

# Rights Catalogue

Food & Drink



Kay Baumgardt

## Desserts unplugged

978-3-03902-139-0

50.00 EUR

Cover: Hardcover

Extent: 240 pages

Format: 19.5 cm x 26 cm

68 colour photos, 19 b/w photos, ribbon; word count: 35,038

Available: 22/11/2021

Rights sold: All rights available

### Awards for this book



- 50 desserts de luxe from the »Pastry Chef of the Year 2020«
- Sweetening without refined sugar
- Recipes, product details, and reports

Preparing desserts like a top-notch pastry chef: Kay Baumgardt uncovers the secret recipes of 50 masterpieces. They can be prepared in a regular kitchen with no need for complicated machines or technology. Desserts unplugged. The renowned pastry chef explains how he uses his favourite ingredients, be it strawberries or chocolate, buckwheat or stalk celery, to devise unique creations. These include classics such as cheesecake but also surprising novelties like bacon ice cream with chocolate crumble and field salad cream. Herb oils also play an important role: Baumgardt loves the complexity achieved with the help of bitter and floral aromas. That is why he dedicates a separate chapter to this topic, just as he does to the topics of fermentation and natural methods of sweetening. This book will turn you into a true dessert expert.

**Kay Baumgardt:** GaultMillau »Pastry Chef of the Year 2020«, pastry chef for the restaurant Incantare, awarded with two Michelin stars, at the »Gasthaus zur Fernsicht« in Heiden where he combines traditional craftsmanship with innovative techniques.

Photos: Adrian Ehrbar



Chris Bay, Monika Di Muro

## **The Scent of Fire**

Cooking together with flame, ember, and smoke

978-3-03902-234-2

44.00 EUR

Cover: Hardcover

Extent: 280 pages

Format: 20 cm x 27.5 cm

Colour photos, ribbon

Available: 27/05/2024

Rights sold: All rights available

- **A gourmet trip to the world's fire kitchens**
- **A unique experience, from preparation to consumption**
- **Dishes for all types of diet, preparation method and food product**

### **A culinary bonfire that brings people together!**

Fire cooking is a feast for all the senses. From their various trips to fire kitchens all over the world, Monika Di Muro and Chris Bay brought back traditional and modern techniques, surprising and often unusual dishes that need few utensils and can be prepared on the open fire with easily available ingredients. The incomparable experience of cooking with fire transforms even preparatory steps into an extraordinary event. The recipes are geared to all types of diets, seasons, and weather conditions, are diverse and balanced at the same time, and even delicious desserts and rarities find their way to the hearth.

The theoretical part takes a detailed look at the fire cooking craft and its related sensual experiences. The over 80 dishes of the recipe chapter are prepared in seven different places of power. Some are vegan or vegetarian, others contain meat or fish, they inspire starters, main courses, and desserts and carry melodious names such as glow sausage, fire bread salad, paper fish, or egg carpet.

**Monika Di Muro and Chris Bay:** Fire cooking pros with their own mobile fire kitchen. Co-owners of the catering company Chillfood, specializing in fire cooking events and workshops in Switzerland and abroad.

Photos: Lukas Lienhard



Chris Bay, Monika Di Muro

## Fire Cooking

Savoury Meals on the Open FireCooking  
Techniques, Fire Types, and Recipes

978-3-03800-885-9

44.00 EUR

Cover: Hardcover

Extent: 260 pages

Format: 20 cm x 27.5 cm

335 colour photos

Available: 27/08/2018

Rights sold: All rights available

### Awards for this book



- Archaic techniques with new culinary dimension
- Cooking techniques, fire types, recipes
- Fire cooking as the ultimate experience with friends

Fire cooking is different from and more than just barbecue. It is an ancient technique with a new culinary dimension. Uncomplicated and unexpectedly simple. With new types of flavours, interesting roasting aromas, subtle smoke savours – a holistic orgy for the palate and the senses. This book provides easy and clear explanations on the basics of fire cooking, demonstrating different methods, materials, and techniques. All of which are geared towards one goal: to offer traditional and rich culinary variety based on ancient recipes and new ideas. Such as toasted bread with rosemary ash, Catalan fire onions with spicy romesco sauce, trout from the hot stone or archaic coal meat, liquid camembert in a wooden box, and, to round it off, blueberry crumble or upside down Linzer cake.

**Chris Bay and Monika Di Muro:** Fire cooking pros with their own mobile fire kitchen. Co-owners of the catering company chillfood specialized on fire cooking events and trainings in Switzerland and abroad.

Photos: Monika Flückiger





Chris Bay, Monika Di Muro

## Fire Cooking

Recipes and techniques for open fire cooking

978-3-03902-147-5

44.00 EUR

Cover: Hardcover

Extent: 304 pages

Format: 20 cm x 27.5 cm

152 colour photos; word count: 49,397

Available: 02/05/2022

Rights sold: All rights available

### Awards for this book



- Meat, vegetables, and fruit artfully prepared on the open fire
- Pure joie de vivre and culinary delight in the open air
- Comprehensive fire knowhow

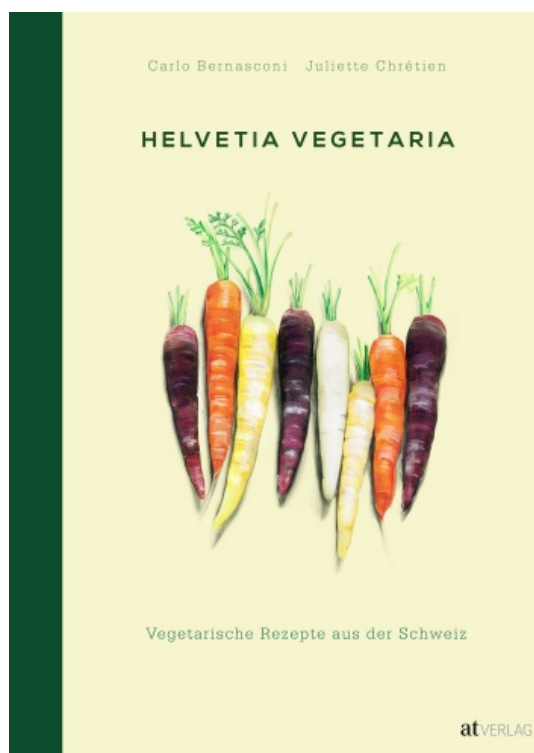
Blazing passion. Preparing a fire-cooked meal is a feast each and every time

Smoke-roasting, hang-roasting, or pan-baking: this book unveils the secrets of fire cooking. It is all about the fun of preparing delicious food on an open fire, using simple tools and ingredients as well as all our senses. The book is not about simple and plain barbecues, but presents extraordinary ways of preparing meat, vegetarian and vegan dishes, and about how to enjoy these in the unique atmosphere that only an open fire can create. The authors describe easy to cook recipes and inspire even experienced gourmets to approach cooking from a different angle, to open their senses to a new type of culinary delight. The book shows the crafts and techniques of fire cooking with no need for any special equipment. Cooking under the open sky as a culinary adventure: every dish is different, and every dish is the best.

**Monika Di Muro and Chris Bay:** Fire cooking pros with their own mobile fire kitchen. Co-owners of the catering company Chillfood including a catering service and fire cooking school, they also orchestrate fire cooking events in Switzerland and abroad.

Photos: Lukas Lienhard

*»Moreover, it is a craft that goes beyond the well-known barbecue and should be learnt and understood from scratch. Therefore, we describe the different techniques and somewhat extravagant dishes in the recipe chapter in a way that they can be prepared even with little experience and using simple tools. Whoever wants to dig deeper will find lots of valuable information about fire cooking.«* Chris Bay, Monika Di Muro



Carlo Bernasconi, Juliette Chrétien

## Helvetia Vegetaria

Vegetarian Recipes from Switzerland

978-3-03800-928-3

54.00 EUR

Cover: Quarter bound

Extent: 264 pages

Format: 20.5 cm x 29 cm

86 colour photos

Available: 28/08/2017

Rights sold: All rights available

### Awards for this book



- **The first book on vegetarian cuisine in Switzerland with recipes from all corners of Switzerland – famous classics and new discoveries**
- **150 recipes of the vegetarian Swiss cuisine, gently adapted to the spirit of our time**
- **Background texts on the various dishes and Switzerland's vegetarian tradition**

Just like any other region with a strong agricultural character, Switzerland has a rich tradition of vegetarian meals. For many centuries people cooked whatever could be harvested in gardens, fields, and forests, complemented by cheese, milk, butter, and cream in abundance. This resulted in innumerable variations of classics such as rösti, fondue, Alp macaroons and capuns, souffles, gratins, and wähe pies, plus sweet delights such as rüebli cake, merängge, Spanish bread, torta di pane, toétché, and cuchaule. Carlo Bernasconi explored old cookbooks, archives, and rural cooking traditions, thereby discovering a treasure chest of recipes that he brought up to date ever so gently. 150 recipes, sorted by regions and accompanied by informative texts on the origins of the dishes and the vegetarian traditions of Switzerland.

**Carlo Bernasconi:** For many years stock exchange correspondent in Switzerland and editor-in-chief of »Schweizer Buchhandel«, author of various cookbooks (»La cucina verde« and others), manager of a Zurich restaurant for vegetarian Italian cuisine. Passed away in October 2016.

**Juliette Chrétien:** Born 1986 in Zurich. Photographer, working in the areas of art, design, and culinary art, pursuing her very own aesthetic. She has worked on several cookbooks for AT Verlag, including »Edible City«, »Simple Variety«, and »Ticino ti cucino«.



Modesta Bersin

## Baking with Buckwheat

978-3-03800-678-7

28.00 EUR

Cover: Cardboard binding

Extent: 120 pages

Format: 17.5 cm x 24 cm

89 colour photos

Subject areas: baking, health kitchen

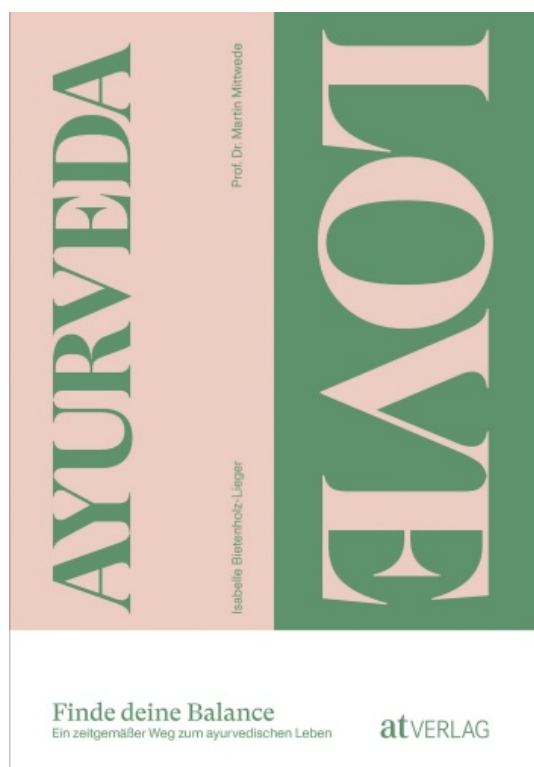
Available: 27/02/2012

Rights sold: All rights available

- From cakes and tarts to wafers, cookies, breads, crepes, and quiches
- 70 delicious, gluten free recipes
- The first baking book based exclusively on buckwheat recipes

Buckwheat is not a crop but belongs to the family of knotweeds. One hundred years ago it ranked among the most important food items in many regions of Europe. Due to our altered, more conscious approach to healthy alimentation it currently experiences a genuine renaissance. Buckwheat is gluten free and helps stabilizing the equilibrium of acids and bases, moreover it has a positive impact on the glycemic index and produces balancing effects with high blood pressure, diabetes and obesity. Subtle and nutty, it bestows upon pastries a unique and unmistakable flavour. This is the first cookbook on the subject written in German, presenting plenty of recipes based exclusively on buckwheat. As buckwheat requires an entirely different method of preparation, the author has rethought each recipe from scratch.

**Modesta Bersin:** Has worked as nutritional and diet consultant for 25 years. Training in prevention and naturopathy. For many years she has been dedicated to growing and using silver buckwheat, and eventually also started to develop recipes. She delivers courses and lectures on the topics of nutrition and health enhancement.



Isabelle Bietenholz-Lieger, Martin Mittwede

## **Ayurveda Love**

Find Your Balance

978-3-03902-114-7

26.00 EUR

Cover: Hardcover

Extent: 240 pages

Format: 13.5 cm x 19.5 cm

47 colour photos, word count: 27,258

Available: 25/01/2021

Rights sold: All rights available

- **How to simply integrate Ayurveda into everyday life**
- **Rediscover your inner balance**
- **Ancient wisdom to meet the needs of our time**

Ayurveda is more than just the use of exotic plants or wellness oil massages. It is not about following rigid rules, but about rediscovering our sensitivity for the needs of our body and psyche. There is scientific proof that our habits and lifestyle have an extraordinary impact on how healthy we feel. In this practical manual, the authors adjust the wisdom of traditional Indian medicine to the European lifestyle and explain simple measures that can positively affect your well-being. Tips for every day, simple exercises, and recipes help us find inner tranquillity, reach clarity about ourselves, and permanently strengthen our health. The book shows how easy it is to integrate Ayurveda into our daily routine and provides guidance to those who wish to sustainably change their way of life with only little effort.

**Isabelle Bietenholz-Lieger:** Marketing director and complementary Ayurveda therapist. She is founder of Jivita AG Komplementärmedizin Bethanien in Zurich.

**Prof. Dr. Martin Mittwede:** Holds degrees in Indology and religious studies. He is an internationally recognized expert for Ayurveda, Yoga, and Asian philosophy.





Meret Bissegger, Hans-Peter Siffert

## **My Wild Plant Cuisine**

How to Identify, Collect and Cook Wild Plants

978-3-03800-552-0

54.00 EUR

Cover: Cardboard binding

Extent: 320 pages

Format: 19.5 cm x 26.5 cm

More than 100 colour photos

Subject areas: wild herb cuisine

Available: 29/03/2011

Rights sold: FR, IT

- **130 easy to prepare and often tried wild plant recipes**
- **60 plant portraits with detailed photos and texts for easy identification**
- **Breathtaking photos of all recipes**

Meret Bissegger's passion for all types of edible wild plants was unleashed on an alp in Ticino. After more than 30 years of regaling the customers at her restaurant with gourmet wild plant dishes and holding courses on how to collect and cook wild plants, she now presents her first book on the subject. It describes and displays images of more than 60 plants. Moreover it lists locations, characteristic features, confusion risks, and tells us how to correctly pick and use wild plants in the kitchen. The result is a reference and cookbook with more than 120 recipes easy to prepare at home: dips for apéritif, starters, salads, soups, risotti, pasta, oven dishes, delicious side dishes and wonderful desserts. The plants portrayed are botanically sorted and both their Latin and German names are listed. Examples of the most important plant families are presented in additional chapters. Hans-Peter Siffert amazingly captures each dish, his photos reveal the true beauty of these »weeds«. The book is complemented by photos of the Ticino landscape and of Meret's cooking courses.

**Meret Bissegger:** Passionate chef and plant connoisseur, runs cooking courses, indulges gourmets in her Casa Merogusto in Malvaglia (Ticino), and is an activist of the slow food movement. Numerous appearances on radio, TV, and in printed media.

**Hans-Peter Siffert:** Born 1954 in Bern. Photographer with focus on wine, travel, and gastronomy. Numerous publications in magazines in Switzerland and Germany, he has provided photos for various books published by AT.



Meret Bissegger, Hans-Peter Siffert

## My Vegetable Cuisine for Autumn and Winter

978-3-03800-828-6

54.00 EUR

Cover: Hardcover

Extent: 384 pages

Format: 19.5 cm x 26.5 cm

438 color photos

Subject areas: cooking, vegetables, seasonal produce

Available: 06/10/2014

Rights sold: FR, IT

### Awards for this book



- **150 brilliantly simple vegetable recipes for the cold season**
- **Ancient and modern knowledge on indigenous vegetable types**
- **Valuable information on the sustainability of organic produce**

Long awaited by many an enthusiastic cook: the latest book by Meret Bissegger. The bestselling author presents a wide variety of vegetables for the cold season.

The book familiarises us with more than 40 indigenous autumn and winter vegetables, including some ancient and less known types (Slow Food). Each of the richly illustrated vegetable portraits is complemented by tips and kitchen tricks for easy and tasty preparation, as well as particularly well matching combinations of spices, herbs, and other ingredients. More than 150 simple recipes, both raw and cooked, prove how rich and wonderful dishes of the cold season can be. Her chapters on cultivation and harvesting allow an insight into the life of small businesses but also large scale producers and wholesalers of the organic farming trade. The vast amount of first-hand information highlights ecological and economical interrelations, at the same time this allows for a more conscious approach to seasonal produce and motivates us to aim for fairer and better consumer habits.

Hans-Peter Siffert has captured most of the recipes, the diversity of vegetables, and the world of first-class organic vegetable producers in delightful photographs.

**Meret Bissegger:** Passionate chef and plant connoisseur, runs cooking courses, indulges gourmets in her Casa Merogusto in Malvaglia (Ticino), and is an activist of the slow food movement. Numerous appearances on radio, TV, and in printed media.

**Hans-Peter Siffert:** Born 1954 in Bern. Photographer with focus on wine, travel, and gastronomy. Numerous publications in magazines in Switzerland and Germany, he has provided photos for various books published by AT.





Meret Bissegger, Hans-Peter Siffert

## **My Kitchen in Spring and Summer**

Vegetables, Herbs, Blossoms, and Wild Plants

978-3-03902-053-9

54.00 EUR

Cover: Hardcover

Extent: 416 pages

Format: 19.5 cm x 26.5 cm

575 colour photos, word count: 59,891

Available: 08/03/2021

Rights sold: IT

### **Awards for this book**



- **163 vegetable recipes and valuable information on sustainability and organically produced food**
- **Vegetable portraits as well as tips for preparation, storage, and cooking**
- **The latest book by the best-selling author of »My Wild Plant Cuisine«**

Best-selling author Meret Bissegger presents more than 50 spring and summer vegetables and offers tips on preparation and storage. 163 mostly vegetarian, often vegan recipes serve as inspiration for beginners and experienced cooks alike. Starting with the earliest Southern spring messengers such as fava beans or field mustard, moving on to the domestic May turnip all the way to summer classics such as aubergines and tomatoes or less well-known vegetable types like friar's beard, okra, or papacelle. Aromatic herbs, crisp salads, edible blossoms, and wild plants complement several basic recipes. Her reports on cultivation, harvesting, and processing of vegetables offer insights into the world of organic farming in Switzerland and Italy. Essays on environmental and economic topics provide useful suggestions on the appropriate handling of our precious food. Once again, Hans-Peter Siffert has done a fantastic job capturing various types of vegetables and the world of producers in beautiful images.

**Meret Bissegger:** Passionate chef and plant connoisseur, runs cooking courses, indulges gourmets in her Casa Merogusto in Malvaglia (Ticino), and is an activist of the slow food movement. Numerous appearances on radio, TV, and in printed media.

Photos: Hans-Peter Siffert



Katharina Bodenstein

## **Wild Bread**

Archaic Outdoor Baking

978-3-03800-808-8

28.00 EUR

Cover: Hardcover

Extent: 144 pages

Format: 19 cm x 25 cm

198 colour photos

Subject areas: baking, outdoor cooking, bread

Available: 30/04/2014

Rights sold: All rights available

- **Baking by the fireside, on an open fire, in the earth, on the barbecue, in a stone oven**
- **More than 120 recipes made from 5 basic types of dough**
- **Including building instructions for a simple stone oven**

There is nothing more traditional and archaic than sitting by the fire, baking a twist bread or hearty flatbread. With only very few ingredients – flour, yeast, salt, and water – it is easy to bake various types of flatbread, rolls, and crunchy bread on the fire, barbecue, or simply the conventional way in a clay or pizza oven.

The book presents five basic types of dough that can be varied in a number of ways, for instance with herbs, nuts, or further ingredients such as olives and cheese – in total it contains more than 120 recipes. They are easy to make even for beginners, as there is one standard method of preparing the dough. In no time you can twist, knead, braid, or spread them into any desired shape – a sensual experience that you can also enjoy by the fireside.

This »wild baking« leaves much room for improvisation: why not bake the bread directly on the grill, spiked on some steel wire, or on a spade – we tell you how to do it! And those with a taste for big, solid loaves better get themselves a bread or pizza oven. Building instructions are included at the end of the book.

**Katharina Bodenstein:** Biologist and long-time editor of the garden magazine »kraut & rüben«. Passionate camper, open air cook, and mother of two sons. Passionate about cooking and baking in her private time, she has also published numerous articles on herbs and their use in kitchen and healing since 1991.

Photos: Katharina Bodenstein



Carine Buhmann, Caroline Kiss

## **The FODMAP Concept**

Light Cuisine For Irritable Bowel Syndrome  
Practical Guide With 170 Recipes

978-3-03800-909-2

36.00 EUR

Cover: Hardcover

Extent: 256 pages

Format: 19.5 cm x 24 cm

86 colour photos

Available: 18/02/2016

Rights sold: All rights available

- **The cookbook for people with irritable bowel syndrome**
- **Scientifically tested diet plan**
- **170 recipes for light and easy to digest everyday dishes**

Many people suffer from belly aches, exhalation, diarrhoea, or constipation. A couple of years back a scientifically tested nutrition therapy for irritable bowel syndrome was introduced, the so-called FODMAP concept. FODMAP is an acronym for »fermentable oligo-, di-, and monosaccharides and polyoles«, all of which should be avoided by individuals suffering from irritable bowel syndrome. The book offers simple and easy to understand explanations on the causes of the condition along with suggestions how to alleviate it. In over 160 recipes it shows options for a delicious and balanced diet despite the dietary restrictions: be it simple breakfast ideas, snacks for the road, uncomplicated everyday dishes, sophisticated meals, or heavenly desserts. Complete with hands-on practical tips and weekly menu suggestions, this book is an indispensable guide for everyone affected by irritable bowel syndrome, and a useful reference for nutrition experts.

**Carine Buhmann:** Graduate health promoter for dietary issues, food journalist, and author of numerous successful cookbooks and dietary guides. She is active in adult education and delivers lectures and seminars for professionals and those interested in dietary issues. Coeliac disease is one of the focal points of her work.

**Caroline Kiss:** Nutritionist (Swiss Association of Nutritionists), Master's, University of London, PhD, University of New Jersey, USA. Many years of nutrition therapy counseling, publications in professional journals.

Photos: Claudia Albisser Hund



Carine Buhmann

## **Gluten-Free Cooking and Baking**

A practical guide with more than 150 recipes for coeliac disease

978-3-03902-036-2

32.00 EUR

Cover: Hardcover

Extent: 208 pages

Format: 19.5 cm x 26.5 cm

65 colour photos

Available: 27/05/2019

Rights sold: All rights available

- **The latest revised edition of a classic**
- **Gives an extensive overview of gluten-free products**
- **Featuring numerous tips for everyday cooking and baking**

Since it was first published, this book has become an indispensable reference and guidebook for gluten-free diet plans, and it was awarded a gold medal by the GAD. It offers practical information about coeliac disease along with a number of helpful suggestions for healthy nutrition. A detailed analysis of products with well-structured charts helps with shopping gluten-free products. Numerous cooking and baking suggestions make this diet easy to implement in our everyday life. More than 130 delicious gluten-free recipes offer savoury food experiences even with coeliac disease.

**Carine Buhmann:** Graduate health promoter for dietary issues, food journalist, and author of numerous successful cookbooks and dietary guides. She is active in adult education and delivers lectures and seminars for professionals and those interested in dietary issues. Coeliac disease is one of the focal points of her work.

Photos: Claudia Albisser Hund





Carine Buhmann

## **The FODMAP Cuisine for Irritable Bowel Syndrome**

130 easy and delicious feel-good recipes

978-3-03902-150-5

36.00 EUR

Cover: Hardcover

Extent: 264 pages

Format: 19.5 cm x 26.5 cm

192 colour photos, 4 illustrations; word count: 62,411

Available: 21/03/2022

Rights sold: All rights available

- **A practical guide for FODMAP beginners**
- **130 yummy recipes for irritable bowel syndrome**
- **With food recommendations based on the traffic light system**

For a pleasant gut feeling: the latest FODMAP recipes

Bowel problems are very common. About one in seven people suffer from indigestion, bloating, and belly aches. Especially those suffering from irritable bowel syndrome can react sensitively to FODMAPs. These are certain types of sugar that many food items contain. But there is a successful method to tackle bowel problems: the scientifically tested FODMAP concept. The author shares useful information about the disease and introduces the reader to FODMAPs and the 3-step program in an easy-to-understand way. She shows how those affected with irritable bowel syndrome can enjoy bowel-friendly yet savoury meals. 130 simple and tried recipes for every day are complemented by useful hints and variations, plus info boxes on some selected food items. Well-structured charts and food lists from A to Z allow for an easy entry to the FODMAP cuisine. A helpful guide for those with irritable bowel syndrome and a practical cookbook for a pleasant gut feeling.

**Carine Buhmann:** Graduate health promoter for dietary issues, lecturer, food journalist, and author. Expert on coeliac disease and FODMAP.

Photos: Claudia Albisser Hund



Andreas Caminada

## **Pure Depth**

My fish cookbook

978-3-03902-214-4

42.00 EUR

Cover: Hardcover

Extent: 224 pages

Format: 19.5 cm x 25.5 cm

92 colour photos, 14 b/w photos, ribbon, word count: 24,722

Available: 27/11/2023

Rights sold: All rights available

- Unique recipes with fresh and salt water fish
- By the renowned 3-star cook
- Volume 4 of the successful heart book series

### ***Andreas Caminada's underwater world!***

In his latest book, Andreas Caminada focuses on fresh fish from streams, lakes, rivers, and oceans. The star chef went well beyond the borders of his homeland to look for the best fish, clams, and shellfish in order to give a comprehensive overview of fish cuisine. He created new recipes while enhancing some classical dishes, which lends a unique dynamic to this book.

Next to carefully portrayed dishes, from bouillabaisse to marinated trout, Caminada also explains the most relevant basic recipes, such as fish stock or beurre blanc. He takes the reader on a richly illustrated journey all the way from the Graubünden mountains to the Adriatic and the North Sea, the final destinations of the waters coming from some of Graubünden's mountain springs.

**Andreas Caminada:** runs his own restaurant and hotel at Chateau Schauenstein in Fürstenu, Domleschg. He has been awarded three Michelin stars and 19 points by GaultMillau. In 2018 he opened the Casa Caminada. At his IGNIV restaurants in Bad Ragaz, St Moritz, Zurich, and Bangkok he combines fine dining with an innovative sharing concept.

Photos: Gaudenz Danuser Graphics: Remo Caminada





Andreas Caminada

## Pure Passion

My simple cuisine

978-3-03902-028-7

42.00 EUR

Cover: Hardcover

Extent: 216 pages

Format: 19.5 cm x 25.5 cm

106 colour photos, 10 b/w photos, ribbon, word count: 19,111

Available: 13/11/2019

Rights sold: All rights available

### Awards for this book



- **Three-star chef Andreas Caminada cooks simple, regional dishes**
- **Andreas Caminada's homage to his homeland. Traditional recipes from Graubünden next to brand new, modern creations**
- **High quality design, sumptuous illustrations**

The first cookbook by the famous star chef Andreas Caminada is a culinary love declaration to his native Graubünden and a bow to simple cooking. »In my book readers will find sensual and easy to understand recipes, but they will also get an impression of the region's cultural richness, its geographical diversity, its exceptional products, and the people who stand behind all this«, says the chef of Chateau Schauenstein. Apart from traditional dishes such as capuns, maluns, or pizokel, Caminada presents modern, nature-oriented dishes that reflect the seasons as well as the place his heart is rooted in. The protagonists of his creations are poultry from the Val Lumnezia, saffron from Fläsch, melons from Pratval, or mountain potatoes from the Albula Valley.

**Andreas Caminada:** Runs the restaurant »Chateau Schauenstein« in Fürstenau, Domleschg (Graubünden) – awarded with three Michelin stars and 19 points by GaultMillau – as well as the »Casa Caminada«. Through his brand IGNIV (Rhaeto-Romanic for »nest«) with restaurants in Switzerland and Bangkok he combines fine dining with an innovative sharing concept.

Photos: Gaudenz Danuser



Andreas Caminada

## Pure Pleasure

My Simple Cuisine 2.0

978-3-03902-091-1

42.00 EUR

Cover: Hardcover

Extent: 240 pages

Format: 19.5 cm x 25.5 cm

106 colour photos, word count: 27,577

Available: 23/10/2020

Rights sold: All rights available

### Awards for this book



- The second book by the brilliant star chef from Graubünden
- Self-confident cooking that makes use of all the 5 basic tastes
- Astounding pictures of food, products, and people

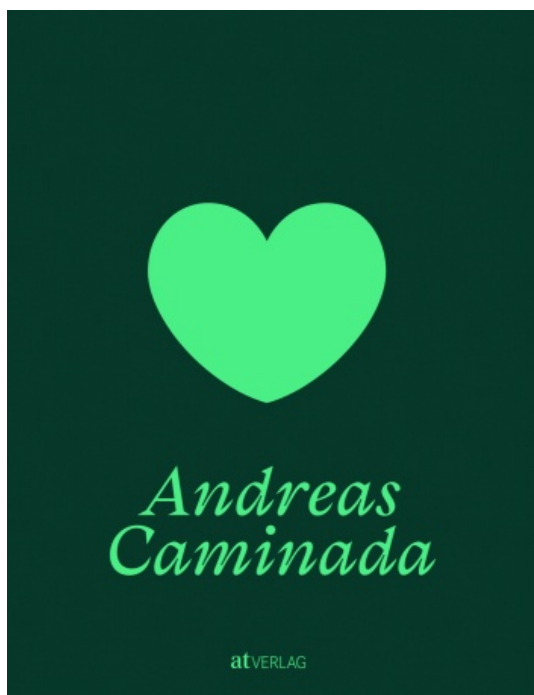
What does a star chef think while preparing his dishes? How does he use different flavours in order to render his creations both light and refined? In his new cookbook, Andreas Caminada explains why acid is so important to him, what the word »umami« means, where his obsession with bitter taste comes from, what significance sweets have in his cuisine, and why salt is by far the most essential ingredient. About 50 recipes, from pickled trout with beetroot and smoky vinaigrette all the way to yeast cake with vanilla ice cream, invite us to cook and think. Because Caminada's message is twofold: once you understand how harmony within a dish comes about, you can easily develop a number of variations to a given recipe. Photographer Gaudenz Danuser from Graubünden renders astonishing portraits of both food creations and extraordinary people – people who receive special food deliveries from Andreas Caminada.

**Andreas Caminada:** Runs the restaurant »Chateau Schauenstein« in Fürstenau, Domleschg (Graubünden) – awarded with three Michelin stars and 19 points by GaultMillau – as well as the »Casa Caminada«. Through his brand IGNIV (Rhaeto-Romanic for »nest«) with restaurants in Switzerland and Bangkok he combines fine dining with an innovative sharing concept.

Photos: Gaudenz Danuses

Text: Alexander Kühn

Graphics: Remo Caminada



Andreas Caminada

## Pure Freshness

My vegetarian cuisine

978-3-03902-136-9

42.00 EUR

Cover: Hardcover

Extent: 240 pages

Format: 19.5 cm x 25.5 cm

57 colour photos, linen, ribbon; word count: 18,758

Available: 29/11/2021

Rights sold: All rights available

### Awards for this book



- The third book by the renowned 3-star chef
- Vegetarian creations you can try at home, by Andreas Caminada
- Vegetable and spice combinations as well as preservation techniques

The garden surrounding Chateau Schauenstein is an intrinsic part of Andreas Caminada's culinary universe. Applying the principles of sustainable permaculture, it supplies the star chef with vegetables, fruits, and herbs. The garden inspires him to create the most astonishing dishes from seemingly bland ingredients. In this book, the garden signifies healthy soil, ancient crops, and the art of preservation. Caminada's recipes prove that vegetarian cuisine is full of surprises if you devote sufficient attention to the produce and know which ingredients will most favourably accentuate their special character. A slightly sour counterpart will turn the earthy sweetish beetroot into a superstar, while kohlrabi harmonizes best with saffron. Sophisticated dishes do by no means require meat. Vegetables and mushrooms can create utmost complex aromas as well, especially when paired with smoke. The recipes, though wonderfully refined, are easy to put into practice even for amateur cooks.

**Andreas Caminada:** Runs the restaurant »Chateau Schauenstein« in Fürstenau, Domleschg (Graubünden) – awarded with three Michelin stars and 19 points by GaultMillau – as well as the »Casa Caminada«. Through his brand IGNIV (Rhaeto-Romanic for »nest«) with restaurants in Switzerland and Bangkok he combines fine dining with an innovative sharing concept.

Photos: Gaudenz Danuser

Graphics: Remo Caminada



Carlo Cao

## **Savoury. Tasty. Vegan.**

978-3-03902-213-7

36.00 EUR

Cover: Hardcover

Extent: 264 pages

Format: 19.5 cm x 25.5 cm

Colour photos

Available: 15/01/2024

Rights sold: All rights available

- **Savoury plant cuisine from breakfast to dessert**
- **Recipes rich with various flavours – from simple to elaborate**
- **Inspired by Italian cuisine**

### **Cook with emotion, choose the best ingredients, take your time, and enjoy the process!**

Carlo Cao cooked his first meal at the age of 12 – and found his source of happiness: »Cooking is my life!«. Today he is a vegan chef who puts his heart and passion into his culinary art. Inspired by Italian traditions, Carlo Cao developed a savoury plant-based cuisine rich in delightful flavours.

In this book he presents his favourite recipes that he brought to perfection over the years, some simple, others more complex. Among others we find compositions such as a grapefruit salad with hazelnut balsamic dressing, a lentil walnut bolognese with rosemary béchamel, and millet pancakes with herbs and peas. Or a fantastic lemon cake with poppy.

This vegan cookbook offers a variety of recipes for pan, pot, deep fryer, and oven, numerous creations for breakfast, brunch, salad, or dessert buffets. Plant-based creations drawing from abundant and rich ingredients.

**Carlo Cao:** is a chef and food blogger who grew up in the Swiss Alps near the Italian border. On his vegan cuisine Instagram channel he has around 200,000 enthusiastic followers.



Lia Carlucci, Caroline Bauer

## The Green Cookbook for Kids

Green facts and colourful recipes

978-3-03902-228-1

35.00 EUR

Cover: Hardcover

Extent: 256 pages

Format: 19 cm x 25 cm

Colour photos

Available: 25/03/2024

Rights sold: All rights available

- Kids are cooking healthy and climate-friendly
- By one of Germany's leading nutrition experts
- Food that is both healthy and fun

### Children cook for the climate!

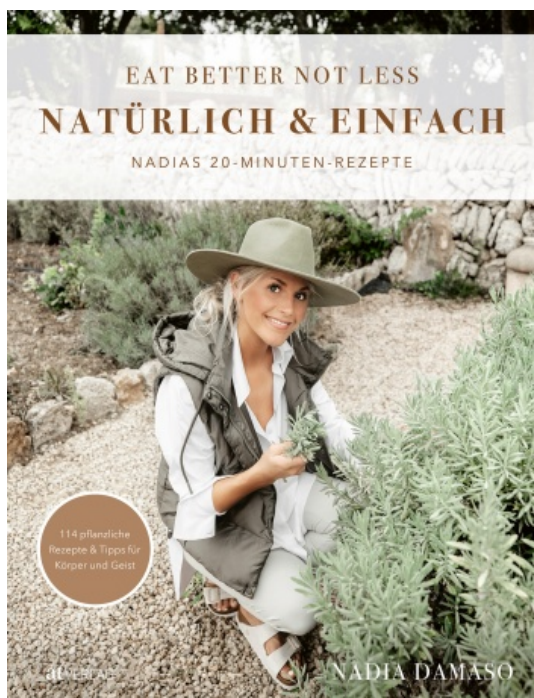
Today's children are the consumers and decision-makers of tomorrow. It is essential to empower them to take a self-determined and responsible approach to food as early as possible. A sustainable diet helps to protect the planet as well as our own health.

People often think that sustainable food is only for »health nuts«. This cookbook proves the opposite: it inspires with delicious recipes and child-friendly facts it shows that sustainable nutrition is colourful and fun. Children can cook the recipes on their own or with a little help from their parents. The ingredients are healthy, sustainable and appeal to children's tastes.

**Lia Carlucci:** is a university-educated nutrition scientist and an entrepreneur. As a founder and managing director, she has many years of experience in setting up companies in the food and nutrition sector. She co-founded »Nutrition Hub«, Germany's largest network for nutrition experts, and »Vitamin C«, a community for pioneers of sustainable nutrition. Lia regularly appears in the media as an expert, particularly on the topics of children's nutrition and sustainability.

**Charoline Bauer:** holds a degree in literature and works as a freelance author as well as an editor for familie.de. She is a ghostwriter and author of numerous books, including the nutrition guide »Vegan zur Höchstleistung« and the children's book »Die kleine Löwenspinne«.

Photos: Jule Felice Frommelt Illustrations: Claudia Lieb



Nadia Damaso

## **EAT BETTER NOT LESS – natural & simple**

Nadia's 20-minute recipes

978-3-03902-232-8

38.00 EUR

Cover: Hardcover

Extent: 256 pages

Format: 21.5 cm x 28 cm

132 colour photos, 5 illustrations, word count: 33,989

Available: 24/11/2023

Rights sold: All rights available

- **80 plant-based recipes that strengthen the immune system**
- **A small number of natural ingredients, uncomplicated preparation**
- **Nadia Damaso's tips for a healthy lifestyle**

### ***Cooking consciously for the environment and for ourselves!***

The new recipes of best-selling author Nadia Damaso show us that food is much more than just the dish we find on our plate. The way we eat and handle food, as well as our individual attitude towards eating are equally important.

Her latest cookbook is full of delicious, simple, and fast plant-based recipes that revive body and spirit alike. With only a few natural ingredients that are available everywhere we can create dishes that warm our heart and soul. On top of that the book offers tips and tools for a healthy and balanced life – from ways to naturally strengthen the immune system to strategies for adding more exercise to our daily schedule.

**Nadia Damaso:** comes from the Engadin and lives in Zurich. She is a successful cookbook author, health enthusiast, nature lover, creative mind, and passionate promoter of a healthy lifestyle. Her goal is to help people feel comfortable and balanced.





Nadia Damaso

## **EAT BETTER NOT LESS – Around the World**

Recipes inspired by Flavours, Colours, and Spices from all over the World

978-3-03800-972-6

39.00 EUR

Cover: Hardcover

Extent: 320 pages

Format: 21.5 cm x 28 cm

177 colour photos

Available: 27/09/2017

Rights sold: All rights available

### **Awards for this book**



- **The new book from the internationally renowned food blogger and book author**
- **Prepare healthy and delicious meals easily and quickly – with the formula »Eat Better Not Less«**
- **More than 100 new recipes – inspired by products, smells, and flavours from all over the world. A sensual and seductive culinary journey**

In her new cookbook, acclaimed author and blogger Nadia Damaso takes her readers on a culinary journey around the world – with impressive photos, short stories, and her own personal experiences from being on the road. No matter where you are, food brings people together and is all the more fun if shared with others. Inspired by the best cuisines from all parts of the world, Damaso once again provides compelling evidence of how delicious and versatile healthy food can be. It is a book full of colours, flavours, and spices – a realistic and intense feast to the eye you can almost taste and smell. All recipes are easy to comprehend and can be prepared with common and readily available ingredients.

**Nadia Damaso:** She was born in the Swiss Engadin region and is now based in Zurich. She is a successful recipe creator and cookbook author. With her first two books »Eat Better Not Less« and »Eat Better Not Less – Around the World« she instantly became a best-selling author. She manages to combine her passion for cooking and photography and to share it with others.



Nadia Damaso

## **Eat Better Not Less - Delicious & Healthy**

Simple Recipes for Every Day

978-3-03902-079-9

39.00 EUR

Cover: Hardcover

Extent: 328 pages

Format: 21.5 cm x 28 cm

164 colour photos, word count: 59,119

Available: 05/10/2020

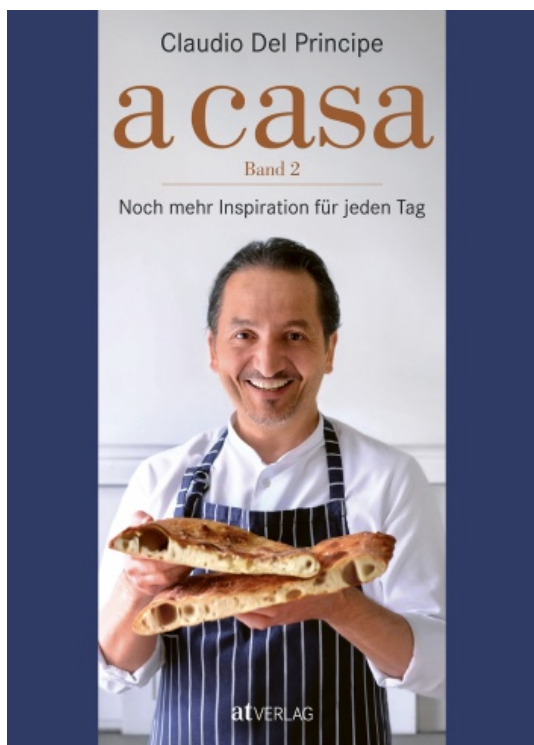
Rights sold: All rights available

- **Healthy, quick, uncomplicated recipes for every day**
- **Easy to find ingredients that do not pollute our planet**
- **Manage your kitchen with the help of the best-selling author**

### The Journey Continues

The latest book by best-selling author Nadia Damaso features quick, simple, and healthy recipes made from ingredients that every household should have ample supplies of. She shows us how to plan and cook ahead for the week, ensuring a fresh and healthy diet despite time constraints. A healthy diet can be just as delicious and versatile as traditional cooking, and it helps create a balance between body, spirit, and soul – that is her creed. From carrots, apples, oat flakes, potatoes, spices, and yoghurt she creates dishes such as a heart-warming carrot porridge with caramelized cinnamon apples or fried potato and carrot patties with herb yoghurt. The recipes are easy to prepare and inspire us to invent our own dishes from healthy superfoods.

**Nadia Damaso:** She was born in the Swiss Engadin region and is now based in Zurich. She is a successful recipe creator and cookbook author. With her first two books »Eat Better Not Less« and »Eat Better Not Less – Around the World« she instantly became a best-selling author. She manages to combine her passion for cooking and photography and to share it with others.



Claudio Del Principe

### **a casa**

Cook well. Eat better. Even more inspiration for every day.

978-3-03902-180-2

39.00 EUR

Cover: Hardcover

Extent: 248 pages

Format: 17.5 cm x 24.5 cm

133 colour photos, ribbon

Available: 17/10/2022

Rights sold: All rights available

### **Awards for this book**



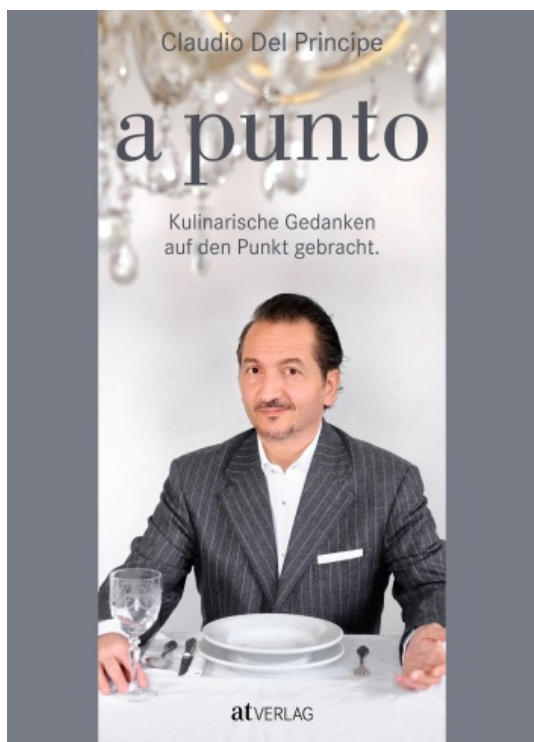
- **Volume 2 of the successful cooking diary**
- **Seasonal, regional, and sustainable shopping and cooking**
- **Even more inspiration, priceless cooking expertise, and amusing anecdotes**

Tutti a tavola! Del Principe is serving dinner.

No other author writes as sensually about ingredients and food preparation as Claudio Del Principe. »When I stand in my kitchen, time is replenished with beauty.« He finds true delight and, what is more, the meaning of life in the simplest ingredients and most basic dishes. For Claudio Del Principe's thoughts around food always go hand in hand with an appreciation for the craft, a deep esteem for producers and produce, honouring true food culture. The second volume of the successful cooking diary »a casa« focuses on baking, using his famous home-grown mother yeast »Bianca«. The latest journey takes us to the realm of fermentation. Claudio Del Principe makes us rediscover familiar and also boldly explore new things. He sharpens our eye, trains our taste, and offers safe guidance for a relaxing cooking experience led by seasonal instinct. A cookbook full of inspiration and love of good food. Day by day.

**Claudio Del Principe:** Writer, storyteller, and successful author of eight award-winning cookbooks. Sought-after lecturer, columnist, and organizer of workshops on handmade pasta and lievito madre.

*»Only those who are ready to appreciate a focus on essential things will have the power to transform the ordinary into something truly outstanding.« – Claudio Del Principe*



Claudio Del Principe

## **a punto**

Culinary reflections in a nutshell

978-3-03902-220-5

37.00 EUR

Cover: Hardcover

Extent: 200 pages

Format: 17.5 cm x 24.5 cm

27 colour photos, ribbon, word count: 41,478

Available: 30/10/2023

Rights sold: All rights available

### **Awards for this book**



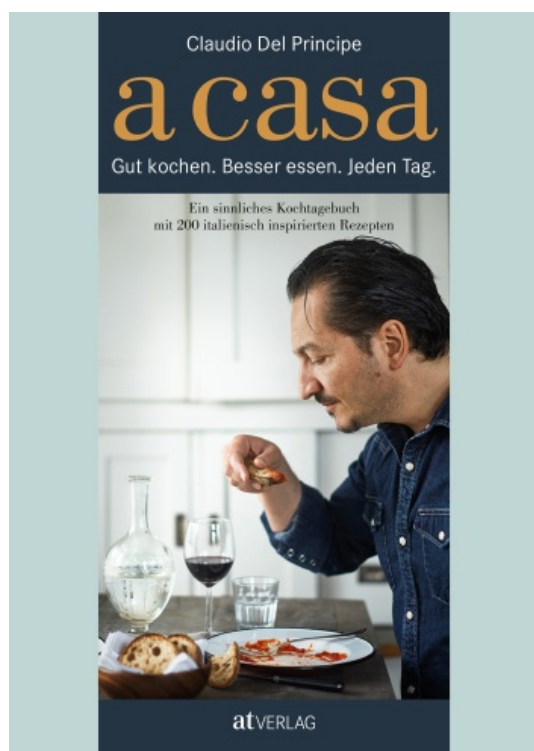
- Surprising, amusing, and humorous texts
- Recipes, reports, reflections
- Suggestions for smart and relaxed cooking

### ***Food for mind, soul and belly!***

Claudio Del Principe and the sensual way he writes about food are irresistible. Both his detailed recipes and his attitude to ingredients align perfectly with the current zeitgeist. He shows us how to bake hearty sourdough bread and unmatched pizzas. How to conquer hearts with homemade pasta or prepare tasty vegetable dishes in an authentic yet modern way.

With »a punto«, he serves ample food for thought to all those who devour culinary stories. The book contains reports, recipes, philosophical reflections on society and gastronomy, plus a number of tips on how to bring the various dishes to perfection. How to handle different ingredients and how to remain relaxed while cooking. His surprising, amusing, and profound texts strike a chord with many of us. Entertainment and opulence aimed at people who appreciate good food.

**Claudio Del Principe:** is a writer, storyteller, and successful author of nine award-winning cookbooks to date. He is a columnist, sought-after lecturer, and offers workshops on pasta and »Lievit Madre«.



Claudio Del Principe

## A Casa

Cook well. Eat better. Every day. A sensual cooking diary with 200 Italian-inspired recipes.

978-3-03800-970-2

47.00 EUR

Cover: Quarter bound

Extent: 320 pages

Format: 17.5 cm x 24.5 cm

194 colour photos, ribbon

Available: 16/10/2017

Rights sold: All rights available

### Awards for this book



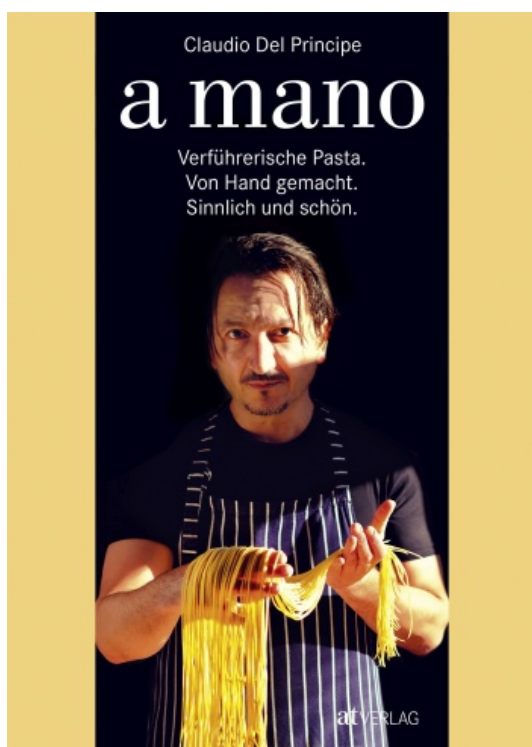
- **Home cooking is the new trend: prepare everything yourself, from crusty bread to delicious pasta and tasty sauces**
- **Slow Food all'italiana - Bringing back diligence and attention to detail to cooking**
- **Cooking diary including over 200 recipes**

This book is for those of us who are fed up with fashionable appetizers and who are suspicious of the fast cuisine movement that pretends time saving is the biggest benefit of cooking. It is a passionate commitment to slowness, diligence, and care. Time as vital ingredient for tastier dishes, such as the wonderful »Lievito Madre«, an Italian sourdough made with a ripe apple, which then becomes unbelievably aromatic bread all'italiana, pizza bianca, focaccia, or panettone. Meanwhile, we leisurely mould pasta and cover it in heavenly sauces, transform legumes into soulfood, reminisce about things long forgotten, and tell each other stories about eating, cooking, and simple pleasures. With this book, the ordinary becomes exceptional. It satisfies our hunger for earnest food. The longing for carefully prepared meals. For honest work. Patience. Care. Love.

**Claudio Del Principe:** Writer, storyteller, and successful author of seven cookbooks to date. His blog »Anonyme Köche« is a highly acclaimed gem among German food blogs. He loves to focus purely on essentials – in cooking, writing, and photography – and kindles the passion for cooking and relishing that slumbers in many of us. Sought-after both as lecturer and workshop instructor for pasta and Lievito Madre.

Photos: Claudio Del Principe





Claudio Del Principe

### **a mano**

Pasta temptation. Handmade. Sensual and beautiful.

978-3-03902-018-8

39.00 EUR

Cover: Hardcover

Extent: 256 pages

Format: 17.5 cm x 24.5 cm

128 colour photos, ribbon, word count: 27.137

Available: 07/10/2019

Rights sold: All rights available

### **Awards for this book**

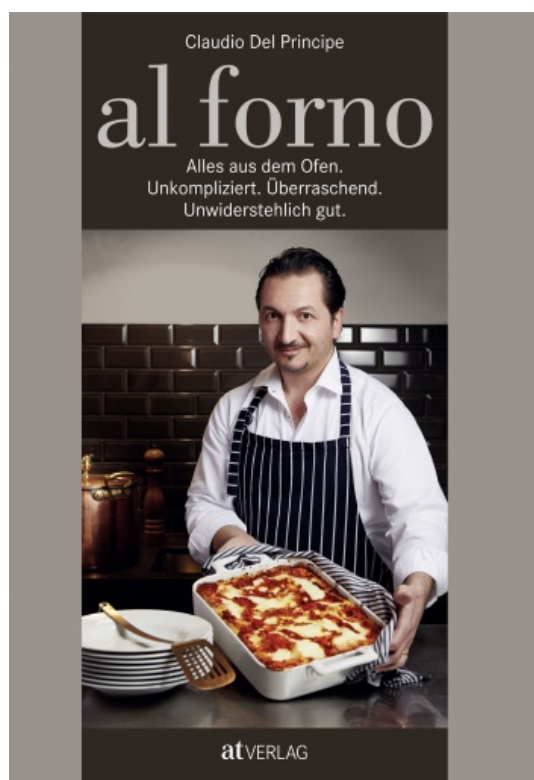


- **The joy and happiness of handmade quality food: kneading, rolling out, and moulding pasta by hand**
- **Basic recipes for different dough variations, classical pasta types, and matching sauces**
- **The temptation of handmade pasta. From simple everyday dishes to pompous feasts**

After home-made bread and sourdough, handmade pasta is the latest craze of the »craft« food scene. Looking back at old traditions, and glancing over the shoulder of Italian nonnas (who are currently winning the hearts of foodies on Instagram and YouTube), the art of making handcrafted pasta is weaved into modern recipes. Claudio Del Principe has always been passionate about »pasta fatta in casa«, and he is convinced that everyone can make pasta. Expertly entertaining, witty, and well-illustrated, his instructions show us how to create, with utmost care and attention, tempting delicacies using flour, water, and eggs. Be it simple tagliarini or tiny artistic creations, pappardelle, cappellacci, garganelli, agnolotti, or fagottini, cavatelli, trofie, or orecchiette – each of these has its own detailed description accompanied by matching classical add-ons, »ragù« and »sughi«. A book about the joy of good handmade food and a must for anyone who loves pasta.

**Claudio Del Principe:** Writer, storyteller, and successful author of seven cookbooks to date. His blog »Anonyme Köche« is a highly acclaimed gem among German food blogs. He loves to focus purely on essentials – in cooking, writing, and photography – and kindles the passion for cooking and relishing that slumbers in many of us. Sought-after both as lecturer and workshop instructor for pasta and Lievito Madre.





Claudio Del Principe

## Al Forno

All From the Oven. Uncomplicated. Amazing. Irresistibly Tasty.

978-3-03800-070-9

39.00 EUR

Cover: Hardcover

Extent: 280 pages

Format: 17.5 cm x 24.5 cm

150 colour photos, ribbon

Available: 24/09/2018

Rights sold: All rights available

### Awards for this book



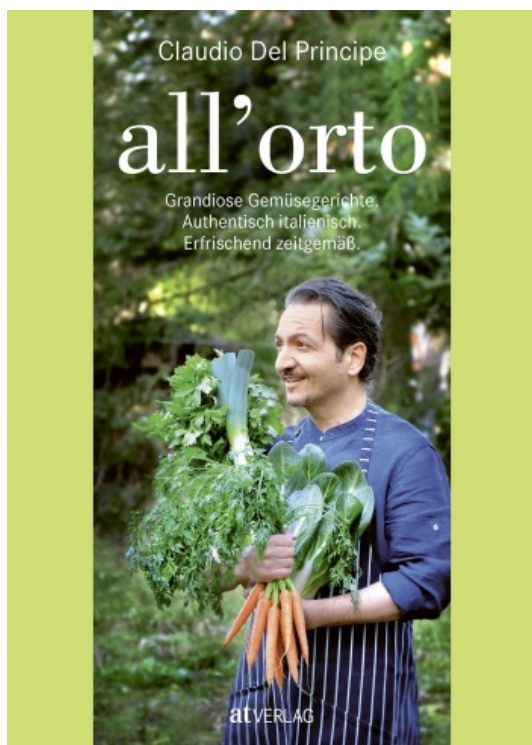
- 100 recipes, prepared with care and perfectly suitable for everyday cooking
- Feelgood dishes made from simple, seasonal ingredients that taste delicious
- Del Principe's poetic kitchen lingo is addictive

Pastry, au gratin, or Sunday roast – the beguiling scent from the oven carries a promise of happiness, pleasure and comfort. Following his cooking diary »a casa«, Claudio Del Principe dedicates his latest book to irresistible dishes from the oven. Even more minimalist, but just as sophisticated, with the same love and care, and accompanied by sensual and witty thought about cooking. Once again an ode to time and slowness, celebrating the art of relaxed and expectant cooking. Protagonists: a beef plate roasted for twelve hours, a glazed leg of lamb, caramelized, roasted vegetable au gratin, fish in salt crust, spicy nuts, classics from the Italian cuisine such as parmigiana, lasagne or torta di bietole, and of course numerous pastries, souffles, and desserts.

**Claudio Del Principe:** Writer, storyteller, and successful author of seven cookbooks to date. His blog »Anonyme Köche« is a highly acclaimed gem among German food blogs. He loves to focus purely on essentials – in cooking, writing, and photography – and kindles the passion for cooking and relishing that slumbers in many of us. Sought-after both as lecturer and workshop instructor for pasta and Lievito Madre.

Photos: Claudio Del Principe

*»Claudio Del Principe shows how to create grandiose meals from simple recipes – with the most precious ingredient of all: time.« – htr hotelrevue*



Claudio Del Principe

## **all'orto**

Magnificent Vegetable Dishes. Authentic Italian.  
Refreshingly Modern.

978-3-03902-083-6

39.00 EUR

Cover: Hardcover

Extent: 256 pages

Format: 17.5 cm x 24.5 cm

123 colour photos, ribbon, word count: 25,260

Available: 19/10/2020

Rights sold: All rights available

### **Awards for this book**



- **Slow Food all'italiana – vegetarian**
- **Italian classics and new recipes for every day**
- **10 recipes based on 1 vegetable**

### The Best Picks from the Vegetable Garden

»Orto« is the Italian word for vegetable garden. Without »ortaggi« – i.e. good quality vegetables from the garden or the market – Italians are hopelessly lost. Like true virtuosos, they turn them into bittersweet salads, addictive antipasti, perfect pasta complements, rich soups, or side dishes that can very well stand for themselves. A number of different vegetables and incomparable ways of preparing them make for an incredible variety of flavours. Nowadays we can find extravagant vegetables such as cime di rapa, catalogna, barba di frate, radicchio, castelfranco, or puntarelle even in our local shops. Claudio Del Principe selects the best Italian recipes, explains their origin, traditions, and various ways of preparation, and refines them with his own modern creations and inspiring ideas.

**Claudio Del Principe:** Writer, storyteller, and successful author of seven cookbooks to date. His blog »Anonyme Köche« is a highly acclaimed gem among German food blogs. He loves to focus purely on essentials – in cooking, writing, and photography – and kindles the passion for cooking and relishing that slumbers in many of us. Sought-after both as lecturer and workshop instructor for pasta and Lievito Madre.

*»What everyone needs to know is where to buy the best ingredients, how to prepare and conserve them, and above all, how to cook 10 awesome meals with only 1 type of vegetable!« – CLAUDIO DEL PRINCIPE*



Claudio Del Principe

## **PURA PASSIONE**

Cooking with amore

978-3-03902-098-0

39.00 EUR

Cover: Hardcover

Extent: 240 pages

Format: 17.5 cm x 26 cm

84 colour photos, 24 illustrations, ribbon; word count: 23,200

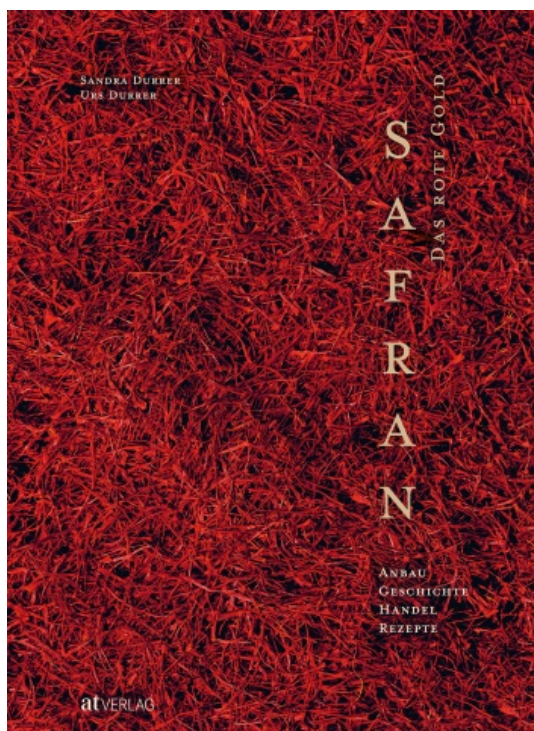
Available: 29/11/2021

Rights sold: All rights available

- **The ultimate benchmark for Italian cuisine**
- **More than 100 authentic Mamma recipes**
- **Classical soul food for any day, prepared and photographed by Claudio Del Principe**

This book celebrates the almost forgotten classical homestyle cooking tips of Italy. Mamma Luisa and Mamma Lina have unveiled more than 100 of their secret recipes to Claudio Del Principe. Only few thoroughly chosen ingredients, true passion, and Mamma's special insider tips make for loving family dishes, classical antipasti, irresistible primi with pasta, risotto and polenta, delicious sughi, secondi, contorni, and tempting dolci. Food that can shape a life, as various anecdotes from their family life vividly show. Through their fabulous cooking, Luisa and Lina unknowingly laid the foundation for their sons' careers. The love for excellent Italian food led them to create a successful organic food brand, PPura. If you do not feel like cooking yourself, just grab some of their pasta, pesti, and sauces – Italianità per tutti!

**Claudio Del Principe:** Writer, storyteller, and successful author of seven cookbooks to date. His blog »Anonyme Köche« is a highly acclaimed gem among German food blogs. He loves to focus purely on essentials – in cooking, writing, and photography – and kindles the passion for cooking and relishing that slumbers in many of us. Sought-after both as lecturer and workshop instructor for pasta and Lievito Madre.



Urs Durrer, Sandra Durrer

## Saffron – Red Gold

Cultivation, History, Trade, Recipes

978-3-03902-080-5

50.00 EUR

Cover: Hardcover

Extent: 280 pages

Format: 19.5 cm x 27 cm

96 colour photos, word count: 52,877

Available: 31/08/2020

Rights sold: All rights available

### Awards for this book



- With portraits of saffron producers and guidelines for home growing
- Favourite saffron recipes of renowned star chefs
- Origin, growing regions, trade

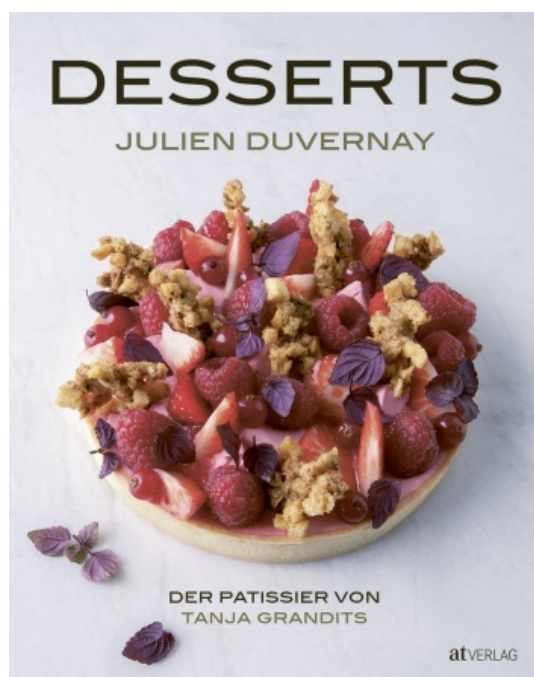
### The Ultimate Book on Saffron

Saffron has been used for thousands of years, as medicine and for cosmetics, as colorant and spice. Cleopatra is said to have bathed in saffron water before going on a date. Merchants who traded fake saffron during the Middle Ages were burned alive or buried along with their fake goods. Swiss saffron producers Sandra and Urs Durrer shed light on the subject from all possible angles: looking at the origin of the plant, its botanical classification, growing regions, and trade, but also its use for dyeing, in medicine, cosmetics, and gastronomy. Featuring portraits of saffron producers from Switzerland, Germany, Austria, and South Tyrol, as well as planting instructions for amateur gardeners. In the recipe section five different top-notch chefs present their favourite saffron recipes such as saffron ravioli or tarte tatin with pear and saffron.

**Sandra Durrer and Urs Durrer:** Produce saffron at their plantations in Surselva and Obwalden. They are farmers and caterers who love nature and healthy, delicious cooking. Their saffron plantation puts great emphasis on sustainable production and the preservation of biodiversity.

Photos: Stefan Zürer





Julien Duvernay

## Desserts

The Pâtissier of Tanja Grandits

978-3-03800-905-4

49.00 EUR

Cover: Hardback with jacket

Extent: 240 pages

Format: 21.5 cm x 27 cm

78 colour photos

Available: 29/03/2016

Rights sold: All rights available

### Awards for this book



- **Sophisticated dessert creations for hobby cooks**
- **By one of the world's best pâtissiers from Switzerland**
- **Sweet seductions courtesy of Tanja Grandits' restaurant Stucki**

Julien Duvernay is one of the most renowned pâtissiers in Switzerland. At Tanja Grandits' restaurant Stucki in Basel he has caused quite a sensation with his extraordinary creations that »baffle everyone« according to the GaultMillau restaurant guide. For the first time ever Duvernay provides detailed and comprehensible instructions on how to prepare and arrange his desserts in order to reproduce them successfully at home. In nine chapters – on the topics of citrus fruits, tea, cereals, caramel, pepper, vegetables, flowers/blossoms, herbs, and oil – the most eccentric combinations turn into sweet seductions. Among the roughly 70 recipes we find colourful lollipops, special preserves, spreads, and cakes. Including a glossary of products and techniques.

**Julien Duvernay:** Born 1982 in Roanne, France, he learned the trades of pâtissier and chocolatier from scratch in his home country. Since 2012 he is chef of the dessert cuisine at »Stucki« in Basel (19 GaultMillau points, two Michelin stars).

Photos: Michael Wissing





Judith Erdin

## Your Best Bread

Bake Like a Pro

978-3-03902-104-8

39.00 EUR

Cover: Hardcover

Extent: 192 pages

Format: 21 cm x 26.5 cm

110 colour photos, word count: 21,919

Available: 25/01/2021

Rights sold: TR

### Awards for this book



- One dough makes three different types of bread or pastries
- With insider tips from a professional baker
- Quality that tastes like fresh from the bakery – even with a household oven

Baking bread at home that tastes like fresh from the bakery? Easily done, and without additives or expensive professional equipment. Former baker and confectioner Judith Erdin shares her favourite recipes for bread and pastries in a very detailed yet uncomplicated way. Popular classics such as weggli (milk rolls), lye rolls, or baguette, followed by wholemeal bread, spelt breakfast rolls, or nut bread. With little effort she creates many variations fresh from the oven. Thanks to the concept of »1 dough – 3 recipes« 14 basic types of dough make for 42 different breads and pastries. Who would have thought that the dough used for Ticino bread can be used to bake poppy rolls or grissini? In addition, the book contains lots of information and valuable tricks on how to bake bread, allowing us to replicate the quality of bakery-manufactured bread in a standard household oven, so even absolute beginners will achieve perfect baking results. Homemade bread that genuinely tastes like bread from the bakery – or even a bit better.

**Judith Erdin:** Trained baker and confectioner, and also a trained polygrapher. She develops new, easy to prepare recipes for her clients as well as for her own recipe blog »streusel.ch«, and shares her knowledge in culinary workshops.



Judith Erdin

## Your Best Sweet Pastries

classic and vegan

978-3-03902-156-7

39.00 EUR

Cover: Hardcover

Extent: 224 pages

Format: 21 cm x 26.5 cm

273 colour photos, 6 illustrations

Available: 26/09/2022

Rights sold: All rights available

### Awards for this book



- The popular baker and confectioner strikes again
- Popular classics of professional quality easily prepared at home
- All recipes feature a vegan version with readily available ingredients

Rolls, strudel, croissants, doughnuts – bake like an expert!

How do confectioners and bakers do it? Their pastries look perfect and taste delicious at the same time. What makes their dough so fluffy, their cream fillings so tender, and their caramel so savoury? In her second book, Judith Erdin unveils these secrets and many more. The trained baker and confectioner shows us from scratch how to prepare classical confectionery recipes using natural ingredients. Each recipe has two parts, the traditional version and a vegan one which is just as gorgeous and tasty. These recipes allow vegans to finally enjoy classical cakes and pastries they were missing out on. Whenever possible, ingredients are chosen locally and are easy to come by. In a dedicated section on theory the expert offers tips for the selection of ingredients and baking utensils, techniques for rolling out dough, and other knowhow. With the help of her step-by-step guidelines, you can create the perfect apple strudel, chocolate doughnuts, and vanilla bismarcks fresh from the oven.

**Judith Erdin:** Baker, confectioner, and polygrapher. She develops easy to prepare recipes for her clients and her blog »streusel.ch«. She shares her knowledge in various courses.



Susanne Fischer-Rizzi

## **Wild Cuisine**

The Great Book on Cooking on the Open Fire

978-3-03800-499-8

32.00 EUR

Cover: Hardcover

Extent: 216 pages

Format: 18.8 cm x 24.6 cm

200 colour photos

Subject areas: cooking, barbecue, outdoor cooking

Available: 15/03/2010

Rights sold: UK

- **The great book on cooking on the open fire**
- **100 traditional and modern dishes, all tried and tested cooking methods at the fire**
- **The comprehensive book on cooking on the open fire, including numerous enchanting photos**

Cooking by the fire outside at the heart of nature has its very own peculiar fascination and sensuality, it is connected with adventure and the experience of going back to the roots of things. The book draws from the rich repertoire of traditional cooking methods and recipes that have endured partly until this day. Noble spit cake on the log, a large loaf of bread baked above the blaze, salmon on a snow shoe grill, tender and juicy meat cooked in a burrow, dough pockets in wicker mesh. 100 recipes with numerous variations – ranging from classics to modern creations, from traditional tastes of Stone Age dishes to refined feasts for gourmets, all of them are simple and can be cooked without many tools on the open fire. The author has long years of experience with cooking by the open fire and her descriptions of the recipes are easy to understand and cook for both beginners and cooking fans. An inspiring book that renders its reader adventuresome. With exact instructions, all necessary information on making a fire, many wild plant suggestions and, as a round-off, camp fire stories to read or retell.

**Susanne Fischer-Rizzi:** Born 1952, naturopath, graduate of the renowned Josef Angerer School, and trained by various specialists of naturopathy in Europe and Asia, pioneer of aroma therapy and author of 13 books to date translated into various languages. Her teaching activities include seminars and lectures both within Germany and abroad. She also founded the ARVEN School of naturopathy, aroma therapy, and wilderness knowledge.



Steffen Guido Fleischhauer

## Little Encyclopedia of Edible Wild Plants

Chart Featuring 1000 Plants, with 300 Colour Photos

978-3-03800-492-9

20.00 EUR

Cover: Paperback with flaps

Extent: 216 pages

Format: 13.5 cm x 21 cm

300 photos

Subject areas: edible wild plants, wild herbs

Available: 30/03/2010

Rights sold: All rights available

- **Vast and compact knowledge on 1000 edible wild plants**
- **Swift orientation thanks to graphic representation, charts and icons**
- **A precious pocket-size reference book with 300 plants on colour photos**

Today edible wild plants have been rediscovered and are immensely trendy. After his best-selling work »Edible wild plants« containing the 200 most important edible plant types and the reference work »Encyclopedia of edible wild plants«, Steffen Guido Fleischhauer now presents a reasonably-priced pocket encyclopedia. The book offers a concise and handy presentation of all relevant information on the 1000 most important edible wild plants of Central Europe. It comprises information on the traditional ways the different plant parts can be used, on times for collecting as well as general use of edible wild plants. Brief explanatory texts, use of icons as well as colour and graphic highlighting allow for quick orientation and easy consultation. The plants are in alphabetic order according to the most common German plant names, the index lists all botanical names and known name synonyms with corresponding page numbers. The 300 most prominent edible types are additionally captured on excellent colour photos.

**Steffen Guido Fleischhauer:** Graduate engineer in landscape architecture, College of Higher Education Weihenstephan. Lectures at universities and colleges in Germany, Austria, and Switzerland. Publisher of the »Wild Plant Magazine«.





Steffen Guido Fleischhauer, Roland Spiegelberger,  
Jürgen Guthmann

## Encyclopedia of Edible Wild Plants

2000 Plants of Central Europe

978-3-03800-752-4

69.00 EUR

Cover: Hardback with jacket

Extent: 688 pages

Format: 19.5 cm x 26.5 cm

650 colour photos, hardcover with jacket

Available: 30/04/2013

Rights sold: All rights available

### Awards for this book



- **The latest edition of the classic: now even more comprehensive and practical to use**
- **New feature: identification key based on leaf shape. New chapter: rare and endangered edible plants**
- **Newly added topic: poisonous plants, confusable edible plants and differentiating features**

Wild plants secured the survival of mankind over thousands of years. These days they experience an exceptional renaissance and are widely used among top chefs due to their various and intense flavours. Rich in vitamins, mineral and micronutrients they offer valuable help in protecting health and are therefore significantly superior to cultivated vegetables. The book describes more than 2000 plant types of Central Europe that have all been used as food at some point in time. The authors evaluate all the studies, research and experience currently available. Classified based on their leaf shape, there are descriptions of each plant type including occurrence, blooming period and nutritional use along with detailed guidelines for preparation. Each plant portrait lists and explains currently known content substances and healing effects, possible dangerous confusion with poisonous plants as well as effects of toxic content elements. Including about 650 excellent colour photos and 450 plant drawings to facilitate identification.

**Steffen Guido Fleischhauer:** Graduate engineer for landscape planning. Lectures at the Universities of Zurich, Weihenstephan and St. Gallen on edible wild plants. Over many years, he has gathered experience all over Central Europe on edible wild plants. He offers guided hiking tours, nature adventure trips, lectures and seminars on edible wild plants.

**Jürgen Guthmann:** Graduate engineer for physical chemistry. Laboratory supervisor for food chemistry at the University of Applied Sciences Weihenstephan. Many years of experience with nutrition and health issues, specialized on healing plants and fungi.



**Roland Spiegelberger:** Landscape gardener and graduate engineer for landscape architecture and environmental planning. Since 1986 focus on domestic wild plants, conveying botanical knowledge to interested wild plant gardeners and collectors.



Steffen Guido Fleischhauer, Jürgen Guthmann,  
Roland Spiegelberger

## **Edible Wild Plants**

How to Recognize and Use 200 Species

978-3-03800-886-6

20.00 EUR

Cover: Paperback with flaps

Extent: 256 pages

Format: 13.5 cm x 21 cm

300 colour photos and illustrations

Subject areas: edible plants, wild plants

Available: 31/05/2015

Rights sold: FR, NL, PL, SLO

- **How to recognize and use 200 species**
- **Edible wild plants in words, drawing and image: Botany, usage and further information**
- **Overview table on the best collecting times for the presented edible wild plants**

Collecting and relishing edible wild plants is a sheer wonder of nature, inspiring more and more people these days. Wild plants are rich in vital substances and offer a variety of special aromas, also they are easy to find and readily available for just anyone. Apart from basic botanical data (botanical name, family, life form, height of growth, blooming season, blossom colour) this practical identification guide focuses on the plants' most important features of recognition that are reproduced by detailed illustrations and excellent colour photos. Poisonous plants liable to cause confusion are illustrated as well. For each plant, there is a detailed description when to harvest their different parts. Next to suggestions on how to prepare the wild plants for cooking purposes there is always a description of their basic taste as well as information on their most important content substances and health effects. In order to allow orientation throughout the whole vegetation period the edible wild plants are sorted according to leaf shape – for the first time in a German publication. The book is rounded off by a table of harvesting times and an index of name synonyms. The practical pocket size renders the book an ideal companion for outdoor walks to the edible wild plants.

**Steffen Guido Fleischhauer:** Graduate engineer for landscape planning and landscape architecture, College of Higher Education Weihenstephan. Concentrated for long years on edible wild plants. Gathered experience all over Central Europe in alimentation with plants from wild nature. Today offers guided walking tours, nature adventure trips, lectures and seminars on the topic of edible wild plants.

**Jürgen Guthmann:** Graduate engineer for technical chemistry. Worked for many years in the area of food chemistry, nutrition and health issues. Editor of a guide on vital fungi.

**Roland Spiegelberger:** Landscaper and graduate engineer for landscape architecture and environmental planning, Höxter Polytechnic. Since 1986 he has studied indigenous wild plants and recently also communicates botanical knowledge to interested wild plant gardeners and collectors.



Steffen Guido Fleischhauer, Jürgen Guthmann,  
Roland Spiegelberger

## How to Easily Identify Edible Wild Plants

The 50 Most Popular Plants on More than 400  
Colour Photos Including Recipes and Useful Kitchen  
Tips

978-3-03800-912-2

20.00 EUR

Cover: Paperback with flaps

Extent: 256 pages

Format: 13.5 cm x 21 cm

440 colour photos, 60 drawings

Subject areas: edible plants, wild plants

Available: 23/02/2016

Rights sold: FR

- **The 50 most popular plants, including recipes and useful kitchen tips**
- **For beginners with little plant knowledge**
- **Culinary highlights from nature's cuisine**

The bestselling »Edible Wild Plants« has familiarized a wide audience with the topic. Yet many people lack the confidence to clearly identify the various plants. This book equips amateurs with a sound understanding of wild plants. The 50 most popular edible wild plants along with their poisonous look-alikes are presented on more than 400 colour photos and detailed plant sketches highlighting all their relevant features. Complemented by indications of ideal collection periods and a nice recipe for each plant, this book is the perfect guide for amateurs with an interest in gastronomy.

**Steffen G. Fleischhauer:** Graduate engineer in landscape architecture, Weißenstephan College. Many years of experience with edible plants from wildlife, his course »Edible Wild Plants« is offered at various colleges in Germany, Austria and Switzerland.

**Jürgen Guthmann:** Graduate engineer for technical chemistry. Worked for many years in the area of food chemistry, nutrition and health issues. Editor of a guide on vital fungi.

**Roland Spiegelberger:** Graduate engineer in landscape architecture and environmental planning, Höxter College. Works freelance in biotope mapping since 2009.



Tom Franz

## **A Taste of Israel**

My Favourite Recipes of the Israeli Cuisine, Spiced up with a Pinch of Homeland

978-3-03800-781-4

32.00 EUR

Cover: Hardcover

Extent: 208 pages

Format: 21 cm x 26 cm

100 colour photos

Subject areas: chef cookbooks, Israeli cuisine

Available: 02/09/2013

Rights sold: All rights available

- **The culinary world of Israel: a symphony of smells, tastes and cultures**
- **Recipes inspiring all senses and easy to prepare**
- **Tom Franz: the face of modern Germany in Israel**

For Tom Franz cooking has to do with joy, with the love of life itself. To him every meal is »food for the soul«. In a country where 65% of the area consists of desert and the Dead Sea, he has discovered the Garden of Eden rich in legendary vegetables and fruits. A land of plenty. In this book Tom Franz allows us to catch a glimpse of Israel's cuisine nourished by innumerable memories of immigrated Jews from across the globe. Israel is a culinary melting pot shaped by immigrants from all over Europe, Russia and the USA, as well as the Far and Middle East. Mediterranean ingredients, traditional Jewish cuisine, Arabic spices, modern recipes – an incredible diversity of various elements creates utmost exciting combinations. Israel is state-of-the-art when it comes to culinary delights. Characterised by innovation and openness to go beyond the conventional and adopt foreign influences. An extraordinary, magnificent book! Let us build bridges!

**Tom Franz:** Rhinelander, trained lawyer. Worked as an international lawyer until his emigration to Israel in 2004 where he converted to Judaism and turned his passion for cooking into a career. Today he lives in Tel Aviv with his wife and three children.

Photos: Dan Peretz / Food styling: Amit Farber / Texts: Gil Yaron

*»Tom takes us back to our actual cuisine, only with a modern touch. Tom represents something that is missing from the Mediterranean mentality of Israelis: professionalism, exact and accurate work.«* – Michal Anski, jury member on Masterchef

*»A native German familiarises Israelis with their own traditions. He stands for a new type of Judaism – trendy, modern, appealing.«* – Dana Franz

*»This is about more than just cooking. Tom is an Israeli. But he is also a face of today's Germany.«* – Andreas Michaelis, German Ambassador to Israel

*»I was never a passionate lawyer, but I cook with passion.«* – Tom Franz





Tom Franz

## Israel cooks Vegetarian

The Loveliest Recipes From My New Home Country

978-3-03800-957-3

32.00 EUR

Cover: Hardcover

Extent: 176 pages

Format: 19.5 cm x 25 cm

100 photos

Available: 15/02/2017

Rights sold: All rights available

### Awards for this book



- **The loveliest recipes from my new home country**
- **70 recipes – a firework of flavours, a seduction for the senses**
- **The latest recipes from Israel's German star chef**

»A Taste of Israel«, the first book by native Rhinelander Tom Franz, was a huge success with public and press alike. Now the author and chef shares a selection of his loveliest vegetarian recipes. They are of Maghrebian, Arab, and Eastern European origin, straight from the kitchen of various people who have found a new home in Israel. Complemented by his own creations in which the passionate cook Tom Franz transforms local produce into Mediterranean delicacies. No other country offers such a rich variety of fruits and vegetables, and as a true melting pot of cultures from East and West, Israel also draws from plenty of different regional dishes. 70 recipes – uncomplicated and simple, yet sophisticated and seductive. For anyone who shuns meat but does not want to renounce savoury dishes. Many recipes are also suitable for vegans.

**Tom Franz:** Rhinelander, trained lawyer. Worked as an international lawyer until his emigration to Israel in 2004 where he converted to Judaism and turned his passion for cooking into a career. Today he lives in Tel Aviv with his wife and three children.

Photos: Daniel Lailah



Reto Frei, Daniel Frei

## #tibits

Cook. Share. Enjoy. Favourite Recipes from the tibits Universe

978-3-03800-988-7

37.00 EUR

Cover: Hardcover

Extent: 208 pages

Format: 19.5 cm x 26 cm

147 colour photos

Available: 25/09/2017

Rights sold: FR

### Awards for this book



- Favourite recipes from the »tibits« creative kitchen
- Uncomplicated, witty recipes highly favoured by guests
- With tips on styling, photography, and posting

With their restaurants in Switzerland and London, the family-run business »tibits« has become the definition of healthy delights and an uncomplicated, relaxed lifestyle. Using untreated ingredients, they offer unique and delicious vegetarian or vegan dishes. The book presents more than 60 new recipes from the »tibits« creative cooking base, all of which are easy to prepare at home. It features some of the absolute favourites of »tibits« fans, for example the quinoa musli with cranberries, the orange and ginger tempeh, the golden turmeric latte, or the chocolate and beet cake. For those of you who like to stage and post their food on the web, it offers a number of useful tricks around food styling and photography. How to take captivating food pictures with a smartphone? How to tastefully arrange and style food? With many examples and professional suggestions by photographer Juliette Chrétien and food stylist Mira Gisler, this book will inspire you to imitate and enjoy.

**Reto and Daniel Frei:** Co-founders of the successful tibits restaurants together with their brother Christian Frei as well as Rolf Hiltl. Both of them are vegetarian since their early youth. Reto Frei is a creative and unconventional out-of-the-box thinker, Daniel is a gourmet with a strong interest in people.

Photos: Juliette Chrétien

*»It's no news to anyone in Switzerland that tibits is THE brand for vegetarian cuisine.« – Salz & Pfeffer*



Ursula Furrer-Heim

## Cake

Wonderfully Simple and Quick

978-3-03800-743-2

29.00 EUR

Cover: Hardcover

Extent: 144 pages

Format: 17.5 cm x 29.5 cm

68 colour photos

Subject areas: baking

Available: 15/08/2014

Rights sold: All rights available

### Awards for this book



- 65 favourite recipes for quick cakes or pastry loaves
- Radically simple recipes with few ingredients
- Mellow, fresh, and moist cakes easy to preserve

We all know and love the classical loaf-shaped cake. In this book, our experienced author shares 65 of her favourite recipes for quick yet extraordinary cakes – with fruit, chocolate, caramel, typical winter cakes, sweet vegetable cakes, and salty variations, but also iced cakes. All recipes are very simple and need only few ingredients easy to come by. All cakes are wonderfully mellow, fresh, and moist, and therefore can be preserved easily for several days. Besides, they are practical to take along wherever you like in the cake tin, be it a birthday party, a picnic, or a coffee chat. They are also very easy to decorate in various ways. An ideal snack when travelling, or for the afternoon tea or coffee, on the dessert buffet or as a spicy snack with an aperitif, for lunch or for dinner.

**Ursula Furrer-Heim:** Domestic science teacher, trained in nutrition counselling. Several years of experience in recipe editing, consulting, and product development for a Swiss cooking magazine, currently freelance recipe editor. Mother of three children.

Photos: Patrick Zemp



Ursula Furrer-Heim

## Cooking for Friends

Simple. Relaxed. Prepared in Advance.

978-3-03800-071-6

30.00 EUR

Cover: Hardcover

Extent: 208 pages

Format: 17.5 cm x 29.5 cm

100 colour photos

Available: 27/08/2018

Rights sold: All rights available

### Awards for this book



- **New and simple recipes for invitations of any kind**
- **Perfect 3-course meals including starter, main course, and dessert**
- **Each course with detailed work plan**

Not everyone is quite comfortable preparing a multi-course meal for guests. When in fact you want to spend time with your friends, have a laid back conversation, laugh, and savour. This book is for all those who are reluctant to spend hours or days on end in the kitchen in order to impress friends with sophisticated creations. Following the four seasons, the book presents twenty 3-course meals that are easy to prepare, just as easy to cook, and yet hold one or the other surprise effect. Moreover, with the help of a few skilful combinations and simple tricks these recipes will become real feasts for the eye. No need to go to specialized stores, ingredients are easy to get anywhere, plus they are seasonal and regional. Detailed work plans for each course make sure that nothing can go wrong. Ideal for hosting guests, allowing for stress-free and relaxed pleasure.

**Ursula Furrer-Heim:** Domestic science teacher, trained in nutrition counselling. Several years of experience in recipe editing, consulting, and product development for a Swiss cooking magazine, currently freelance recipe editor. Mother of three children.

Photos: Patrick Zemp





Anina Gepp

## Eat green!

Cook Healthy, Preserve the Environment. More than 80 plant based recipes and numerous practical tips

978-3-03902-112-3

30.00 EUR

Cover: Hardcover

Extent: 224 pages

Format: 21 cm x 26.5 cm

95 colour photos, word count: 26,271

Available: 25/01/2021

Rights sold: All rights available

## Awards for this book



- **Sustainability is enrichment, not deprivation**
- **By the founder of the biggest social media account for sustainability in Switzerland**
- **With data on the ecological footprint of meals**

Changing our eating habits is an emotional affair. We could bring about immense positive change just with the way we eat – benefitting both our own health and the planet. Anina Gepp shows us how simple, tasty, and above all cheap sustainable cuisine can be. Long forgotten vegetables, newly interpreted classical dishes, and even grandma's favourite recipes find their way back on our plates. Her cooking is regional, seasonal, and purely plant-based, but at the same time abundant. Thanks to information on the ecological footprint of the dishes it becomes clear at first glance that healthy and sustainable cooking is not only good for us but also for the environment. With lots of valuable input on various topics related to cooking: How to save on wrapping? What to prefer: milk yoghurt in a jar or soy yoghurt in a plastic cup? And is an organic tomato from Italy better from an environmental perspective than a domestic one from the greenhouse that was grown in a conventional way but sold without wrapping?

**Anina Gepp:** Food stylist, blogger, and freelance journalist. She runs »Aniahimsa«, currently the biggest Swiss social media account on sustainability. With great enthusiasm she covers topics such as health, environmental protection, and plant based nutrition.





Anina Gepp

## Vantastic Kitchen

Simple and healthy recipes for camping and home kitchen

978-3-03902-149-9

30.00 EUR

Cover: Hardcover

Extent: 224 pages

Format: 21 cm x 26.5 cm

99 colour photos; word count: 23,303

Available: 28/03/2022

Rights sold: UK

- **Everyday recipes made from local and seasonal ingredients**
- **Sustainable vegan cuisine for beginners and ambitious foodies**
- **A camper van cookbook inviting us to linger, browse, and dream**

Vegan food from the van kitchen: vantastic! Minimalistic cooking for maximum taste

Vegan cooking doesn't need to be complicated. On the contrary, the recipes in this cookbook are so simple they can be easily prepared on two hotplates in a camper van. If you long for more variety and freshness in your diet at home or on the road but are reluctant to spend hours in the kitchen, this is the perfect book for you. The recipes are ideal both for those eager to prepare a quick yet delicious weekday dinner, as well as those willing to invest a little more time and research to create interesting new food combinations. During her travels in the camper van the author visits farmer's markets, health food stores, and packaging-free shops, while drawing inspiration from the people she encounters. These very personal stories add a special zest to the various dishes. Breath-taking photographs of endless landscapes and the most beautiful camping sites invite us to slow down. Experience the van life feeling in your own home!

**Anina Gepp:** Author of »Eat green!«. Food stylist, blogger, and freelance journalist. She runs Switzerland's biggest social media account on sustainability, named »Aniahimsa« (100,000 followers on Instagram).

*»The big challenge of the camper van kitchen is to achieve as much taste, finesse, and variety in your cooking as if you were at home, while being confined to a very small space. Instead of four hotplates I only have two. Sounds complicated, but it can actually be rewarding: the space constraints force me to figure out how to simplify, change, or even reinvent a particular recipe.«*  
Anina Gepp



Nicole Giger

## **Ferrante, Frisch & Fennel Herb**

Cooking my way through world literature

978-3-03902-007-2

36.00 EUR

Cover: Hardcover

Extent: 320 pages

Format: 19.5 cm x 26 cm

117 colour photos, ribbon, word count: 47,210

Available: 14/10/2019

Rights sold: All rights available

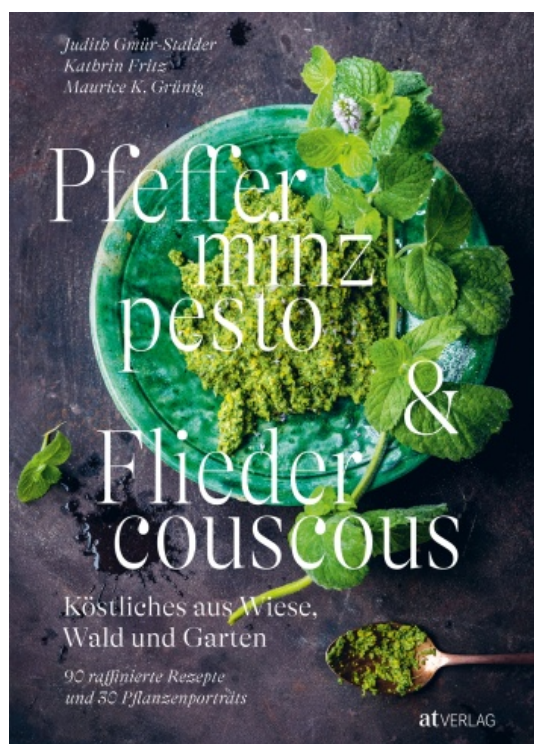
### **Awards for this book**



- **Recipe temptations, inspired by literature. With focus on German-language literature**
- **An inspiring story and cookbook – food for body, spirit, and soul**
- **A journey through world literature in 50 recipes and culinary anecdotes**

Journalist and blogger Nicole Giger is passionate about reading and eating. Good food nourishes the body, good books nourish the spirit. It is therefore hardly surprising that cooking, eating, and savouring play an important role in literature and in the life of many writers. Nicole Giger interweaves her own recipe creations with literature, calls on a variety of authors from all over the world, and tells us some personal culinary anecdotes from her own life. The recipes are uncomplicated, colourful, and healthy, the literary pieces multifaceted and inspiring. After reading them you will not only know what to cook for dinner tomorrow, but also the matching story to tell at the table. Stories, vegetables, and pleasure – for those who like all of these, this is just the right book. An inspiring story and cookbook.

**Nicole Giger:** German philology graduate. Since 2014 she has been writing her blog »Mags Frisch«, combining her passion for eating and literature. After several years with SRF she is now a freelance journalist, food stylist, columnist, and photographer.



Judith Gmür-Stalder, Kathrin Fritz, Maurice K. Grünig

## Peppermint Pesto & Lilac Couscous

Gourmet dishes from meadow, forest, and garden 90 sophisticated recipes and 30 plant portraits

978-3-03902-203-8

44.00 EUR

Cover: Hardcover

Extent: 344 pages

Format: 19.5 cm x 27 cm

207 colour photos, word count: 23.231

Available: 27/02/2023

Rights sold: All rights available

### Awards for this book



- A modern approach to nature's cuisine – in enchanting pictures
- 90 new, simple, and astonishing recipes
- A sensual combination of nature experience and food culture

Eat the gifts of nature. This ancient principle was the leitmotif of the authors. Outdoors amidst nature they opened all their senses to anything that grows, smells, and blooms. And just like in their first volume, »Dahlia Crisps & Barberry Rice«, they harvested, collected, and then experimented in their kitchen. The result: 90 new, delicious recipes that are easy to prepare and will certainly surprise and delight all your guests. Moreover the authors share interesting knowledge and poetic thoughts on 30 plant types.

This book is an inspiration inviting us to seek a unique connection with nature. When we start collecting, cooking, and even prior to that, when looking at the charming photos, we cannot help ourselves but to marvel at the treasures of nature.

**Judith Gmür-Stalder:** Freelance recipe author, food stylist, book author, and culinary consultant.

**Kathrin Fritz:** Food editor for a famous Swiss magazine and book author.

**Maurice K. Grünig:** Photographer, art agent, and book author.



Judith Gmür-Stalder, Kathrin Fritz, Maurice K. Grünig

## Dahlia Crisps and Barberry Rice

Delicacies from meadow, forest, and garden. 90 sophisticated recipes and 30 plant portraits

978-3-03902-161-1

44.00 EUR

Cover: Hardcover

Extent: 352 pages

Format: 19.5 cm x 27 cm

212 colour photos; word count: 22,945

Available: 28/02/2022

Rights sold: FR

### Awards for this book



- **Modern nature food captured in breath-taking photographs**
- **90 simple and astonishing recipes**
- **A sensual combination of wildlife adventures and culinary art**

The cornucopia of nature. Paying tribute to nature and to our senses

Eating whatever nature provides for us. This ancient principle was the starting point and leitmotif of the authors. They ventured outside into nature and opened all their senses to anything that grows, scents and blooms. They gathered and harvested blossoms, herbs, roots, resin, then started their sophisticated kitchen experiment. The result: 90 delicious recipes, easy to cook at home and guaranteed successes with astonished guests, starting from daisy crackers all the way to primrose spring rolls and sage nut tart. For some of the plants the authors have added interesting and poetic portraits. This book is an inspiration that invites us to reconnect with nature in a wonderfully unique way. Once we start to gather and cook, and even before that, when looking at the lovely photos in this book, we will be amazed by the wonders of nature.

**Judith Gmür-Stalder:** Freelance recipe author, food stylist, book author, and culinary consultant.

**Kathrin Fritz:** Food editor for a big Swiss magazine and book author.

**Maurice K. Grünig:** Photographer, art agent and book author.

*»We discovered dead-nettles, violets, and hawthorn blossoms where we had suspected to find nothing but green thickets. Tiny chickweed was hiding amid the gravel, and when the wind was blowing, we saw burnets swaying in the grass. The sensuality of the experience captivated us and inspired a wealth of new creations. It prompted us to experiment with recipes, images, and texts that all had the same goal: to capture and share this beauty.«* Judith Gmür-Stalder, Kathrin Fritz, Maurice K. Grünig





Tanja Grandits

## Simply Tanja

Vegetable cuisine to share and relish

978-3-03902-221-2

42.00 EUR

Cover: Hardcover

Extent: 336 pages

Format: 19 cm x 25 cm

181 colour photos, ribbon, word count: 35,019

Available: 13/11/2023

Rights sold: All rights available

- Simple yet extravagant dishes for sharing
- Switzerland's most successful cookbook author
- New Vegetarian recipes to try at home

### ***Simply Tanja – Simply cooked!***

Following »Tanja's Cookbook« and »Tanja Vegetarian«, »Simply Tanja« offers the quintessence of her remarkable cuisine. The recipes were developed in her small private kitchen where she cooks for herself, her teenage daughter, or for friends. She prepares dishes served in pots or bowls. Dishes that can be shared and that express the simple joy of eating.

Tanja Grandits knows which Vegetarian and Vegan recipes have the power to warm the heart and the soul. Two recent books by the Swiss top chef have become bestsellers. In 2021, »Tanja Vegetarian« was the biggest-selling non-fiction book in Switzerland.

**Tanja Grandits:** is the best female chef in Switzerland. She was »Chef of the Year 2020«, collected 19 GaultMillau points and two stars in the Michelin Guide. Grandits is known for her expertise with aromas, spices, and textures. She has published numerous cookbooks (all with AT Publishing).

Fotos: Lukas Lienhard





Tanja Grandits, Michael Wissing

## Pure Aroma

My Merry World Cuisine

978-3-03800-324-3

42.00 EUR

Cover: Hardback with jacket

Extent: 208 pages

Format: 18.5 cm x 25 cm

More than 100 colour photos

Subject areas: cooking, chef books

Available: 17/02/2011

Rights sold: All rights available

### • Very simple recipes, can be easily prepared by anyone

Holder of GaultMillau's Chef of the Year Award 2006 with a remarkable 16 points, Tanja Grandits ranks among the rising stars of Swiss cuisine. Having been raised on Swabian rustic food, today, at the restaurant Thurtal in Eschikofen, ten kilometres east of Frauenfeld, she consciously cultivates a fresh, merry »world cuisine« featuring a variety of spices and aromas, combining - without any artificiality - subtle, professional application of these with local produce. Tanja Grandits has selected 15 of her favourite aromas for this cook book - herbs such as mint and basil, but also spices such as cinnamon and vanilla as well as ingredients such as ginger, limes, wasabi or honey. For each of these she recalls experiences made or memories associated with them, and then shares five recipes each. One of them is always a basic for storage and serves as point of reference for further recipes, for instance chilli syrup, lemongrass marinade or rose salt. All the recipes - be it starters or soups, Vegetarian food, fish and meat dishes or even desserts - are very simple and can be easily prepared by anyone.

**Tanja Grandits:** Chef at the legendary Restaurant Stucki in Basel. She is Switzerland's best chef, is »Chef of the Year 2020«, has 19 GaultMillau points and two Michelin stars. She is renowned for her virtuosity in combining flavours, spices, and textures. Grandits has published seven cookbooks to date (all with AT Verlag). Her volume »Tanja's Cookbook« is a bestseller.

**Michael Wissing:** Born 1956, trained as photographer and typographer. Since 1983 freelance still-life photographer with own studio in Waldkirch in the Black Forest. Works for the most renowned international magazines and in advertising for many agencies and companies. Photographed numerous books, especially cook books. Winner of several international awards and prizes.

*»The grand aroma therapy of Grandits - On the basis of her 15 favourite aromas (basil, lavender, mint, ginger, wasabi, honey) Tanja Grandits of Thurtal in Swiss Eschikofen creates the most wonderful things. Know-how, creative entertainment and excellent combinational imagination are present throughout. She goes her own way. We follow her.« – Stuttgarter Nachrichten*



Tanja Grandits, Michael Wissing

## **Crystal Clear**

Cooking and Serving in a Glass

978-3-03800-473-8

42.00 EUR

Cover: Hardback with jacket

Extent: 200 pages

Format: 18.5 cm x 25 cm

115 colour photos

Subject areas: cooking, recipes in a glass

Available: 20/10/2009

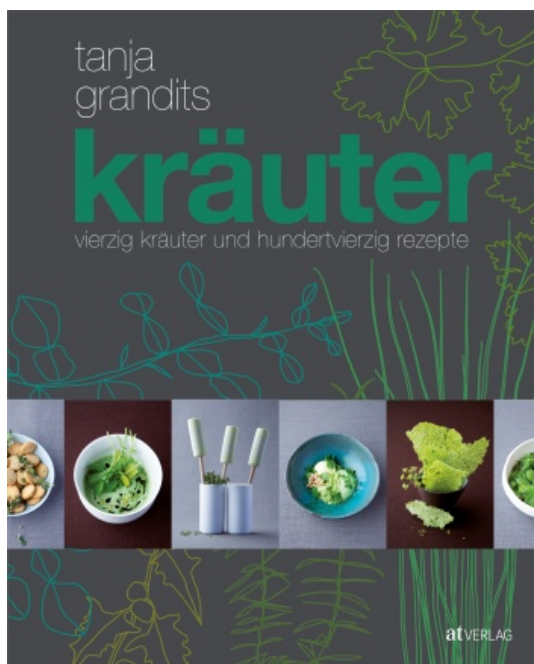
Rights sold: All rights available

- **80 artful and easy recipes in a glass**
- **Gentle cooking and dramatic serving in a glass**
- **The new trend in cuisine**

This book presents with the help of 80 recipes - ranging from amuse-bouches and apéritifs, soups and starters to main courses and desserts – the appealing preparation and presentation of dishes in a glass. Served in a glass, the different layers produce astounding effects and the dishes hence produce a particular taste sensation when the layers get mixed while eating. Recipes in a glass are easy to prepare, simple to arrange and look utterly artful. The book not only shows how to dramatically present dishes in a glass, but in more than half of the recipes the food is marinated, cooked, stewed or roasted directly in the glass. Glass is suited perfectly for slow cooking of meat and fish at low temperature in a vacuum (Sous-Vide method) which has many advantages: The food remains succulent, vitamins and mineral material are preserved and preparation is utmost simple. Baking and roasting in a glass is just as subtle and makes a pleasant change in your cuisine.

**Tanja Grandits:** Chef at the legendary Restaurant Stucki in Basel. She is Switzerland's best chef, is »Chef of the Year 2020«, has 19 GaultMillau points and two Michelin stars. She is renowned for her virtuosity in combining flavours, spices, and textures. Grandits has published seven cookbooks to date (all with AT Verlag). Her volume »Tanja's Cookbook« is a bestseller.

**Michael Wissing:** Born 1956, trained as photographer and typographer. Since 1983 freelance still-life photographer with own studio in Waldkirch in the Black Forest. Works for the most renowned international magazines and in advertising for many agencies and companies. Photographed numerous books, especially cook books. Winner of several international awards and prizes.



Tanja Grandits

## Herbs

40 Herbs and 140 Recipes

978-3-03800-805-7

44.00 EUR

Cover: Hardcover

Extent: 352 pages

Format: 21.5 cm x 27 cm

150 colour photos, banderole

Subject areas: herbs, cooking

Available: 15/02/2015

Rights sold: All rights available

### Awards for this book



- **Herbs, their characteristics, and various ways to use them in the kitchen**
- **140 simple recipes with elegant photos by Michael Wissing**

Following the success of her opulent work »Spices«, Tanja Grandits is now publishing her latest book on »Herbs«. In this book, the distinguished expert of aroma cuisine presents 140 new recipes that can be easily prepared by anyone. She proves that herbs can be much more than mere decoration. In her recipes they play the lead role – from roast potato rocket salad, to zander marinated in lemon verbena, to thyme sablés. On top of that, she presents lots of useful information about the characteristics and possible uses of 40 different herbs, some of them well-known, some of them yet to be discovered: from sweet basil to anise-like sweet fennel, from the pleasantly bitter watercress to sorrel and its citrus-like flavour.

**Tanja Grandits:** Chef at the legendary Restaurant Stucki in Basel. She is Switzerland's best chef, is »Chef of the Year 2020«, has 19 GaultMillau points and two Michelin stars. She is renowned for her virtuosity in combining flavours, spices, and textures. Grandits has published seven cookbooks to date (all with AT Verlag). Her volume »Tanja's Cookbook« is a bestseller.

Texts: Myriam Zumbühl

Photos: Michael Wissing



Tanja Grandits

## Tanja's Cookbook

On the Happiness of Simple Cooking

978-3-03800-067-9

42.00 EUR

Cover: Hardcover

Extent: 320 pages

Format: 19 cm x 25 cm

169 colour photos, 88 illustrations

Available: 29/10/2018

Rights sold: All rights available

### Awards for this book



- Recipes by Tanja Grandits for family and friends
- Recipes for any occasion: breakfast, on the road, barbecue, pantry
- 100 everyday recipes, plus numerous tips and surprising techniques

Tanja Grandits is the highest ranking female chef in Switzerland, her restaurant Stucki in Basel was awarded 2 Michelin stars and 18 GaultMillau points. Her avant-garde cuisine is one of a kind. But the native Swabian is not only a creator of extraordinary gourmet menus. She is also a mother and a great hostess in her colourful apartment above the restaurant. There she prepares granola bars for her daughter Emma as a take along snack or lavish meals for her employees. This other side of the star chef is highlighted in this book. It presents a cuisine that is compatible with family and everyday life, simple, but always offering characteristic flavours and surprising combinations. By which she proves that the biggest happiness comes from the meals we cook with joy.

**Tanja Grandits:** Chef at the legendary Restaurant Stucki in Basel. She is Switzerland's best chef, is »Chef of the Year 2020«, has 19 GaultMillau points and two Michelin stars. She is renowned for her virtuosity in combining flavours, spices, and textures. Grandits has published seven cookbooks to date (all with AT Verlag). Her volume »Tanja's Cookbook« is a bestseller.

With texts by David Schnapp.

Photos: Lukas Lienhard

*»No stardom, no self-importance, no culinary snobbery. Tanja Grandits is not only one of the best, but also one of the most likeable chefs in Switzerland.« – Annabelle*

*»This book is dear to my heart. It focuses not on the star chef, but on me as a mother and private hostess who loves to invite friends and family for dinner.« – Tanja Grandits*





Tanja Grandits

## Tanja Vegetarian

Favourite Green Recipes for Every Day, Simple & Delightful

978-3-03902-093-5

42.00 EUR

Cover: Hardcover

Extent: 336 pages

Format: 19 cm x 25 cm

183 colour photos, ribbon, word count: 30,756

Available: 09/11/2020

Rights sold: All rights available

### Awards for this book



- Find out what the star chef is cooking at home
- More than 100 vegetarian recipes from Switzerland's best chef
- Her latest hit after the best-selling »Tanja's Cookbook«

Tanja Grandits' Vegetarian Cuisine for Daily Use!

Vegetarian cooking chimes with the zeitgeist, while it is also part of Tanja Grandits' daily routine. At home, the star chef from Basel and her daughter almost exclusively eat dishes without meat or fish but with lots of vegetables, crops, and legumes. In this book she presents the basics of her vegetarian cuisine: hot and cold meals to start the day, snacks and sandwiches suitable to take along, soups, rice, and pasta dishes, cheese and milk products, baked dishes and desserts. Unexpected surprises such as home-made goat cheese using milk from the region render this book a genuine treasure. A kitchen with heart and soul, vegetables, and tasty delights for every day.

**Tanja Grandits:** Tanja Grandits is Switzerland's best chef. She is »Chef of the Year 2020«, has 19 GaultMillau points and two Guide Michelin stars. She is renowned for her virtuosity in combining flavours, spices, and textures. Grandits has published seven cookbooks to date (all with AT Verlag). Her volume »Tanja's Cookbook« is a bestseller.

Photos: Lukas Lienhard

*»Before I became a chef I was a vegetarian, and even today I mostly cook without meat or fish at home. This small constraint is an incentive for me to develop new recipe ideas.« – TANJA GRANDITS*





Tanja Grandits, Michael Wissing

## Spices

50 Spices, 150 Recipes

978-3-03800-740-1

44.00 EUR

Cover: Hardcover

Extent: 336 pages

Format: 21.5 cm x 27 cm

150 colour photos; banderole

Subject areas: cooking, spices

Available: 31/03/2013

Rights sold: All rights available

### Awards for this book



- **First time ever: Tanja Grandits awarded with 2 Michelin stars. No one uses the repertoire of spices with more virtuosity**
- **150 new and surprising recipe ideas that allow spices an ideal unfolding of flavours**
- **Featuring lots of useful information on spices and how to combine them**

»Spices are the gold of every kitchen!« Tanja Grandits, sole chef at restaurant Stucki in Basel, opens up her spice box in this new book, presenting 150 special recipes for any occasion, from pea apple gazpacho with cumin to pumpkin cardamom bread, lemon ginger chicken, salmon star anise tataki with sesame vegetables to star anise chocolate mousse – including also simple classics such as homemade saffron sesame salt or sweet chilli sauce with cinnamon blossoms. »Spices add passion to any meal,« that's the credo of star chef Grandits, spices open up a miraculous world: the scent of cinnamon makes the Christmas spirit come alive, elder harmonizes fantastically with currant, and cilantro with its pepper and lemon zest makes any onion stew taste like heaven on earth. 50 spices: sweet, hot, anise-like, earthy, bitter, nutty & mellow blossoms – each portrayed concisely and crisply. The book explains all there is to know on preparation, aroma, possible combinations and beneficial effects. Tanja Grandits shows how easy it is to use wonderful spices and great taste varieties in any household.

**Tanja Grandits:** Chef at the legendary Restaurant Stucki in Basel. She is Switzerland's best chef, is »Chef of the Year 2020«, has 19 GaultMillau points and two Michelin stars. She is renowned for her virtuosity in combining flavours, spices, and textures. Grandits has published seven cookbooks to date (all with AT Verlag). Her volume »Tanja's Cookbook« is a bestseller.

Texts: Myriam Zumbühl

Photos: Michael Wissing



Karin Greiner

## **Trees – in Alternative Medicine and in the Kitchen**

80 Recipes for Our Well-Being and Medicine Chest

978-3-03800-910-8

33.00 EUR

Cover: Hardcover

Extent: 264 pages

Format: 21 cm x 28 cm

242 colour photos

Available: 27/02/2017

Rights sold: FR

### **Awards for this book**



- **Native trees for medicine chest and kitchen**
- **80 healing recipes based on tree medicine, 180 cooking recipes from spicy to sweet**
- **Portraits of 28 tree types complete with high quality photos**

Trees have always been faithful companions of mankind. They serve not only as building material and fuel, but also as source of food and beneficial medicine. In the past it was quite common to use wild tree ingredients to prepare food and various types of medicines. And even today they can contribute in many ways to our health, our well-being, and also to our kitchen. Tree and alternative medicine specialist Karin Greiner unveils the treasures that domestic tree types have to offer, from apple to stone-pine. Recipes cover a wide range from traditional and simple to sophisticated and innovative, from acorn coffee and hawthorn bread, medlar liqueur, and rowan balsamic to clove cherry cakes and poplar frittelle. On top of that, the book offers a number of reliable ancient recipes for tree medicine, such as lime blossom tea, larch resin ointment, or whitethorn tincture, all of which make use of the healing powers found in trees.

**Karin Greiner:** Certified biologist, lecturer of herb pedagogy, folk medicine, and various nature topics. Longtime plant expert for Bayerischer Rundfunk (Bavarian Broadcasting) and author of numerous books on the topics of nature and gardening. Enthusiastic cook.

Photos: Martina Weise



Herbert Grönemeyer, Lorena Autuori

## **Fatto a mano**

Italian cuisine by Lorena Autuori – Handpicked recipes for Herbert Grönemeyer and Alex Silva

978-3-03902-210-6

32.00 EUR

Cover: Hardcover

Extent: 208 pages

Format: 21 cm x 28 cm

94 colour photos, word count: 18.579

Available: 31/03/2023

Rights sold: All rights available

### **Awards for this book**



- **The favourite Italian recipes of Herbert Grönemeyer**
- **Simple, authentic, yet sophisticated recipes by Lorena Autuori**
- **Accompanied by lyrics of the renowned singer**

What is bound to happen when Herbert Grönemeyer and his producer Alex Silva start working on new songs in a secluded house somewhere in lovely San Gemini, while Lorena Autuori cooks her favourite dishes from Umbria and Southern Italy for them? The birth of a special kind of book. One that makes people happy, just like music and good food, for it nurtures the soul, heart, and belly. With Lorena Autuori's dishes the successful musician gathers strength for long studio sessions, draws inspiration in the short breaks between recordings, and reflects on the day that passed - aperitivo in hand. The book not only presents the favourite recipes of Herbert Grönemeyer and Alex Silva from the fabulous cuisine of Lorena Autuori, but it also allows a unique insight into the creation of an album and shows the importance of good food for creative processes.

**Lorena Autuori:** Raised in Salerno, disciple of Gualtiero Marchesi, Italy's first Michelin star chef. Today she owns a restaurant in Umbria and offers cooking classes to a worldwide audience.

**Herbert Grönemeyer:** The musician and actor has released 19 records to date. With more than 18 million sold copies he is one of the most successful contemporary musicians in Germany. He starts his new tour in spring 2023, with concerts in Germany, Austria, and Switzerland.

**Alex Silva:** The music producer started his career in London in 1995 where he worked with many international stars such as Mick Jagger, Paul McCartney, and the Manic Street Preachers. Since the album »Bleibt alles anders« from 1998, Alex Silva has been cooperating closely with Herbert Grönemeyer and was awarded the Echo prize for »Best Producer« in 2003.

*»Cooking makes me feel as good as singing. Cooking is like meditation. It creates calmness. It is like taking some down time.«* Herbert Grönemeyer



Surdham Göb, Cirus Henn

## Healthy

A medical & culinary cookbook

978-3-03902-165-9

32.00 EUR

Cover: Hardcover

Extent: 248 pages

Format: 21.5 cm x 26.5 cm

86 colour photos, 2 b/w photos; word count: 43,768

Available: 07/02/2022

Rights sold: All rights available

### Awards for this book



- **Medicine and fine dining go hand in hand**
- **Plant recipes for the health of humans and the planet**
- **Based on the latest scientific research**

How to use the delicious power of food

The greatest health threats of our time are chronic diseases, future pandemics, and climate change. All three are significantly influenced by what we eat. With each meal we have the power to invest in our own health and that of the planet. Renowned vegan chef Surdham Göb together with nutritionist Cirus Henn smartly integrated medical research results into a cookbook with wholefood plant recipes. Their motto: modern, sustainable, and future oriented cooking, yet uncomplicated and extremely savoury. Ingredients are easy to get, colourful and diverse. The images of each dish make it very clear: the book is by no means about abstinence and dieting, but rather about relishing the delicious powers of food. Shape the future of our world with your cooking. With a preface by Prof. Dr. Claus Leitzmann.

**Surdham Göb:** Vegan chef and successful cookbook author, founder of Surdham's Kitchen, ran various restaurants in Munich. Supporting member and cook of the association »Medicine and Humanity e.V.« and lecturer at the Bavarian Medical Association, certified courses at the Physicians Association for Nutrition e.V. (PAN).

**Cirus Henn:** Nutritionist, co-founder of the Physicians Association for Nutrition e.V. (PAN), medical student. Focus on nutrition as a means of improving wellbeing and performance as well as for prevention and therapy for illnesses. Seminars and lectures on the topic of nutrition in medicine.

Photos: Oliver Brachat





Zineb Hattab

## Taste of Love

My recipes – simple and vegan

978-3-03902-163-5

46.00 EUR

Cover: Hardcover

Extent: 336 pages

Format: 19.5 cm x 26 cm

185 colour photos, 18 b/w photos, 32 illustrations,  
ribbon word count: 29.699

Available: 29/09/2022

Rights sold: All rights available

### Awards for this book



- Rich and tasty vegan dishes
- Spanish and Moroccan cooking inspirations
- Zineb Hattab's favourite recipes

Zineb »Zizi« Hattab touches people through her dishes. The recipes are inspired by her Spanish and Moroccan roots. »Patatas Bravas remind me of my childhood on the Costa Brava. Couscous tajines and pillow bread was always on the table when the whole family gathered for celebrations«, says Zineb Hattab. Her recipes are uncomplicated and suitable for every level. She uses no animal products whatsoever. The book is also a portrait of the young chef who gave up her career in software engineering and completed several stages with some of the world's most renowned chefs. Not only vegans are enthusiastic about her cooking these days: »When I walk up to the tables of my guests, they tell me they can virtually taste the love in my dishes.« »Taste of Love« honours her heritage and offers a collection of her most beloved recipes.

**Zineb Hattab:** Born and raised by Moroccan parents in Spain. Various stages as chef, among others with Andreas Caminada, and executive chef at »Cosme« in New York. Owner of »Kle« and »Dar« in Zurich.

Photos: Erna Drion





Rolf Hiltl, Reto Frei

## Vegan Love Story

978-3-03800-996-2

49.00 EUR

Cover: Hardcover

Extent: 232 pages

Format: 20.5 cm x 27.1 cm

103 colour photos

Subject areas: cooking, vegan cuisine

Available: 10/01/2018

Rights sold: FR, UK

- **The first co-authored cookbook of two renowned vegetarian gastronomer dynasties**
- **80 of the most favourite tibits and Hiltl recipes**
- **Easy for anyone to prepare at home**

Vegan cooking has become a worldwide trend in recent years. Vegan food is increasingly popular especially with today's young generation. The Hiltl, the oldest – though very modern – vegetarian restaurant in the world, and tibits, a young and dynamic family enterprise founded by the brothers Christian, Daniel, and Reto Frei together with Rolf Hiltl, are two names that stand for competence in innovative vegetarian and more recently vegan cuisine. The successful partners unveil all their expertise in this book and present us 80 of their most popular vegan recipes, some of them well-kept secrets over many years. A culinary love story for first rate vegan delights.

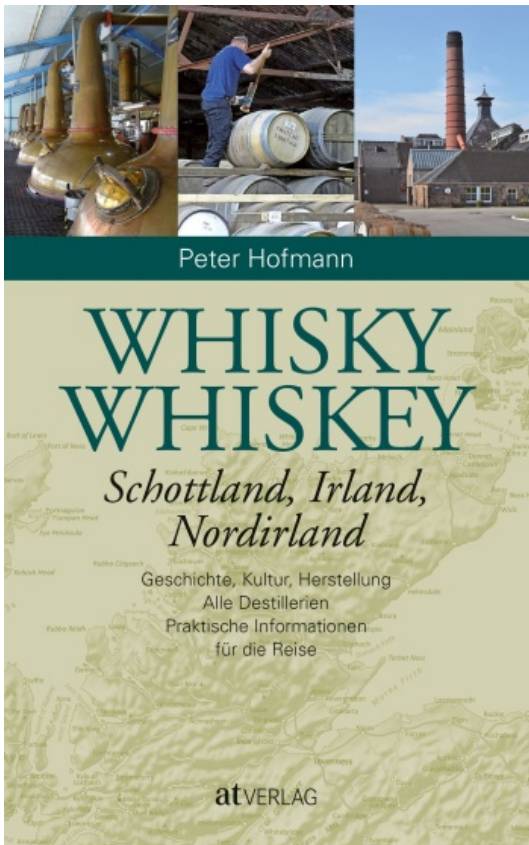
All recipes in this book are easy to prepare at home and hold the promise of an excellent feast – also for part-time vegans. The book contains lots of complementary knowledge on the most important ingredients of vegan cuisine and how to best prepare those. This book is a must-have for all those who love savoury vegan cuisine!

**Reto Frei, tibits:** Co-Founder of tibits together with his brothers Daniel and Christian Frei, as well as Rolf Hiltl. Vegetarian since the age of seven. He inherited his passion for cooking from his mother.

**Rolf Hiltl, Hiltl:** Head of both Hiltl AG and the oldest vegetarian restaurant in the world (est. 1898), representing the 4th generation of the family business. Also co-owner and board member of tibits AG. Together with his team he turned the »Haus Hiltl« into a hip place for healthy culinary adventures.

Texts: Christian Seiler

Photos: Juliette Chrétien



Peter Hofmann

## Whisky

Scotland, Ireland, Northern Ireland: History, Culture, Production, and Distilleries

978-3-03800-064-8

59.00 EUR

Cover: Hardcover

Extent: 688 pages

Format: 13.5 cm x 21 cm

More than 500 colour photos

Available: 24/09/2018

Rights sold: All rights available

### Awards for this book



- **Revised and enhanced edition of the ultimate whisky reference book**
- **All distilleries in Scotland and Ireland personally tried and tested**
- **History, culture, production**

In this comprehensive reference book and travel guide renowned expert and whisky connoisseur Peter Hofmann provides detailed and up to date presentations of all distilleries in Scotland, Ireland, and Northern Ireland. In addition, he offers all the information needed for trips to the various distilleries: notable sights, interesting events, recommended restaurants, pubs and whisky bars, accommodation options, and much more. With numerous photos and useful maps showing major routes of the whisky itinerary. And of course lots of interesting facts about distilling, history, production, and the various types of whisk(e)y.

**Peter Hofmann:** Intensive research on the topic of whisky for more than 25 years. Owner of the whisky shop »Angels' Share« in Oberentfelden near Aarau (Switzerland), selling whisky specialities from all over the world. Regular whisky tastings and whisky group travels to Scotland.

»The first complete and "genuine" travel guide to whisky on the British Isles.« – Whisky Time



Hans-Peter Hufenus

## **Prehistoric Humans, Fire, Cooking**

The Eating Culture of Early Humankind. Featuring Recipes for Archaic Cooking

978-3-03902-110-9

33.00 EUR

Cover: Hardcover

Extent: 256 pages

Format: 13.5 cm x 21 cm

45 colour photos, 10 illustrations, word count: 68,988

Available: 26/03/2021

Rights sold: All rights available

- **A brand-new perspective on the evolution of humanity**
- **A thrilling read with expressive images and recipes for archaic cooking**
- **Scientific discoveries about the cooking and eating culture of early humans**

The »cooking hypothesis« claims, among others, that mankind knew fire much earlier than commonly believed due to archaeological findings. What is more, it assumes that it was the art of cooking that made humanity. This scientific perspective is aligned with an ever-growing number of research results which prove that our ancestors were not club-wielding brutes, as classical historiography likes to depict them to this day. On the contrary, our ancestors were social and cooperative beings living in egalitarian societies who were healthier than us and had to work significantly less. Hans-Peter Hufenus takes his readers on a journey through the history of mankind. Mythological stories, personal accounts, recipes for archaic cooking, and illustrations by Zdenek Burian round off this remarkable book.

**Hans-Peter Hufenus:** Works as a lecturer, mentor, and teacher in theoretical and practical training courses on nature dialogue approaches such as systemic nature therapy and deep mythology. He co-founded the nature&healing Institute with Astrid Habiba Kreszmeier.



Sibylle Hunger

## Easy Fermentation of Vegetable and Fruit

Recipes and basic concepts for guaranteed success

978-3-03902-189-5

34.00 EUR

Cover: Hardcover

Extent: 248 pages

Format: 19.5 cm x 26.5 cm

132 colour photos, word count: 47.883

Available: 27/03/2023

Rights sold: All rights available

### Awards for this book



- **Fermenting made easy: various tips and tricks for beginners and experts**
- **Smart recipes for everyday cooking with regional ingredients**
- **Featuring a useful seasonal calendar**

Fermenting vegetables and fruit has a longstanding tradition and is one of the most ancient, natural, and gentle ways of preserving food. Sibylle Hunger, the number one Bavarian »fermentista«, presents a healthy and sustainable diet with fermented food items.

Her introduction to basic concepts of the craft and simple step-by-step instructions are followed by a variety of delicious fermentation recipes. In addition, the author shares uncomplicated recipes for daily use – salads, wraps, souffles, or desserts – in which the fermented food items are the main attraction. Delicious taste is just as essential as the seasonal and regional character of the chosen ingredients: next to well-known fruits and vegetables she rediscovers almost forgotten types such as Jerusalem artichoke, savoy cabbage, or kale. A book that teaches a historical craft and enables the reader to eat much more consciously throughout the year.

**Sibylle Hunger:** Passionate fermentista for 30 years, known from public television (Bayerischer Rundfunk). She leads fermentation courses, runs a cooking studio in Stephanskirchen, Germany, and distributes products of her own brand »Manufaktur Gmiashunger«.

Photos: Esther Meinel-Zottl





Malte Härtig, Jule Felice Frommelt

## The Joy of Simple Cooking

Kneading, grating, plucking, mixing – Cooking as a sensual handcraft

978-3-03902-049-2

33.00 EUR

Cover: Hardcover

Extent: 192 pages

Format: 18 cm x 25 cm

135 colour photos, half linen, ribbon, word count: 28,549

Available: 30/03/2020

Rights sold: All rights available

### Awards for this book



- Let your hands help your heart flow into your food
- Cooking with hands and heart. The joy of cooking as handcraft
- 50 simple recipes with vegetables and crops

Kneading dough with your own hands releases energy and makes you happy – and handmade pastry does taste better. Koreans have an expression for this: «son mat», i.e. hand taste. It is the way a meal is prepared, defining its quality: with the help of the kneading, shaping hands, the cook inserts the personal bliss of cooking into the food. Our hands are not just tools, but also a means of perception and sensation. And as such they need to be compensated for the monotonous typing at work and daily routine. 50 recipes dedicated to domestic vegetables and crops present traditional modes of preparation without high-tech kitchen aids and open up a whole new approach to our eating habits. But most of all they are fun, taste delicious, and unite cook and eaters around the table in love. For the way to a person's heart is through their stomach – and to achieve this, love needs to flow through our hands right into our meal, via tasteful ingredients.

**Malte Härtig:** Chef, philosopher, and Japan expert with a fondness for unusual thoughts and the beauty and variety that lies in cooking and thinking. Japanese food culture and Zen Buddhism were also subject of his doctoral thesis.

**Jule Felice Frommelt:** A passionate gardener and freelance food photographer in Berlin. She loves uncomplicated dishes, photographed just as simply.





Malte Härtig, Jule Felice Frommelt

## Of Zen and Celery

Our Japanese Cuisine – A Philosophical Cookbook

978-3-03800-052-5

32.00 EUR

Cover: Hardcover

Extent: 208 pages

Format: 19 cm x 26 cm

90 colour photos, word count: 34,960

Available: 25/03/2019

Rights sold: All rights available

### Awards for this book



- **Japanese cuisine, inspired by Zen. Simple and light vegetarian East-West cuisine**
- **A journey through Japanese food culture**
- **Domestic vegetables and crops combined with Japanese ingredients and cooking techniques**

This cookbook is about the beauty of vegetables and the appreciation of food items that nourish us day by day. The Japanese way of cooking is based on the belief that everything is valuable, and that all things are unique. This thinking is reflected in the character of their dishes. This cookbook combines local vegetables and fruits, rice, and other crops with Japanese ingredients such as miso, soy sauce, sake, the sweet rice wine mirin, or the soup stock dashi. And it shows how to prepare these using Japanese cooking techniques such as tempura, fermentation, or Japanese-style barbecue. The vegetable and grain dishes created with this method build a bridge between East and West. They are simple and light, nurture body and soul, and open up new horizons for cooking and our relationship to food. Accompanied by short paragraphs that shed light on cultural backgrounds and tell entertaining stories from the land of the Rising Sun. A journey exploring the food culture of both Japan and our own home turf.

**Malte Härtig:** Chef, philosopher, and Japan expert with a fondness for unusual thoughts and the beauty and variety that lies in cooking and thinking. Japanese food culture and Zen Buddhism were also subject of his doctoral thesis.

**Jule Felice Frommelt:** A passionate gardener and freelance food photographer in Berlin. She loves uncomplicated dishes, photographed just as simply.



Peter Jauch

## GIN - The Book

978-3-03902-152-9

65.00 EUR

Cover: Hardcover

Extent: 432 pages

Format: 25 cm x 28 cm

Approx. 500 color photos, word count: 129,798

Available: 29/11/2021

Rights sold: All rights available

### Awards for this book



- **A comprehensive book on the hippest of drinks**
- **History, production, brands, and people**
- **Portraits of more than 300 types of gin and 50 types of tonic**

### The Ultimate Book on Gin

Since it experienced a grand revival at the dawn of the millennium, the fan club of the clear juniper spirit has been growing continuously, and every year innumerable new brands appear on the market. In this book we present you the faces behind the brand names, the various people who are on the road promoting gin day by day. The author met with distillers, bartenders, cleaners, and chefs in order to assemble all there is to know about gin in one single book. From production and history to bottle design and the most extravagant types of gin – this book has it all. Discover more than 300 brands of gin, 50 types of tonic, and find the perfect gin for your taste!

Peter Jauch: Marketing manager for different print magazines. Passionate explorer of gin, co-initiator of the project »about GIN«, and co-founder of the first gin experience festival.

Photos: Anja Prestel



Lazaros Kapageoroglou

## Sun and Sea on Your Plate

Modern Greek cuisine

978-3-03902-148-2

37.00 EUR

Cover: Hardcover

Extent: 320 pages

Format: 19.5 cm x 25.5 cm

201 colour photos, word count: 31.505

Available: 29/05/2023

Rights sold: All rights available

### Awards for this book



- Fresh, modern Greek cuisine
- Brand-new surprising recipes
- With charming photos and short paragraphs about food culture

Lazaros knows how to make dishes taste like the sun and seaside. The cuisine of his native country, known mostly for moussaka or souvlaki, has much more to offer than the two classics. And even these are transformed into exciting novelties if prepared by the author. On a culinary journey through Greece he leads the way to many new discoveries: have you heard for instance of Karpouzopita Milou, Milo's watermelon cake?

Lazaros presents recipes from various regions all over Greece: spreads, salads, feta and yogurt dishes to share, classics, hotpots and soups complemented by sweet pastries, honey-based treats and fruit desserts. Always with a fresh, modern twist and easy to cook at home.

**Lazaros Kapageoroglou:** Chef and patissier who spoiled his guests on Mykonos, Santorini and Crete, later also in France. Since 2012 the Greek gastronome and entrepreneur lives in Zurich where he offers catering as well as cooking classes and events.

*»Talking to Laz you can literally feel the sun rising. Even if it is raining like crazy, the energy Laz radiates lightens up everything and everyone around him. His recipes, ingredients, and hugs bring a taste of Greece straight into our home.«* – Cathrin Michael, writer and editor for his two cookbooks



Karin Kaufmann, Karin Guldenschuh

## Ms Kaufmann Cooks No-nonsense Recipes

978-3-03902-194-9

36.00 EUR

Cover: Hardcover

Extent: 256 pages

Format: 21 cm x 26.5 cm

146 colour photos, ribbon, word count: 19,971

Available: 25/09/2023

Rights sold: All rights available

- Down-to-earth, easy-to-prepare, no-nonsense recipes
- Seasonal, regional, and waste reducing
- Featuring a detailed spice table

### *Lots of fun doing it!*

Karin Kaufmann, chef and food craftswoman from the Bregenz Forest, opens up her private recipe collection. Her creations impress with their cosmopolitan down-to-earth quality and make it really easy to cook with ingredients fresh from the market or garden following the cycle of the seasons. The luxury of a good meal on an ordinary day, gifts from the kitchen, the re-experiencing of a past vacation via culinary memories or a dish prepared on an old school wood fire, as well as the heartwarming power of eating rituals are all different expressions of joie de vivre and appreciation.

Straightforward recipes, easily available ingredients, uncomplicated and waste-free preparation, as well as an expert use of spices are the trademarks of the author, always adding that one subtle but sophisticated detail, Ms Kaufmann turns well-known, classical recipes into her very own unique creations.

**Karin Kaufmann:** raised on a farm and tavern in the Bregenz Forest, runs a cooking school and the spice workshop »Frau Kaufmann« in Egg in the Bregenz Forest.

**Karin Guldenschuh:** a former journalist at ORF Vorarlberg, currently works as a business consultant and author.

Photos: Veronika Studer





Esther Kern, Pascal Haag, Sylvan Müller

## Leaf To Root

Eat all Parts of a Vegetable

978-3-03800-904-7

58.00 EUR

Cover: Hardcover

Extent: 320 pages

Format: 20 cm x 27.5 cm

126 colour photos, 23 illustrations

Available: 10/10/2016

Rights sold: All rights available

### Awards for this book



- Eat all parts of a vegetable
- 70 vegetarian recipes, reports, and portraits
- The ultimate reference book on edible parts of 50 different vegetables

Why don't we eat carrot tops? Why is the rind of water melons a classical ingredient in the US, while we discard it in Europe? Why are tomato leaves said to be poisonous, yet many chefs use them as ingredient? And: how can we prepare soups, salads, and pesto made of radish leaves? »Leaf to Root« is the new »Nose to Tail« for vegetables. Just as with meat, where tenderloin is not necessarily always the tastiest treat, there is a culinary universe beyond the traditional use of vegetables. This book serves as inspiration for everyday cooks, vegetable gardeners, and professional chefs.

**Esther Kern:** Journalist and food critic, writes for newspapers and magazines such as Annabelle, Beobachter, Tagesanzeiger, Sonntagszeitung, Münchner Abendzeitung, GQ, and others. In 2002 she launched the online platform [waskochen.ch](http://waskochen.ch).

**Pascal Haag:** One of the most prominent ambassadors of vegetarian cuisine in Switzerland. Freelance chef engaged in various projects.

**Sylvan Müller:** Born 1973, Sylvan Müller has worked as photographer for more than 20 years. His long-term projects such as »Japan – Cooking & Travel Photobook«, »Mom Cooks«, or »The Culinary Legacy of the Alps« are highly acclaimed. A calm and highly minimalist style are the trademark of his captivating photos.

*»The thoroughness with which the three authors present the concept of 'everything is edible' is unrivalled to date. This makes 'Leaf to Root' a mandatory addition to the bookshelf of creative cooks aspiring to a higher level – even top chefs interested in vegetables will find precious ideas and taboo-breaking suggestions for how to use supposedly 'poisonous' but actually delicious vegetable parts.«* – Peter Wagner, [www.kochtext.de](http://www.kochtext.de), Spiegel Online



*»The book will initiate a rethinking process and maybe one or the other restaurant will pick up the ideas. A book that promotes sustainable use of the natural treats surrounding us.« – fachbuchkritik.de*

*»Leaf to Root is probably the most beautiful and important cookbook published this fall. It is an optical delight offering an abundance of information. It is a source of inspiration for any vegetarian cook open to experimenting and a useful compendium for every gardener. This book should be on every bookshelf.« – NZZ BELLEVUE*

*«Shortlist World Cookbook Award 2017 in its category: VEGETARIANThere is so much to learn from this book, once finished, the reader will never see vegetables in the same way. In fact, this book is one where you do not finish, but keep coming back.» – Edouard Cointreau, President of the Jury - Gourmand World Cookbook Awards*



Ben Kindler

## **Bangkok Original Street Food**

Authentic recipes from Thailand

978-3-03902-052-2

29.90 EUR

Cover: Hardcover

Extent: 240 pages

Format: 21 cm x 27.5 cm

134 colour and 23 b/w photos

Available: 23/09/2019

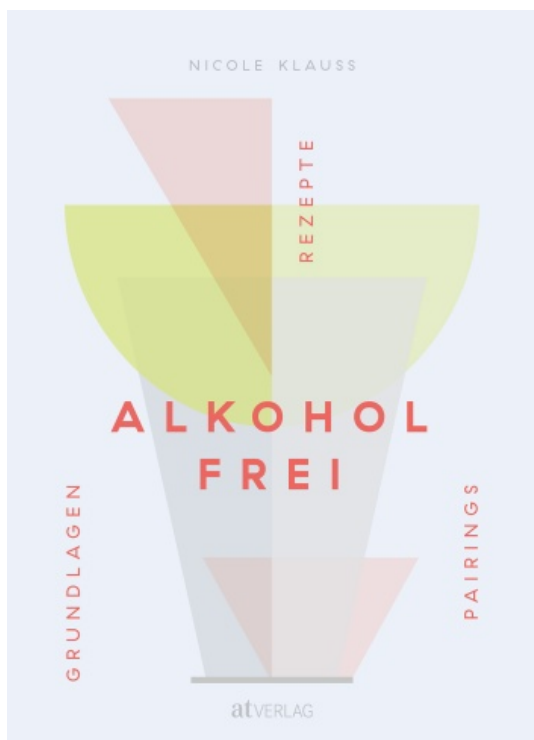
Rights sold: All rights available

- **Authentic recipes from Bangkok for home use**
- **A German Thai chef presents easy to cook original recipes**
- **Snacks, soups, wok dishes, and desserts from the streets of Bangkok**

For 20 years, Freiburg-born chef Ben Kindler has been traveling regularly to Bangkok, drawing inspiration from the street food cooked and consumed in the mega metropolis. The very best street food recipes are now presented in this extraordinary book. Quick snacks on the go and famous Asian soups, sophisticated wok dishes, and classical Thai curries are depicted and explained clearly and comprehensibly so anyone can cook them at home. With powerful photographs, this book is not only a culinary treasure for fans of Asian cuisine but also a beautiful picture and story book that is a pleasure to leaf through while rejoicing in the scent and vibe of South East Asia.

**Ben Kindler:** After 12 years in star cuisine, amongst others in André Jaeger's restaurant Fischerzunft, he has been chef and owner of a cooking school in Freiburg since 2010. Additional training as Thai chef.

**Joss Andres:** Experienced photo designer, food photographer, and filmmaker. Lives and works in Freiburg im Breisgau.



Nicole Klauß

## **Alcohol-free**

Basics, recipes, pairings

978-3-03902-168-0

36.00 EUR

Cover: Hardcover

Extent: 336 pages

Format: 18 cm x 25 cm

73 colour photos, illustrations, word count: 74,224

Available: 27/11/2023

Rights sold: All rights available

- **The first comprehensive book on the subject**
- **Covering tea, juice, as well as fermented drinks and shrubs**
- **Tips for food and drink pairing**

### ***Enjoyment without alcohol!***

We all know: tea and cake match perfectly. But what effects does tannin have, and how does it get into non-alcoholic beverages? What do volume and viscosity mean? Why is salt almost always an ingredient, and how can fermented beverages add new, special tastes to your drink? More and more people choose not to drink alcohol for various reasons. In bars or restaurants they are usually referred to the soft drinks menu. Nicole Klauß proves that they are much better ways to cater for these needs. Her latest book is addressed to wine connoisseurs, sommeliers, caterers, and wine merchants, but first and foremost to foodies who like to explore and who expect more from a drink than just to quench their thirst. The author takes us to the wondrous world of non-alcoholic beverages and explains their preparation, taste, and what meals to match them with.

**Nicole Klauß:** Publicist, food consultant, cookbook reviewer, and drink scout. She gives lectures and conducts tastings as well as workshops.



Laura Koch

## **Eat, Relish, Stay Healthy**

Food as Medicine – 70 Brilliantly Simple Recipes

978-3-03800-998-6

29.00 EUR

Cover: Hardcover

Extent: 208 pages

Format: 19.5 cm x 26.5 cm

93 colour photos, word count: 28,062

Available: 10/12/2018

Rights sold: All rights available

### **Awards for this book**



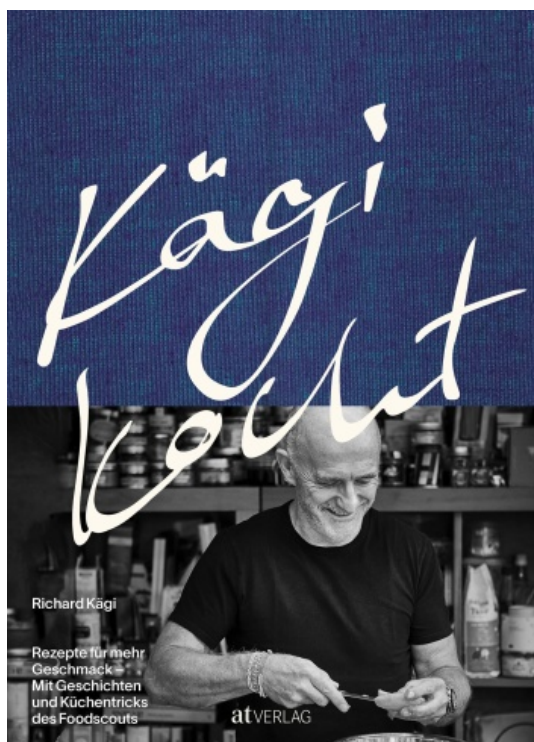
- **Food that prevents risks, heals, and keeps healthy**
- **The latest findings of nutritional medicine. 70 recipes: colon-friendly and anti-inflammatory**
- **New discoveries about the eating rhythm**

In our world full of myths about nutrition, special diets, and ever new types of highly praised superfoods, it is really easy to lose track. Yet it can be so simple to eat healthily. If you want to take charge of your own health, just get hold of a pot and spoon. This book presents the latest findings from nutritional medicine, wrapped in more than 70 savoury, easy to prepare recipes. Be it a heart-healthy smoothie or a bright green liver-friendly omelette for Sunday brunch, a Mediterranean vegetable fry, power energy balls, or anything else the colon might crave for. Because our health starts in the colon. And the precious bacteria in the colon are best kept alive and kicking with the help of unprocessed plant-based foods, combined with herbs, spices, and high-quality vegetable oils. This formula is not only colon-friendly, it also prevents inflammations, which makes it a tasty investment in our own health.

**Laura Koch:** Nutritionist at the NHK Institute for Integrative Naturopathy in Zurich, specializing in individualized nutrition therapy (genotyping), lecturer at the NHK campus as well as cooking instructor.

Photos: Veronika Studer





Richard Kägi

## Kägi Cooks

Recipes for More Flavour. Stories and Kitchen Tricks of a Food Scout

978-3-03902-037-9

52.00 EUR

Cover: Hardcover

Extent: 336 pages

Format: 21 cm x 29.5 cm

177 colour photos, banderole, ribbon, word count: 47,948

Available: 17/10/2020

Rights sold: All rights available

### Awards for this book



- How to cook with confidence, simple yet special
- Professional kitchen tricks, the basics for hosting guests, and more than 200 recipes
- Shopping, basic supplies, and product know-how

This kitchen manual will turn anyone into a confident cook and host – from shopping to entertaining guests. Richard Kägi presents sensational new interpretations of popular classics: Caesar Salad, the perfect steak, sugo pomodoro, and rösti – but also surprising combinations such as burrata with orange salad, homemade vanilla essence, smoked tomatoes, and extravagant desserts.

Kägi is not only familiar with a number of tricks from the repertoire of star chefs, but also knows their particular spices, sauces, and marinades that make all the difference. Most important ingredients? Most important kitchen utensils? Help with choosing the matching wine? Rules for successful invitations and the art of being a good host? Kägi knows it all. And in between he tells us interesting stories about his adventures as a food scout – about the never-ending search for the best salumi, a vanilla drama in Madagascar, and sushi bliss in Tokyo.

**Richard Kägi:** Food scout searching the globe for culinary peculiarities. Being a gifted cook himself, he develops recipes for Globus Delicatessa, the largest retailer for high class products in Switzerland. Kägi writes op-eds for the NZZ on Sunday, organises tavolatas, and offers insights into his exciting life as a food scout via his blog.

*»Richard Kägi is a globetrotter of good taste. A tireless explorer of the world of flavours! I have great respect for his work, and I am happy that he chose to share his knowledge with us.« – TANJA GRANDITS*



Iris Lange-Fricke, Stefanie Nickel

## Hearty Vegetarian Cuisine

Hefty, Tangy, Tasty – Recipes For Real Men And Tough Women

978-3-03800-908-5

28.00 EUR

Cover: Hardcover

Extent: 192 pages

Format: 19.5 cm x 25 cm

90 colour photos

Available: 20/07/2016

Rights sold: All rights available

- Vegetarian cuisine for real men and tough women
- Tasty and rich meals
- For those who love a hearty cuisine

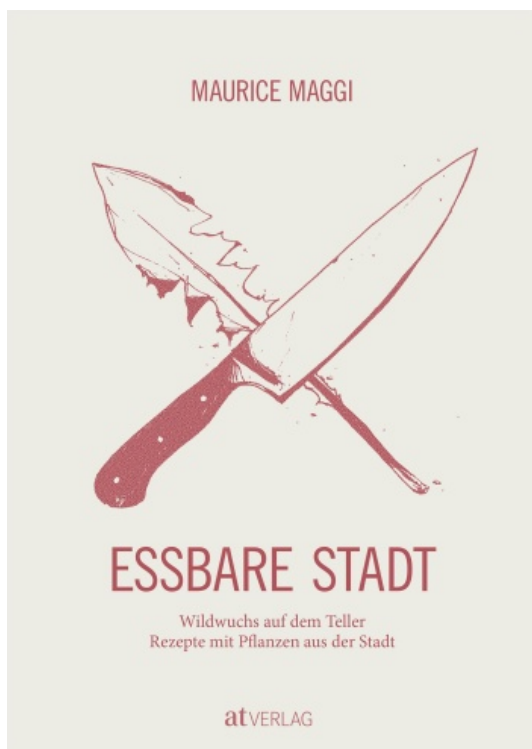
For a long time vegetarians were predominantly women, while men were meat lovers. By now vegetarian food has won over men too. Yet men (and of course also many women) often prefer other tastes and yearn for a heartier, more tangy flavour.

This collection of recipes presents 88 hearty vegetarian and vegan dishes that are both tasty and filling. Next to sandwiches, pasta, barbecue recipes, and spicy salads, you will also find popular classics. Black bean burgers, potato pimento stir fry, spinach quesadillas, or cheesy macaroni casserole will make any lover of hearty food more than happy. Enjoy the unpromising vegetarian experience!

**Iris Lange-Fricke:** Trained chef and nutritionist. Works freelance as nutritionist, food journalist, and food stylist, develops recipes for cookbooks, magazines, and publishing houses.

**Stefanie Nickel:** Nutritionist, for many years food editor of women's magazine »Vital« and chief editor of »kochen & genießen«. Currently freelance author, recipe developer, and food stylist.

Photos: Misha Vetter



Maurice Maggi, Juliette Chrétien

## Edible City

Wild Weeds on the Plate Recipes with Plants from the City

978-3-03902-005-8

32.00 EUR

Cover: Hardcover

Extent: 320 pages

Format: 16.8 cm x 23.6 cm

170 colour photos and illustrations

Available: 21/01/2019

Rights sold: FR

- The first book by the pioneer of guerilla gardenin
- Simple and inventive recipes with wild plants from the city
- Vegetarian cuisine for city hikers

Guerilla gardener and cook Maurice Maggi takes us on a culinary adventure to discover the edible treasures of the city. Cities offer a number of wild plants that are excellent for cooking. This book seduces us to collect these wild delights and indulge in some untamed and sensual cooking. Instead of collecting, the wild plants can just as well be replaced with purchased ingredients.

72 vegetarian recipes open up a forgotten world and show us how much taste, spice, and variety lies literally on our doorstep. They teach us to look at city nature with totally different eyes, and they invite us to experiment and playfully use the often unexpected treasures of nature.

The author places strong emphasis on handling these food sources carefully, to value and make the most out of them. A truly creative cooking experience where taste and flavour of seemingly unimpressive ingredients unfold and develop to perfection.

A book that allows us to see the city through a different lens and that takes fashionable wild plant cuisine and »urban gardening« to an even higher level of creativity.

**Maurice Maggi:** born and raised in Zurich, author, cook and one of the »pioneers of guerrilla gardening«. He is a trained landscape gardener and has been an active cook for over 20 years. Since 2006 he has been working for »Karls Kühne Gassenschau«. He is a fan of seasonal, regional, and vegetarian cuisine. He moves exclusively in urban areas, looking for anything green he can find. As »guerilla gardener« he has been actively involved in shaping the cityscape of Zurich with wild plants since 1984.



Nadja Mathis, Ina Steden

## Healthy Food for My Baby

Baby Food – The Colourful World of Children's First Solid Food

978-3-03902-117-8

22.00 EUR

Cover: Hardcover

Extent: 168 pages

Format: 16 cm x 22 cm

Illustrations, word count: 22.343

Available: 28/04/2021

Rights sold: All rights available

### Awards for this book



- Simple and quick baby meal recipes
- Practical information on healthy baby food
- The ideal gift for parents to be

Food should not only be saturating, it should also make you happy. This is particularly true for the little ones. And the most important elements for a tasty meal are wisely chosen, fresh ingredients. In this wonderfully illustrated book of ideas the author presents simple and quick recipes that are easy and not at all time-consuming to prepare even for the busiest parents. She focuses especially on questions such as: what type of food is appropriate for which age group, what particularities to watch out for with certain products, when is the right season for one or the other ingredient. Structured along age categories, Nadja Mathis explains several basic dishes that you may freely complement, and that can easily be prepared in larger portions for the freezer. Starting with the very first vegetable mash in the fifth and sixth month, moving on to vegetable, rice, and fish mash between month 6 and 9, all the way to smoothies and first finger food for babies aged 9 to 12 months, the book contains everything you need for the health and well-being of infants.

**Nadja Mathis:** Author, mother, food blogger, and elementary school teacher.

**Ina Steden:** Illustrator and environmental activist.



Martina Meier, Gerry Amstutz, Maurice Maggi,  
Marionna Schlatter

## Mushrooms from the Forest and from the City

Recipes and portraits

978-3-03902-223-6

39.00 EUR

Cover: Hardcover

Extent: 192 pages

Format: 19.5 cm x 26 cm

91 colour photos, 4 illustrations, ribbon, word count:  
15,693

Available: 28/08/2023

Rights sold: All rights available

### Awards for this book



- A hymn to wild and cultivated mushrooms
- Vegetarian recipes by creativity cook Maurice Maggi
- Artistic mushroom portraits and expert knowledge

### *The fascinating world of fungi!*

Mushrooms are mysterious. Martina Meier and Gerry Amstutz set out to explore the beauty and aromatic possibilities of these wondrous organisms. Creativity cook Maurice Maggi has assembled a composition of Vegetarian and Vegan recipes sorted by seasons that can be prepared with wild as well as cultivated mushrooms. How about an oyster mushroom and peach skewer, or a forest risotto with blueberries?

Accompanied by the profound knowledge of mushroom expert Marionna Schlatter and biological background information by Franziska Witschi, this book is a multi-faceted homage to the mushroom.

**Martina Meier:** Freelance photographer focusing on the areas of food culture, still life, interiors, and portraits.

**Gerry Amstutz:** Freelance photographer in Zurich. Nature is one of his sources of inspiration.

**Maurice Maggi:** Cook and author, graduate landscape gardener, and world plant expert.

**Marionna Schlatter:** Sociologist, National Councillor of the Green Party, certified mushroom inspector since the age of 15, instructor at the Swiss Association of Certified Mushroom Inspection Authorities (VAPKO).





Martina Meier, Alexander Kühn

## Schoggi

Swiss chocolate in stories and recipes

978-3-03902-138-3

38.00 EUR

Cover: Hardcover

Extent: 144 pages

Format: 19.5 cm x 26 cm

75 colour photos, ribbon; word count: 17,893

Available: 29/11/2021

Rights sold: All rights available

### Awards for this book



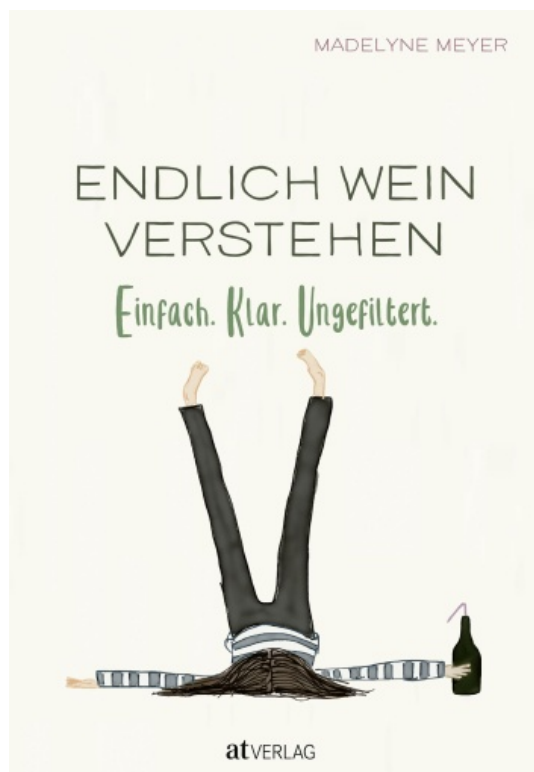
- **All about chocolate: manufacturing, history, culture**
- **More than 40 inspirations and sophisticated recipes**
- **Aroma science: what to combine chocolate with and why**

Quick snack or elegant closure of a gourmet dinner: chocolate makes your life sweet, or bitter, or nutty. The creamy melting style of the big chocolate producers has a growing number of competitors. This book portrays innovative Swiss chocolatiers and chocolate makers who are constantly looking for new procedures in their workshops in order to unveil the true potential of the cocoa bean. There is just as much diversity in the gastronomical use of chocolate as there is in its production: creative star chefs present their favourite recipes – from vegan pumpkin »Schoggi« dessert to Norway lobster with cocoa fruit juice and curry. Too complicated? With 21 recipes for cakes and creams, hot and cold dishes, your kitchen becomes a genuine chocolate workshop. A richly illustrated history of chocolate in Switzerland, a sensory journey exploring cocoa aromas, and a detailed glossary round off this delicious book.

**Martina Meier:** Still life, interior, and above all food photographer for magazines, cookbooks, and restaurants.

**Alexander Kühn:** Author, restaurant critic, and food journalist. Member of the testing team for »Falstaff« food magazine. Text writer for the books by Andreas Caminada.

Photos: Martina Meier



Madelyne Meyer

## Understanding Wine, Finally

Simple. Clear. Unfiltered.

978-3-03902-023-2

25.00 EUR

Cover: Hardcover

Extent: 152 pages

Format: 16.5 cm x 24 cm

Colour illustrations, word count: 15,478

Available: 31/08/2019

Rights sold: USA

### Awards for this book



- **A perky wine school for the curious. Profound wine expertise, seasoned with humour and a wink**
- **Important facts about types, wine regions, and quality, explained in a simple and straightforward way**
- **All you need to know about wine to join an expert conversation**

The world of wine has an air of exclusiveness to it. Vintages, classifications, denominations of origin, vineyard locations, appellations, and sometimes absurd taste descriptions are too much for many wine newbies. Such exaggerated seriousness can easily impair the fun and joy of tasting – says the young and unconventional wine blogger Madelyne Meyer, aka Edwin. She has made it her mission to share knowledge about wine in a totally relaxed way, with a good sense of humour and no constraints. Her funny illustrations help beginners find out more about wine in a cheeky and funny but also simple and honest way. She talks about various wine glasses, the importance of the terroir, about types of vine and flavours, about producing regions, and also about the characteristics of a good wine, covering the most important topics in a detailed and easy to understand way. With this book, anyone can instantly become a wine connoisseur and stand their ground in the wine community.

**Madelyne Meyer:** Following her bachelor's thesis on international wine trends she worked at vineyards in California and studied Wine Marketing & Management in Bordeaux. Today she runs basic wine courses, writes for her blog »edvin uncorked« and for magazines, and is responsible for marketing and communication in her family's wine business.



Madelyne Meyer

## Find Your Wine

Simple. Quick. Competent.

978-3-03902-178-9

25.00 EUR

Cover: Hardcover

Extent: 152 pages

Format: 16.5 cm x 24 cm

Colour illustrations, ribbon

Available: 26/09/2022

Rights sold: All rights available

### Awards for this book



- A light-footed and humorous way to acquire wine expertise
- Discover your new favourite wines
- Tips, tricks, and wine hacks for everyday use

A discovery tour through the world of wines!

After Madelyne Meyer's bestselling book »Understanding wine, finally« laid the foundation for a sound wine knowledge, her second book is all about confidently selecting wines – be it from a well-stocked store shelf, or from a detailed wine list. This practical true-to-life guide helps us learn more about our own wine taste, understand labels, and place a correct wine order. It shares plenty of useful hints and tricks for our next visit to the wine store and offers a number of wine hacks for everyday use. The professionalism and expertise of Madelyne Meyer's texts and illustrations are paired with sparkling wit and unique humour. Her second book remains true to her mission: to share wine expertise in a simple, clear, and unfiltered way. Once you read this book, you will be able to choose wines quickly and confidently, allowing you to focus on what really matters: enjoying wine.

**Madelyne Meyer:** Studied Wine Marketing & Management in Bordeaux and worked at vineyards in California. Today she runs wine courses, writes articles and blog posts, and works in wine trade. Her first book »Understanding wine, finally« has sold over 36,000 copies.



Sasa Noël, Heike Grein

## Bread Craft

Bread recipes and bakery stories from Switzerland

978-3-03902-074-4

42.00 EUR

Cover: Hardcover

Extent: 224 pages

Format: 20 cm x 26.5 cm

209 colour photos, 29 b/w photos, ribbon; word count: 26,199

Available: 27/09/2021

Rights sold: All rights available

### Awards for this book



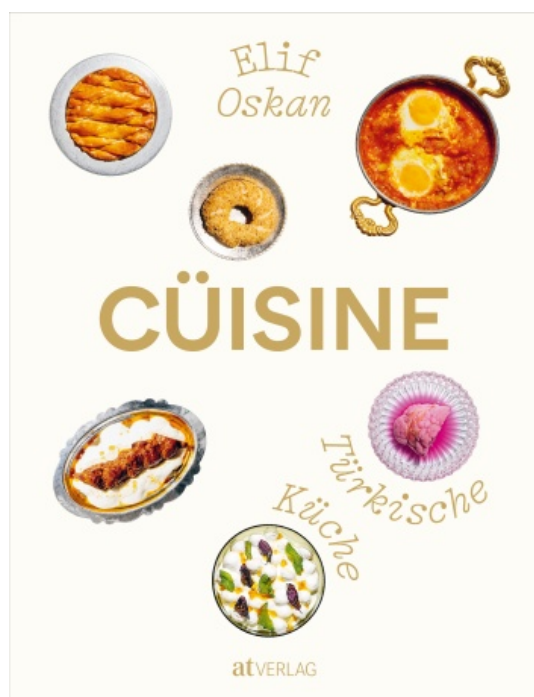
- **Switzerland's top bakers share their very best bread recipes**
- **Powerful personalities, powerful images**
- **Featuring easy to follow baking lessons**

A slice of fresh bread, and you forget all your cares. The ingredients are simple, yet it takes great skill to transform them into crisp and tasty bread. »Bread Craft« bows to one of the most ancient professions: it portrays 16 bakers who have found their way into the bakery from very different directions, and who proactively foster tradition and enhance their craft. They were so generous as to reveal the recipes of their trademark breads to the authors of this book. Fruitcake, spelt rolls, saffron bread – very soon the scent of such specialities will fill your home. In order to guarantee success, the book includes baking lessons sharing basic information about crops, equipment, and process steps. It guides us on the fascinating path from soaking, starter, or sourdough all the way to the accomplished loaf, making it very clear that it takes more than just flour, water, and salt: the most important ingredients are dedication and time.

With a preface by Christian Seiler.

**Sasa Noël:** Graphic designer, photographer, and stylist.

**Heike Grein:** Graphic designer and photographer.



Elif Oskan

## **Cuisine**

Turkish kitchen

978-3-03902-182-6

42.00 EUR

Cover: Hardcover

Extent: 240 pages

Format: 20 cm x 26.5 cm

118 colour photos, 7 b/w photos, ribbon, word count: 18.514

Available: 27/02/2023

Rights sold: All rights available

### **Awards for this book**



- **Recipes for home use from top-rated restaurant Gül**
- **Expert insights about culinary traditions and Turkish culture**
- **Complete with beautifully captured images**

Cuisine – Food culture and joie de vivre from Turkey!

Restaurant Gül in Zurich has rapidly become one of the favourite addresses for connoisseurs. Shortly after opening, Elif Oskan's cuisine obtained 14 Gault-Millau points. The passionate chef with roots in the South-Eastern part of Turkey specializes in the world-famous Gaziantep cuisine. And now this delightful cookbook affords a glimpse into Elif Oskan's »cuisine«. How to make a proper dough for pide? Or proper köfte, börek, and dolmas? How to prepare baklava? And not in the least, how to brew real Turkish coffee? Next to tips and tricks that will enable you to prepare the most popular recipes of restaurant Gül, this richly illustrated book portrays Turkish traditions and Mediterranean food culture. Snapshots from research trips and personal stories by Elif Oskan take us to a world where friendship, family, and gastronomy unite – delicious and full of love.

**Elif Oskan:** Chef and food entrepreneur, Zurich citizen with Turkish roots. After various positions all over Switzerland and a stage with Heston Blumenthal in London, she now runs restaurant Gül in Zurich.

Photos: Pascal Grob, Nonda Couticos





Manuela Rüther, Christopher Aziz Krebs

## Malaysia

Family recipes from Asia's most exciting cuisine

978-3-03902-225-0

36.00 EUR

Cover: Hardcover

Extent: 224 pages

Format: 20 cm x 27.5 cm

Colour photos

Available: 29/04/2024

Rights sold: All rights available

- **Asia's most diverse cuisine**
- **The first comprehensive Malaysian cookbook in German**
- **Including useful product details and supply sources**

### Tasty Malaysia!

Malaysian cuisine is one of the last unexplored culinary territories of Asia, at least in German-speaking countries. But why is it so special? Thanks to its location, the country has been drawing from various different influences – which in food terms translates to aromas from all over Asia as well as influences from the colonial times, which create brand-new taste combinations.

We join the photographer and the author in their travels through breathtaking landscapes, and visit kitchens, chefs, and producers in all parts of the country. The recipes range from traditional dishes to individual interpretations by Christopher Aziz Krebs, some of which contain neither fish nor meat. A comprehensive listing of Malaysian ingredients and where to procure them rounds off this unique book.

Just as thrilling as Malaysian cuisine itself, this cookbook breathes fresh air into your bookshelf.

**Manuela Rüther:** Chef, freelance photographer, and author. Her photos, stories, and recipes have received numerous awards and are published regularly in magazines and books as well as in her blog.

**Christopher Aziz Krebs:** Swiss citizen with Malaysian roots, owner and maitre de cuisine of »Abang Toto's«, a Malaysian deli in Cologne.

Photos: Manuela Rüther



Manuela Rüther

## **Bitter – The Forgotten Taste**

From Artichoke To Chicory Recipes For Health And Pleasure

978-3-03800-924-5

34.00 EUR

Cover: Hardcover

Extent: 240 pages

Format: 19.5 cm x 26.5 cm

113 colour photos

Available: 22/08/2016

Rights sold: All rights available

### **Awards for this book**

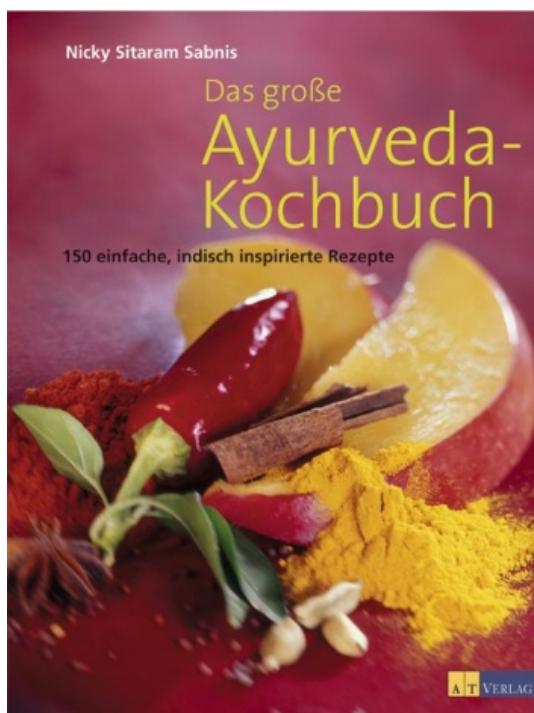


- **Lust for Bitter!**
- **Approaching an unusual pleasure step by step**
- **Recipes, product information, and a »bitter« medicine chest**

Bitter is an almost forgotten taste that currently experiences a renaissance both in culinary arts and healthcare. While modern breeding processes have almost entirely eliminated bitter elements from cultivated vegetables, Southern Europe still offers a variety of bitter vegetables and citrus fruit, while herbs from our local forests and meadows are also rich in bitter aromas.

The book portrays the incredibly rich variety of food items carrying more or less intense bitter notes. Starting with only mildly bitter ingredients, the bitterness increases with each new chapter and brings us closer to this unfamiliar source of pleasure. Featured recipes even include desserts and tasty drinks such as healthy smoothies, aperitifs, or spirits. A »bitter« medicine cabinet nicely rounds off the book. Informative texts shed light on sensory, culinary, and cultural historical contexts.

**Manuela Rüther:** Born 1979. Worked as chef in various award-winning restaurants. Since 2008 freelance photographer and author. Her photos, stories, and recipes received numerous awards and are regularly published in magazines, books, and her blog.



Nicky Sitaram Sabnis

## **The Great Ayurvedic Cookbook**

150 Simple, Indian-Style Recipes

978-3-85502-986-0

32.00 EUR

Cover: Hardcover

Extent: 160 pages

Format: 19.5 cm x 26.5 cm

70 colour photos

Subject areas: cooking, health, Ayurveda

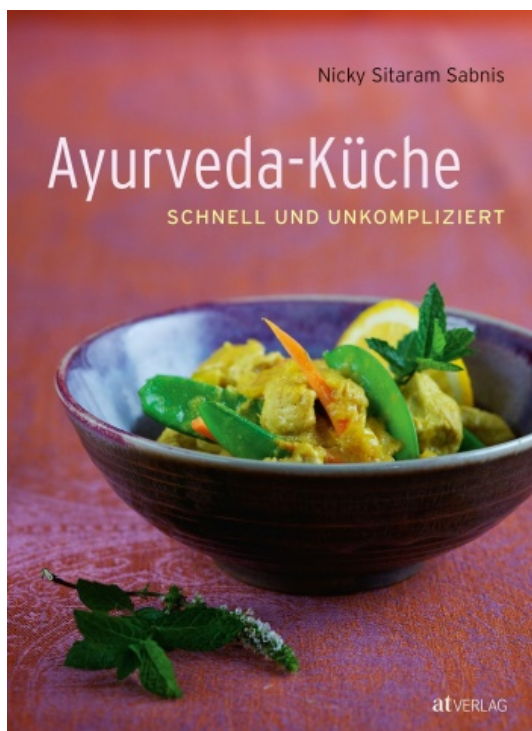
Available: 23/03/2004

Rights sold: All rights available

- **Practical advice, tips and tricks for ayurvedic cooking**
- **Short and concise overview of the basics of ayurvedic nutrition**
- **Instructions to determine one's individual constitutional type**

Ayurveda, the oldest naturopathic system of the world, is a comprehensive theory on how to lead a healthy and proper way of life. In Ayurveda, medicine and nutrition are not kept separate, food is seen as nourishment and remedy at the same time. The ayurvedic philosophy is based on the theory of the five elements, which in turn are associated with the three life forces – the three Doshas Vata, Pitta and Kapha. These three forces or bioenergies control all bodily and spiritual functions and determine a person's individual physical constitution. An imbalance of the Doshas can lead to physical disorders and illnesses as well as energetic disturbances (lethargy, poor concentration, nervousness, etc.). The aim of ayurvedic nutrition is to cure these imbalances and to restore and sustain the necessary balance that is the basis for a strong physical constitution. Depending on constitution, metabolism and way of living, each person requires a different, customized nutrition that brings the body back into balance, ensures a healthy metabolism and provides for the excretion of accumulated waste and toxins.

**Nicky Sitaram Sabnis:** Born 1959 in India. Hotelier and specialty cook. Worked several years as freelance restaurant and catering manager in Mumbai. Living in Germany since 1993, he has been managing the Ayurveda Cooking Seminar at the Abbey of Frauenwörth (Fraueninsel, Chiemsee) as well as the Ayurveda house »Haus Annapurna« in Sachrang/Chiemgau together with his wife since 1998. Author of books on ayurvedic nutrition and numerous articles in magazines, teaches in seminars and workshops. His style of ayurvedic cooking has been presented on various TV shows.



Nicky Sitaram Sabnis

## **Ayurvedic Cooking**

Quick and Uncomplicated

978-3-03800-557-5

23.00 EUR

Cover: Hardcover

Extent: 128 pages

Format: 19.5 cm x 26.5 cm

50 colour photos

Subject areas: ayurvedic cuisine, Indian cuisine

Available: 02/03/2011

Rights sold: All rights available

- **Simple and quickly prepared dishes for a healthy way of life**
- **More than 120 recipes based on easily available ingredients**
- **Genuine, competent and entertaining instructions for anyone who loves to cook ayurvedic**

Nicky Sabnis, an Indian chef working in Germany, presents a cookbook featuring new Ayurveda recipes for everyday use which are quickly prepared and require only few, easily available ingredients. Nicky Sabnis will not allow cheap excuses such as »I don't have time for cooking«, or »Where on earth can I buy all the ingredients for ayurvedic dishes«. With his new book he shows how enthusiastic hobby chefs will always find a solution – even on the go or at work. The recipe mix offered by Nicky Sabnis includes simple basics, soups, pasta, cereals and legumes as well as vegetable dishes, ranging from recipes for workdays, for children and party catering to salad recipes, sandwiches and breakfast ideas, and even further to classical Indian-ayurvedic dishes and drinks such as pakoras, apple chutney, puri, Tandoori murg, Masala rice, raita, lassi and chai. On top of that he provides vivid explanations on basic ayurvedic principles and philosophical backgrounds. »Ayurvedic cooking: quick and uncomplicated« is a practical and inspiring book on ayurvedic cooking for everyone – elegantly captured by the photographs of Sabine Mader and Ulrike Schmid.

**Nicky Sitaram Sabnis:** Born 1959 in India. Hotelier and specialty cook. Worked several years as freelance restaurant and catering manager in Mumbai. Living in Germany since 1993, he has been managing the Ayurveda Cooking Seminar at the Abbey of Frauenwörth (Fraueninsel, Chiemsee) as well as the Ayurveda house »Haus Annapurna« in Sachrang/Chiemgau together with his wife since 1998. Author of books on ayurvedic nutrition and numerous articles in magazines, teaches in seminars and workshops. His style of ayurvedic cooking has been presented on various TV shows.





Claudia Schilling

## Far and Away

170 Lunchbox Recipes for Picnic and Travel Including the Most Beautiful DIY Boxes

978-3-03902-016-4

39.00 EUR

Cover: Hardcover

Extent: 352 pages

Format: 20 cm x 25 cm

200 colour photos

Available: 06/12/2018

Rights sold: All rights available

### Awards for this book

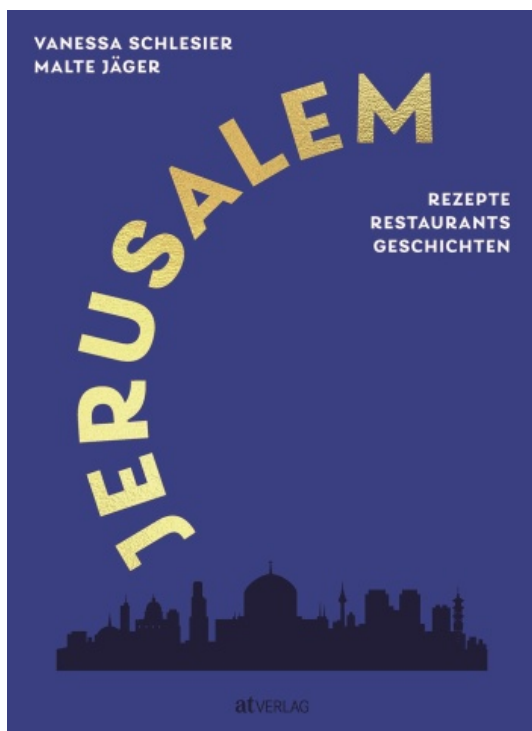


- 170 lunchbox recipes for picnic and travel
- Featuring the most beautiful DIY boxes
- Sumptuous presentations with careful attention to detail - this book is a dream come true

A large variety of healthy food for the entire family can easily be offered not only at home but also on the road, in the schoolyard, at a picnic, or at the office. How to enjoy your favourite dessert on a hiking trip? Have a healthy lunch in the office? What snack to take to the beach? And how to prepare a birthday surprise for kids during a picnic? This book presents 170 recipes for an action-packed everyday life: simple and uncomplicated, tasty and healthy, and on top of that easy to transport. Packed in stylish vintage lunch boxes, many of them with a witty new design, or creative DIY containers that have nothing in common with boring Tupperware-style boxes. The recipes are accompanied by a number of useful tips, smart ideas, and well-illustrated instructions for your DIY workshop, so you will be able to pack and transport soups, salads, patties etc. conveniently and with style. Just perfect for your next hiking trip, holiday travel, or a hectic day at the office.

**Claudia Schilling:** Freelance food stylist and blogger. In her kitchen, healthy food variations and creativity play an important role. She lives in Basel with her family.





Vanessa Schlesier, Malte Jäger

## Jerusalem

Recipes, restaurants, stories

978-3-03902-056-0

36.00 EUR

Cover: Hardcover

Extent: 256 pages

Format: 20 cm x 27.5 cm

178 colour photos, gold foil embossing, ribbon

Available: 09/03/2020

Rights sold: All rights available

### Awards for this book



- **A culinary exploration of the holy city with plenty of insider tips**
- **The culinary heritage of three millennia and a variety of cultures**
- **That's the taste of Jerusalem! Cookbook, restaurant guide, and pleasure reading**

Jerusalem cuisine is colourful, dynamic, young, and creative. No matter what dishes visitors to the city decide to try, everything revolves around culinary delight and good-humoured company. The author presents selected restaurants, cafés, and bars, shares her recipes, tells us stories of how they came about and provides portraits of relevant chefs. Thanks to these short and fascinating stories the book is also a wonderful reader.

Tel Aviv may have been Israel's culinary hotspot until recently, but Jerusalem has become the toughest competitor of the white city on the seaside. No other place will impress us the way Jerusalem does when it comes to showcasing Israel's creative and diversified cuisine, as the city has always been a melting pot of various cultures. People from all over the world get together here: Israelis, Palestinians, Arameans, Moroccans, Ethiopians, Yemenites, people from Eastern Europe. The recipes of the Arabic-Levantine and classical European-Jewish cuisine are just as diverse as the backgrounds of the city's inhabitants.

**Vanessa Schlesier:** Works as investigative journalist in Berlin and travels to the Middle East as often as possible. She used to live in Israel for one and a half years.

**Malte Jäger:** Photographer of food, people, and landscapes all around the world.



Karola Bettina Schneider

## Energy Cycles in Line with Chinese Medicine

140 Simple and Creative Recipes that Strengthen, Cleanse and Restore Inner Balance

978-3-03800-946-7

32.00 EUR

Cover: Hardcover

Extent: 272 pages

Format: 18.5 cm x 24.5 cm

77 photos and illustrations

Available: 18/04/2017

Rights sold: All rights available

- Recipes for health, balance and inner harmony
- A meal plan in tune with the five Chinese seasons
- Cleanse, relieve, and prevent – Recipes and health tips

Following the immense success of her book »Energy Soups«, Karola Bettina Schneider now presents a comprehensive cookbook for the five Chinese seasons. To eat in line with the seasons is crucial for health, vitality, well-being, and a strong immune system according to Chinese traditional medicine. The transition periods between seasons are particularly important in this context, the *dojo* time of four times eighteen days is considered the fifth season. Special cures composed of healing teas and simple dishes have a cleansing, relieving, and preventive effect, plus they energize, strengthen the immune system, and facilitate the transition from one period to the next. The recipes for the four main seasons are just as carefully selected and well adjusted to the requirements of each. 140 simple, light, yet strengthening recipes for an energetic, healthy year. With abundant practical tips and recommendations to enhance your health, balance, and inner harmony.

**Karola Bettina Schneider:** Lecturer, author, and naturopath running her own practice on Chinese medicine with focus on nutrition, acupuncture, and herbal therapy. She offers seminars on the topics of nutrition, conscious living, and meditation.

Photos: Alexandra Schubert



Claudia Seifert, Gesa Sander, Julia Hoersch, Nelly Mager

## **The Cooker is all Yours, Kids!**

Let's Cook, Experiment, and Explore Together

978-3-03800-842-2

22.00 EUR

Cover: Hardcover

Extent: 184 pages

Format: 19 cm x 25 cm

200 colour photos

Available: 31/08/2015

Rights sold: All rights available

- **Quick and easy cooking, with many favourite recipes for children**
- **Featuring kitchen experiments, colourful illustrations, creative ideas, and activity pages**

Following the success of the first book »Let's cook, kids!«, the two funny illustrated characters Piet and Marie take children by the hand once again to give them cooking tips and to invite them to experiment and try new things in the kitchen. The book features roughly 70 recipes, all sharing the same motto: they are quick, easy, and uncomplicated. From fresh ideas for the lunch box, to the most popular children's classics like Nutella, fries & Co., to the best quickly and spontaneously prepared meals. All this is accompanied by a host of experiments for the kitchen that help children uncover the secrets of cooking in a playful way. The unique mix of meticulous illustrations, funny photos, creative ideas, as well as tips and suggestions for crafting and other activities stirs the joy of discovery and awakens children's interest for cooking and baking.

**Claudia Seifert:** Food stylist, author of cookbooks, and chef. She has loved cooking since her childhood and vividly remembers licking out pots and tasting dough. She is the author of various recipes published by AT Verlag.

**Gesa Sander:** Freelance illustrator and graphic designer in Hamburg. Her drawings are featured in books and magazines, on tableware and paper craft. Mother of two children.

**Julia Hoersch:** Freelance food and lifestyle photographer in Hamburg for renowned magazines and book publishers since 1991.

**Nelly Mager:** Freelance stylist for various publishing houses in the fields of decoration/living and food.

Photos: Julia Hoersch



Claudia Steinschneider, Ute Stückler-Sattler

## **Dig Them Up – Sweet Potatoe, Yacon & Co.**

The ultimate gardening and cookbook

978-3-03902-108-6

36.00 EUR

Cover: Hardcover

Extent: 200 pages

Format: 19.5 cm x 26.5 cm

184 colour photos, word count: 57,549

Available: 31/01/2022

Rights sold: All rights available

### **Awards for this book**



- Detailed guidelines from cultivation to preparation
- Recipes for meals and drinks
- Essential substances and use in folk medicine

Root vegetables: treasures from the earth

Be it in a flowerpot on the patio, in the family garden, or on the field: exotic root vegetables now also thrive in our latitudes thanks to warmer temperatures. The authors planted sweet potatoes, Jerusalem artichokes, yacon, crosne, oca, and taro in different locations. In this book they explain the nuts and bolts of cultivation, harvesting, reproduction, and storage. A number of practical tips make it easy to successfully grow them, both for amateur and for professional gardeners who are curious to discover new plant cultures. The recipe part offers creative ideas on how to prepare them. Jerusalem artichoke cream soup, tagliatelle with crosne, crispy yacon cookies – delicious root vegetables revive the autumn and winter meal plan. Next to the valuable substances they contain, they have several beneficial effects on our health. Things that have been long-known in the folk medicine of their countries of origin are now unveiled to us with the help of this book.

**Claudia Steinschneider:** Deputy division manager of the laboratory for special cultures in Wies, responsible for cultivation and experiment design in the areas of biological healing and spice plants, biological and conventional vegetables grown in the open air and in shielded areas, as well as ornamental plants. She delivers lectures and publishes in professional magazines.

**Ute Stückler-Sattler:** Works in quality assurance at a pharmaceutical company, graduate educationalist in herbalism. She delivers lectures and workshops on the topics of folk medicine and naturopathy.





Wolf-Dieter Storl

## **Common and Forgotten Vegetables**

Botany, History, Alternative Medicine and Usage

978-3-03902-120-8

29.00 EUR

Cover: Hardcover

Extent: 288 pages

Format: 15.5 cm x 23.5 cm

62 colour photos

Available: 30/11/2020

Rights sold: All rights available

- **Botany, origin, healing powers, and recipes**
- **New edition featuring beautiful photos**
- **A collection of knowledge from the great plant expert**

Our everyday vegetables are far more than just sources of vitamins: they harbour secrets, colourful stories, and magic, while some of them even qualify as powerful healing plants with clinically proven medical effects. In this thrilling and easy to read book, Wolf-Dieter Storl, the great connoisseur and explorer of healing plants and crops, presents 50 garden vegetables, including some rare and forgotten vegetable and salad plants. A unique combination of gardening, ethno-botany, cultural history, and ancient as well as recent medical findings.

**Wolf-Dieter Storl:** Cultural anthropologist and ethno-botanist. He has lectured at various universities and is the author of several long-selling books. He lives on an isolated farm in the Allgäu.

Photos: Lisa Storl





Franziska Stöckli

## Climate Pot

Future-compatible. Sustainable. Delicious.

978-3-03902-245-8

45.00 EUR

Cover: Hardcover

Extent: 340 pages

Format: 18 cm x 24 cm

Colour photos, ribbon

Available: 29/04/2024

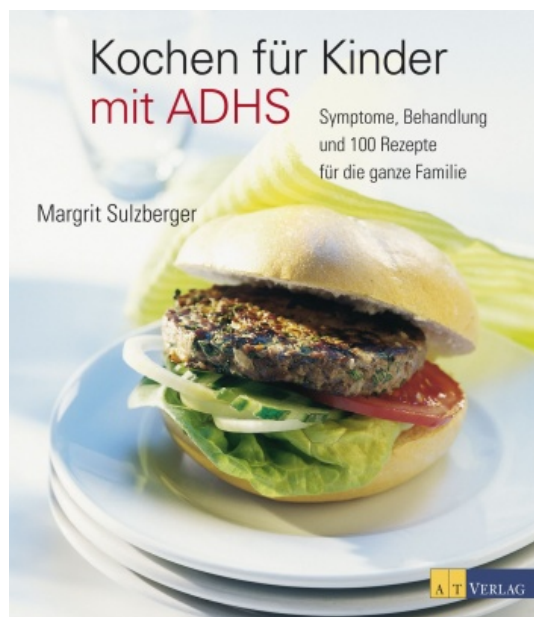
Rights sold: All rights available

- **Healthy and eco-friendly in the 21st century**
- **Featuring exact calculations of nutritional values and CO2 levels**
- **Based on recipes from the world's oldest vegetarian restaurant**

What is future-compatible cooking? What effects do food items have on our climate? And how can we adopt a sustainable and healthy diet at home and at the family table? That is what the »Climate Pot« is all about. The stunningly visionary yet pragmatic cookbook offers climate-friendly dishes for everyday cooking. The core of this book are easy to prepare, seasonal, and regionally focused recipes with the potential to become real classics. Developed in cooperation with the world's oldest vegetarian restaurant, Haus Hiltl, they show how easy it is to combine tastiness, health, and eco-friendliness. All recipes are based on the meal plan of the »Planetary Health Diet« and contain scientifically established calculations for nutritional values and CO2 levels. Including the most relevant basic information, practical tricks, as well as weekly plans with recipe suggestions.

**Franziska Stöckli:** Is a pedagogically and socially engaged primary and middle school teacher, a seminar facilitator for basic and advanced teacher training, as well as an expert in the field of school development. She is co-author of the educational cookbook »Green Pot«.

Photos: Tina Sturzenegger, Lukas Lienhard



Margrit Sulzberger

## **Cooking for Children with ADHD**

Symptoms, Treatment, and 100 Recipes for the Whole Family

978-3-03800-852-1

27.00 EUR

Cover: Hardcover

Extent: 160 pages

Format: 17.5 cm x 24 cm

52 colour photos

Subject areas: ADHD, nutrition

Available: 19/01/2015

Rights sold: All rights available

- **Treating ADHD as food allergy and metabolic disorder**
- **A dietary change with 100 family-friendly recipes**
- **The right diet for ADHD**

For children with ADHD, an acid- and sugar-free diet is highly recommendable. A change of diet often leads to significant improvements of the symptoms. This book explains all the basics and answers the following crucial questions: Which treatment options make sense? Which diet helps to alleviate the child's symptoms best? Which types of food are allowed, which should be avoided? 100 appealing, family-friendly recipes show how a change of diet can be easy and delightful and how it can help reduce or even replace the use of medication like Ritalin.

**Margrit Sulzberger** is a nutritionist and vital substances therapist. She has served many years as president of the Swiss association of vital substances therapists and has held lectures for the Swiss association of naturopaths (Naturärzte Verband der Schweiz, NVS) and at various schools. A member of the Swiss trade association for nutrition and orthomolecular medicine (Fachverband Ernährung und Orthomolekulare Medizin Schweiz, FEOS), she is author of various books on nutrition as well as the treatment of different diseases with vital substances and specific diets.

Photos: Andreas Thumm, Claudia Albisser Hund



Daniela Taglialegne, Sven Oliver Neitzel

## **Pinsa**

Italian lust for life on a crispy light dough

978-3-03902-177-2

26.00 EUR

Cover: Paperback with flaps

Extent: 216 pages

Format: 17.5 cm x 24 cm

111 colour photos

Available: 16/08/2022

Rights sold: All rights available

### **Awards for this book**



- **The latest food trend from Italy**
- **Fluffy, light, and crispy – the dough makes all the difference**
- **With salty or sweet toppings: creativity without limits**

All roads lead to Rome – this one goes straight through the stomach!

Pinsa looks very much like her sister, pizza, but you will discover her unique character at first bite: it is the dough that makes all the difference. The savoury pastry was invented by a baker just outside Rome, is made with sour dough and a mixture of different types of flour, and needs to rest between 24 to 72 hours. True slow food. Daniela Taglialegne and Sven Oliver Neitzel show us how to convert an ordinary kitchen into a pinsa workshop. Toppings are added to the crispy, fluffy dough before or after baking. Few or many, classical or eccentric, salty or sweet ingredients – just as the fancy takes you. The book presents the classical dough and several of its variations, as well as a wide range of toppings. Portraits of signature ingredients and ambient snapshots from pinserias all around Rome set an authentic tone. Healthy, uncomplicated delight from Italy's flavourful kitchen – behold its secret recipe.

**Daniela Taglialegne:** Runs a family business manufacturing handmade pasta.

**Sven Oliver Neitzel:** Food entrepreneur and culinary consultant.

Photos: Jule Felice Frommelt



Violette Tanner, Laetizia Giannini-Studer

## **Kids' Workshop: Wild Plant Cuisine**

Collecting, Cooking and Experiencing Nature With Children

978-3-03800-569-8

30.00 EUR

Cover: Hardcover

Extent: 200 pages

Format: 19.6 cm x 24.5 cm

150 colour photos

Subject areas: handicrafts with children, ecopedagogy

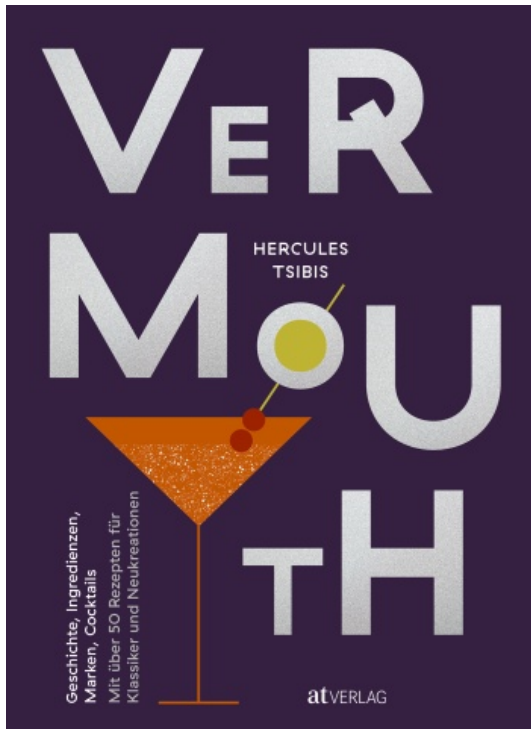
Available: 30/04/2013

Rights sold: All rights available

- **Cooking with kids in natural surroundings**
- **Getting acquainted with wild herbs and healing plants, Playful knowledge transfer**
- **Additional information for teachers and instructors**

The book presents twelve plant portraits spreading over the four seasons. Children get to know wild garlic, goutweed, dandelion, stinging nettle, daisy, ribwort, rose hip, elder, marigold, hazelnut, spruce and coltsfoot in a playful way while collecting, preparing and cooking them at the open fire. Alongside simple everyday recipes that kids love, the book also offers many suggestions on how to preserve wild herbs. It presents the traditional use of these herbs for seasonal celebrations such as Easter, summer solstice, Saint Nicholas and Christmas. A separate section provides details on particular botanical, naturopathic and also mythological characteristics of each plant. Useful hints on possible confusion with other plants and a collectors' guide allow for broader insights on the quality of the portrayed plants. The book is rounded off with songs, stories, fairy tales and handicraft instructions.

**Violette Tanner:** Born 1965, trained healing plant specialist, ecopedagogue, author and mother of three. Over the past 20 years she has focused specifically on domestic healing plants in folk medicine and wild herbs for kitchen use. She passes on her knowledge on domestic herb treasures in courses, herb walks, ecopedagogy seminars, lectures, newspaper op-eds and radio shows.



Hercules Tsibis

## VERMOUTH

Brands, Ingredients, History, and Stories

978-3-03902-118-5

38.00 EUR

Cover: Hardcover

Extent: 288 pages

Format: 18 cm x 25 cm

105 colour photos, word count: 40,666

Available: 29/03/2021

Rights sold: All rights available

### Awards for this book



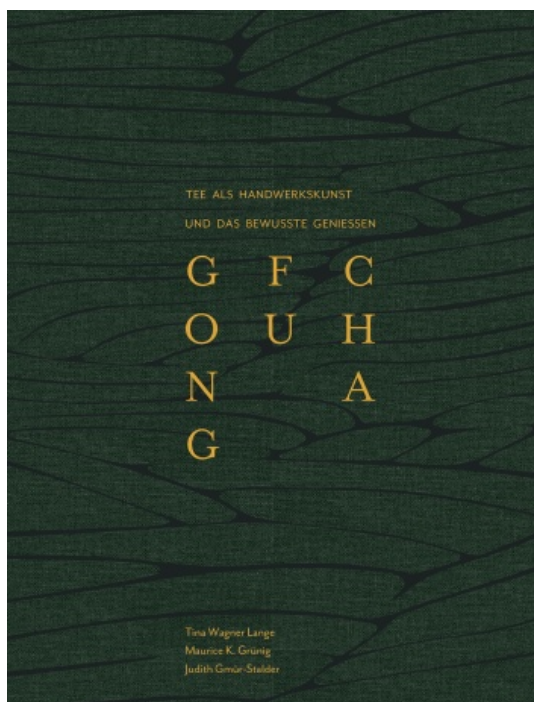
- **Expert knowledge by the world champion of shaking. History, recipes, and product expertise**
- **For beginners and pros: mixing techniques and equipment**
- **Featuring 60 Recipes for Drinks – Classics and Brand New Creations**

Vermouth is experiencing an enormous wave of popularity these days. In this book, Hercules Tsibis, icon of the international bar scene, offers insights into the world of the famous aperitif and shares his own vast expertise. He talks about the origin, history, and future of the versatile drink and takes his readers on a journey to the glittering universe of bars, to a world of glamorous lifestyle, sensuality, and cosmopolitanism. Alongside 30 classics, he presents 30 »new-fashioned« cocktails, mixed with ingredients from the hippest cocktail cities. Useful product information, practical tips for beginners and professionals on the right equipment, and essential mixing techniques: this book is a must have for all lovers of vermouth and cocktails!

**Hercules Tsibis:** Bartender, bar manager, bar owner, trainer, lecturer, and TV bartender. He is host of the Onyx Bar at the Park Hyatt Hotel in Zurich.

Photos: Joss Andres





Tina Wagner Lange, Maurice K. Grünig, Judith Gmür-Stalder

## Gong Fu Cha

Chinese Tea Ceremony. Tea as artisanship and Conscious Delight

978-3-03902-067-6

68.00 EUR

Cover: Hardcover

Extent: 416 pages

Format: 20.5 cm x 27 cm

265 colour photos

Available: 28/10/2019

Rights sold: All rights available

### Awards for this book



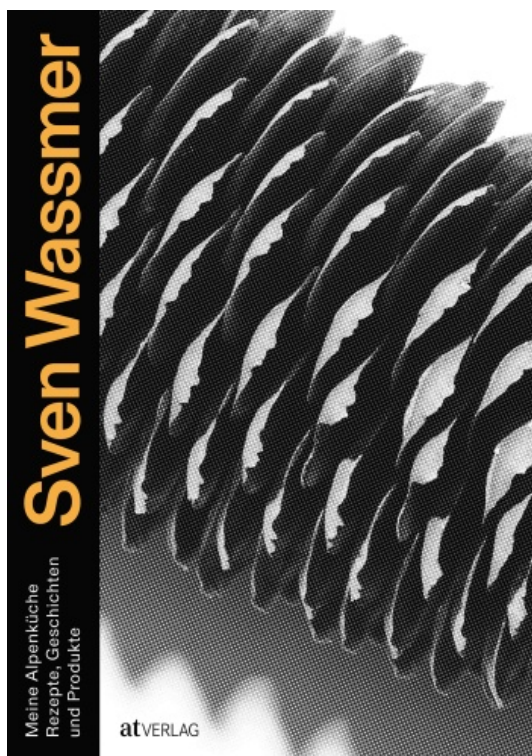
- **Comprehensive information on history, cultivation, production, types, and tea preparation**
- **A subtle portrait of China with breathtaking images**
- **Innovative recipes with tea**

This well-researched, detailed, and excellently illustrated book explores the roots of tea culture in China. It presents the history of tea, methods of cultivation and production, types, preparation, and the sophisticated art of savouring this unique beverage. Starting off with the ancient tea culture of China, the authors move on to sensory perception and conscious enjoyment, showcasing the fascinating interaction between humans, nature, and technology as well as related ecological, economical, and human aspects. The subtle photographs render a vivid impression of Chinese tea culture. 30 recipes presenting dishes and beverages enhanced with tea round off this remarkable book. A comprehensive reference and manual on Chinese tea. The high quality layout and design make it the perfect gift.

**Tina Wagner Lange:** Trained educationalist, works at Länggass-Tee in Bern since 2011, combining her two passions, tea and didactics, in her very own School of Tea.

**Maurice K. Grünig:** Photographer, art agent, and book author. Specializes in reports, culinary stories, and travel accounts. Publications in various media outlets. Student at the Bern School of Tea.

**Judith Gmür-Stalder:** Trained in home economics and gastronomy, contributed to culinary magazines and books. Works as a freelance recipe author, food stylist, writer, and culinary consultant.



Sven Wassmer

## My Alpine Cuisine

Recipes, dishes, and ingredients

978-3-03902-151-2

54.00 EUR

Cover: Hardcover

Extent: 240 pages

Format: 21 cm x 28.5 cm

90 colour photos, 35 b/w photos, ribbon

Available: 30/11/2022

Rights sold: All rights available

### Awards for this book

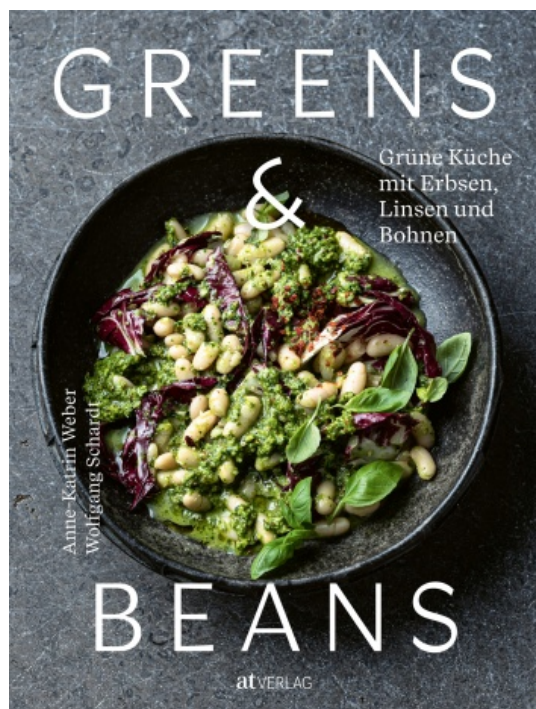


- A young maître de cuisine of a new generation
- High end cooking with unusual ingredients from the Alps
- More than 40 recipes, produce portraits, stories, and technical details

Sven Wassmer grew up in the Swiss lowlands but found his culinary home in the Alps. He celebrates the highest level of modern Alpine cooking at the restaurant »Memories« in Bad Ragaz. Char from Val Lumnezia, asparagus from Reichenau, or carrots from Domleschg – Sven Wassmer preferably works with ingredients from the Alpine region. His culinary art focuses on essentials, but with a broad horizon: he masterfully integrates ideas from the Far East or Scandinavia into his various dishes. This book presents Sven Wassmer's culinary art, his philosophy, and creative approach. It shows us what the word home means to him and focuses on the specialties of the Alps – from fir cone to mountain potato, from wagyu beef to capricorn. More than 40 recipes, rounded off by personal stories and technical specifications of various useful techniques that explain, among others, how to grow sourdough or how fermentation works.

**Sven Wassmer:** One of the most renowned chefs of a new generation. He earned 18 Gault-Millau points and 3 Michelin stars as maître de cuisine. Before Bad Ragaz Wassmer worked at top restaurants in London, Vitznau, and Zurich.

Photos: Lukas Lienhard



Anne-Katrin Weber

## **Greens & Beans**

Green cuisine with peas, lentils, and beans

978-3-03902-160-4

34.00 EUR

Cover: Hardcover

Extent: 200 pages

Format: 19.5 cm x 26 cm

96 colour photos, word count: 28.135

Available: 27/03/2023

Rights sold: All rights available

### **Awards for this book**



- **Pulses as protein boosters in a plant-based cuisine**
- **Fresh, green, creative recipes**
- **Background knowledge and reports**

Green food for the blue planet!

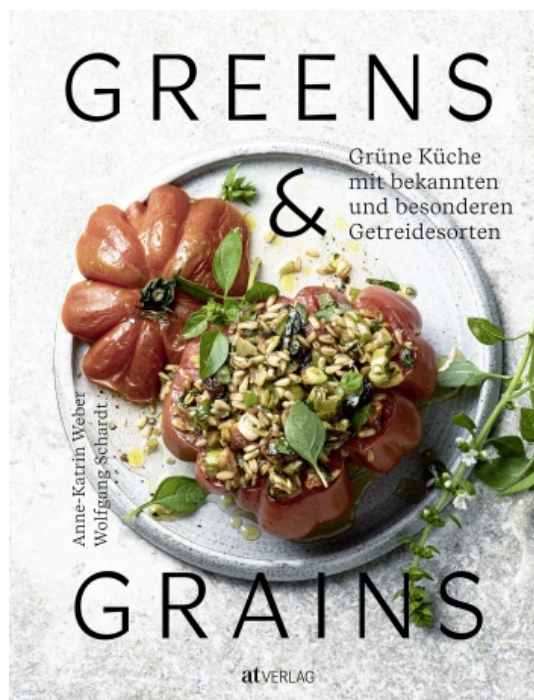
Peas, lentils, and beans are vital ingredients for vegetarian and vegan cooking. They are healthy, easy to match and mix, and a natural source of valuable protein. Anne-Katrin Weber turns the spotlight on legumes with her fresh green food creations and international recipes for everyday use – be it tasty one-pot, wok, or pan dishes, recipes for the oven, or crisp salads. The useful kitchen tips offer insider knowledge about storage, soaking, and cooking times, utilisation of leftovers, as well as timesaving and nutrient-preserving preparation methods. Apart from a variety of recipes, we get information about cultivating legumes, product reviews, notes about the positive effects for biodiversity, climate and environment, and a seasonal vegetable calendar. A must-have if you like fresh and creative cooking and enjoy healthy yet delicious food.

**Anne-Katrin Weber:** Chef, nutritional scientist, freelance cookbook author, and food stylist. In the food blog »veggielicious« she celebrates her love of vegetable cuisine together with photographer Wolfgang Schardt.

Photos: Wolfgang Schardt

*»The future of eating is plant-centric. With that we strengthen our health while also contributing to the health of our climate and of our planet.« – Anne-Katrin Weber*





Anne-Katrin Weber

## **Greens & Grains**

Green cuisine with familiar and extraordinary crops

978-3-03902-169-7

34.00 EUR

Cover: Hardcover

Extent: 208 pages

Format: 19.5 cm x 26 cm

Colour photos

Available: 25/03/2024

Rights sold: All rights available

- **Crops and grains as the basis for plant-focused cooking**
- **Fresh, green, creative recipes**
- **Background knowledge and reports**

### **Millet, green spelt, buckwheat, amaranth – broaden your culinary horizon!**

Flavourful, diverse, and nutritious: how could vegetarian and vegan cuisine do without crops and grains? Various types from all over the world, such as amaranth, bulgur, couscous, or quinoa have become essential ingredients of plant-based cooking – and with buckwheat, spelt, green spelt and the like we are about to rediscover the rich variety of domestic crops.

Anne-Katrin Weber presents the whole range of crops and pseudo-crops. Her recipes for pan, pot, and oven are suitable for everyday cooking but can also perform culinary magic. Like the nutty spelt salad with apple and fennel, the pearl barley risotto with cherry tomatoes, or eggplants stuffed with bulgur, feta, and olives. Practical tips, background knowledge and concise reports, product details, and a seasonal calendar complement this insightful and inventive cookbook.

A must-have if you love fresh, healthy cuisine and wish to expand your vegetarian repertoire.

**Anne-Katrin Weber:** is a chef, nutritionist, cookbook author, and food stylist. She shares her love for delicious vegetable dishes together with photographer Wolfgang Schardt on the food blog »veggielicious.de«.

Photos: Wolfgang Schardt



Stefan Wiesner, Monica Wiesner-Aureto

## Sausage Workshop

Sausages – From Traditional to Avant-garde.

978-3-03800-882-8

39.00 EUR

Cover: Hardcover

Extent: 208 pages

Format: 21.5 cm x 27 cm

100 colour photos

Available: 19/10/2015

Rights sold: All rights available

### Awards for this book



- Prepare your own favourite sausages
- Recipes for all types of sausages – from traditional to avant-garde
- Step-by-step instructions

No manufactured product beats the taste of homemade sausages. And they can be varied in endless different ways. This book explains all the basics and offers step-by-step instructions for the preparation of sausages: What tools and equipment are required? What types of intestines or other casings should be used? What is the right mixing ratio for meat and fat to reach optimum binding? How much salt is needed and what other spices should be used? Apart from classic sausages in animal intestines, Stefan Wiesner, the inventive-minded master of avant-garde natural cuisine, also presents unusual alternatives cased in woods, banana peels, dough, or bones as well as some vegan varieties.

Complemented by brilliant, enticing photos by Pia Grimbühler.

**Stefan Wiesner:** Runs, together with his wife Monica, the restaurant »Rössli« in Escholzmatt, Switzerland, that holds 17 GaultMillau points and one Michelin star. He is one of Switzerland's most original chefs and is often referred to as »kitchen alchemist and wizard«, tinkerer, or poetic and sensual artist. His first book »Gold Holz Stein« received several awards.

*»Wiesner cooks in a league of his own. Points and stars alone do not do justice to his unique and unconventional art of cooking.« – GaultMillau*





Lauren Wildbolz

## Vegan Love

978-3-03902-119-2

24.00 EUR

Cover: Paperback with flaps

Extent: 240 pages

Format: 19.5 cm x 26.5 cm

118 colour photos

Available: 17/11/2020

Rights sold: All rights available

- **Cookbook and guide for pregnancy and nursing, babies, and infants**
- **Basic knowledge and over 80 vegan recipes for a balanced diet**
- **Including contributions from three medical specialists on wholesomeness and medical safety**

Observing a vegan diet is completely unproblematic both during pregnancy and infancy. By including lots of vegetables, fruit, nuts, pulse, and wholemeal products in the everyday meal plan, toddlers will be provided sufficient amounts of all the important nutrients they need. To safely exclude health risks, it is crucial to acquire some basic food expertise, consult a nutrition expert, and include vitamin B12, a crucial food supplement, in the diet. This book lays a comprehensive foundation. The 80 recipes are well-balanced, of the highest biological quality, and easy to prepare in only little time without using ready-made products. It starts with the ideal food plan when preparing for pregnancy, continues through pregnancy and nursing all the way to the solid food phase up until the age of three. Including valuable contributions of three recognized medical specialists as well as a number of practical suggestions and recommendations for everyday use. Lauren Wildbolz has been a vegetarian since the age of fourteen. Today she is vegan, and so are her husband and three-year-old daughter.

**Lauren Wildbolz:** Entrepreneur, food activist, artist, cookbook author, and – being the founder of the »vegan kitchen and bakery« launched in 2010 – one of the pioneers of vegan cuisine in Switzerland. Organizer of vegan cooking classes, blogger, and owner of a catering service.



Annemarie Wildeisen

## Soul Warmers

Cooking and Relishing with Delight

978-3-03902-094-2

44.00 EUR

Cover: Hardcover

Extent: 336 pages

Format: 20 cm x 27.5 cm

172 colour photos, word count: 56,189

Available: 28/09/2020

Rights sold: All rights available

### Awards for this book



- The latest book by Switzerland's most famous cookbook author
- Food that brings happiness to heart and soul
- How to turn your daily routine into something special

### Soul Food for Every Day

There are recipes that accompany you throughout life and make you happy, even if you have cooked them a hundred times. Usually, they are incredibly simple and uncomplicated, in line with the motto »less is more«. The author's family used to cook many of these dishes in the exact same or just slightly different way, always with the same outcome: making everyone really happy. Because eating should be more than just satisfying a need, it should also make the soul rejoice. Apart from that, some recipes in this book were created to give us a break in our hectic everyday lives and to help us take our time to enjoy, even if we have little time at hand for shopping and cooking. Recipes for any given day, recipes for special »green« days, for relishing, baking, and »sweet« days, as well as special recipes for a beautiful summer with picnics on the balcony or in the garden - in this book you will find savoury ideas for any season.

**Annemarie Wildeisen:** Journalist, cooking instructor, and housewife. She is editor-in-chief of the cooking magazine »Kochen« and runs a private cooking school in Bern. 18 of her books are currently available at AT Verlag. Many of her cookbooks have become bestsellers.

Photos: Jules Moser



Annemarie Wildeisen

## Together at the table

Treating family and friends to vegetarian delights.  
130 recipes and menu suggestions

978-3-03902-137-6

44.00 EUR

Cover: Hardcover

Extent: 336 pages

Format: 23 cm x 27.5 cm

143 colour photos, 29 b/w w/photos; word count:  
62,500

Available: 20/09/2021

Rights sold: All rights available

### Awards for this book



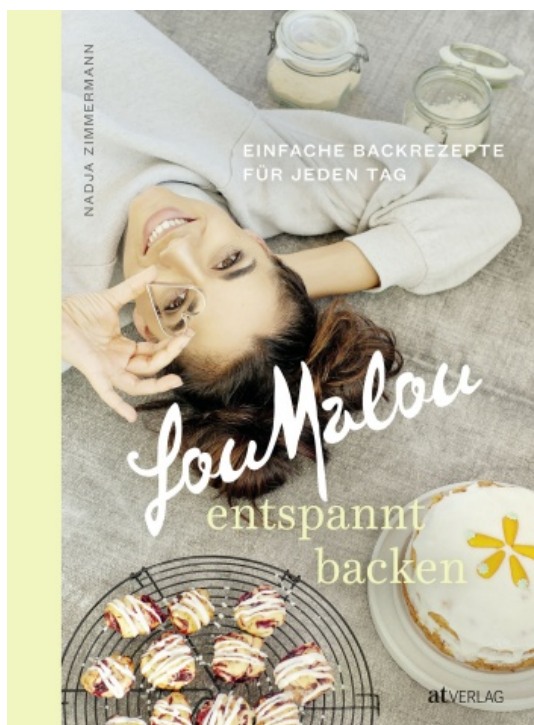
- **Annemarie Wildeisen's great vegetarian cookbook**
- **130 recipes for sharing delightful moments**
- **With tips on menu planning and preparation**

Are you expecting guests who shun meat? Or are you a vegetarian or flexitarian yourself? A creative idea and a handful of ingredients that you can find at any market or supermarket around the corner is all it takes to prepare multiple vegetarian courses.

Annemarie Wildeisen presents her long-awaited favourite vegetarian classics and novelties. Her recipes prove that vegetarian dishes are not only an enrichment of our everyday cooking. They can also amaze fans of fine dining. Be it quick after-work meals for the family or multiple courses for festive occasions with friends – nobody will miss meat with these recipes. They are easy to prepare and can be wonderfully matched and mixed into smaller or larger scale multicourse meals. Countless new delicious and colourful variations are possible.

**Annemarie Wildeisen:** Journalist, cooking instructor, and housewife. She is editor-in-chief of the cooking magazine »Kochen« and runs a private cooking school in Bern. 18 of her books are currently available at AT Verlag. Many of her cookbooks have become bestsellers.

Photos: Jules Moser



Nadja Zimmermann

## **LouMalou – Relaxed Baking**

Simple baking recipes for every day

978-3-03902-216-8

32.00 EUR

Cover: Hardcover

Extent: 152 pages

Format: 19 cm x 26 cm

112 colour photos, ribbon, word count: 12,717

Available: 11/09/2023

Rights sold: All rights available

- **Baking for everyone – from singles to big families**
- **Recipes with less sugar and many healthy ingredients**
- **Featuring Vegan alternatives**

### ***The joy of baking!***

A baking book with laid back and uncomplicated recipes that are so easy to prepare, you will not have to sweat or freak out in the kitchen.

Nadja Zimmermann aka LouMalou, known since her days as a radio and television host, is now a renowned author and immensely successful blogger. Being a busy mother of two she knows all the tricks: she bakes snacks for on the go, pastries for breakfast, treats to enjoy on a break, but also more lavish, very popular cakes. From muffins and almond sticks, vanilla pastries and traybakes to cheesecake and no-bake recipes, she has everything you need to make young and old happy.

A chapter with speed recipes offers help if you are very much in a hurry. Vegan baking alternatives as well as recipes with an extra high number of healthy ingredients and less sugar allow for carefree pleasure.

**Nadja Zimmermann:** Former host and TV producer, now author of seven books, six of them cookbooks. She operates the successful food and lifestyle platform LouMalou.ch where she is passionately dedicated to easy-going everyday cuisine.

Photos: Adrian Portmann, Nadja Zimmermann





Nadja Zimmermann

## **LouMalou – Relaxed cooking**

100 Simple Recipes for Every Day

978-3-03800-055-6

36.00 EUR

Cover: Hardcover

Extent: 224 pages

Format: 19 cm x 26 cm

125 colour photos, word count: 26,338

Available: 28/01/2019

Rights sold: All rights available

### **Awards for this book**



- **TV personality Nadja Zimmermann can do the trick: minimal effort for maximum result**
- **How to create healthy quality dishes even if you can spare little time for cooking**
- **LouMalou's family cuisine for any occasion. 100 recipes for everyday use that suit super-busy parents**

Busy, hard-working, and multitasking parents rarely can afford leisurely spent hours in the kitchen. Nadja Zimmermann, well-known for her former role as radio and television host, publisher of a successful food blog, and herself a super-busy mother of two, offers relief through this book. 100 everyday recipes for situations we all know just too well: you are running late or do not feel like cooking at all, feel the need to urgently strengthen your immune system, or decide to cook more vegetarian food. The kids demand child-friendly dishes, while you are supposed to contribute with something homemade for the odd school event or barbecue with friends. The chapters focus on 10 real life situations of this kind and offer matching, uncomplicated recipes. True to the leitmotif of this book: minimal effort, maximum result. Simple, easy and healthy.

**Nadja Zimmermann:** Previously a Swiss radio host and TV producer. Author of four cookbooks. She operates the successful food and lifestyle platform LouMalou.ch where she is passionately devoted to the topic of stress-free cooking.

Photos: Adrian Portmann



Nadja Zimmermann

## LouMalou – Relaxed Vegetarian Cooking

More than 80 simple and quick recipes for every day

978-3-03902-107-9

36.00 EUR

Cover: Hardcover

Extent: 232 pages

Format: 19 cm x 26 cm

110 colour photos; word count: 20,231

Available: 16/08/2021

Rights sold: All rights available

### Awards for this book



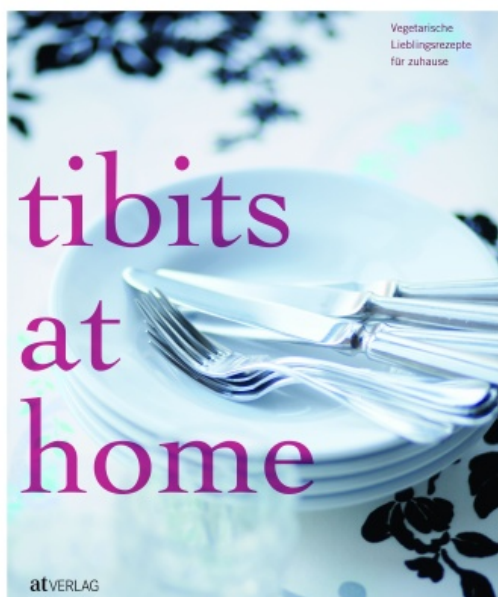
- **More than 90 quick vegetarian recipes**
- **Kitchen chores as me time, with music and culinary output**
- **Everyday meals by the popular blogger and author**

After a super busy workday, you do not feel at all like cooking dinner. Right. But what if cooking turns into a form of relaxation: with a little bit of planning, good music, and uncomplicated recipe ideas you can get through the week laid-back and without pressure. Nadja Zimmermann presents simple, quick, and meatless recipes for every day, spiced up with some music. Light pasta dishes, healthy and colourful salads, super quick soups, mix and match snacks, as well as numerous recipes for the oven that you can prepare in advance the evening before. For all those who cannot afford the time to do lavish cooking. And for those who want to get into the after-work mood with the help of easy-going cooking and food. Shop smart. Buzz around in the kitchen. Music on. Let's get started!

With LouMalou's personal playlist

**Nadja Zimmermann:** Previously a Swiss radio host and TV producer. Author of four cookbooks. She operates the successful food and lifestyle platform LouMalou.ch where she is passionately devoted to the topic of stress-free cooking.

Photos: Adrian Porter



## tibits at home

978-3-03800-566-7

37.00 EUR

Cover: Hardback with jacket

Extent: 144 pages

Format: 21 cm x 25 cm

140 colour photos, 2 ribbon page markers

Subject areas: vegetarian recipes, healthy food

Available: 29/11/2010

Rights sold: All rights available

- **Vegetarian favourites to cook at home**
- **50 easy-to-cook vegetarian recipes - the very best from tibits' menu**
- **The first cookery book from the successful vegetarian restaurant chain**

Natalie Portman and Stella McCartney do it, Marc Forster, Nadine Strittmatter and Richard Gere as well. Eating vegetarian is trendy. And so are we. Cooking without meat is not an act of abstinence, it is just the opposite: it can be a luscious, savoury and genuinely culinary delight, as proved by the success story of the family enterprise »tibits«. In its four Swiss and one London-based restaurants, »tibits« offers the finest delicacies, both uncomplicated and vegetarian. For the first time ever this book presents 50 of the most popular recipes. Simply a must-have for lovers of savoury vegetarian cuisine.

*»Vegetarian food on the highest level – from the stunning lentil salad to most delightful desserts.«*  
– NZZ, Neue Zürcher Zeitung

*»I do love my Bratwurst, yet I cannot resist the food at 'tibits'. Creative recipes, easy to cook at home.«* – Nik Hartmann, well-known Swiss TV and radio host