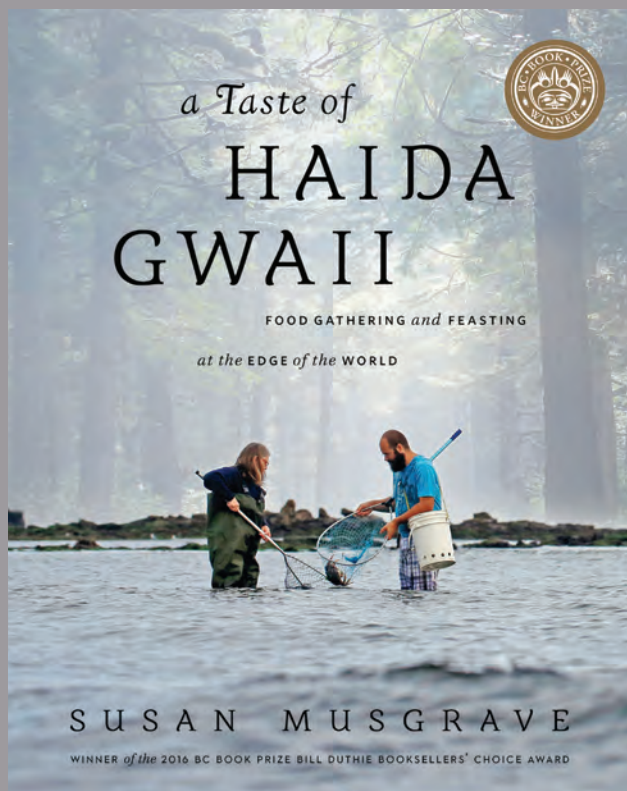


CURBSIDE
Modern Street Food from a Vagabond Chef
by Adam Hynam-Smith
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A TASTE OF HAIDA GWAI

Food Gathering and Feasting at the Edge of the World

by Susan Musgrave



ISBN: 978-1-77050-216-1
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FEATURES / WHY BUY

- Susan Musgrave is one of Canada's most exciting poets and her cookbook debut is not to be missed.
- This book shows a unique look at a fascinating part of the world, the remote archipelago of Haida Gwaii.
- The book has rare recipes developed by someone with a devotion to foraging and eating locally.
- The book is not just a practical guide to cooking, but a very entertaining read, and of interest to all fans of Susan Musgrave's writing.

Winner gold medal in the regional and cultural cookbook category

Now in its 4th printing

In addition to winning lifetime achievement awards as a writer and poet, since 2010 Susan Musgrave has been the proprietor of Copper Beech House, a beautiful bed and breakfast that has for decades played host to authors and prime ministers, artists and adventurers who visit the remote archipelago of Haida Gwaii.

In her first cookbook, the famous poet uses her humour and incisive wit to bring cooking and living on the former Queen Charlotte Islands to life with stories gathered over decades. With its evocative tales and wild cuisine, this book offers a unique take on food that could only be developed living off the coast of British Columbia.

More than collecting recipes, Musgrave follows the seasons with guides to gathering the freshest local ingredients for recipes that reflect Canada's wild West Coast. This book is a recommended read for fans of food, good humour and the Pacific Northwest.

Why not include *A Taste of Haida Gwaii* in your next meal with one of these recipes?

- Hands-Free Cloudberry Jam
- Spruce Tip Mayonnaise
- Mussels Trudeau
- Rose Spit Halibut with Wild Rose Petals
- (Almost) Flourless Chocolate Torte with Thimbleberry Elderflower Liqueur Coulis

Susan Musgrave has been labelled everything from eco-feminist to anti-feminist, from stand-up comedian to poet of doom and gloom, from social and political commentator to wild sea-witch of Canada's northwest coast. She is the author of 19 books of poetry, numerous works of fiction and non-fiction, and several books for children. In 2014, she received the Matt Cohen Award: In Celebration of a Writing Life from the Writers' Trust of Canada. She lives in Masset, Haida Gwaii where she is the proprietor of Copper Beech House.

THE CANADIAN CRAFT BEER COOKBOOK

by David Ort



ISBN: 978-1-77050-193-5

8" x 9.5"

208 pages

paperback with flaps

\$29.95

FEATURES / WHY BUY

- Craft beer sales have risen steadily in the last few years as more and more consumers are paying attention to different flavours and styles of beer.
- The book includes detailed explanations on serving, tasting and storing beer that many craft beer enthusiasts will find especially enlightening.
- David Ort is a frequent contributor to the blog on the popular online lifestyle magazine Spotlight Toronto.

The *Canadian Craft Beer Cookbook* is a lively and engaging introduction to craft beer as well as a set of 75 recipes that use craft beer as an ingredient or go well with craft beer as a pairing. Recipes that use beer ingredients such as hops, spent grain, and hops extract will also appeal to home brewers. If you've ever wanted to know more about craft beer, use craft beer in cooking or know which beer styles and particular beers to serve with particular dishes, this book is for you.

The book's detailed introduction covers the basics:

- a bit of craft beer history and the theory of pairing beer with food
- lagers and ales (and their many categories) and other beer styles
- beer ingredients (grains, hops, yeast, water and flavourings)
- gluten-free beer, cooking with alcohol and deep-frying
- measuring a beer's bitterness and the International Bittering Units (IBUs) scale.

The recipes include ones for snacks, salads, soups, vegetables, noodles, rice, seafood, meat and poultry. There are old favourites here as well as new surprises, such as:

- Beer Fondue
- Witbier Onion Rings
- No-Knead Soft Pretzels
- Korean-style Scallion Pancakes
- Grilled Moules Frites (Grilled Mussels and Potatoes)
- Braised Smoky Ribs

There is a section on Beer Cocktails, Sweets and Desserts and mouth-watering condiments and accompaniments you'll want to keep "In the Pantry".

Each recipe includes a recommendation for a specific Canadian craft beer. Since not all Canadian craft beers are available across the country, a recommendation for an international craft beer is also often included. As well, there are profiles of craft-beer makers across Canada and a

Further Reading section with an extensive list of books & websites.

With a crisp and confident writing style, David has made *The Canadian Craft Beer Cookbook* an ideal book for craft-beer experts as well as novices.

David Ort is a well-known writer and journalist in the field of food, beer and wine. An editor of the online lifestyle magazine *Spotlight Toronto* and the creator of the popular blog *Food with Legs*, David has hundreds of articles on the Ontario food scene under his belt. He has also been featured on the website *swallowfood.com* and written a guest post for the *Food Bloggers of Canada*. The *Canadian Craft Beer Cookbook* is David's first book.

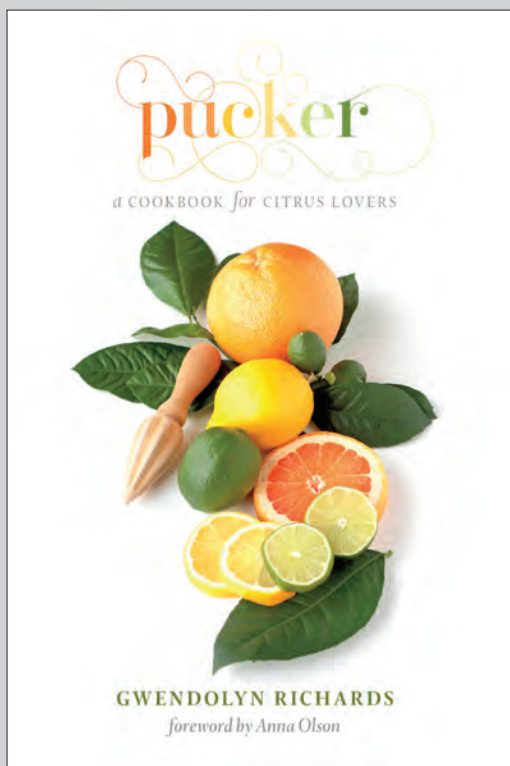
EXCERPT Carbonade Flamandes (Stoofvlees) —This simple, hearty stew from Belgium is carried by two main flavours: beef and beer. The onions, herbs and mustard sing along in the background, but it's the "b and b" that get solos. The meat is easy enough to find—ask the butcher for chuck or shoulder, or find a package marked as such or as "blade" or "stewing beef." Sour ale, used in this recipe, is one of the last styles to catch on, even in the craft beer market. Oud bruin (old brown) is really what's called for here, but acceptable substitutes are a "sour brown" or a dark Belgian dubbel. Dubbel has the colour and dark fruit flavours we want, but since it lacks an acid edge we add a bit of vinegar to this stew.

PUCKER

A Cookbook for Citrus Lovers

by Gwendolyn Richards

foreword by Anna Olson



ISBN: 978-1-77050-227-7

224 pages

7" x 10.5"

paperback with flaps

\$29.95

FEATURES / WHY BUY

- The author's website patentandthepantry.com has thousands of visitors each day and redirects from search engines
- Gwendolyn Richards is a well-known food writer for the Calgary Herald with a pre-existing audience
- This is the only book on the market to combine savoury and sweet recipes into one beautifully designed and photographed book

That citrus kiss, that tang, that pucker, it makes some of us swoon. *Pucker* is for the citrus lovers amongst us who'd gladly pass over chocolate or caramel for a lemon meringue or key lime pie. But citrus love extends beyond these common favourites. For those who can't say no to the taste of tart, *Pucker* is an invaluable guide to the acidically delicious with drinks like Lemon Bourbon Sours, Sidecars and Moscow Mules; appetizers like Scallops with Meyer Lemon Beurre Blanc and exotic mains like Citrus-Braised Pork Shoulder Tacos.

A cookbook as vibrant and fresh as the fruits it celebrates, *Pucker* pays homage to a wide array of geographic customs, creating recipes that are both innovative and steeped in tradition. It highlights the flavor of lemons, limes and grapefruits in over 100 recipes from drinks, salads, sides, breakfasts, mains and desserts, and even contains tips on leftover fruits for those recipes that call for a little zest and leave your lemon or lime to linger on, waiting for a future use.

Pucker provides useful information on what to stock in your kitchen and how to get the best from zest, presented alongside charming stories and helpful hints from an author as passionate about citrus as you are. If citrus is your main squeeze, ready your taste buds and *Pucker* up.

Gwendolyn Richards is the blogger behind the popular website patentandthepantry.com, and is food writer for the *Calgary Herald*. With a passion for patent shoes, bourbon, burgers, and any lemon dessert, Gwendolyn comes to authoring *Pucker* from a passionate place. She's an avid food experimenter who works hard at channeling her inner 1950s housewife, mixing whisky sours, perfecting crème brûlée and pulling out a perfect Veal Scaloppine with a lemon twist, of course!

EXCERPT In the heat of summer, acidic citrus is refreshing and light. In the doldrums of winter, it adds a freshness and dimension to overly rich and sometimes flabby-tasting dishes. It always adds something a little special to dishes without breaking the bank. Forget truffle oil, fancy salts and expensive spices; for about 50 cents, a lemon or lime adds instant luxe. They are at the heart of every good dish. Almost every cuisine in the world uses citrus.

FLAVOURS OF ALEPPO

Celebrating Syrian Cuisine

By Dalal Kadé-Badra and Elie Badra

Aleppo is Syria's second largest city and one of the oldest continuously inhabited cities in the world. Located at the crossroads of some of the world's great historic commercial routes linking Europe and Asia, Aleppo has developed a diverse cuisine that is considered to be one of the best in the Arab world.

Turkey, Greece, Armenia, and the rest of the Levant influence Aleppian cuisine but it is its own seasonings and presentation that make Syrian food especially appealing. *Flavours of Aleppo* celebrates these seasonings and presentations through a heady mix of recipes and gorgeous photographs of the city.

Flavours of Aleppo includes versions of many classic Levantine dishes such as *kabob*, *kibbeh* (bulgar, onion and ground meat), and *mezzes*. Featuring an introduction to typical Aleppian

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paperback with flaps

89 recipes; colour throughout, including photographs; index

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ingredients, with nearly 100 meat and vegetarian recipes for main and side dishes, as well as barbecue dishes, desserts, sweets and drinks, this book is a comprehensive sampler of this unique cuisine.

Some of the enticing recipes in the book are:

- Mámounyé (a sweet breakfast casserole unique to Aleppo)
- Kébbé bel Séniyé (one of the many kibbeh varieties, known as "plate" kibbeh)
- Kabbab bel Barz (kebobs with cherries, one of Aleppo's main dishes)
- Martadella Halabyé (Aleppian sausage)
- Gateau bel Ananas (banana and almond cake)

Flavours of Aleppo is a book that will perfectly complement the book collection of any cook wanting to explore the cuisine of this fascinating culture.

WINES CANADIANS LOVE TO DRINK

by Rod Phillips

Overwhelmed when you walk into the local wine store? Just trying to find that special gift for that special occasion? Looking for the perfect pairing for tonight's dinner? Or are you just tired of the same ol' same ol'? Let Rod Phillips, Canada's trusted wine expert, show you the way. With over 500 domestic and international wines categorized by vintage, appellation, alcohol content, price range, taste description—and Phillips' authoritative quality ratings system—*Wines Canadians Love* will get you that perfect wine—no matter where you live in Canada.

Sure to become the go-to bible for Canadians on the lookout for top-quality inexpensive and mid-range wines, this succinct and sensible guide will give you the knowhow to discover great tasting, quality wines that you've never tasted before.

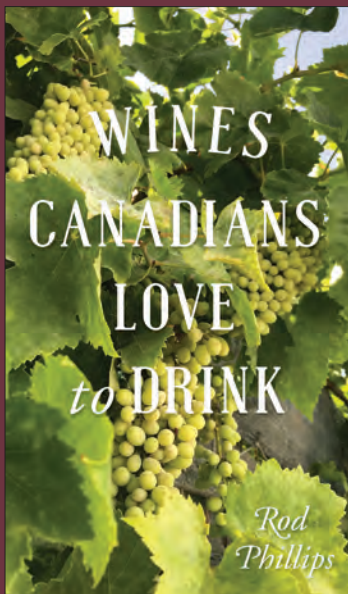
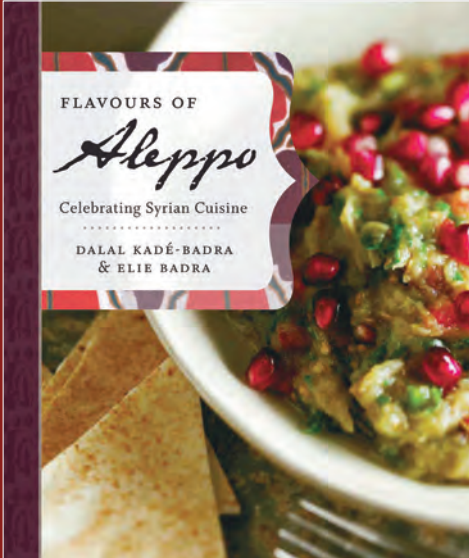
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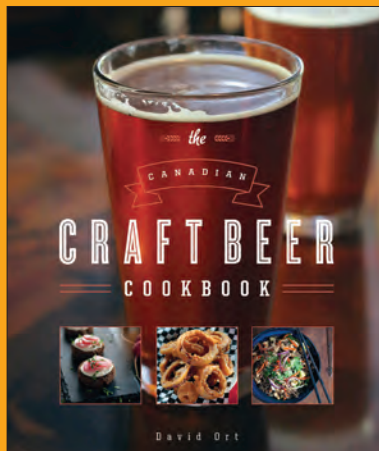
Rod Phillips is an Ottawa-based wine writer and wine historian, and a professor of history at Carleton University. His books include *A Short History of Wine* (2000), *Ontario Wine Country* (2006), *Alcohol: A History* (2014), and *French Wine: A History* (2016). He writes wine features for *NUVO Magazine* and *Vines Magazine*, has contributed to *The World of Fine Wine* and *GuildSomm.com*, and publishes articles and wine reviews on rodphillipsonwine.com.



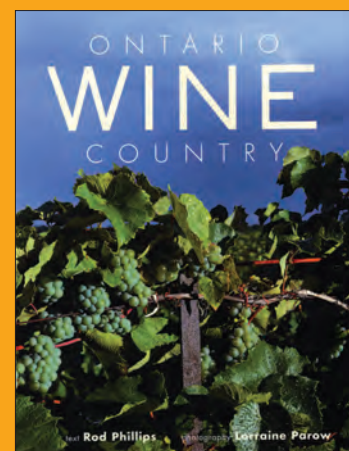
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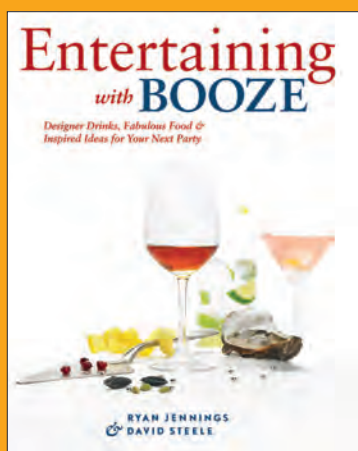
THE WHISKY CABINET
Your Guide to Enjoying the Most Delicious Whiskies in the World
 by Mark Bylok
 978-1-77050-237-6
 208 pages
 8" x 9.5"
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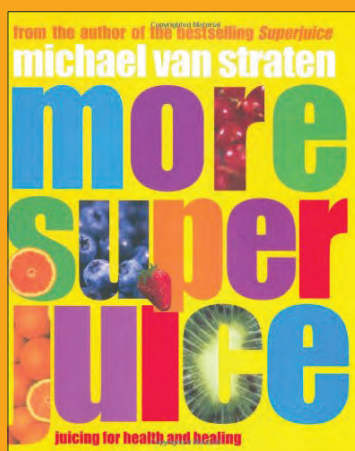
THE CANADIAN CRAFT BEER COOKBOOK
 by David Ort
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ONTARIO WINE COUNTRY
 by Rod Phillips
 photos by Lorraine Parow
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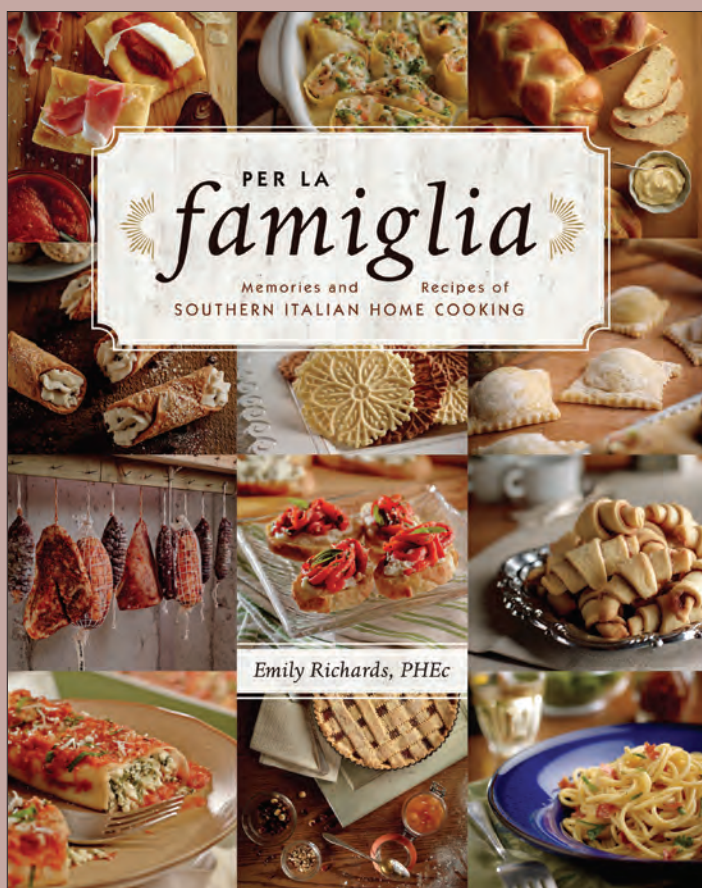


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PER LA FAMIGLIA

Memories and Recipes of Southern Italian Home Cooking

by Emily Richards



978-1-77050-224-6

248 pages

8.25" x 10.5"

\$29.95

FEATURES / WHY BUY

- The author's recipes bring Italian food to life with friendly easy-to-follow instructions
- Emily Richards is Professional Home Economist who has worked on many other cookbook projects. This is her second book, and a book about food that she is very passionate about
- This book has many delicious recipes you will be unable to find elsewhere because they are traditional home recipes released for the first time

Per La Famiglia is a celebration of Southern Italian cooking. In the book, author Emily Richards shares the life of her Italian family with readers including not just stories, but traditional home recipes from her and her family. These recipes have been passed down lovingly from generation to generation and are now being made available to the public through this book.

Per La Famiglia has home-cooked Southern Italian food for chefs of all skill levels. It contains meals for traditional Italian celebrations, not only the well known ones like Easter and Christmas (though it includes those of course!) but also for Saints' Days, birthdays and other Italian celebrations. There is bound to be something here for any occasion.

The book includes homemade sauces, salads, pastas, pizzas, entrees, antipastos, desserts and cookies. This is more than just a collection of delicious recipes; it is also a window into the lives of a loving family.

Make your next meal a celebration of Italian food and family with these recipes:

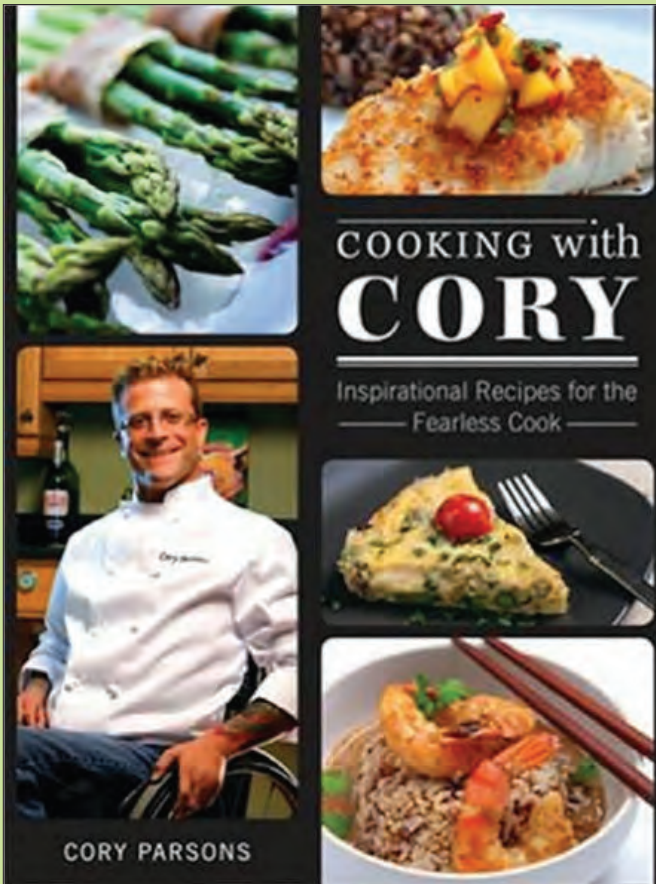
- Marscapone and Gorgonzola Dip
- Sweet Potato Gnocchi with Sage Butter Sauce
- Nana Ortencia's Meatballs
- Bean Puttanesca
- Ricotta Cheesecake with Caramel Sauce

Emily Richards's career has taken her from restaurant and hotel kitchens, to the Canadian Living Test Kitchen and Food Network cooking shows. She comes from a large Italian family, whose love of food and celebration inspired her own passion for the kitchen. As a member of the Ontario Home Economics Association, Emily has contributed to books such as *The Vegetarian's Complete Quinoa Cookbook* and appeared across the country presenting recipes and inspiring people to get in their kitchens and cook.

COOKING WITH CORY

Inspirational Recipes for the Fearless Cook

By Cory Parsons



978-1-77050-022-8

176 pages, full colour throughout

8.5 x 11

\$29.95

trade paperback

A world traveller and seasoned restaurant-industry insider, at 23 Cory Parsons was posed for even more high adrenaline pursuits, when a diving accident left him a quadriplegic. But instead of letting this setback derail his love of food and adventure, Cory Parsons took it as a challenge to delve further into his passions.

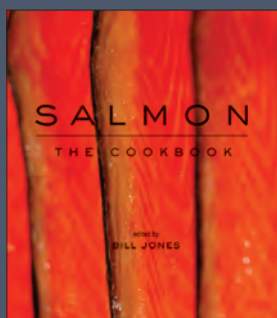
The result is this book!

If you've ever felt intimidated at the thought of preparing food for guests, or even at the prospect of coming up with something delicious for a weeknight dinner, this is the cookbook for you. The emphasis on fresh produce and fuss-free preparation makes for healthy, delectable dishes like.....

- Grilled Halibut Tacos with Hot Chili Salsa
- Paris Asparagus & Toasted Pistachio Wild Rice
- Chipotle & Lime Prosciutto-Wrapped Prawns
- Rich Dark Chocolate Poached Pears
- Barbecued Tenderloin Steak Salad with Goat Cheese

Cory Parsons lives in Namaimo.

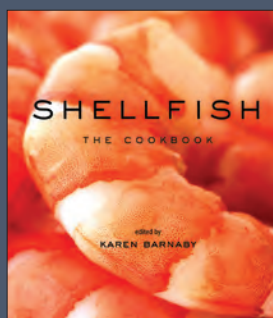
seafood books



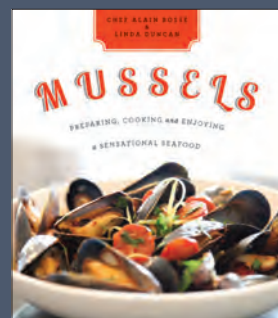
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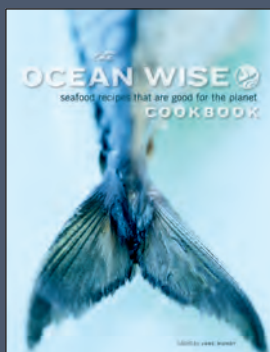
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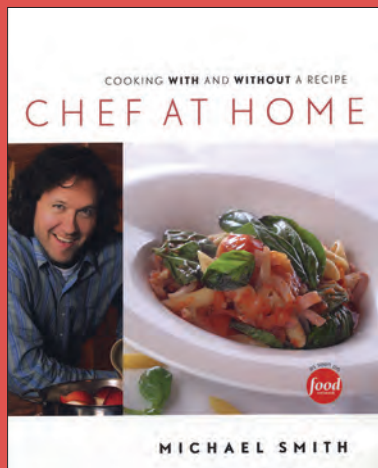
C was, in its time, one of the most celebrated seafood restaurants in North America. Opened in 1997, at the bottom of Howe Street, with a view of the harbour below, in Vancouver.

"C Owner, Harry Kambolis, and Chef, Robert Clark, are often credited with leading the charge to sustainable seafood in Canadian restaurants. Indeed, Ocean Wise, a sustainable seafood program with over 500 participating restaurants was modelled after C restaurant's sustainable seafood sourcing. C even collaborated with the Vancouver Aquarium to take Ocean Wise awareness across the country." (*Vancouver Sun*). C was sold to Viaggio Hospitality in 2014.

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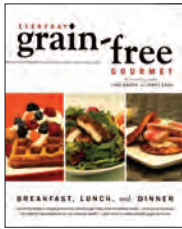
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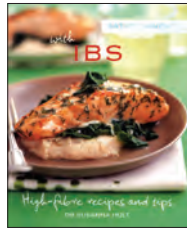
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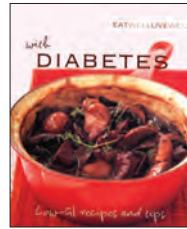
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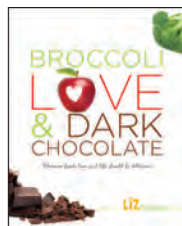
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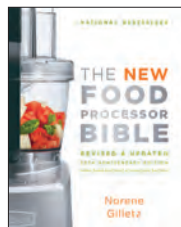
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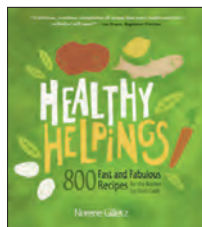
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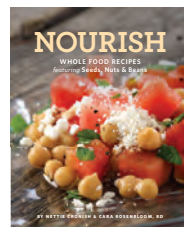
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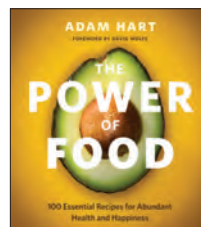
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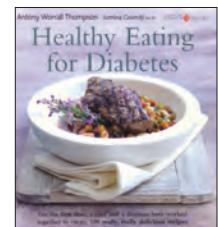
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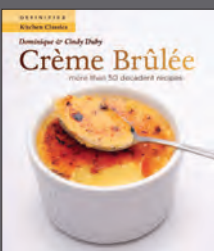


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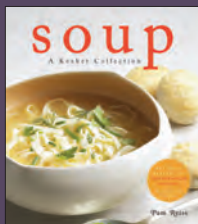


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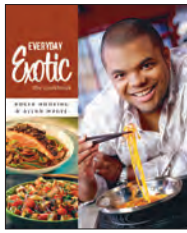
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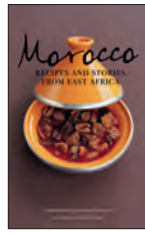
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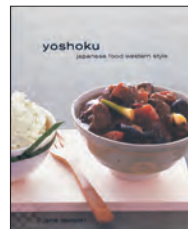
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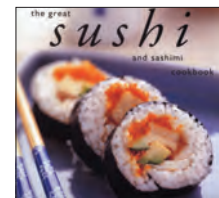
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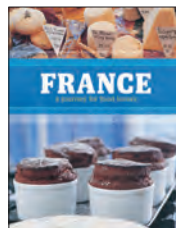
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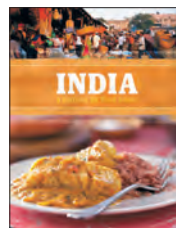
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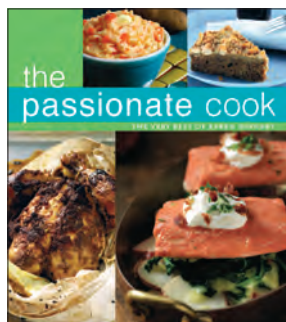


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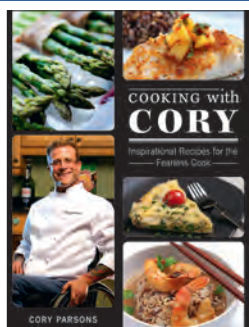
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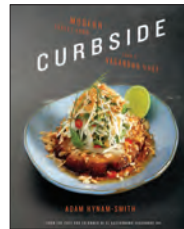
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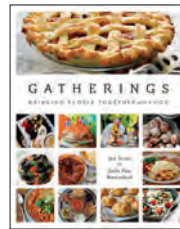
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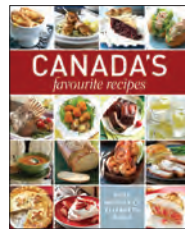
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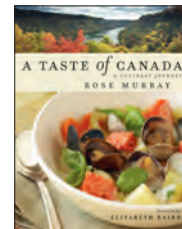
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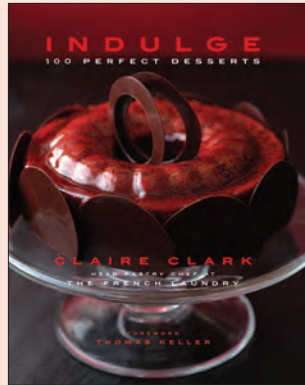


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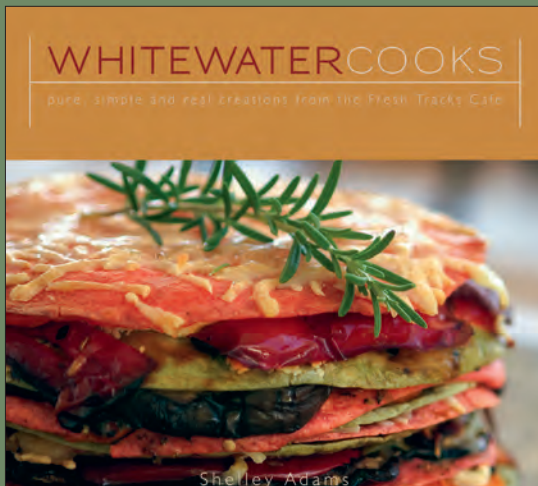
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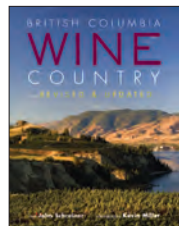
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After graduating from St. Clair College's culinary and marketing programs, **Moira Sanders** worked in several well-known restaurants and gourmet food emporiums. She also ran the kitchen of a chateau-turned-cooking school in the Limousin region of France. First and foremost, however, Moira is a mom, and her passion for cooking for kids is expressed on her blog *moirasanders.com* and in this new exciting cookbook, her second with Whitecap Books.

The chapters are divided into quicker (weekday) recipes and a little more involved recipes for weekends or special occasions.

- Fun and informative introductions and sidebars make deciding on a recipe easy and the instructions make for great results every time.
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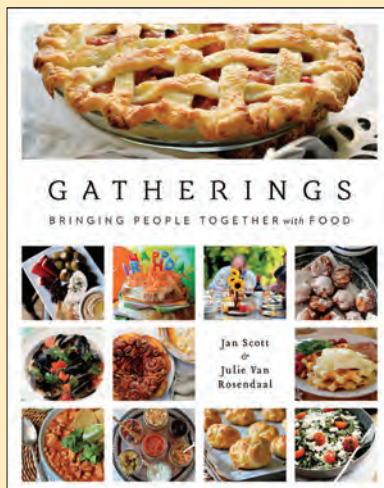
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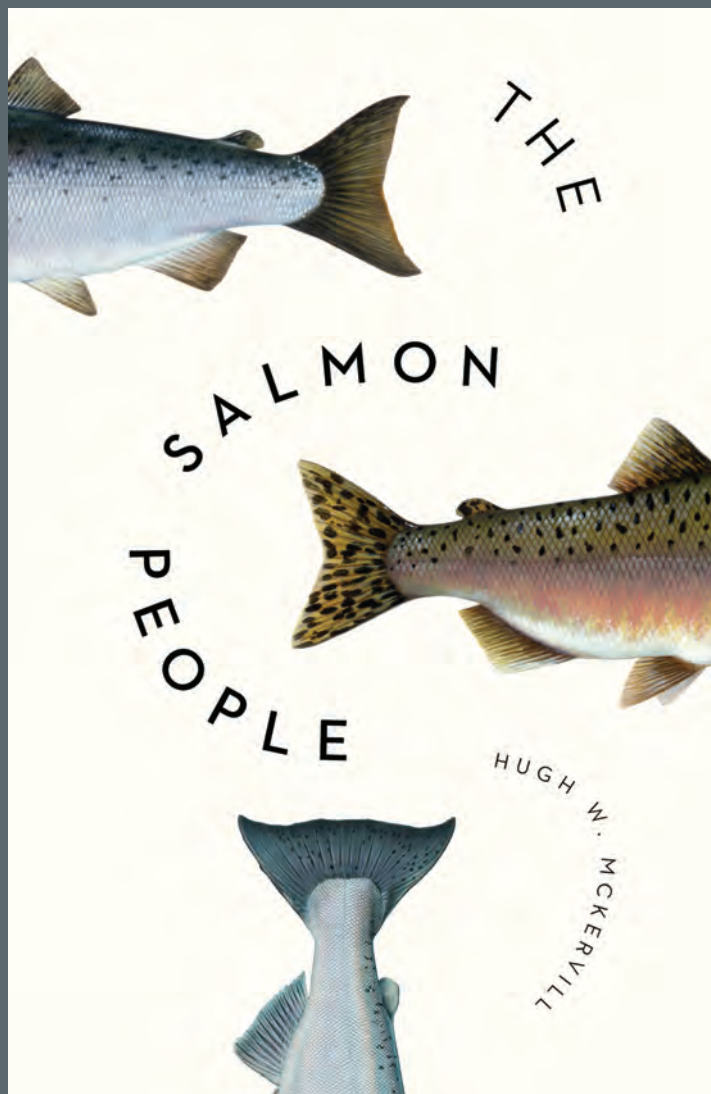
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Former United Church minister and retired Atlantic Regional Director for the Canadian Human Rights Commission, **Hugh W. McKervill** is author of three other books: *Darby of Bella Bella* (Ryerson), *Like an Ever Rolling Stream* (Four East) and *Sinbuster of Smoky Burn* (Whitecap). An Atlantic Journalism Award winner, Mr. McKervill is a long-time editorial contributor with the *Atlantic Salmon Journal* and his writings have appeared in a variety of regional magazines. He lives in Halifax, Nova Scotia where, in his spare time, he is involved in photography, organic gardening, salmon conservation, life-long learning, and fly fishing.

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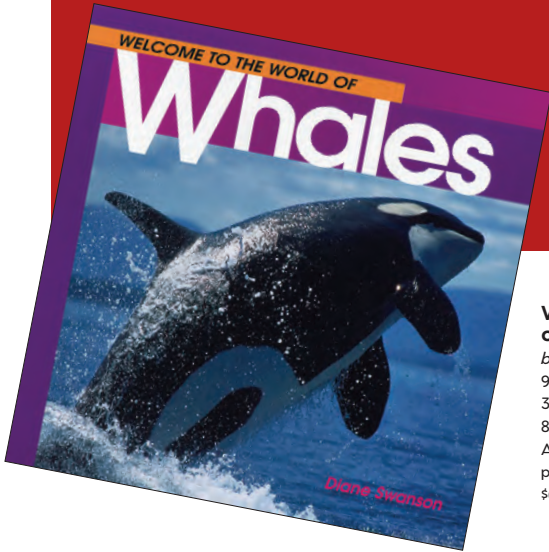
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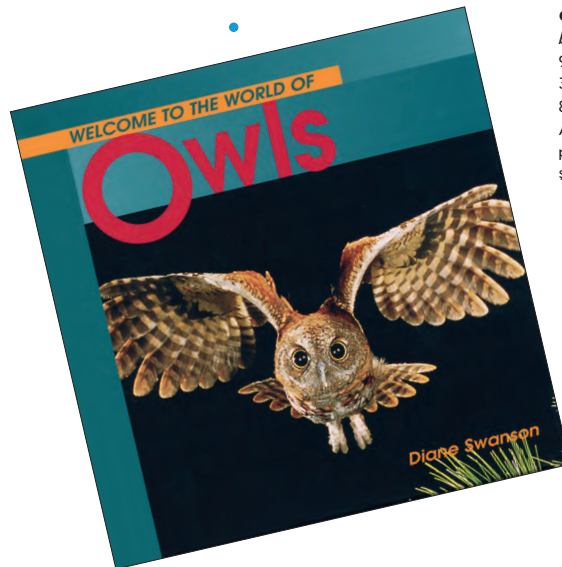
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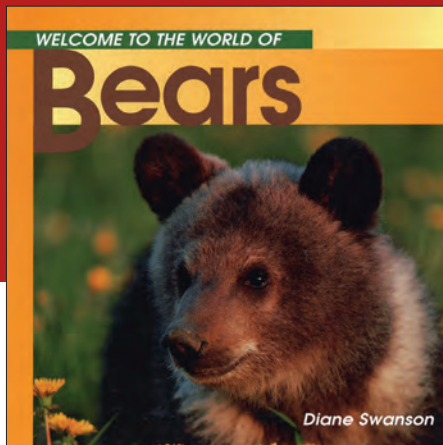
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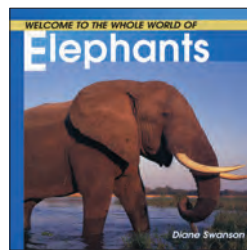
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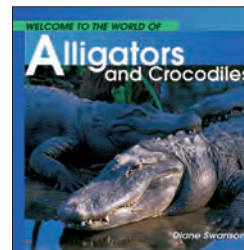
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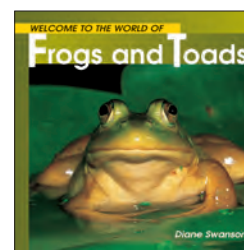
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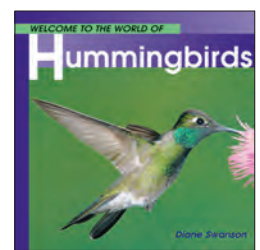
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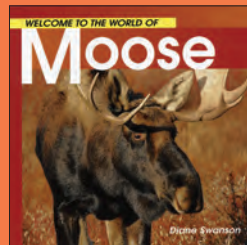
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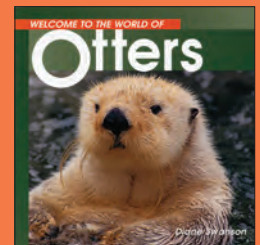
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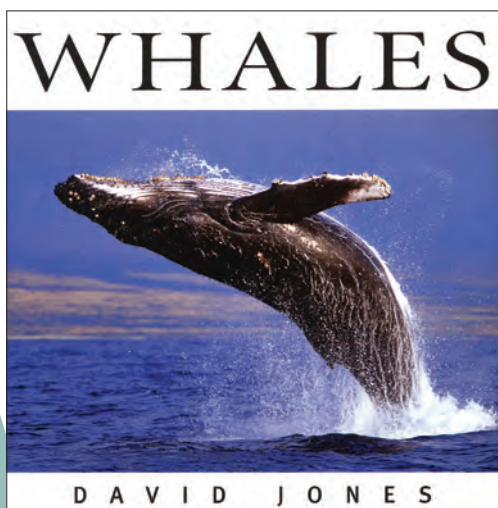
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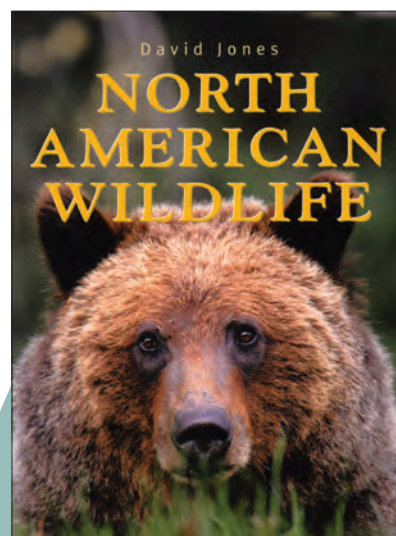
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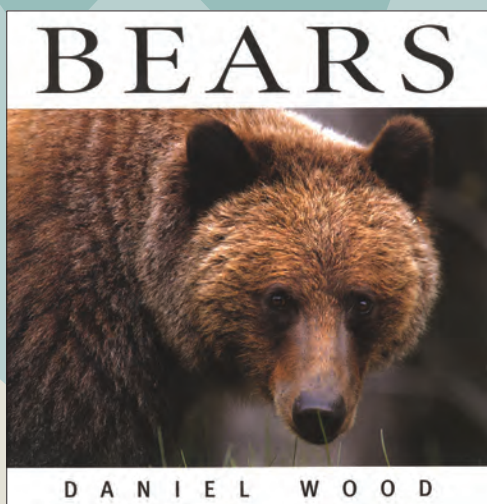
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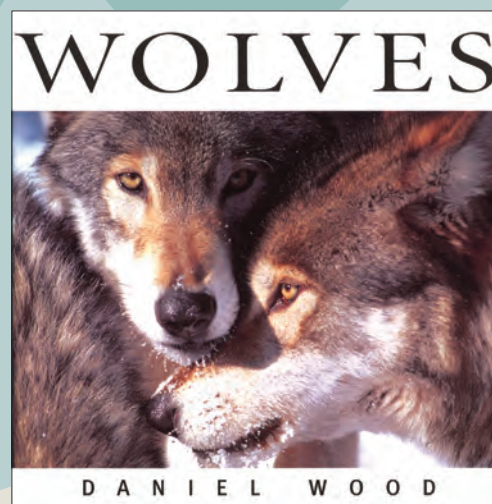
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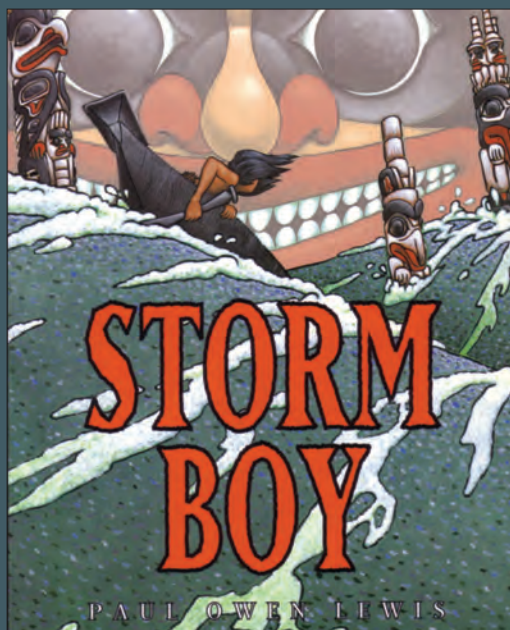
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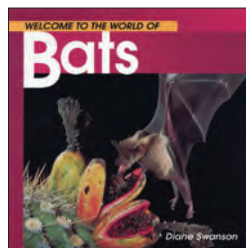
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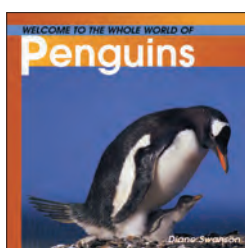
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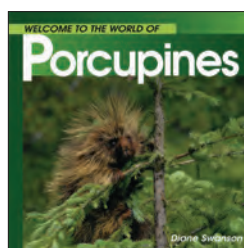
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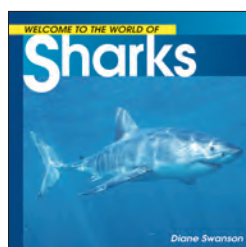
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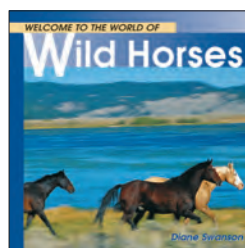
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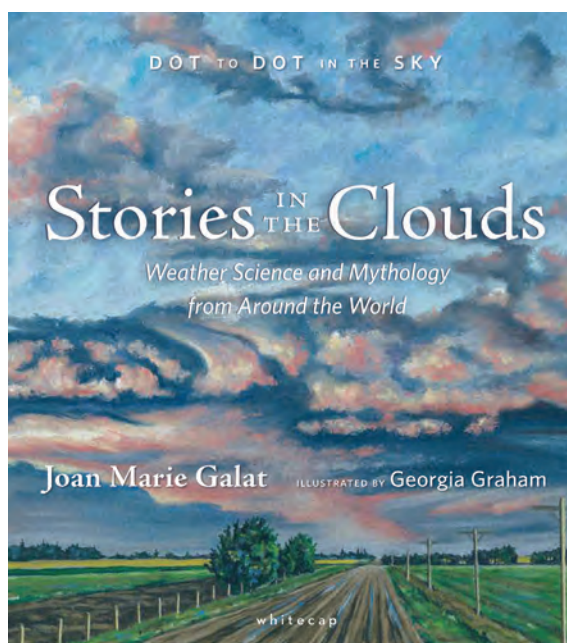


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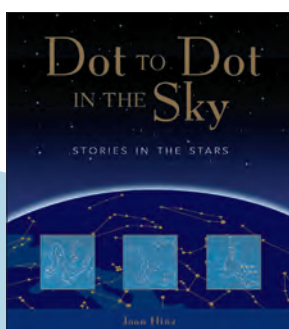
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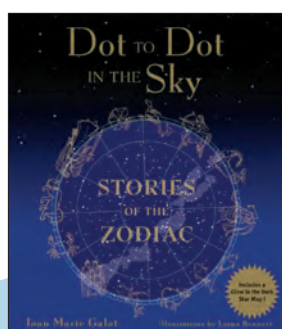
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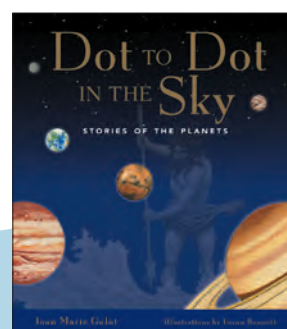
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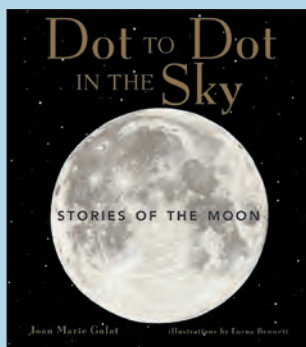
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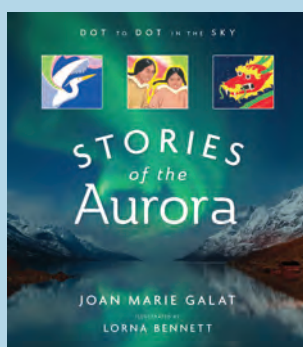
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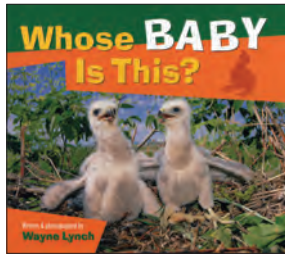
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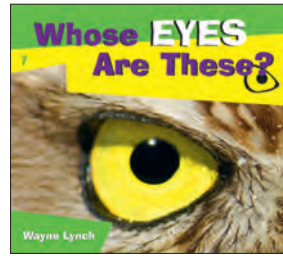
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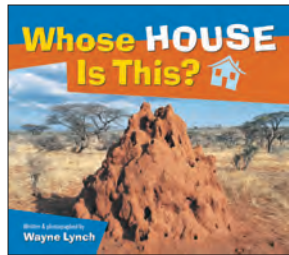
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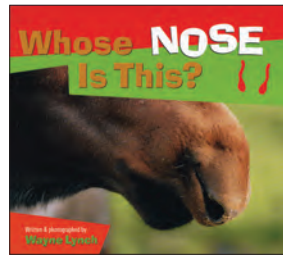
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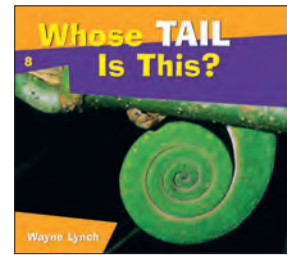
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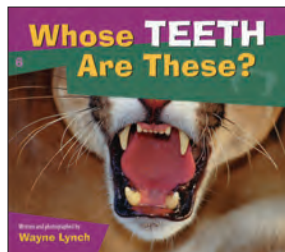
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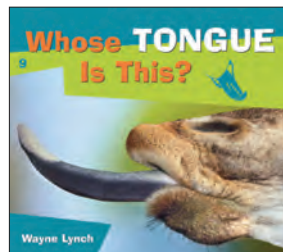
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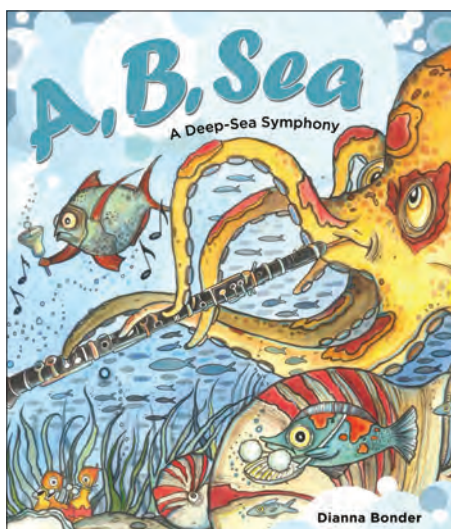
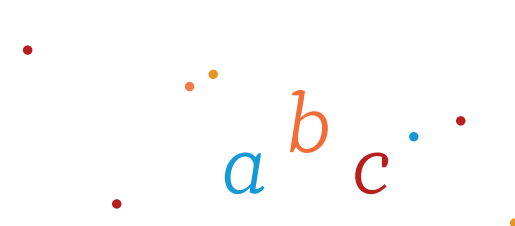
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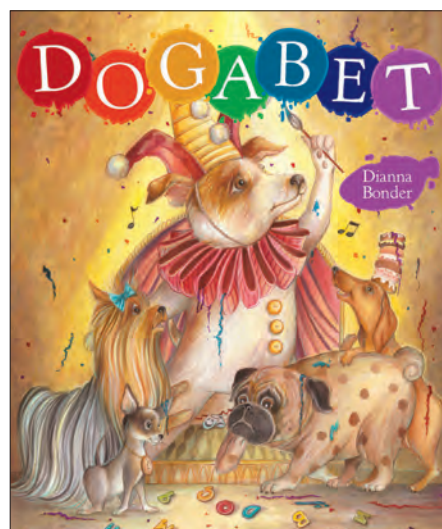
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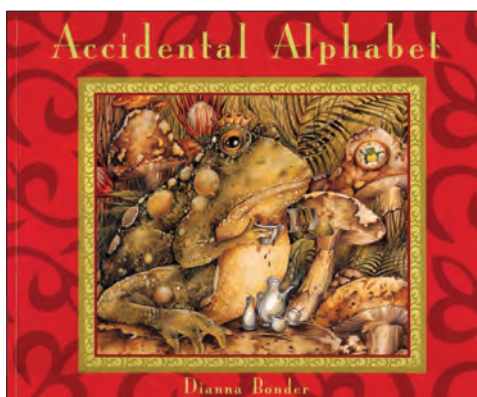
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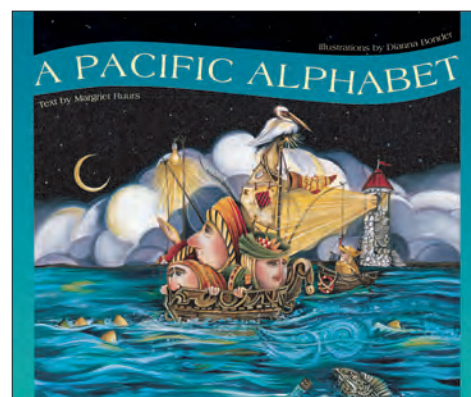
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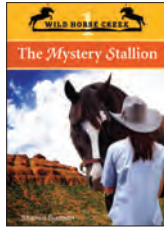


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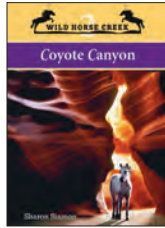
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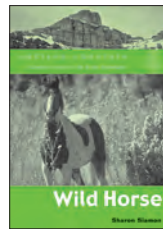
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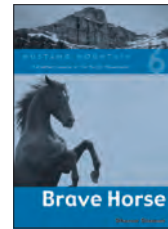
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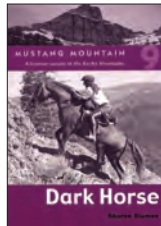
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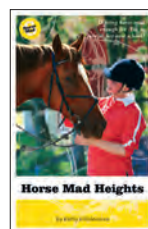
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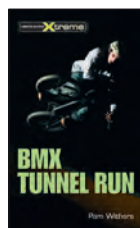
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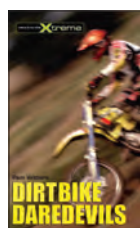
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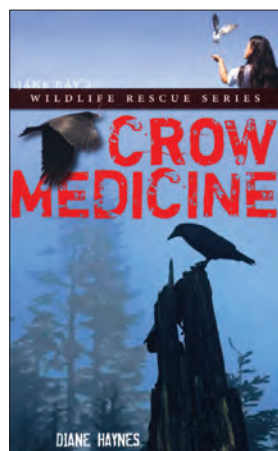


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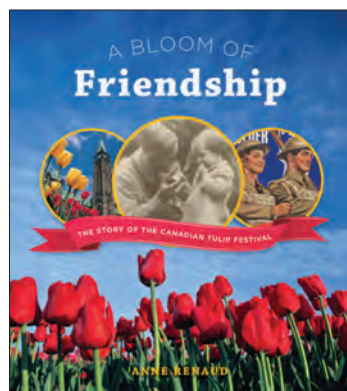


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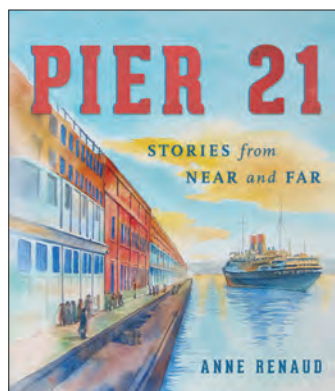


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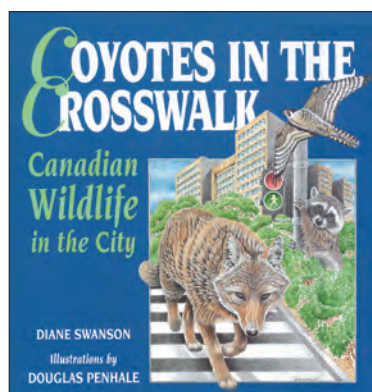


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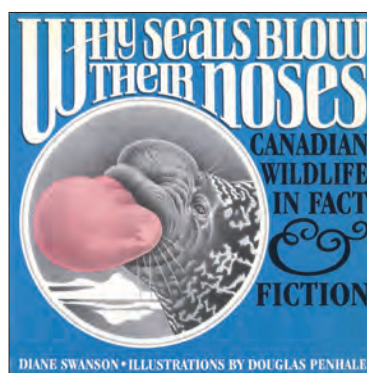


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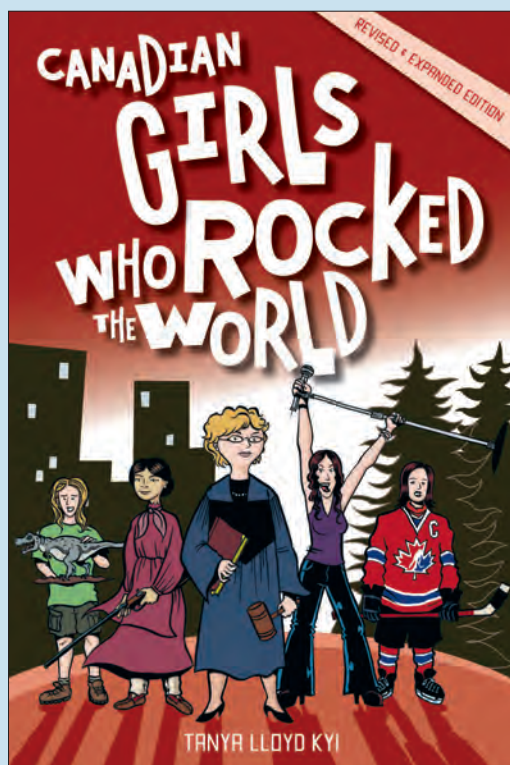
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Katherine Govier is the author of twelve novels including, *The Ghost Brush*, which has been translated into French, Spanish and Japanese. Her novel *Creation*, about John James Audubon in Labrador, was a New York Times Notable Book of the Year in 2003. She has also won Canada's Marian Engel Award (1997), the Toronto Book Award (1992), and has twice been shortlisted for the Trillium prize. Today she is the founder and Director of The Shoe Project, working to improve the written and spoken English of immigrant women. Katherine travels often between Toronto and Canmore, Alberta.

Sarah Clement is a graduate of Langara College and Emily Carr University of Art and Design. She has participated in solo exhibitions in Vancouver, and, most recently, in Berlin, where she lived for the past year. Sarah takes her inspiration from the natural world and is interested in telling visual stories through whimsy and detail.

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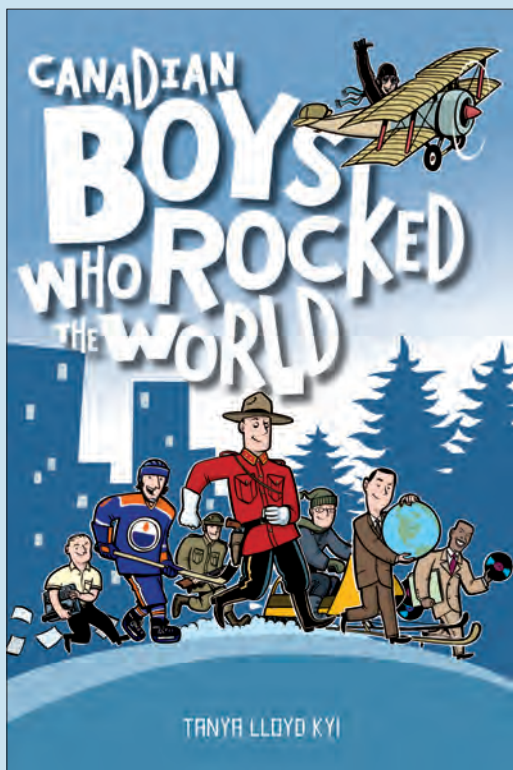
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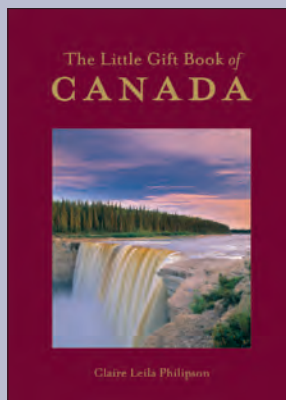
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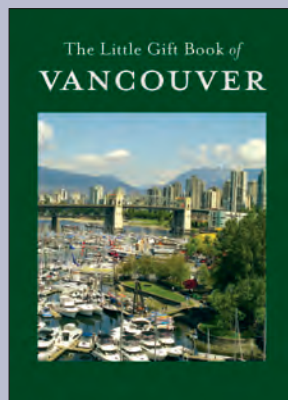
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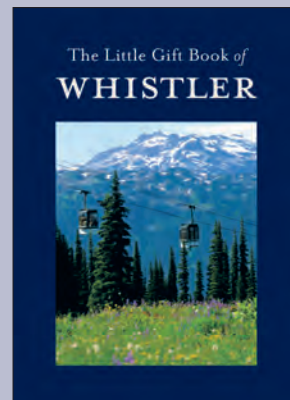
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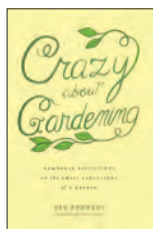
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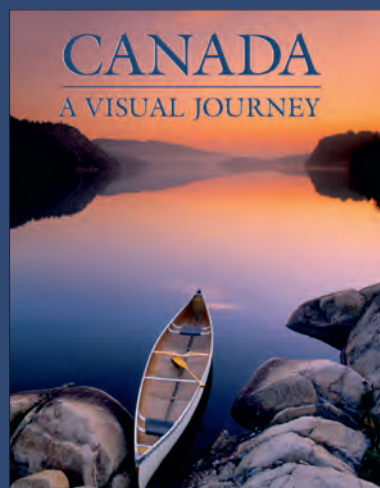


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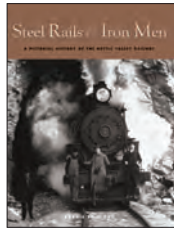


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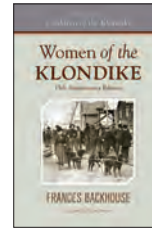
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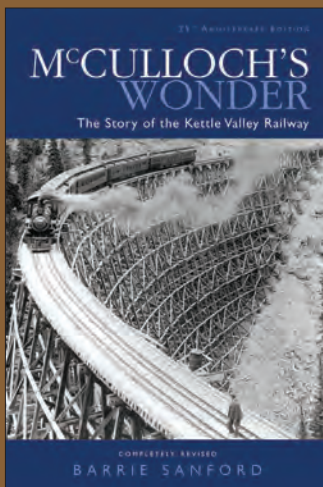
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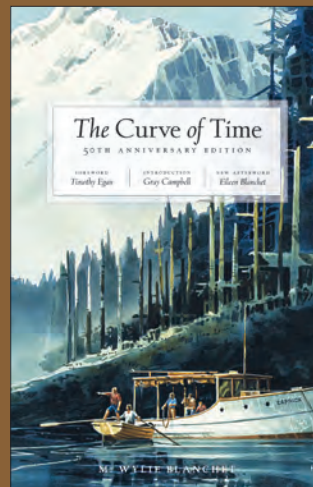
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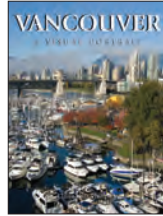
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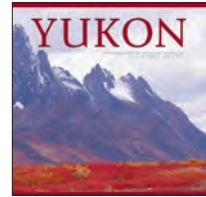
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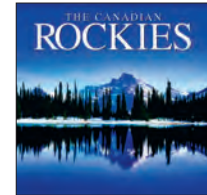
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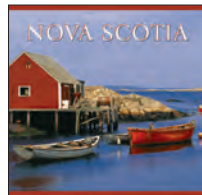
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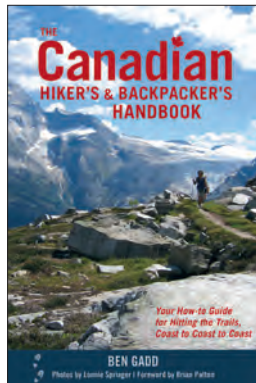
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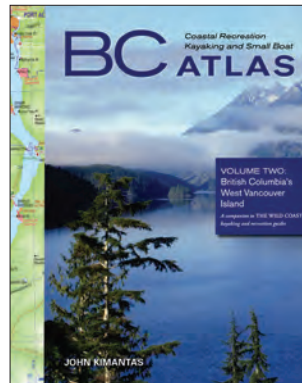


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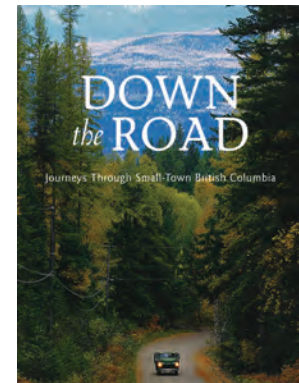
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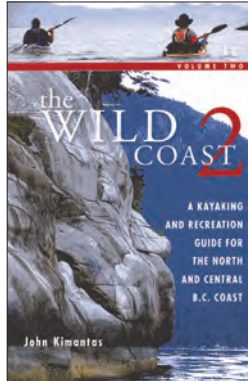
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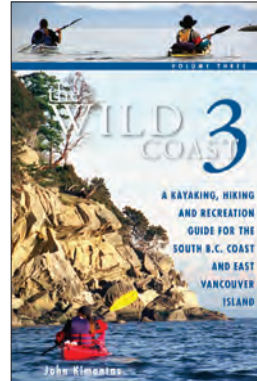
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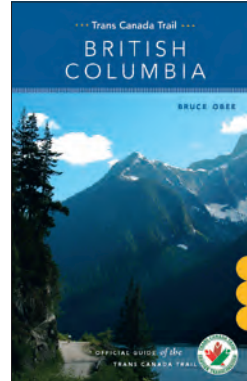
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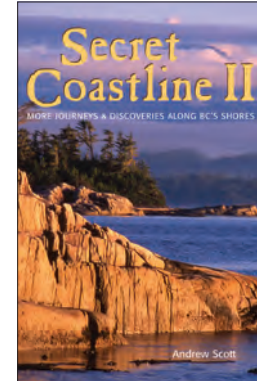
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