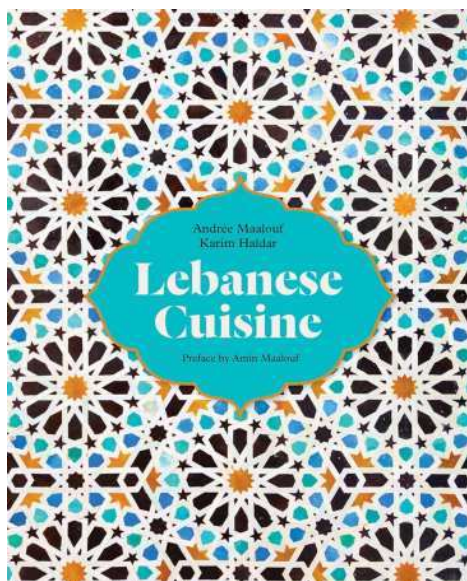




## Lebanese Cuisine

### Past and Present

Saqi Books (Turnaround Publisher Services)

17 July 2025

*Andrée Maalouf and Karim Haïdar (Comptoir Libanais) share and refresh Lebanon's rich culinary heritage with over 100 easy recipes, subtly reimagined with a modern touch. A must-have cookbook for anyone looking to explore vibrant Middle Eastern flavors with ease.*

Andrée Maalouf and Karim Haïdar (head chef of Comptoir Libanais) share and reinvigorate the rich culinary heritage of Lebanon through more than one hundred easy-to-follow recipes. Lebanese cuisine is renowned for its savoury and sweet specialities: from falafel, tabbouleh, spicy grills and simmered stews, to succulent rose and pistachio pastries. Traditional recipes have been subtly reinterpreted with a modern twist. An essential addition to every cookbook collection.

9780863563775

Paperback | 176 pages | £25.00

53 Colour Photographs, 30 B&W  
Photographs, 5 step-by-step  
illustrations; 88 Illustrations

True stories

True stories of heroism,  
endurance & survival

Dance

**Since Andree** Maalouf settled in France thirty years ago, she has adapted the culinary tradition of her native country to suit the tastes and produce of today. Karim Haidar is a chef in London (Fakhreddine) and Paris (Liza). He is noted for reinventing Lebanese cuisine, giving new life to forgotten recipes, revisiting the classics and creating new dishes.



## FATTOUSH

This is the archetypal peasant salad, featuring various garden herbs – purslane, mint, parsley and lettuce – as well as radish, tomato and cucumber. It also includes leftover bread, which is grilled and then broken up, and this breaking up (or crumbling, called *luti*, gives the dish its name. Some even add fried aubergine. As a final touch, it is important to sprinkle over a good few pinches of *sumac*, without which the Lebanese would not recognise the taste or appearance of their *fattoush*.

1. Preheat oven to 180°C (gas mark 5).
2. Remove the leaves from the parsley and mint and roughly chop.
3. Slice the lettuce into strips, cut the cherry tomatoes in two vertically (or dice if using normal size tomatoes), slice the radishes and spring onions into rings and the unpeeled cucumbers into semi-circles.
4. Using scissors, cut the bread into 2cm-wide squares, separate the two sides of each piece and grill them in the oven for 10 minutes.
5. Mix the bread with the olive oil and the *sumac*, which will keep the bread crispy.
6. Just before serving, toss all the ingredients with the bread and add vinegar and salt.

### VARIATIONS

A different Beirut version leaves out the vinegar, parsley, mint and lettuce, compensating with more *sumac* and purslane, since the latter is often hard to find, it can be replaced with lamb's lettuce.

In the mountains, *deh romane* (pomegranate molasses, p. 166) is used instead of vinegar.

### GOOD TO KNOW

Traditionally, the skin of a cucumber is said to aid its digestion. If you like, you can peel it anyway, in alternate strips.

You can prepare this salad ahead of time and season at the last minute.

### PREPARATION:

30 MINS

### SERVES 6

2 gem lettuces  
or 1 romaine lettuce  
250g cherry tomatoes  
2 small cucumbers  
(or half a large one)  
½ bunch radishes  
4 spring onions  
1 bunch flat-leaf parsley  
½ bunch of mint  
2 pitta bread  
150ml olive oil  
50ml red wine vinegar  
1 tbsp sumac  
(p. 162)  
Salt

32234

## LEBANESE SALADS



4

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## LAHM BI AJEEN

Small Lamb and Tomato Tarts

### PREPARATION:

10 MINS

### RESTING:

45 MINS

### COOKING:

7 MINS

### SERVES 6

#### FOR THE PASTRY

400g plain white flour  
1 teaspoon caster sugar  
1 sachet baker's yeast  
½ teaspoon salt  
110ml olive oil

#### FOR THE FILLING

200g minced lamb  
250g tomatoes  
¼ onion  
A few drops of  
*deh romane*  
(pomegranate  
molasses, p. 166)  
Salt and pepper

#### TO ACCOMPANY

natural yoghurt

### Pasty

1. Dissolve the yeast in 250ml warm water.
2. Place the flour, sugar, oil, salt and yeast mixture in a food processor.
3. Pulse slowly in a food processor for a few minutes. The dough should come away from the sides; if it does not, add 1 tbsp flour.
4. Take the dough out of the processor, sprinkle with a little flour to stop it sticking to your hands, place on a work surface, divide into 6 equal parts, cover and leave to rise for at least 30 minutes.
5. Generously flour the work surface. Flatten the 6 dough balls by hand, turn over and flatten again with a rolling pin. Cut out 6 circles, 8cm in diameter, and lay on a baking tray covered in greaseproof paper.
6. Leave for 15 minutes.

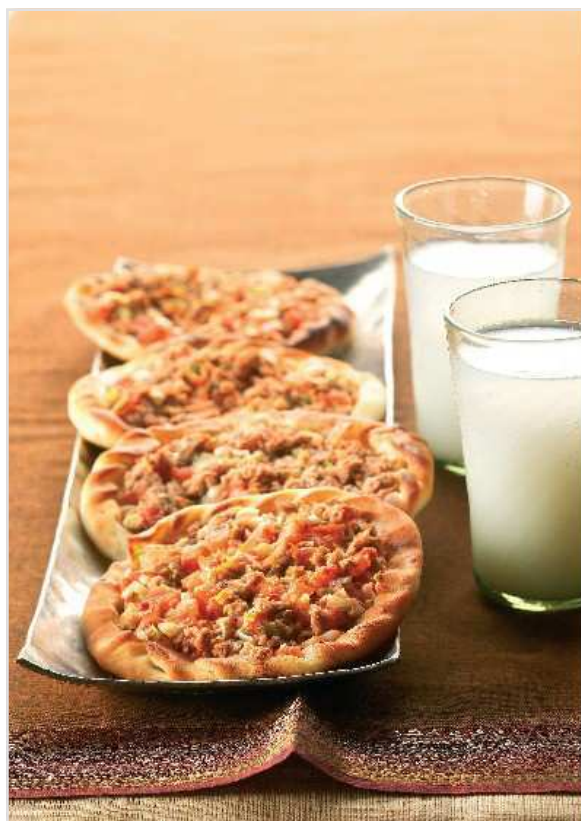
### Filling

7. Preheat the oven to 200°C (gas mark 6–7).
8. Blend the tomatoes and the onion with salt and pepper, add a few drops of *deh romane*. With a fork or pestle, combine with the minced meat.
9. Divide the filling among the pastry circles and spread evenly.
10. Cook in oven for 7 minutes.
11. Serve with yoghurt.

### COMMENTS

For all bread and pastry recipes, it is best to use organic flour as it contains more fibre. You can substitute wholemeal flour for part of the plain white flour in this recipe; a little bran retains moisture and prevents the pastry drying out. You could also mix the white flour with spelt flour or fine wheat semolina, which will make it lighter. Untreated flours are ideal.

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## Foraged Condiments

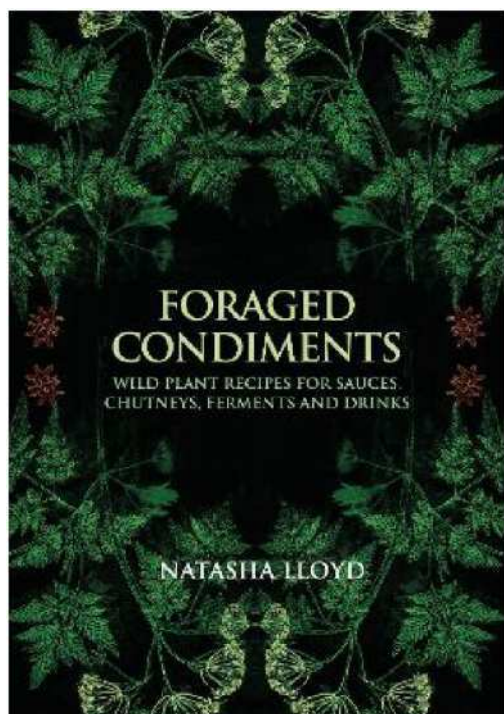
### Wild Plant Recipes for Sauces, Chutneys, Ferments and Drinks

Aeon Books Ltd (IPS UK)

24 June 2025

*A unique and lavishly illustrated cookbook exploring how to forage for wild plants and how to use them in everyday food and drink.*

A unique and lavishly illustrated cookbook exploring how to forage for wild plants and how to use them in everyday food and drink. Natasha Lloyd invites readers to delve into the treasure trove which plants can offer, outlining a stunning selection of recipes which explore the culinary and medicinal bounty of plants and how to use them in the kitchen. The recipes in the book offer twists on traditional condiments, as well as modern cocktails ingredients and everyday drinks, all made with wild plants. These include pear and dandelion root chutney, beetroot and hogweed seed sauce, limeflower tonic water, hawthorn bitters, as well as many more. Complete with charming full-colour illustrations and photographs, Foraged Condiments also offers a fascinating introduction to the traditional Scottish uses of a selection of plants, alongside their clinical uses, history and scientific integration. Through her thoughtful discussion of Scotland's ancient connection to the land, Natasha invites readers to consider their own relationship with nature, through connecting with the plants themselves. From an author who has dedicated her life to working with plants, Foraged Condiments provides a superb foundation for those looking to integrate foraging and wild cooking into their daily lives without fuss or complication, while also guiding readers in resonating with the beauty of nature in a deeper, more intimate way.



9781912807987

Hardback | 224 pages | £29.99

Cooking with herbs & spices  
Cookery dishes & courses  
Traditional medicine & herbal  
remedies

**Natasha Lloyd** grew up around the joys of plants learning from her mother and a well thumbed copy of A Modern Herbal by Mrs Grieves, foraging with her mum since she was a child. She had a croft and a small holding before qualifying in Herbal Medicine in 2013. With the harvests from her mother's allotment and once older, from her own croft and smallholding, she would make condiments. In 2018 she joined the team at the Fife Arms Hotel where she initially helped create and make the condiments for the hotel, as well as the first cocktail menu as the in-house forager. She now takes guests on foraging walks. She qualified in medicinal mushrooms in 2021. Her clinics are with Napiers working remotely for the general clinic in Edinburgh and for the CLAID (Covid, team@durnell.co.uk



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Plants

## Valerian

*Valeriana officinalis*

Gaelic names: Lus na Snàthaid; Lus nan trì bilean; Carthan-curaidh

Caprifoliaceae

Parts used – flower and root

This plant is well more well-known than some others in this book, having been available to us in various ways in high street shops and garden centres for a while now. It is often used in commercial herbal sleeping teas and capsules.

I first encountered valerian quite young as my brother was prescribed it, in Germany, for restless sleeping as a young boy. It worked wonderfully for him and we all got a good night's sleep as a result. Valerian was highly prized in our household.

It likes to grow near water courses and rivers, and has a lovely white flower similar in shape and colour to yarrow but with different leaves. As well as different leaves the smell of valerian is what really gives it away. To me when it first blooms it reminds me of jasmine and ylang ylang, and is a delight.

Not long after opening, though, the smell starts to change and, oh boy, does it change. It starts to smell more like the roots, which are the traditionally used part of valerian. It is a smell once known you are unlikely to forget. It permeates a room very well, and you can always tell when I've used it in a herbal mix.

The smell starts to change to what is reminiscent of old socks and male cat pee, which is highly aromatic. Some folk are really drawn to the smell – I've found it is usually these folk that require the benefits of this plant and it suits them well.

Cats love this plant and will seek it out in the same way they look for catnip. In my first year of training we did a module called pharmacognosy, which

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Plants

## Rosebay willowherb

*Chamerion angustifolium*

Gaelic name: Seileachan Frangach

Onagraceae

Parts used – young shoots, leaves, flowers and roots

Gerard's *Herball* in 1597 is the first to mention rosebay willowherb in Britain. This tall and striking plant is very noticeable when it is in flower. It grows in large clumps and stands tall, usually along walkways and roads. Its pink flowers give a flash of noticeable colour early in Summer, really standing out against the greens of this time.

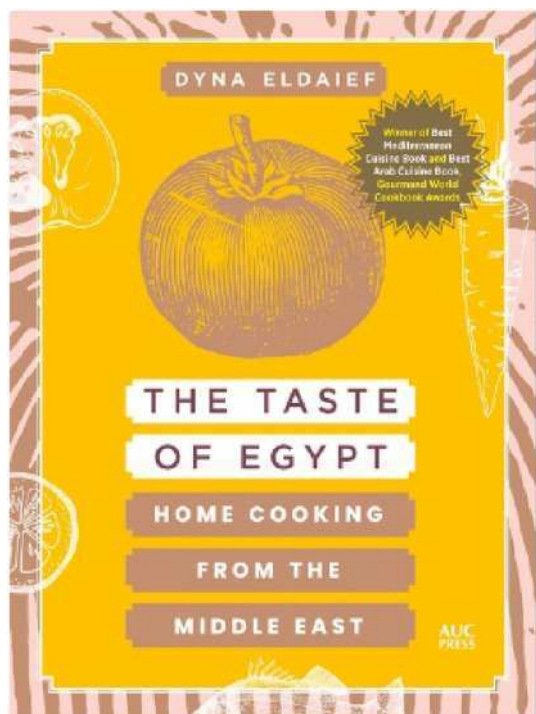
It is known as a pioneer plant, which means it comes in first and quickly to any upturned, cleared or disturbed soil. Another name for it is fireweed, for the way it comes up after wild fires. In the Blitz in London in World War Two it often grew after a site had been bombed and gave a welcome splash of colour and flaming beauty, which offered hope.

The seeds are beautifully fluffy and have an amazing aerodynamic ability. They are wind-dispersed with a parachute-type design that is highly effective. Each plant produces around 80,000 seeds. I've watched these seeds being gently blown from the plant, and you see that as one is lifted by the wind it hooks on to the next seed. All in all, it's a very efficient and beautiful form of seed dispersal. These seeds were once used as a free down for bedding and cushions. If you take a few and rub them you will see how soft and silky they are.

One day, after many years of teaching about rosebay willowherb and all its qualities as medicine, tea, food and a condiment, I took out some ladies from Russia. They were excited to see the plant growing in Scotland and immediately told me all about it and how they use it at home. It was reassuringly the same. It always makes me feel good to meet folk who have been brought up with the plants as food and medicine that I'm not so familiar with from my own childhood.

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9781649034281

Paperback | 184 pages | £24.99

288 color illustrations

National & regional cuisine  
General cookery & recipes  
TV / celebrity chef cookbooks

**Dyna Eldaief** was discovered by the Middle East edition of the reality television cooking show "The Taste," after she began to blog and post clips on YouTube about her mother's recipes. She continues her passion for Middle Eastern cuisine by maintaining her blog and giving cooking classes. She lives in Melbourne with her husband and three children.

## The Taste of Egypt

### Home Cooking from the Middle East

American University in Cairo Press (IPS UK)

10 June 2025

Winner of Best Mediterranean Cuisine Book (Gourmand World Cookbook Awards) "The best Egyptian cookbook I have ever come across. . . . Dyna gives us more than a taste of Egypt, she shares with us her genuine passion for food and she entices us to discover or re-discover Egyptian cooking."—Lisa Kaaki, Arab News A modern approach to one of the world's oldest cuisines, new in paperback! Combining mouthwatering recipes with a fresh, contemporary design, The Taste of Egypt brings the sophisticated colors and flavors of Egyptian and Middle Eastern cuisine to the modern home kitchen in unpretentious, down-to-earth style. Impress your dinner guests with sublime appetizers such as stuffed-vine leaves and roast eggplant dip. Cook up a storm with silky cumin-infused lentil soup, sensational spiced meatballs, and delicious artichokes cooked in red pepper sauce. There are summery salads to fill a picnic hamper and hearty slow-cooked beans and basterma (fenugreek-spiced cured beef) to evoke the bustling warmth of a Middle Eastern food market. And the recipes for sweet delights are designed to satisfy even the most persistent sweet tooth. Presented in a vibrant, accessible style, The Taste of Egypt is a celebration of a great culinary tradition and an exciting addition to the repertoire of the modern home cook.





## Baba ghanoug | Eggplant Dip

Makes: 340 g (12 oz)

### INGREDIENTS

2 cloves garlic, unpeeled  
1 large or 2 small eggplants  
7 tablespoons olive oil  
½ teaspoon salt, or to taste  
4 tablespoons tahini  
2 tablespoons chopped parsley,  
plus extra for garnishing  
½ teaspoon ground cumin  
Juice of 1 lemon

This is a great way to use eggplant because this spongy vegetable absorbs the flavors of garlic and cumin beautifully, while also adding texture to the dip. Traditionally, the eggplant is cooked over an open flame or roasted, but I am frying it here because I love the rich taste it develops.

Eggplant is a wonderful vegetable with a beautiful deep purple-black color and smooth skin. I grow eggplants in the garden so that I can have a fresh supply. I have found that freshly picked eggplants, even when mature, have no bitterness at all—unlike the store-bought ones, which have generally become bitter during storage. However, if you are using supermarket eggplants, you can dispel the bitterness by eliminating the liquid from the eggplant flesh. Simply cut the vegetable into long slices and sprinkle salt on the flesh. Leave it to draw out the liquid for around 30 minutes, then rinse and pat dry with a paper towel.

- Heat the oven to 180 °C (350 °F/Gas mark 4). Put the garlic on a roasting tray and roast for 15 minutes or until soft. Allow to cool, then remove the flesh from the skin.
- While the garlic is roasting, slice the eggplant into 1 cm (½ in) slices. Heat 2 tablespoons of oil in a frying pan, and add a batch of eggplant once the oil is hot. If the oil is too cool, the eggplant will soak it up rather than fry. Turn the slices often to prevent burning, cooking each batch of slices for 1–2 minutes. Aim to cook two batches, using 2 tablespoons of oil each time. Don't be tempted to crowd the pan, or the eggplant will begin to steam, rather than fry. Set each cooked batch aside to cool.
- Place the fried eggplant, roast garlic, salt, tahini, parsley, cumin, 3 tablespoons oil, and lemon juice in an electric blender or food processor and blend. Don't overblend—you're aiming for a little texture. Add a little water if the mix is too thick.
- Taste and adjust seasoning if required. Transfer to a bowl and garnish with chopped parsley. Serve with crisp Lebanese flatbread or fresh Turkish bread, or alongside barbecued meat or *kefta*.

### VARIATION

If you don't want to fry the eggplant, you can cook it over an open flame—this is easy if you have a gas stove—but it may be easier to place it in the oven or under a grill. Whichever method you choose, cook the eggplant whole, with the skin on—when this becomes wrinkly and blackened, it is ready. Place it in a closed plastic bag for a few minutes to sweat, then take it out and remove the skin, which will now peel off very easily.

## Salatit fasulya | Five-bean Salad

This is a wonderfully simple salad to put together. It's especially easy and quick if you use canned beans, which are also guaranteed to be soft but not mushy. Alternatively, you could use dried beans that have been soaked overnight then cooked. These must be carefully prepared, as some dried beans can be poisonous if not treated correctly. Red kidney beans, for instance, contain natural toxins called lectins that can cause stomach aches and vomiting. These are destroyed by soaking the dried beans for at least 12 hours and then boiling them vigorously for 10 or more minutes in fresh water before simmering until cooked. Tinned or canned kidney beans have already gone through this process, so they require only a rinse under fresh water before being used.

Dried beans may take up to 3 hours to cook using the conventional method, but they cook in about a third to a quarter of the time if cooked in a pressure cooker.

When judging the amount of beans you need, remember that dried beans will double in weight and volume after being soaked and cooked. So 2 cups (1 lb) dried beans will yield around 4 cups of cooked beans. Aim for a good mix of bean types—the recipe suggests five different kinds of bean, but select a mixture (or just use one type) according to your own taste. Mixed beans add a variety of flavor and color to the dish, and these beans work especially well: black-eye beans, great northern beans, red kidney beans, cannellini beans, and butter beans.

Serves: 4

### INGREDIENTS

1½ tablespoons garlic-infused olive oil  
½ lemon, juiced  
Pinch of salt  
1 cup dried beans, soaked and cooked, or 1 can of mixed beans  
2–3 tablespoons chopped parsley  
½ small onion, very finely chopped  
2 Roma tomatoes, finely diced

- Combine the olive oil, lemon juice, and salt.
- Place the beans in a bowl and add the parsley, onion, and tomatoes.
- Mix together, pour over the dressing, and toss well just before serving.



## Zabadi | Natural Yogurt

Yogurt is a great staple—my mum would make it in a really big pickling jar and use it to make *salatit zabadi* (page 37). It is not as difficult to make as you might think, and once you know how, you may never go back to buying it. Just as in the supermarket, you can make the yogurt in many varieties by adding other ingredients, such as sugar, honey, pureed strawberries, macerated raspberries, passion-fruit pulp, and so on. If you prefer low-fat yogurt, start with low-fat milk, but if you prefer the flavor of whole milk, use that with the starter yogurt. Don't use milk close to the 'use by' date as this is not reliable for producing yogurt. The starter yogurt is easily obtained by buying a small tub of unflavored, natural, or Greek yogurt. After making each batch of your own yogurt, store some of it in a jar in the fridge to act as your starter; this will give you a continuous supply of homemade yogurt.

It may take a few attempts to get this process right. If the milk is heated too much, this may kill the bacteria so the yogurt won't set. I never saw my mother use a thermometer but I have tried to make yogurt several times without one and had mixed results, so I highly recommend buying a cooking thermometer to take out the guesswork. You will also need a one-liter (35-fl oz) container or jar with a lid and something warm to wrap around it, such as a woolen blanket.

Makes: 4 cups (1 liter)

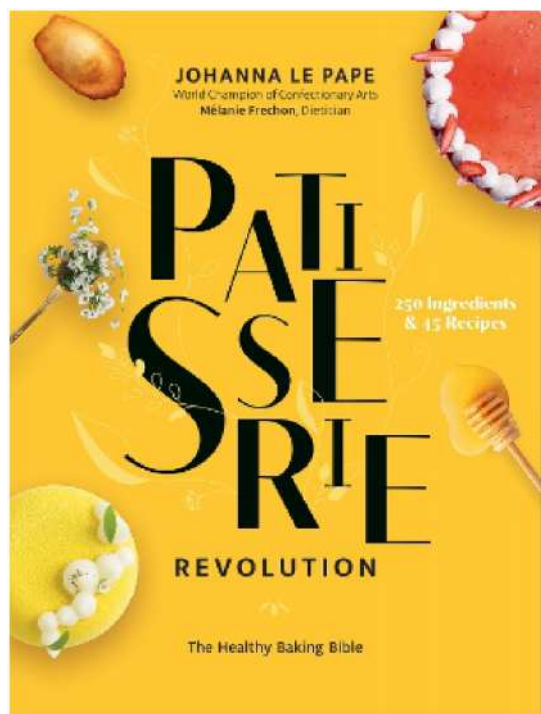
### INGREDIENTS

3 tablespoons starter or plain yogurt  
4 cups (1 liter) of milk

- Bring the milk to the boil without letting it burn. Once it reaches 212°F (100°C), turn off the heat and leave the milk to cool to 113°F (45°C). This will take 18–20 minutes.
- Add the starter yogurt to the container and stir it until it becomes runny. Remove the skin that forms on the milk and discard.
- Add a tablespoon of milk at a time and stir it into the yogurt. After 4 or 5 spoons, add the yogurt to the milk in the pan and stir.
- Pour all the milk back into the container, cover it with a lid, and wrap it in a blanket. Leave it in a warm place such as the bottom of a pantry for at least 10 hours or overnight. It should be wonderfully thick and creamy.
- Place the yogurt in the refrigerator—it will become sour if left out of the fridge for more than 24 hours.

### VARIATION

You can make yogurt using a commercial yogurt maker. This acts like a thermos bottle, insulating the warmed milk and providing the bacteria with optimal conditions to multiply. When using a yogurt maker, make the yogurt following the method above, but instead of pouring the mixture into a container to ferment overnight, place it into your yogurt maker and follow the manufacturer's instructions.



9780778807247

Hardback | 256 pages | £30.00

clr photos

Cakes, baking, icing &  
sugarcraft

**Award-winning author** Johanna Le Pape is a talented pastry chef who specializes in well-being. She began her career at Lutetia, then at Le Meurice with Cédric Grolet and Maxime Frédéric. She continued her adventure at Ladurée and won the World Cup of Sweet Arts in 2014. She founded the Auras workshop, and devotes herself to creation, consulting and training. Johanna and her family divide their time between Paris and Los Angeles. Mélanie Fréchon is a dietitian and nutritionist, specialized in sports nutrition. She lives in Paris.

## Patisserie Revolution

### The Healthy Baking Bible

Firefly Books Ltd (Macmillan Distribution (MDL))

15 November 2024

*Innovative recipes for perfectly indulgent French baking – the healthy way - with options for sugar-free, vegan and gluten-free macaroons, meringues and croissants.*

Going to a patisserie is often considered a high-calorie indulgence reserved for weekends or special occasions. But what if you could make healthy pastries at home using more wholesome ingredients without the guilt? *Patisserie Revolution* is a ground-breaking comprehensive book by award-winning French pastry chef Johanna Le Pape that will teach you everything you need to know about healthier patisserie baking. It's beautifully photographed and covers dough to macarons, meringues, and, of course, croissants. But how is it different? In an easy-to-follow design, you'll quickly learn about the essential ingredients for Johanna's revolutionary approach to baking and she'll tell you how to create sugar-free, vegan or gluten-free patisserie. *Patisserie Revolution* includes guidance on how to work with more than 30 different flours and 18 cooking oils, plus much more. She also provides information on how to preserve micronutrients, balance sugar and fibre for a low GI and shares extensive dietary substitutions for those who want to make modifications based on sugar, carbohydrate, protein or dairy intake leading to 45 delicious patisserie recipes for Buckwheat Vanilla Mille Feuille, Chestnut Pear and Vanilla Velouté and Madelines with Lemon Zest — just to name a few. But it also includes the best healthy chocolate chip cookie and snickers you've ever eaten. Be prepared to reframe how you think about French patisserie!







## Meringues

Makes 20 small meringues • Preparation: 20 minutes • Baking time: 2 hours

$\frac{1}{2}$  cup (70 g)  
granulated raw sugar  
(we used optima replace  
with 7 tbs/85 g granular  
erythritol sweetener)

$\frac{1}{4}$  tsp (0.5 g)  
psyllium husk  
powder

$\frac{1}{4}$  tsp (1 g)  
agar agar

$1\frac{1}{2}$  tbs (10 g)  
arrowroot starch, sifted

$\frac{1}{4}$  cup (100 g)  
aquafaba

### DIRECTIONS

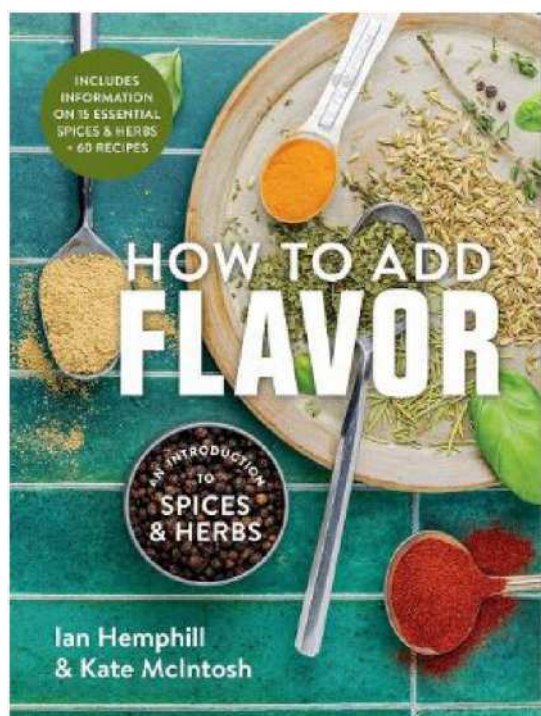
- In a saucepan, stir together sugar, agar agar and aquafaba. Heat the mixture, then bring to a boil.
- Transfer the mixture to a bowl. Using an electric mixer, whip the mixture into a meringue until thick and glossy.
- Using a spatula, fold in sifted arrowroot starch and psyllium.
- Pipe onto a baking sheet lined with a silicone mat and let dry in the oven at 195°F (90°C) for at least 2 hours.

### Jazz it up

Jazz up your meringues by adding ingredients to the raw mixture:  
lemon powder (dried lemon rind that is processed to a powder),  
lemon thyme powder, sliced hazelnuts or toasted almonds, dried  
red berries (dried and processed), Timut pepper or raw cacao nibs.







9780778807346

Paperback | 160 pages | £19.99  
full color photography throughout

### Cooking with herbs & spices

**Ian Hemphill** was raised in Sydney, Australia and is the founder of Herbie's Spices, the internationally respected business that sells quality herbs and spices online at [www.herbies.com.au](http://www.herbies.com.au). He is the author, along with Kate McIntosh, of The Spice and Herb Bible, which is now in its 3rd edition. Kate McIntosh, based in London, England, is a qualified chef and food writer, who also works at Herbie's Spices.

## How to Add Flavor

### An Introduction to Spices and Herbs

Firefly Books Ltd (Macmillan Distribution (MDL))

20 October 2025

*Unlock the secrets to vibrant, mouth-watering meals with How to Add Flavor, the perfect guide for novice cooks looking to elevate their culinary skills.*

With just 15 key spices and herbs, ranging from aromatic basil to earthy turmeric, this book shows you how easy it is to enhance the flavours of your favorite dishes. Learn the unique aromas, flavours, and ideal pairings of each spice and herb. From allspice and bay leaves to thyme and cumin, you'll discover how a sprinkle or pinch can transform your cooking. A special "Spice and Herb Tutorial" section takes you through four versatile recipes - Skillet Chicken Breast, Classic Pot Roast, Salmon Parcels, and Crispy Fried Tofu - demonstrating how the flavour profile of each dish can change dramatically with just a few variations in spices and herbs. An in-depth section on salt and pepper, the essential foundation of any dish, offers valuable insights into using these two pantry staples to their full potential. Finally, explore 60 easy-to-follow recipes, organized by the featured spice or herb, helping you build confidence in the kitchen while mastering the art of flavour.





## Basil

Basil is one of the most popular herbs and there are many varieties, though sweet basil is the one that is readily available at most grocery stores. Sweet basil plants could be referred to as small shrubs with soft, deep green oval and somewhat crinkly leaves attached to tough, grooved and square stems. Fresh basil is generally sold in bunches, providing plenty of delicious leaves for most recipes. Avoid buying fresh basil that is wilted or has black marks on the leaves as it is not as fresh as it should be. As a seasonal sun-loving plant, fresh basil is most abundant and economical in stores during the summer.

### Aroma

Basil was the first herb I could identify by aroma in my mother's herb garden. For me, basil's refreshing clove-anise-like aroma conjures up memories of summer, hardly surprising when one considers how this herb thrives in heat and expires at the first chill of winter.

### Flavor

Fresh basil's flavor is bright, clean and clove-like with a warm depth of flavor that complements every food it is added to. Although the fresh leaves are quite pungent, the actual flavor is never overpowering, a phenomenon that seems to be unique to this herb. This means that it is almost impossible to use too much fresh basil in a salad, or in pesto. When fresh basil is out of season, dried may be used as a substitute in some recipes.

The moisture is greatly reduced in dried basil, and the fresh aroma is lost, so the flavor becomes concentrated and stronger.

### Pairings

Basil's unique flavor profile pairs exceptionally well with tomatoes and tomato-based dishes, and gardeners will tell you basil and tomatoes are companion plants. Fresh basil is used in Italian and other southern European cuisines, possibly because it is abundant in these warmer climates. Basil complements almost every food you can imagine, from Bolognese sauces, to eggplant, zucchini, squash, lentils and new potatoes. Basil blended into cream cheese for a sandwich filling is a welcome variation. The versatility does not stop there though, as basil's clean, fresh notes enhance chicken, pork, fish and shellfish.

Dried basil is preferred and works best in all cooked tomato dishes, including Bolognese and pasta sauces, baked, barbecued, roasted or fried chicken. Should you still wish to add some fresh basil to these, be sure to add it in the last 15 minutes of cooking to retain its fresh flavor notes.

### Storage

Due to its soft leaves, storage of fresh basil is a bit different to the usual way of storing fresh herbs as I've described in the introduction. A bunch will keep in the refrigerator for a week or more. Wrap paper towels around the base of the stems, wet them and seal the whole bunch in a plastic bag.

THE SPICE AND HERB PANTRY

11



## Jerk-Style Chicken Thighs

It's no surprise that Jamaican native allspice is the hero in jerk marinade. Combined with herbaceous thyme and fiery chile, this is a mouthwatering marinade with delicious results. Enjoy with Black Bean Salsa (see page xxx) as a burger filling or shredded in a grain bowl.

Makes 4 servings

Preheat oven to 340°F (170°C)

Food processor

- 1 onion, chopped
- 1 large clove garlic, crushed (about 1 tsp)
- 1 tsp salt
- 1 tsp dried thyme
- 1½ tsp ground allspice
- 1 Scotch bonnet chile, stem removed
- 1 tbsp packed brown sugar
- 2 tbsp neutral oil (such as canola or vegetable)
- 1 lb (500g) boneless skinless chicken thighs (about 4 medium thighs)

In a food processor, combine onion, garlic, salt, thyme, allspice, chile, sugar, and oil. Process until smooth.

Place chicken thighs in a medium bowl. Add marinade and toss until evenly coated. Line a baking sheet with parchment paper. Transfer chicken to prepared baking sheet, smooth side up.

Bake in preheated oven for 1 hour or until juices run clear when chicken is pierced. Do not turn during cooking.

Let stand for 5 minutes before serving.

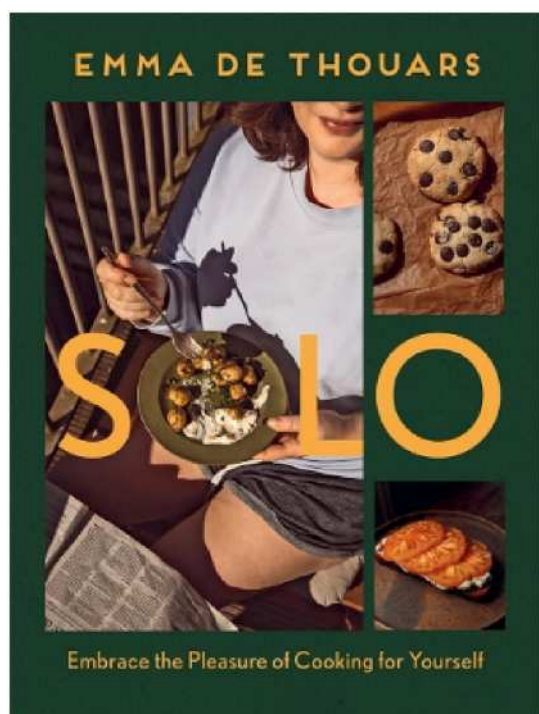
### TIPS

For bone-in, skin-on thighs (about 1½ lbs), increase cooking time by 15 minutes.

Marinate chicken for up to 2 days for more flavor.

Leftover chicken can be shredded, cooled, and frozen in an airtight container for up to 3 months.





9780778807360

Hardback | 176 pages | £29.99

full color photography throughout

### Cooking for one

**Emma de Thouars** is a food writer, columnist and podcast host. She is also the author of successful cookbooks on Asian food, vegan Asian food, tofu and noodles.

## Solo

### Embrace the Pleasure of Cooking for Yourself

Firefly Books Ltd (Macmillan Distribution (MDL))

20 October 2025

*Cooking for one just got a lot more fun! Calling all singles!*

Cooking for one doesn't have to mean repetitive meals or bland leftovers. In *Solo*, Emma de Thouars transforms the experience of cooking for yourself into something exciting, easy, and full of flavor. With years of experience cooking just for herself, Emma offers you the tools and inspiration to make each meal a creative adventure. No more boring meals! Emma shares vibrant recipes that don't require a lot of equipment or time - perfect for your small kitchen or busy schedule. Think savory sauces that work on almost anything, fresh veggies, indulgent snacks, and mouth-watering treats. Plus, you'll learn how to shop smart, use leftovers creatively, and get the most out of every ingredient. Try dishes like Eggs with Instagrammable Nutty Butter, Tofu Salad with Quick Chili Oil, Harissa Eggplant Caprese, and Brothy Beans - each designed to make you feel like a culinary pro. Whether you're a seasoned cook or just starting out, *Solo* shows you that cooking for one can be a joyful, flavorful, and totally satisfying experience. Turn your solo meals into moments of culinary inspiration! ? "Solo is an amazing collection of Emma's culinary life lessons. She always knows how to make something delicious with very little. Single or not, this book will have a prominent spot in your kitchen." -- Ghislaine Voogd (@veggilaine)





## Egg with Instagrammable Nutty Butter

Two boiled eggs on toast is the perfect breakfast, but sometimes you want to impress someone. Maybe it's yourself or maybe you want to take an amazing photo for your friends or online followers. If that's the case, spoon some of this nutty, buttery, golden sauce over your eggs. There's very little extra work involved, but it will make your breakfast moment link and taste better.

2 eggs  
Small handful of peeled hazelnuts  
Butter  
1 tbsp sesame seeds  
1/2 tsp ground turmeric  
Pinch of Aleppo pepper  
Salt  
Toast  
Fresh dill leaves

Boil the water in a medium saucepan. Add the eggs and cook for 5 minutes. (I prefer a runny yolk, so cook the eggs for a bit longer if you'd like them to be more firm.)

Meanwhile, coarsely chop the hazelnuts. Melt a large spoonful of butter in a small skillet over low heat. Watch closely so that you don't burn the butter. Add the hazelnuts, sesame seeds, turmeric, Aleppo pepper and a pinch of salt. Cook for 1 to 2 minutes, until the hazelnuts and sesame seeds are golden. Turn off the heat.

Drain the eggs and shock them under cold running water. Then peel and halve the eggs. Place the egg halves on toast and drizzle the hazelnut butter overtop. Sprinkle with dill.

**VARIATION** I often eat this on toast, but it's also great overtop Greek yogurt with some grated garlic stirred in. Eat it with whole wheat pita for dipping.

**SUBSTITUTION** Sometimes I think it's a waste to cook just one or two eggs, if you know you'll be eating at home a few more times that week, boil a few more and make the marinated eggs on page 48.

Breakfast

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## Quick Berry Crumble with Sesame Seeds

Crumble was my favorite dessert back when I was a student. My housemate and I used to shoot each other a certain look after dinner and we'd know it was crumble time. We always kept a bag of frozen fruit on hand for this purpose and then we'd whip up this dessert a few times a week, preferably with a scoop of vanilla ice cream. You can make this crumble in a ramekin or bake the crumbs separately, in which case you can sprinkle them on vanilla ice cream or fruit that has briefly been warmed in a pan. Sliced peaches are a very good choice here.

**Topping**  
2 1/2 tbsp (20 g) all-purpose flour  
1 tbsp granulated sugar  
2 tsp raw sesame seeds (perhaps a mix of black and white)  
2 tbsp (30 g) butter  
Pinch of salt  
  
**Fruit**  
3/4 cup (220 g) frozen or fresh blueberries or other fruit  
1 tbsp granulated sugar  
1 tsp cornstarch  
Grated zest and juice of 1/2 lemon (preferably organic)  
1 scoop of vanilla ice cream (optional)

**You will need**  
Large ramekin or ovenproof bowl

Preheat the oven to 350°F (180°C).

Combine the flour, sugar, sesame seeds, butter and salt in a medium bowl with your fingers just until crumbs form. Don't mix for too long or it will become sticky.

In another medium bowl, combine the blueberries, sugar, cornstarch and the lemon zest and juice. Spoon the blueberry mixture into a ramekin and spread the topping over it. Bake for 20 to 25 minutes, until the blueberries are bubbling and the topping is golden brown. Let it cool slightly and serve, perhaps with a scoop of ice cream over top.

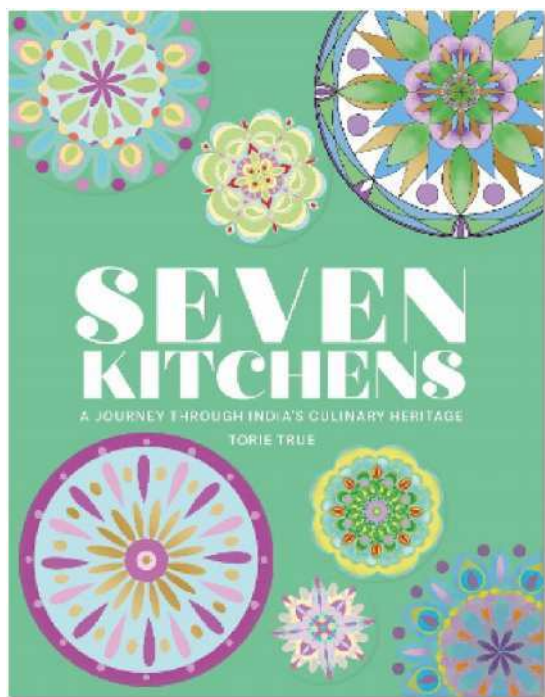
**VARIATION** There are endless variations of the dessert. Apple crumble remains one of the most delicious things in the world, with a pinch of cinnamon or cardamom, for example. Try using one of the fun berry blends from the frozen section of the supermarket. If you don't have a freezer, keep any leftover frozen fruit in the fridge and serve it on yogurt the next morning or mix it into a smoothie.

Desserts

163







9781915538444

Paperback | 256 pages | £25.00

National & regional cuisine  
Cooking with herbs & spices  
Cookery by ingredient

**Torie True** is the author of *Chilli & Mint: Indian Home Cooking from a British Kitchen* which was published in 2021 and subsequently shortlisted for a Gourmand World Cookbook Award. Torie has been mastering the arts of Indian cooking for over 20 years and inspires others to cook with spices in her cookery classes, demonstrations and book tour talks. A member of the Guild of Food Writers and a Great Taste Judge, Torie lives in London with her husband and two daughters.

## Seven Kitchens

### A Journey Through India's Culinary Heritage

Meze Publishing (Gardners)

06 November 2025

*Seven Kitchens is a fascinating culinary journey through India, weaving a complex and nuanced story of the country's cultural history and heritage via its food. A refreshing deep dive into the incredible diversity of cuisines that India has to offer, this carefully researched cookbook presents over 100 achievable recipes for any home kitchen.*

Seven Kitchens is a fascinating culinary journey through India, weaving a complex and nuanced story of the country's cultural history and heritage via its food. A refreshing deep dive into the incredible diversity of cuisines that India has to offer, this carefully researched cookbook presents over 100 achievable recipes for any home kitchen. Taking a closer look at many dishes that we know, love and recognise from Indian cuisine, Seven Kitchens delves into the culinary traditions, techniques, flavours and ingredients of seven distinct communities across India. Beginning with Anglo-Indian food and stretching as far back as the Mughal empire, each chapter travels to the heart of one region's cuisine and explores the fusion of influences that created delicious recipes that are still enjoyed in India today. From familiar favourites like vindaloo, korma and biryani to lesser known dishes of Goan Portuguese, Indo-Chinese, Syrian Christian, Parsi and Tibetan Nepalese origin, every page offers a glimpse into the vibrant kitchens of India's past and present.



## Hakka Chilli Paneer

Preparation time: 10 minutes  
Cooking time: 15-20 minutes  
Serves 4

450g paneer, cut into 1½-inch cubes  
3 tsp cornflour  
½ tsp ground white or black pepper  
4 tbsp sunflower or vegetable oil, for frying

For the chilli sauce:

2 tbsp vegetable, sunflower or rapeseed oil  
1 red onion, roughly chopped  
4 garlic cloves, finely chopped  
1-2 fresh red or green chillies, finely sliced (optional)  
2 tbsp tomato ketchup  
2 tbsp dark soy sauce  
1 lime, juiced  
1 tsp brown sugar  
½ tsp Kashmiri chilli powder  
½ a bell pepper, cut into 1-inch pieces (optional)  
3 spring onions, finely sliced  
Handful of fresh coriander, finely chopped  
1 tsp sesame oil  
1 tsp white sesame seeds, to serve

What could be more irresistible than cubes of crispy paneer coated in a sweet, sticky chilli sauce? This Indo-Chinese classic is much loved in Kolkata and is always part of any feast.

1. In a bowl, lightly dust the cubed paneer with the cornflour and ground pepper.
2. Heat the oil in a wok, kadai or frying pan and when hot, fry the paneer until crispy and browned on one or two sides. Do this in batches, removing the paneer with a slotted spoon and draining on kitchen paper as you go.
3. Using the same pan for the sauce, add a little more oil if required, then add the onion, garlic and fresh chilli, if using. Cook on a medium to high heat for 2 to 3 minutes, moving them around the pan, before adding the tomato ketchup and dark soy sauce.
4. Add the lime juice, brown sugar and Kashmiri chilli powder to the sauce along with a little water if it needs loosening. Stir well to make sure everything is incorporated.
5. Return the crispy paneer to the pan and fold in so the sauce clings to the paneer. If you are using bell pepper, add this now along with the spring onion.
6. Cook while stirring gently for 2 to 3 minutes before adding the fresh coriander and sesame oil. Finally, sprinkle with the white sesame seeds to serve.

Notes: This recipe is best made fresh and eaten immediately rather than cooked in advance. It's great with the Sichuan Fried Rice on page 22.



18 | SEVEN KITCHENS

## Keralan Garam Masala

Preparation time: 10 minutes  
Cooking time: 10-15 minutes  
Makes 1 small jar

2 tbsp fennel seeds  
2-inch piece of cinnamon or cassia bark  
10 green cardamom pods, left whole  
½ tsp whole black peppercorns  
3 leaves of a star anise  
½ rose blade  
6 cloves  
½ tsp ground nutmeg

Every Indian household has their own treasured family recipe for garam masala. In the north of India, they differ widely from those in the south when it comes to which spices are included. In Sanskrit, the word garam literally means 'warm or hot' and masala means 'blend of spices'. It is not hot with chilli but instead uses warming spices such as cinnamon, cloves and nutmeg. Garam masala is often used towards the end of cooking so that the flavours and aromas linger longer in the dish. This one is typical in Kerala cuisine.

1. Warm a dry frying pan on a medium heat and add all the ingredients except the ground nutmeg. Move everything around the pan for 1 to 2 minutes to awaken the spices.
2. Transfer the roasted spices to a bowl and leave to cool before grinding them into a fine powder in a spice grinder or with a pestle and mortar.
3. Stir in the ground nutmeg, mix well and then store the masala in a sealed, sterilised jar.

Notes: If you are blending the spices by hand with a pestle and mortar, remove the husks of the cardamom pods, leaving just the seeds, as this will make it easier to blend into a powder.



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9781915538406

Hardback | 192 pages | £25.00

Cakes, baking, icing &  
sugarcraft  
Desserts

**Born in** Libya and raised in the UK from the age of nine, Maisam speaks five languages – English, Arabic, Amazigh, Spanish, and Turkish – and brings a rich cultural heritage to her food. Her love of baking began at thirteen, driven by a fascination with the science behind a perfect bake and a determination to get it right. Since appearing on the 2022 series of The Great British Bake Off at only 18 years old, her relaxed approach and distinctive baking style stood out. She's become a viral presence on Instagram, sharing her signature no-fuss bakes with an ever-growing community of loyal fans.

## La Maisam

### Simplifying Baking one recipe at a time

Meze Publishing (Gardners)

31 October 2025

*Build baking confidence with La Maisam, Instagram favourite and GBBO star. From her viral no-knead bread to simple, satisfying cakes, this book makes baking calm, joyful and achievable. With easy tips and recipes that really work, it's perfect for beginners or anyone looking to enjoy baking without the stress.*

La Maisam, the much-loved Instagram baker and 2022 Great British Bake Off contestant, invites you into a simpler, more joyful way of baking. Whether you're completely new to baking or looking to rediscover your love for the kitchen, this book helps you build confidence step by step. Each chapter is designed to teach essential skills in a relaxed, approachable way, from mastering her viral no-knead bread (viewed over 50 million times) to creating beautifully uncomplicated cakes and bakes. With La Maisam's trademark warmth and clarity, this book is packed with accessible techniques, helpful tips, and straightforward recipes that really work. No fancy equipment or hard-to-find ingredients required, just a love of good food and the willingness to try. Perfect for beginners or anyone seeking calm in the chaos of everyday life, this is baking made stress-free. You'll learn how to trust your instincts, enjoy the process, and bake with ease and joy. From fluffy focaccia to flaky croissants, every recipe is a chance to build your skills and savour the results. This is the go-to guide for anyone who wants to feel more confident in the kitchen and fall in love with baking all over again.



## NO-KNEAD DOUGH

Making bread from scratch doesn't have to be complicated. This no-knead dough is simple, hands-off, and incredibly versatile. It's one of my most loved recipes and a go-to for thousands of my followers. Whether you're making pizza, focaccia, rolls, or risotto, this dough gives you great results with minimal effort.

Prep time: 10 minutes (plus 1 hour 45 minutes resting) |  
Makes: 1 batch (enough for 3 tiny focaccias, 4 medium pizzas, or 8 no-knead rolls)

750ml lukewarm water  
3g instant yeast (1 tsp)  
900ml olive oil  
425g strong bread flour  
1 tsp salt

### Mix the Dough

In a large container or mixing bowl with a lid, combine the lukewarm water, yeast, olive oil, flour, and salt. Use a spoon to mix until no dry flour remains. The dough will be sticky - that's normal. Cover and rest in a warm place for 30 minutes.

### Stretch and Fold

After 30 minutes, wet your hands to prevent sticking and perform a set of stretches and folds gently pull and fold each corner of the dough into the center. Cover and rest for another 30 minutes.

Repeat the stretch and fold step once more, then rest for another 30 minutes. The dough should now be smooth, bubbly, and airy.

Check out the *Everyday & Artisan Breads* chapter for recipes that build on this dough.

At this stage, the dough is ready to use in any of the following (all found later in the book):

Hot Sub & Rosemary Focaccia (p.105)  
Panzanella Style No-Knead Pizza (p.106)  
No-Knead Bread Rolls (p.110)  
No-Knead Cucumber Bread (p.112)  
Schicciata Bread (p.118)

### Tips for Success

Use a container with a lid to help speed up the proofing and make folds easier.

Wet your hands before handling - this dough is soft and sticky.

A dough scraper or bench knife makes shaping much easier.

The dough is ready when it's soft, bubbly, and slightly jiggy when it's moved.

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Foundations



## CARAMELISED ONION & MUSHROOM QUICHE

I first had a quiche like this on a brunch date with my mom, and we both couldn't believe how good it was. I'd always thought I didn't like quiche but this one completely changed my mind. The caramelised onions, mushrooms, and cheese make it rich, savory, and comforting. I use my Shortcrust Pastry from the Foundations chapter (p.21), but without the sugar - a small tweak that makes it perfect for this and lots of other savory bakes.

Prep time: 30 minutes (plus 45 minutes chilling) | Bake time: 30-35 minutes | Makes: 1 | Serves: 4-6

### For the Pastry

500g plain flour  
200g cold unsalted butter, cubed  
750ml milk

### For the Filling

5 tsp olive oil  
1 red onion, finely sliced  
1 tsp brown sugar  
100g chestnut mushrooms, chopped  
1/2 tsp salt  
1/2 tsp black pepper  
1/2 tsp ground cumin  
2 eggs  
200ml double cream  
40g cheddar cheese, grated  
15g grated Parmesan (plus extra for topping)

### Make the Pastry

In a large bowl, rub the flour and butter together with your fingertips until it looks like breadcrumbs. Slowly add the milk and bring the dough together - don't overmix. Shape into a disc, wrap, and chill for at least 30 minutes.

### Caramelize the Onions

Heat the oil in a pan over low heat and cook the onions for 10-15 minutes, stirring often. Add the brown sugar halfway through to help them caramelize. Stir in the mushrooms and cook for another 5-7 minutes. Season with salt, pepper, and cumin, then set aside to cool slightly.

### Make the Filling

In a bowl, whisk the eggs with the double cream. Stir in the cheese, then fold through the cooled onion and mushroom mixture.

### Blind Bake the Pastry

Roll out the chilled pastry and press into a 23cm tart tin. Trim the edges, prick the base with a fork, and chill for 10 minutes. Preheat the oven to 180°C fan. Line with baking paper and fill with baking beans or uncooked rice - this is called blind baking and helps the base cook evenly without puffing up. Bake for 10 minutes, remove the paper and beans, and bake for another 5 minutes until lightly golden.

### Fill and Bake

Pour in the filling, sprinkle with cheese on top, and bake for 20-25 minutes or until golden and set. Let it rest slightly before slicing.

### Tips for Success

Chill the pastry before rolling for a flakier texture.

Use narrow cheddar for the best flavor kick. Let the onion mixture cool before adding to the cream so it doesn't scramble the eggs.

470

Protein & Pastry



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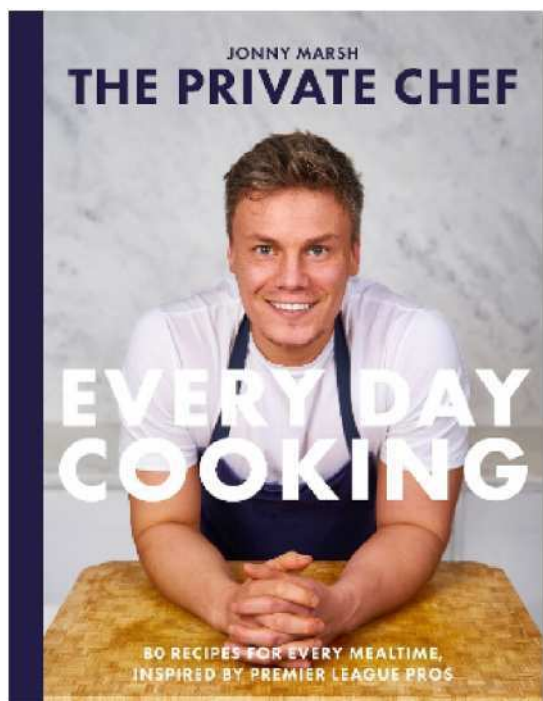


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9781915538413

Hardback | 192 pages | £25.00

Cookery for specific diets &  
conditions

## The Private Chef - Everyday Cooking

80 recipes for every mealtime, inspired by Premier League pros

Meze Publishing (Gardners)

31 October 2025

*Jonny Marsh shares his little black book of go-to recipes, bringing the private chef experience into your kitchen. With over a decade cooking for top Premier League footballers like Kevin De Bruyne and Ilkay Gundogan, he knows how to create meals that are both nutritious and delicious.*

Jonny Marsh is lifting the lid on his little black book of go-to recipes, bringing the private chef experience into your kitchen. With over a decade cooking for top Premier League footballers such as Kevin De Bruyne and Ilkay Gundogan, Jonny knows how to create meals that are as nutritious as they are delicious. The Private Chef features over 80 recipes designed to fit around busy schedules - from quick, tasty breakfasts to post-match dinners and indulgent desserts. Jonny's debut book is your new kitchen staple. Cook with confidence, fuel up like the pros, and enjoy every bite!



## SPICED SALMON, NEW POTATO, BROCCOLI & GREEN BEAN TRAY BAKE

Prep time: 15 minutes (plus 1-2 hours marinating) | Cooking time: 45-50 minutes | Serves: 3

This is a one-pan wonder: salmon marinated in warming spices sits on top of roasted new potatoes, green beans and tenderstem broccoli for a flavour-packed, easy dinner. Bright, healthy and minimal fuss, it's perfect for busy evenings when you want something delicious without loads of washing up.

### INGREDIENTS

1 tsp paprika  
1 tsp ground cumin  
1 tsp garlic powder  
1 tsp ground coriander  
1 tsp salt  
2 tbsp olive oil, plus extra for roasting  
1 lemon, juiced  
3 salmon fillets (or half side of salmon, skin removed)  
450g new potatoes  
150g green beans  
200g tenderstem broccoli  
Vine cherry tomatoes (optional, for added colour and sweetness)

### METHOD

In a bowl, combine the paprika, ground cumin, garlic powder, ground coriander, salt, olive oil and lemon juice. Add the salmon fillets and turn to coat well. Cover and marinate in the fridge for 1 to 2 hours.

Preheat the oven to 200°C. Bring a pan of salted water to the boil and add the new potatoes. Cook for about 10 minutes until just tender but not falling apart – they will finish cooking in the oven.

Drain the potatoes and place them in a large bowl. Add a drizzle of olive oil, salt, green beans, tenderstem broccoli and vine cherry tomatoes, if using. Season to taste with salt and toss well to coat evenly.

Spread the vegetables in an even layer on a baking tray lined with greaseproof paper. Roast in the oven for 8 minutes.

Remove the tray from the oven and place the marinated salmon fillets on top of the vegetables. Return to the oven and roast for a further 5 to 10 minutes, or until the salmon is cooked through and the vegetables are golden and tender.

Serve immediately, perhaps with a simple green salad on the side.



## LEMON & MASCARPONE AGNOLOTTI PASTA WITH VODKA SAUCE

Prep time: 45 minutes (plus 3 hours chilling) | Cooking time: 15 minutes | Serves: 4

This one is for my home chefs out there: it's a dish I absolutely love to make. The sauce is something I've made weekly for years for many players and clients, while agnolotti was the first thing I ever learned to cook at a non-Michelin-star restaurant. I love making them, and now you can too.

### INGREDIENTS

#### FOR THE PASTA

400g fine semolina  
40 egg yolks  
2 tbsp olive oil  
1 tsp salt  
Flour, for dusting

#### FOR THE VODKA SAUCE

2 shallots, finely chopped  
4 cloves of garlic, finely chopped  
3 tbsp tomato purée  
1 shot vodka  
400g double cream  
1 tsp salt  
1 tsp sugar

#### FOR THE FILLING

250g mascarpone  
1 lemon, zested and juiced  
3 tbsp fresh basil, chopped  
3 tbsp Parmesan, grated  
1 tsp salt  
2 shallots, finely chopped

### METHOD

#### FOR THE PASTA

Place the semolina on a clean work surface or in a large bowl and make a well in the centre. Pour in the egg yolks, olive oil, and salt (you can keep the egg whites in the fridge to use for another dish). If making by hand, slowly incorporate the semolina into the yolks, gradually bringing everything together.

Once combined, knead until the dough is completely smooth; it's an upper body workout! Wrap in cling film and refrigerate for a few hours or overnight.

#### FOR THE VODKA SAUCE

Heat a frying pan over a medium heat and sweat the shallots and garlic until softened. Stir in the tomato purée and mix well. Increase the heat, then add the vodka (this allows the alcohol to cook off immediately). Add the double cream, stirring well. Finish with the salt and sugar. Set aside.

#### FOR THE FILLING

In a bowl, mix together the mascarpone, lemon zest and juice, basil, Parmesan, and salt. Transfer to a piping bag and refrigerate. Roll out the pasta with a rolling pin (if) and then a pasta machine (if), stopping at level 6 for the perfect thickness. Cut into manageable portions for shaping the agnolotti, roughly 12cm x 5cm. Pipe a line of filling down the centre (1), leaving 1 inch of space on either side. Fold the pasta over (2), pressing along the edge to remove any air pockets. Using both hands, pinch the pasta at 2-inch intervals to seal. Using a pasta cutter, trim a 30cm away from the filling (3), then cut in the middle of each pinch fold section to create individual agnolotti (4). Shape the agnolotti by folding and sealing the edges together (5 & 6). Bring a large pot of salted water to a boil. Drop the pasta in and cook for no more than 1 minute (since it's fresh). Transfer the cooked pasta straight into the vodka sauce and toss to coat.

#### TO SERVE

Plate the pasta and finish with grated Parmesan.







9781849250832

Paperback | 224 pages | £25.00

50 colour illustrations

National & regional cuisine

**Christiane Dabdoub** Nasser was born in Bethlehem, Palestine. She holds degrees in English and French Literature. In 2001, she co-founded the Centre for Cultural Heritage Preservation and managed the European Union programmes Euromed Heritage (2008-2013) and Medculture (2014-2019). She is President of the Roberto Cimetta Fund, and is the author of a novel, *A Moon Will Rise* (2021).

## Classic Palestinian Cuisine

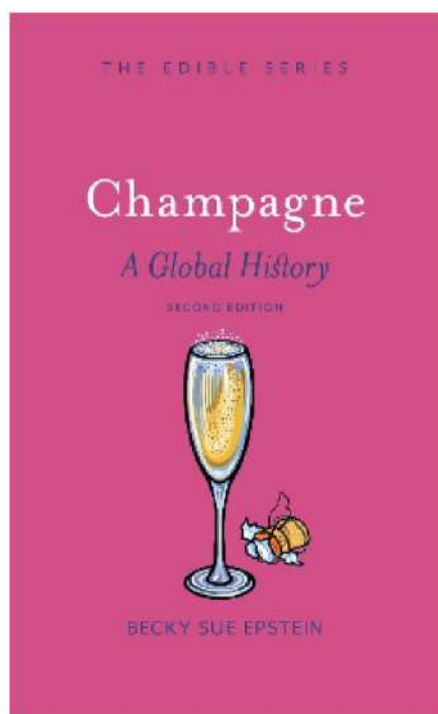
Saqi Books (Turnaround Publisher Services)

26 February 2026

*Classic Palestinian Cuisine is a collection of recipes, characteristic of the culinary culture of the Mediterranean. Christiane Dabdoub Nasser's delightful tips and anecdotes vividly bring Palestinian cookery to life, as practiced in kitchens across the region for generations.*

Classic Palestinian Cuisine is a collection of over one hundred mouth-watering dishes, such as ful m'dammas (broad bean salad), kidreh (rice with mutton) and djaj mahshi (stuffed chicken), characteristic of the culinary culture of the Mediterranean. Christiane Dabdoub Nasser's delightful tips and anecdotes, from coring marrows and buying the perfect cabbage for stuffing to bartering with chickens, vividly brings the smells and flavours of Palestinian cookery to life, as practiced in kitchens across the region for generations.





9781789149951

Hardback | 144 pages | £12.99

61 illustrations, 46 in colour

Wines

History: specific events & topics

**Becky Sue** Epstein is an author and journalist in the fields of wine, spirits, food and travel based in Massachussets, USA. She is the author of many books on wine, spirits and food including Brandy: A Global History (Reaktion Books, 2014).

## Champagne

A Global History, Second Edition

Reaktion Books (John Wiley & Sons Ltd)

16 June 2025

*An elegant, informative history of sparkling wines and the people behind them.*

Champagne and sparkling wine have evolved from celebration-only drinks to everyday beverages in the twenty-first century. Sparkling wines are now made in every wine region of the world, becoming global favourites in bars, restaurants and even at home. In this book you will discover the history of the world's great sparkling wines, from the original French champagne – which remains a symbol of luxury – to the evolution of the sparkling wines of other regions that are now so popular. Whether you prefer magnums of Cristal or the more affordable thrill of prosecco or crémant, Champagne is an invaluable complement to a glass of bubbly as well as an informative, elegant gift for all wine-lovers.

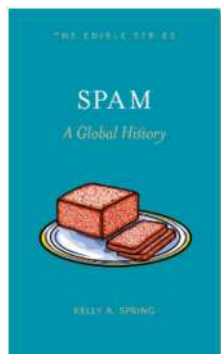




## *SPAM : A Global History*

**Kelly A. Spring**

Reaktion Books (John Wiley & Sons Ltd) | 9781836390664



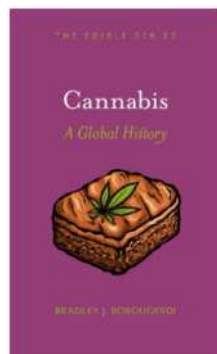
£12.99 HB | 152.pp | June 2025

SPAM's enduring global impact, from wartime necessity to cultural icon and beyond.

## *Cannabis : A Global History*

**Bradley J. Borougerdi**

Reaktion Books (John Wiley & Sons Ltd) | 9781836390077



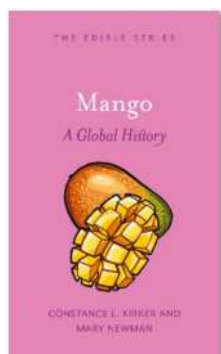
£12.99 HB | 168.pp | May 2025

A nuanced, richly illustrated perspective on cannabis use throughout history

## *Mango : A Global History*

**Constance L. Kirker**

Reaktion Books (John Wiley & Sons Ltd) | 9781789149159



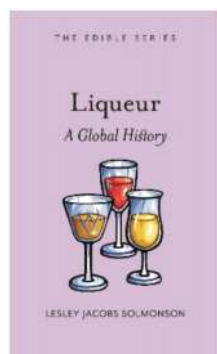
£12.99 HB | 184.pp | August 2024

A beautifully illustrated tour through the rich world of mangoes.

## *Liqueur : A Global History*

**Lesley Jacobs Solmonson**

Reaktion Books (John Wiley & Sons Ltd) | 9781789148534



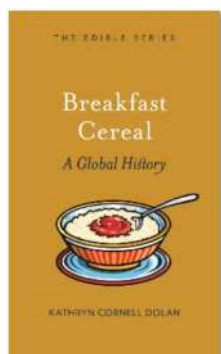
£12.99 HB | 200.pp | May 2024

Explores the rich history of liqueurs, from ancient elixirs to modern indulgence.

## *Breakfast Cereal : A Global History*

**Kathryn Cornell Dolan**

Reaktion Books (John Wiley & Sons Ltd) | 9781789146950



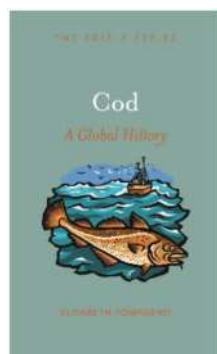
£12.99 HB | 144.pp | March 2023

The long, distinguished and surprising history of breakfast cereal.

## *Cod : A Global History*

**Elisabeth Townsend**

Reaktion Books (John Wiley & Sons Ltd) | 9781789145984



£12.99 HB | 160.pp | September 2022

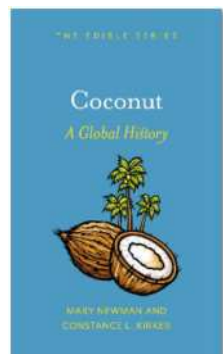
The first culinary history of a truly remarkable fish, cod.



## *Coconut : A Global History*

**Constance L. Kirker**

Reaktion Books (John Wiley & Sons Ltd) | 9781789145250



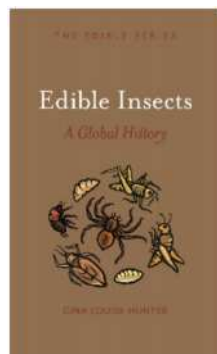
£12.99 HB | 176.pp | February 2022

The global history of coconut from its origin to its recent elevation to 'super-food' status.

## *Edible Insects : A Global History*

**Gina Louise Hunter**

Reaktion Books (John Wiley & Sons Ltd) | 9781789144468



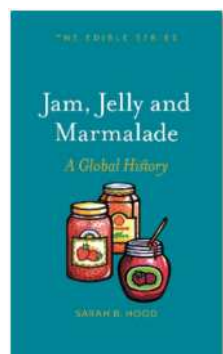
£12.99 HB | 176.pp | August 2021

A broad introduction to the role of insects as human food.

## *Jam, Jelly and Marmalade : A Global History*

**Sarah B. Hood**

Reaktion Books (John Wiley & Sons Ltd) | 9781789143898



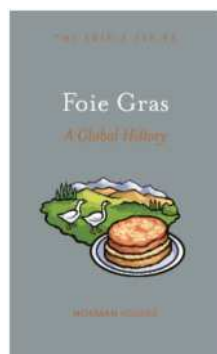
£12.99 HB | 136.pp | June 2021

A history of the sweet treats jam, jelly and marmalade.

## *Foie Gras : A Global History*

**Norman Kolpas**

Reaktion Books (John Wiley & Sons Ltd) | 9781789143775



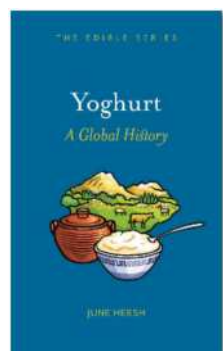
£12.99 HB | 152.pp | April 2021

An engaging account of foie gras, a luxurious yet controversial ingredient.

## *Yoghurt : A Global History*

**June Herish**

Reaktion Books (John Wiley & Sons Ltd) | 9781789144123



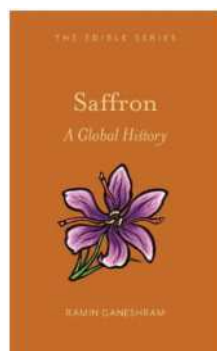
£12.99 HB | 160.pp | March 2021

A delectable tour of the rich history of yoghurt.

## *Saffron : A Global History*

**Ramin Ganeshram**

Reaktion Books (John Wiley & Sons Ltd) | 9781789143300



£12.99 HB | 144.pp | October 2020

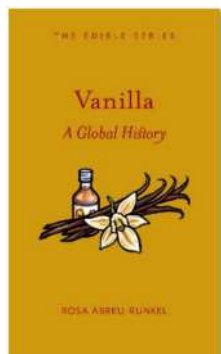
The dramatic history of the world's most expensive spice.



## *Vanilla : A Global History*

**Rosa Abreu-Runkel**

Reaktion Books (John Wiley & Sons Ltd) | 9781789143409



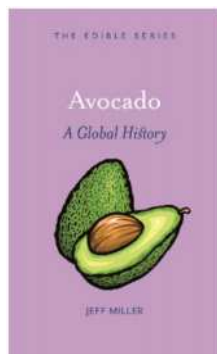
£12.99 HB | 152.pp | October 2020

The rich history of the intoxicating and evocative spice, vanilla.

## *Avocado : A Global History*

**Jeff Miller**

Reaktion Books (John Wiley & Sons Ltd) | 9781789142037



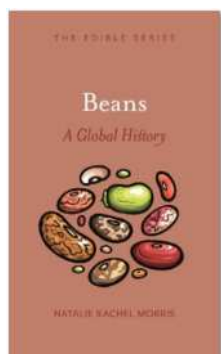
£12.99 HB | 152.pp | April 2020

An exploration of the meteoric rise of the now-ubiquitous avocado.

## *Beans : A Global History*

**Natalie Rachel Morris**

Reaktion Books (John Wiley & Sons Ltd) | 9781789142044



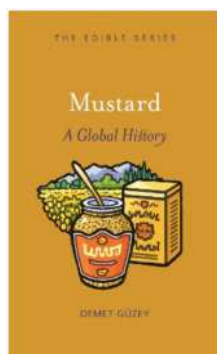
£12.99 HB | 128.pp | April 2020

A vivid journey through the gastronomical, botanical, cultural and political history of beans.

## *Mustard : A Global History*

**Demet Güzey**

Reaktion Books (John Wiley & Sons Ltd) | 9781789141436



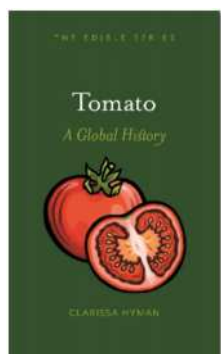
£12.99 HB | 144.pp | September 2019

A delightful global history of mustard, one of the world's most loved condiments.

## *Tomato : A Global History*

**Clarissa Hyman**

Reaktion Books (John Wiley & Sons Ltd) | 9781789140835



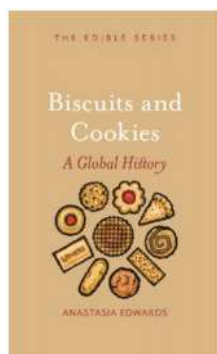
£12.99 HB | 144.pp | August 2019

Tomato charts the eventful history of this seemingly humble food, from its obscure origins in South America to a fundamental ingredient in the cuisines of nations around the world today.

## *Biscuits and Cookies : A Global History*

**Anastasia Edwards**

Reaktion Books (John Wiley & Sons Ltd) | 9781789140491



£12.99 HB | 136.pp | July 2019

Biscuits and Cookies explores the abundant history of this versatile snack.

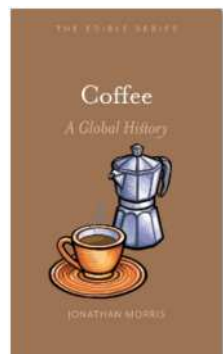




## *Coffee : A Global History*

**Jonathan Morris**

Reaktion Books (John Wiley & Sons Ltd) | 9781789140026



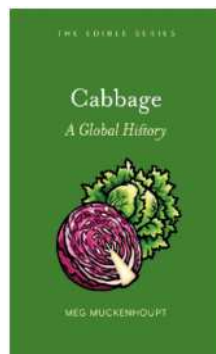
£12.99 HB | 208.pp | December 2018

In *Coffee: A Global History*, Jonathan Morris explains how the world acquired a taste for coffee, yet why coffee tastes so different throughout the world. Written in an engaging style, and featuring wonderful recipes, stories and facts, the book explores who drank coffee, as well as why and where, how it was prepared and what it tasted like.

## *Cabbage : A Global History*

**Meg Muckenhoupt**

Reaktion Books (John Wiley & Sons Ltd) | 9781780239811



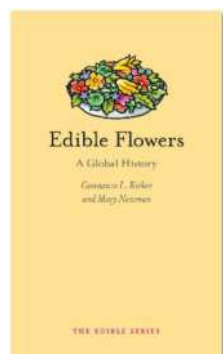
£12.99 HB | 144.pp | August 2018

Traces the cultural and chemical basis for cabbage's smelly reputation and enduring popularity.

## *Edible Flowers : A Global History*

**Mary Newman**

Reaktion Books (John Wiley & Sons Ltd) | 9781780236384



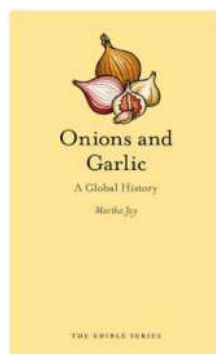
£12.99 HB | 168.pp | September 2016

*Edible Flowers* is the fascinating history of how flowers have been used in cooking from ancient customs to modern kitchens. It also serves up novel ways to prepare and eat soups, salads, desserts and drinks. Discover something new about the flowers all around you with this surprising history.

## *Onions and Garlic : A Global History*

**Martha Jay**

Reaktion Books (John Wiley & Sons Ltd) | 9781780235875



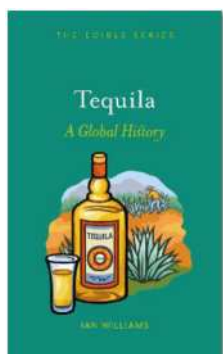
£12.99 HB | 144.pp | May 2016

Martha Jay traces the history of the allium family – onions, shallots, garlic, chives, and leeks – back to the earliest civilizations of the Fertile Crescent and the recipes of ancient Mesopotamia.

## *Tequila : A Global History*

**Ian Williams**

Reaktion Books (John Wiley & Sons Ltd) | 9781780234359



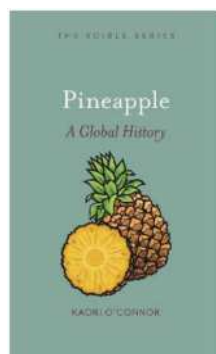
£12.99 HB | 128.pp | April 2015

A lively history of tequila, an unusual liquor that can only be produced in Mexico. This book relates the beginnings of tequila and how it was introduced into the global market, and contains many recipes for tequila-based cocktails, as well as advice on buying, storing, tasting and serving tequila.

## *Pineapple : A Global History*

**Kaori O'Connor**

Reaktion Books (John Wiley & Sons Ltd) | 9781780231792



£12.99 HB | 128.pp | September 2013

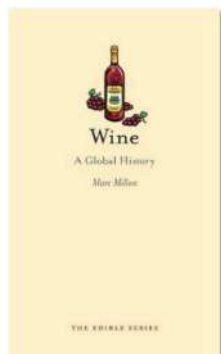
Pineapple is a culinary love story enriched with vivid illustrations and irresistible recipes from around the world for eating and drinking the pineapple.



## *Wine : A Global History*

**Marc Millon**

Reaktion Books (John Wiley & Sons Ltd) | 9781780231112



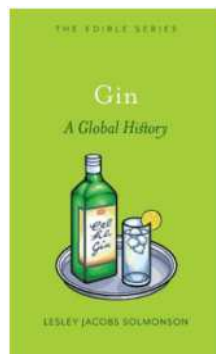
£12.99 HB | 128.pp | April 2013

How did wine surpass all other beverages to achieve global domination? In *Wine*, Marc Millon travels back to the origins of modern man to find the answer, discovering that this heady drink is intertwined with the roots of civilization itself.

## *Gin : A Global History*

**Lesley Jacobs Solmonson**

Reaktion Books (John Wiley & Sons Ltd) | 9781861899248



£12.99 HB | 128.pp | April 2012

*Gin: A Global History* features many enticing recipes and images from the past and present of gin. The book will entice both cocktail aficionados and students of socio-political change, as it chronicles gin's evolution from humble berry to modern alcoholic marvel.

## *Tea : A Global History*

**Helen Saberi**

Reaktion Books (John Wiley & Sons Ltd) | 9781861897763



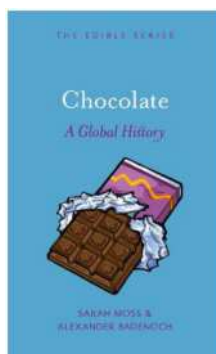
£12.99 HB | 184.pp | October 2010

*Tea: A Global History* is a well-illustrated, concise exploration of the rich and fascinating history of tea. Helen Saberi describes the many varieties of tea consumed around the world, from Indian chai to Burmese pickled lephet tea, and from brick tea to Taiwanese 'bubble tea' and looks at the economic and social uses of tea.

## *Chocolate : A Global History*

**Sarah Moss**

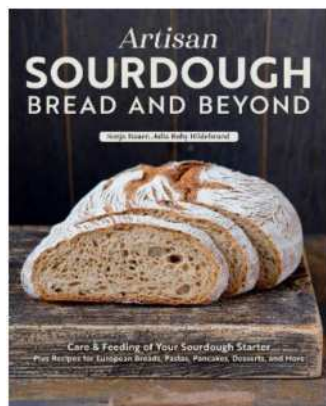
Reaktion Books (John Wiley & Sons Ltd) | 9781861895240



£12.99 HB | 128.pp | September 2009

Redolent of everything sensual and hedonistic, chocolate is synonymous with our idea of indulgence. It is adored around the world and has been since the Spanish first encountered cocoa beans in South America in the sixteenth century. This title explores the origins and growth of this almost universal obsession.





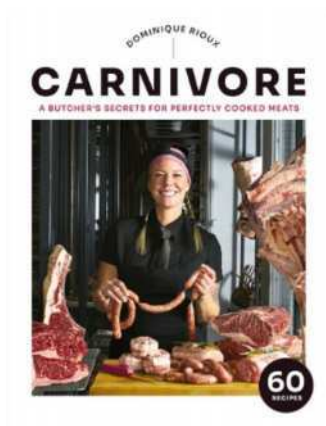
*Artisan Sourdough: Bread and Beyond : Care & Feeding of Your Sourdough Starter Plus Recipes for European Breads, Pastas, Pancakes, Desserts, and More*

**Sonja Bauer**

Fox Chapel Publishing (Macmillan Distribution (MDL)) | 9781497105706

£16.99 | Paperback / softback | 192pp. | September 2025

In this book Sonja Bauer shares the many ways sourdough starter can be used- whether to make waffles, pancakes, gnocchi, dumplings, granola, brownies, or pizza! She first covers sourdough basics, including how to make your very own starter with ease and continues with a myriad of recipes you can use your starter for other than typical sourdough!



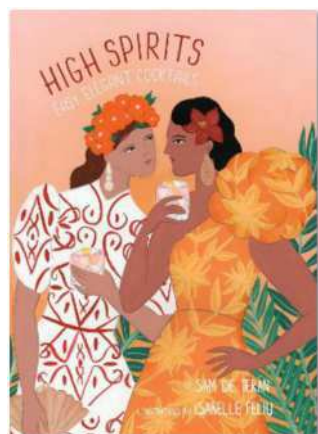
*Carnivore : A Butcher's Secrets for Perfectly Cooked Meats*

**Dominique Rioux**

Firefly Books Ltd (Macmillan Distribution (MDL)) | 9780778807377

£29.99 | Hardback | 224pp. | October 2025

Dominique Rioux is more than a chef, she's a force in the world of meat.



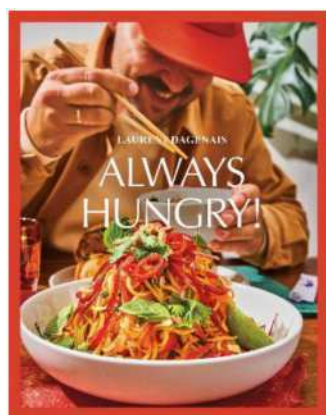
*High Spirits Easy Elegant Cocktails*

**Sam de Teran**

Clearview (Macmillan Distribution (MDL)) | 9781908337719

£19.99 | Hardback | 112pp. | November 2023

How to make 38 elegant cocktails with a glamorous appeal, from morning till night.



*Always Hungry! : The Cookbook*

**Laurent Dagenais**

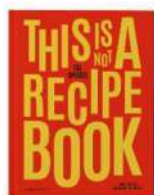
Firefly Books Ltd (Macmillan Distribution (MDL)) | 9780778807148

£25.00 | Hardback | 224pp. | September 2023

Debut cookery book from a celebrity chef and social media phenomenon who has 1 million followers on Instagram and 1.5 million on TikTok, featuring his humorous and energetic creations.







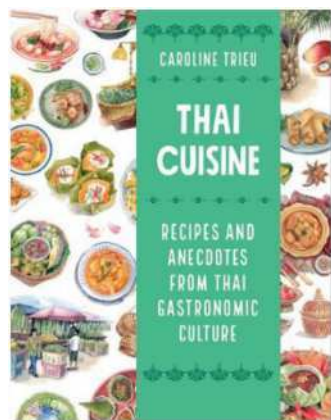
*This is not a recipe book : INSPIRATIONAL PATISSERIE - THE JOURNEY TO A COMPLETED DESSERT*

**Tal Spiegel**

New Heroes & Pioneers (Macmillan Distribution (MDL)) | 9789198656657

£60.00 | Hardback| 256pp. | December 2022

Making and assembling a dessert is a journey. It's a considered process, a visual translation of culinary thoughts, and a transformation of an idea to a 2D plan and finally a 3D reality. But how do all the chefs come up with those recipes? What are their inspirations and how do they bring them to life?



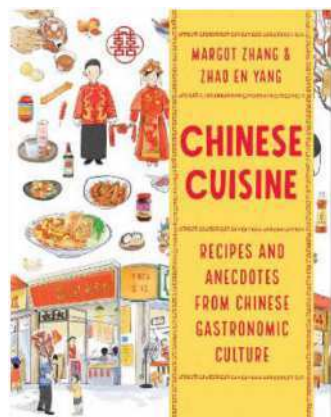
*Thai Cuisine : Recipes and Anecdotes from Thai Gastronomic Culture*

**Caroline Trieu**

Firefly Books Ltd (Macmillan Distribution (MDL)) | 9780228105848

£16.99 | Paperback / softback| 128pp. | October 2025

Thai food has been popular in the west since its introduction in the 1970s.



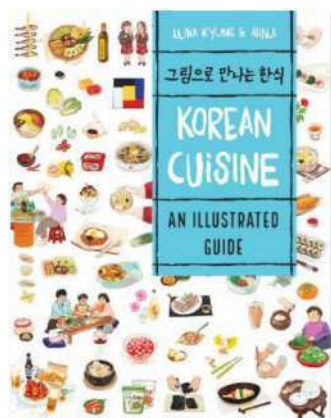
*Chinese Cuisine : Recipes and Anecdotes from Chinese Gastronomic Culture*

**Margot Zhang**

Firefly Books Ltd (Macmillan Distribution (MDL)) | 9780228105152

£14.99 | Paperback / softback| 128pp. | November 2024

Fourth in a series of illustrated guides to Asian cuisine and food culture, this title offers recipes and anecdotes from regional Chinese gastronomic heritage.



*Korean Cuisine : An Illustrated Guide*

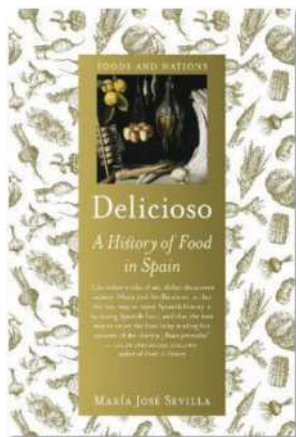
**Luna Kyung**

Firefly Books Ltd (Macmillan Distribution (MDL)) | 9780228103899

£16.95 | Paperback / softback| 128pp. | August 2022

Recipes, anecdotes, histories and stories, maps, techniques, stylings, utensils and native ingredients which tell and illustrate the story of Korea's food culture.





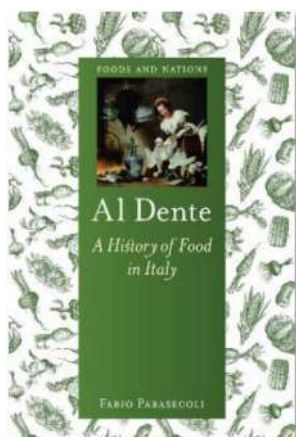
*Delicioso : A History of Food in Spain*

**María José Sevilla**

Reaktion Books (John Wiley & Sons Ltd) | 9781836390817

£20.00 | Paperback / softback| 344pp. | August 2025

Now in paperback, the first comprehensive history in English of the food of Spain.



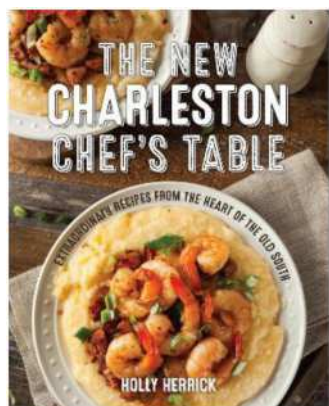
*Al Dente : A History of Food in Italy*

**Fabio Parasecoli**

Reaktion Books (John Wiley & Sons Ltd) | 9781836390800

£20.00 | Paperback / softback| 336pp. | July 2025

An engaging, wide-ranging journey through Italy's regions and food history.

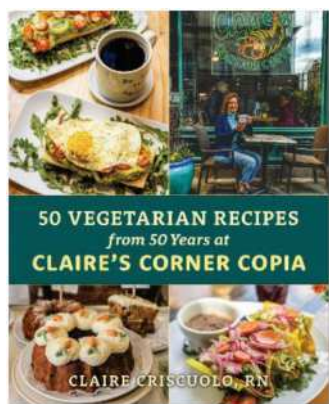


*The New Charleston Chef's Table : Extraordinary Recipes From the Heart of the Old South*

**Holly Herrick**

Rowman & Littlefield (IPS UK) | 9781493092185

£25.00 | Paperback / softback| 232pp. | August 2025



*50 Vegetarian Recipes from 50 Years at Claire's Corner Copia*

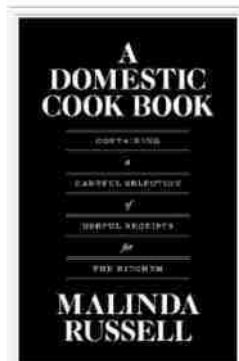
**Claire Criscuolo**

Rowman & Littlefield (IPS UK) | 9781493089055

£19.99 | Paperback / softback| 144pp. | August 2025

50 Vegetarian Recipes from 50 Years of Claire's Corner Copia by Claire Criscuolo will be a 50th anniversary celebration cookbook divided into seven chapters: Breakfast, Appetizers & Little Plates, Soups & Salads, Entrees, Dressings & Sauces, Deserts, and Mocktails & Smoothies.





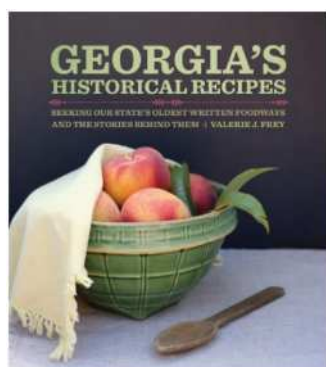
*A Domestic Cook Book : Containing a Careful Selection of Useful Receipts for the Kitchen*

Malinda Russell

The University of Michigan Press (John Wiley & Sons Ltd) | 9780472039647

£20.95 | Paperback / softback | 134pp. | February 2025

Bringing new life to the oldest known published cookbook written by an African American woman. Contains 260 recipes and household tips.



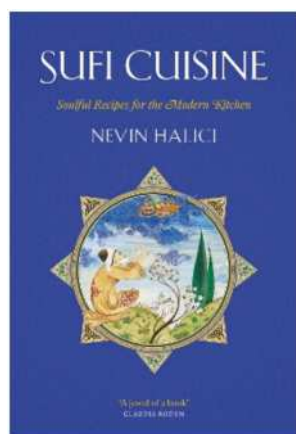
*Georgia's Historical Recipes : Seeking Our State's Oldest Written Foodways and the Stories behind Them*

Valerie J. Frey

University of Georgia Press (John Wiley & Sons Ltd) | 9780820367965

£28.95 | Hardback | 400pp. | May 2025

Georgia's Historical Recipes is an exploration of our state's oldest recipes from the antebellum period through World War II, as painstakingly researched by Georgia archivist Valerie J.



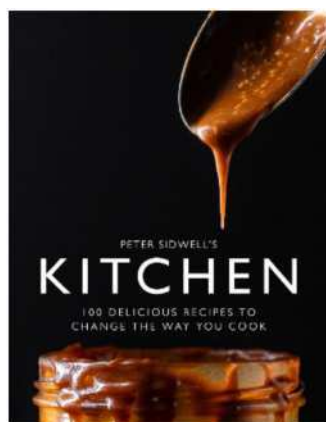
*Sufi Cuisine*

Nevin Halici

Saqi Books (Turnaround Publisher Services) | 9780863568367

£18.99 | Paperback / softback | 272pp. | November 2024

The eating and preparation of food is at the heart of Sufi religious practices and beliefs, and the dishes - from preserved rose petals and snow halva, to baklava prepared with water in which oak ashes have been soaked overnight - illustrates this beautifully. Full of anecdotes, poetry from the great Sufi mystic, Mevlana, and delightful recipes.



*Peter Sidwell's Kitchen : 100 delicious recipes to change the way you cook*

Peter Sidwell

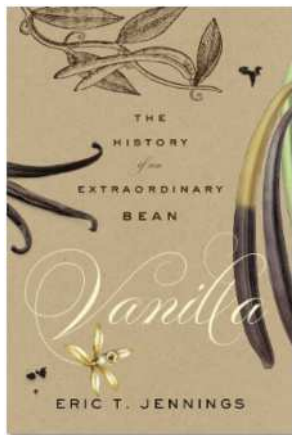
Meze Publishing (Gardners) | 9781915538260

£25.00 | Paperback | 192pp. | September 2024

Peter Sidwell returns to the food writing scene with his long-anticipated cookbook, Peter Sidwell's Kitchen. Based in the serene Lake District, Sidwell isn't just a chef, but a storyteller who brings flavours to life. Peter's expertise shines through in over 100 delectable recipes.







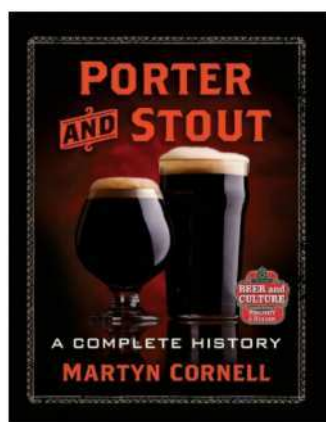
*Vanilla : The History of an Extraordinary Bean*

**Eric T. Jennings**

Yale University Press (John Wiley & Sons Ltd) | 9780300264531

£20.00 | Hardback| 312pp. | September 2025

The fascinating and wide-ranging history of vanilla, from the sixteenth century to today

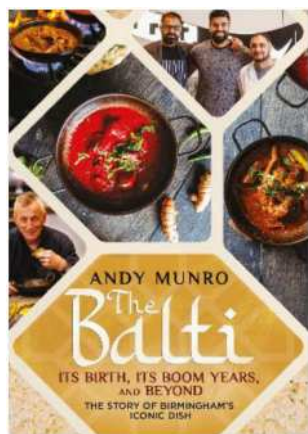


*Porter and Stout : A Complete History*

**Martyn Cornell**

McFarland & Co Inc (IPS UK) | 9781476675725

£53.99 | Paperback / softback| 477pp. | June 2025



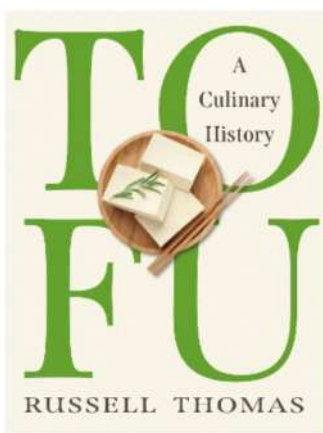
*The Balti : Its Birth, Its Boom Years and Beyond*

**Andy Munro**

Fonthill Media Ltd (Macmillan Distribution (MDL)) | 9781781559338

£16.99 | Paperback / softback| 128pp. | July 2025

A full-bodied celebration of Birmingham's iconic dish-its origins, its influence, its enduring popularity and its greatest recipes



*Tofu : A Culinary History*

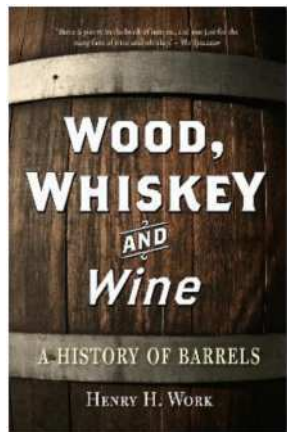
**Russell Thomas**

Reaktion Books (John Wiley & Sons Ltd) | 9781789149531

£16.95 | Hardback| 272pp. | October 2024

Reviled for decades, this is the comeback of the brave, wobbly block – tofu.





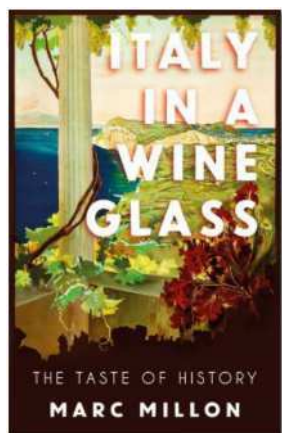
*Wood, Whiskey and Wine : A History of Barrels*

**Henry H. Work**

Reaktion Books (John Wiley & Sons Ltd) | 9781789149203

£10.99 | Paperback / softback| 240pp. | July 2024

A unique and enlightening history of wooden barrels over 2,000 years.



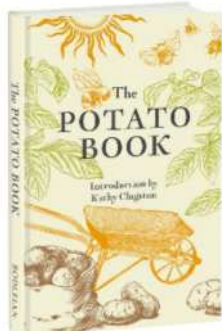
*Italy in a Wineglass : The Taste of History*

**Marc Millon**

C Hurst & Co Publishers Ltd (Macmillan Distribution (MDL)) | 9781911723073

£20.00 | Hardback| 360pp. | April 2024

A lively, page-turning history of Italy and its wines, from the Roman Empire to climate change.



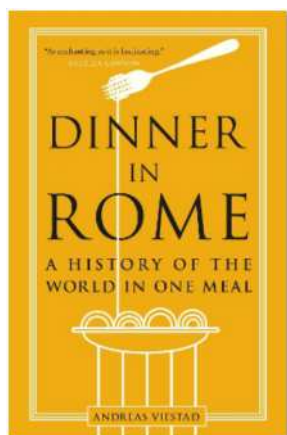
*The Potato Book*

**John Clark Newsham**

Bodleian Library (John Wiley & Sons Ltd) | 9781851246236

£12.99 | Hardback| 104pp. | March 2024

A charming guide to the potato, first published in 1918, covering everything from practical advice on how to grow potatoes to their origins and history.



*Dinner in Rome : A History of the World in One Meal*

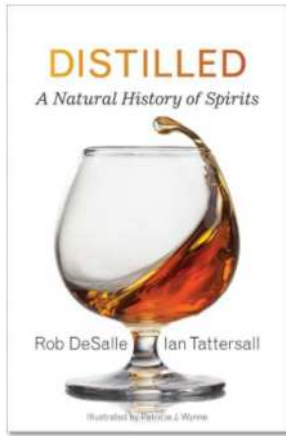
**Andreas Viestad**

Reaktion Books (John Wiley & Sons Ltd) | 9781789147827

£10.99 | Paperback / softback| 232pp. | September 2023

A culinary exploration of Rome, which expands to take in global civilization.





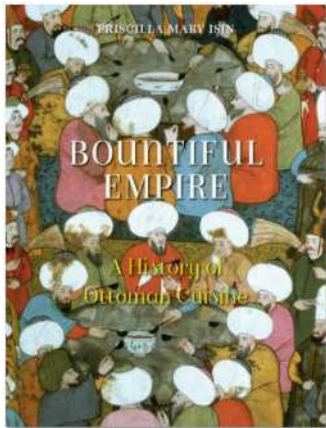
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