

Rights Catalogue

Autumn 2024



Maurice Maggi

Soup – a Declaration of Love

Classical and modern recipes for body and soul

978-3-03902-260-1

38.00 EUR

Cover: Hardcover

Extent: 220 pages

Format: 17 cm x 24 cm

Illustrations

Available: 25/11/2024

Rights sold: All rights available

- **The world of soups – history and stories**
- **Traditional and brand-new soup recipes, basic knowhow**
- **Beautifully illustrated**

Cook your own soup!

»Cooking soup to me is like painting a picture: time, inspiration, and patience are essential. To take a step back from time to time and to contemplate the picture has immensely positive effects. The same goes for soup. It is very beneficial to put on the lid and let it simmer for a while,« says Maurice Maggi.

Humans and soup share an eventful history. Soup was a constant part of the meal plan in any era, layer of society, and in every phase of the human life cycle. In modern culinary culture soup experiences a true renaissance and earns its well-deserved spot at our table.

Maurice Maggi's book on soup is a declaration of love to an ancient dish: his recipes are simple, delicious, and always carry an unexpected personal, playful note that is both solid and sophisticated. Traditional recipes are synced with the current zeitgeist. Basic recipes, stories, and the illustrations of Mira Gisler render this book an indispensable gem.

Maurice Maggi: is a chef, gardener, and author. His books »Edible City«, »Simple Variety«, and »Mushrooms from the Forest and from the City« published by AT showcase his creative approach to food. His personal credo is substantial and honest gastronomy.

Illustrations: Mira Gisler



Nenad Mlinarevic

Nenad at home

A personal cookbook

978-3-03902-265-6

42.00 EUR

Cover: Hardcover

Extent: 250 pages

Format: 19.5 cm x 25.5 cm

Colour photos

Available: 28/10/2024

Rights sold: All rights available

- **One of the most innovative chefs of Switzerland**
- **Nenad's first cookbook: simple, personal recipes to cook at home**
- **Rich flavours for your daily life**

How a star chef cooks at home

Nenad Mlinarevic is one of the most renowned and versatile chefs of Switzerland. But who is Nenad, and what would he cook at home in private or when he has guests?

We learn about all this in his first cookbook, a profoundly personal piece of writing. The recipes, developed in his own home, are tastefully demanding but easy to prepare for anyone. The chapters are in line with the realities of his life: he presents breakfast recipes, as well as snacks for sports activities and to eat on the go. Moreover, he shares the most important basics, selected desserts, as well as vegetarian and gluten-free dishes. Nenad also offers tips on how to use leftovers in a creative way, explains what rules we must observe in the kitchen, and why he enjoys cooking as much as he does.

Nenad Mlinarevic: is one of the most renowned chefs of Switzerland. At present he oversees a number of successful restaurants in Zurich: »Bauernschänke«, »Neue Taverne«, »Neumarkt«, and »Brasserie Süd«. He was chef of the year in 2016 and among others maître de cuisine of »Focus« at Park Hotel Vitznau (2 Michelin stars and 18 GaultMillau points).

Photos: Joan Minder



Claudio Del Principe

alla buona

Cucina Povera – modern food culture

978-3-03902-255-7

39.00 EUR

Cover: Hardcover

Extent: 260 pages

Format: 17.5 cm x 24.5 cm

Colour photos, ribbon

Available: 30/09/2024

Rights sold: All rights available

- **Basics and recipes of »Cucina Povera«**
- **Modern variations and interpretations**
- **Healthy and beneficial for humans and the environment**

The wealth of simplicity

For his latest cookbook, Claudio Del Principe draws from the riches of »Cucina Povera« and proclaims it the cooking culture of the future: simple, tasty, and environmentally sustainable. It is based on low-cost, seasonal, regional, and readily available ingredients: vegetables, crops, legumes, some garlic, olive oil, and even stale bread can be used to prepare a heart-warming feast.

»Cucina Povera« qualifies as Italy's »modest cuisine« and comprises regional dishes based on rural tradition. Simple combinations, easy preparation, and focus on the essentials are key to this extraordinary experience in taste. Ingredients are not over-processed, modestly seasoned, and easy to digest.

In his recipes Claudio Del Principe not only preserves old traditions, but expertly transforms classical recipes into modern variations, thereby reigniting our passion for the deliciously simple.

Claudio Del Principe: is a writer, storyteller, and successful author of ten books to date, winning numerous awards. He is a blogger, sought-after lecturer, and offers workshops on Pasta and lievito madre. He loves honest food and a focus on pure essentials when cooking, writing, and photographing. In doing so, he manages to rouse a fierce passion for cooking and relishing that lies dormant in so many of us.



Noah Bachofen

Truly good

Perky recipes for bright eyes

978-3-03902-263-2

38.00 EUR

Cover: Hardcover

Extent: 220 pages

Format: 19 cm x 25 cm

Colour photos, illustrations

Available: 28/10/2024

Rights sold: All rights available

- **Star-awarded gastronomy and solid craftsmanship, paired with a pinch of perkiness**
- **One of the shooting stars among cooking influencers**
- **Cooking the fun way**

Truly delicious

The recipes of Noah Bachofen are a delight for kitchen rookies and ambitious amateur cooks alike. The roughly 50 recipes feature numerous professional tips but are easy to prepare even without substantial experience and specialized utensils.

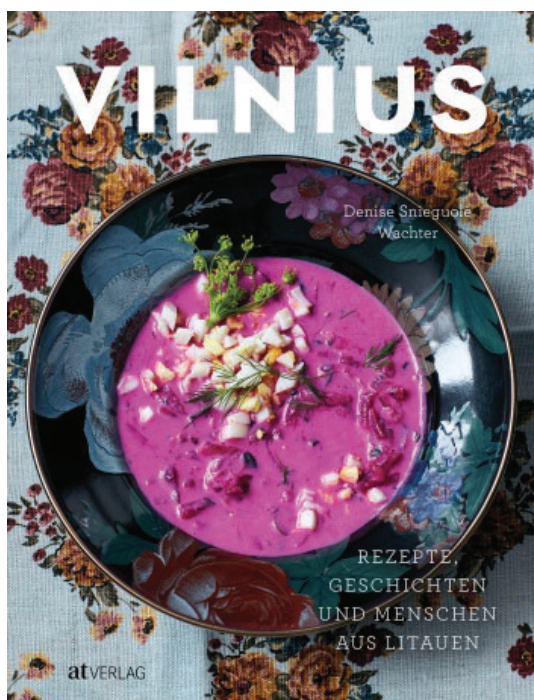
The book presents all the things Noah loves to eat at home: an entire buttered cauliflower, eggplant schnitzel and Ziger cheese dumplings with onion sauce, or San Sebastian cheesecake, the simplest cake in the world. But he also shares recipes for basics such as a hearty vegetable stock or various types of mayonnaise (for example with basil or nut butter). Besides all the recipes, the book tells many a humorous story from Noah's home region, canton Glarus.

Noah Bachofen's goal is to get the seemingly simple things right. And thus we follow Noah to his training workshop in Elm where he shows us how to prepare the perfect rösti. Noah cooks with joy, imagination, and a sense of humour.

Noah Bachofen: was sous-chef at the vegetarian 2-star restaurant »Magdalena« in Rickenbach SZ. Today, he shares his stories and cooking videos on various media and social media channels and has his own TV show (»Hype Kitchen«) on Sat.1.

Photos: Boris Müller

Illustrations: Bobi Bazooka



Denise Snieguole Wachter

Vilnius

Recipes, stories, and people from Lithuania

978-3-03902-237-3

36.00 EUR

Cover: Hardcover

Extent: 220 pages

Format: 19 cm x 25 cm

Colour photos

Available: 26/08/2024

Rights sold: All rights available

- **The first cookbook on Lithuanian cuisine**
- **Classic and modern dishes paired with personal variations**
- **A touching tribute to her mother's homeland**

Experience the variety of Lithuanian cuisine

Vilnius is a history-laden city with an astonishingly broad variety in culinary delights. We accompany Denise Snieguole Wachter to the hometown of her mother. To the city where she used to spend her summers.

The author has captured her most cherished memories of that time in this book. With dishes and stories about people who made Vilnius cuisine what it is today. With markets that mirror both the past and the present. In the youthful gastronomy scene of Vilnius, we meet caterers who combine national pride and an ambition for top quality, who love the recipes of their home and yet strive to refine them with a modern note.

The cookbook offers typical dishes such as the deep-fried garlic bread »Kepta duona« with Lithuanian aioli or the pink soup »Saltibarsciai«, but also personal creations such as trout carpaccio or the Vilnius burger. And we also get our fair share of savoury desserts, such as the popular Napoleon cake. This book is an inspiring trip to the culinary highlights of Lithuania's capital city.

Denise Snieguole Wachter: is the culinary expert of STERN magazine. She is half Lithuanian and even as a child preferred cookbooks to novels. She is fascinated by how dishes can tell elaborate stories.

Photos: Maria Grossmann, Dovalde Butenaite



Judith Erdin

Your Best Bread Over Night

Baking with very little yeast

978-3-03902-240-3

39.00 EUR

Cover: Hardcover

Extent: 200 pages

Format: 21 cm x 26.5 cm

Colour photos

Available: 26/08/2024

Rights sold: All rights available

- Practical recipes that require very little time
- Featuring a register of flour types for Switzerland, Germany, and Austria
- Over 13,000 copies of the first volume sold

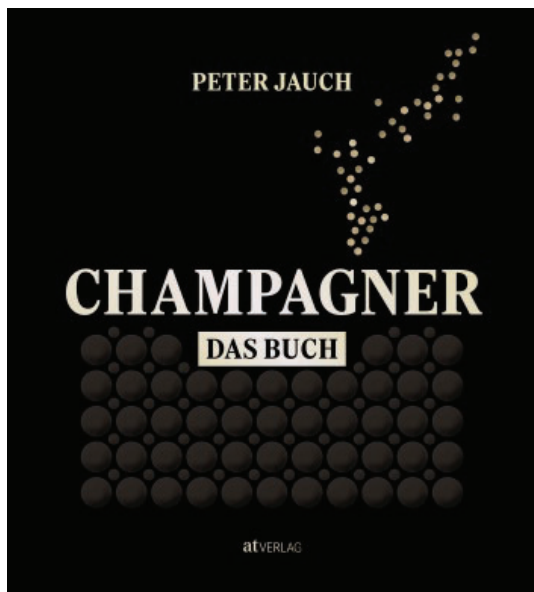
Slow and steady wins the race...

»Can I leave the dough from this recipe to ferment overnight?« is the question Judith Erdin is asked by far the most frequently. No wonder –who would not want fresh, home-made bread for breakfast without having to get up really early to prepare it?

In her third book the trained baker and confectioner presents her favourite recipes for bread and rolls for which the dough can be prepared the evening before. In the morning you merely need to shape it, let it rest, and then bake it. Within no more than one and a half hours you will have a wonderfully aromatic warm bread for breakfast that is easy to digest because of the small amount of yeast and the length of the fermentation.

The theoretical part has a particular focus on fermentation, for instance explaining the influence of yeast and room temperature. The author provides detailed descriptions of frequent mistakes made when baking bread and their causes. With the help of this book, nothing is in our way when trying to bake the perfect bread for breakfast.

Judith Erdin: is a trained baker and confectioner, as well as a trained polygrapher. She constantly develops new failproof recipes for her customers and for her own recipe blog »streusel.ch«. She shares her knowledge in various culinary workshops.



Peter Jauch

CHAMPAGNE – The Book

Production, consumption, culture

978-3-03902-235-9

65.00 EUR

Cover: Hardcover

Extent: 432 pages

Format: 25 cm x 28 cm

Colour photos

Available: 28/10/2024

Rights sold: All rights available

- **The must-have book on the topic by expert Peter Jauch**
- **More than 350 descriptions of brands and products**
- **High quality coffee-table book**

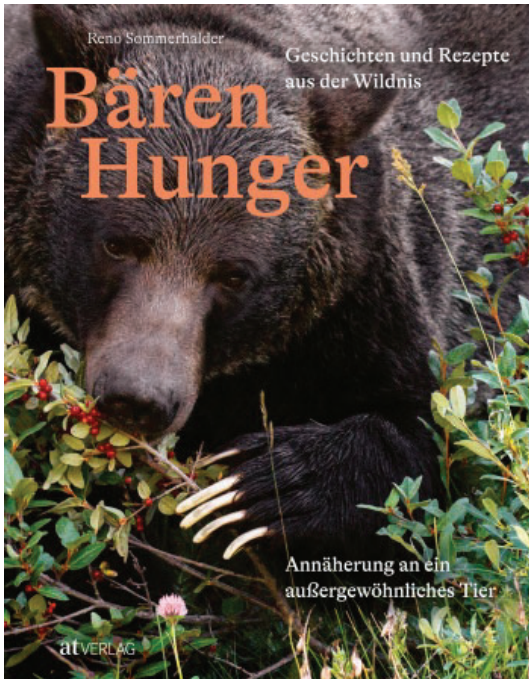
Champagne it is

The region of Champagne has been experiencing a revival: the young generation have started sustainable wine production. Some among them even make their own champagne. And what are big producers doing? They have started to adjust their portfolios according to the current zeitgeist.

Peter Jauch takes us on a journey to Champagne, telling us the story of champagne. He explains how it is produced and portrays the culture around champagne as well as some of the people who dedicate their life to the beverage. He not only shares his love for champagne with his readers but also gives the floor to winemakers, cellar masters, chefs, sommeliers, and many other international experts.

In the service section the renowned expert compares more than 350 products and allows for a thorough insight into the variety of the world's most famous luxury beverage.

Peter Jauch: is an absolute connoisseur. For many years he has been organizing food and drink events together with various chefs. As a writer he published articles on the topic both in Germany and Switzerland. His tastings and experience festivals are extremely popular. International spirits producers trust his expert judgment.



Reno Sommerhalder

Hungry as a Bear

Stories and recipes from the wilderness – approaching an extraordinary animal

978-3-03902-247-2

39.00 EUR

Cover: Hardcover

Extent: 220 pages

Format: 19.5 cm x 25 cm

Colour photos

Available: 28/10/2024

Rights sold: All rights available

- A unique book about the connection between bears and humans
- Featuring astounding bear pictures and stories
- With a preface by Wolf-Dieter Storl

Of bears and men

Bears have always held a strange fascination for humans, and Reno Sommerhalder shows us how even the meal plan of bears is similar to that of humankind. The bear researcher and trained chef accompanies bears on their rambles through the last wilderness resorts and captures his encounters in unique images and stories.

The world of author Reno Sommerhalder is not only adventurous but also tasty – his bear recipes are delicious for both humans and bears. He explains how to smoke salmon or how to recognize wild potatoes or chocolate lily, how to prepare asparagus made from fireweed, or how to bake a bear nut cake.

Reno Sommerhalder gives humans a truthful impression of bears via savoury treats.

Reno Sommerhalder: born and raised in Zurich, he started out as a chef until his wanderlust took him to Canada. With his family he has lived and worked near Banff (Province Alberta) for almost thirty years as an internationally renowned bear expert, wilderness guide, nature photographer, filmmaker, and author.



Stefan Marxer, Franco Del Popolo

What's under the Hat

How to safely navigate the world of mushrooms

978-3-03902-226-7

35.00 EUR

Cover: Hardcover

Extent: 320 pages

Format: 13.5 cm x 20 cm

Colour photos

Available: 26/08/2024

Rights sold: All rights available

- Picking mushrooms throughout the year with location and time period indicators
- Including picking regulations for Germany, Austria, and Switzerland
- With QR codes that link to video guides

No basket remains empty

Gathering mushrooms made easy: this book covers all relevant aspects, allowing even beginners and amateurs to identify unknown mushrooms and avoid dangerous mix-ups.

The authors present more than one hundred of the most delicious edible mushrooms with the help of detailed overviews including photographs from all angles, complemented by about twenty of the most important poisonous mushrooms known in the German-speaking regions. Insights into their classification help identify the mushroom families that warrant particular caution. Also, the two experts explain how to preserve and store the edible treasures you find.

Walking in the forest, observing nature, and picking mushrooms become a true pleasure with this book at hand.

Dr. Stefan Marxer: is an author as well as Austria's most successful YouTuber on the topic of mushrooms. The agricultural biologist is an enthusiastic amateur mycologist and mushroom advisor.

Franco Del Popolo: is a certified mushroom examiner in Switzerland, mushroom expert in Germany, and mushroom advisor ARGE in Austria. He heads »Franco's Mushroom School« in Switzerland.



Margret Madejsky

Detoxifying with Healing Herbs

Healing herb recipes and detoxifying concepts

978-3-03902-246-5

36.00 EUR

Cover: Hardcover

Extent: 320 pages

Format: 17.5 cm x 25 cm

Colour photos

Available: 30/09/2024

Rights sold: All rights available

- **A comprehensive introduction to the basic rules of detoxification**
- **Portraits of the 35 most important detoxifying plants – with tips on matching plants to types of persons**
- **Healing herb recipes and practical guidelines for your individual path to detoxification**

From angelica to horsetail – plants as a pathway to detoxification!

Toxins in food, living spaces, and the environment are the source of many diseases. An individualized and targeted detoxification fights the causes at their roots. This guide provides the first comprehensive set of rules for detoxification, compares different methods, and describes the most important detoxifying plants in a way that allows us to find the most suitable individual detoxification path.

The author gives an outline of healing plants and herbs with blood-cleansing, organ-strengthening, or specifically detoxifying effects. A collection of healing herb recipes and practical tips for home use are also included, as well as a list of environmental toxins and concepts for diverting and detoxifying heavy metals, antibiotics, cortisone products, psychopharmaceuticals, and vaccination toxins. Interviews with experts offer further professional insights, and dedicated QR codes point to videos of the original full-length interviews.

Margret Madejsky: Naturopathic therapist and co-founder of Natura Naturans, a working group for traditional occidental medicine. Naturopathic treatments for women, phytotherapy, complex homeopathy, and Paracelsus medicine are the focal points of her practice and teaching activity. Author of several standard works on healing herb medicine for women.



Anne Wanitschek, Sebastian Vigl

Clearherb

Lucid dreaming with healing plants – a guide

978-3-03902-249-6

29.00 EUR

Cover: Hardcover

Extent: 180 pages

Format: 14.5 cm x 22 cm

Ink drawings

Available: 25/11/2024

Rights sold: All rights available

- Enhance lucid dreaming with the help of indigenous herbs
- Practice lucid dreaming using renowned techniques
- Featuring handmade ink drawings and descriptive graphics

The green lucid dream program

Only very few people have spontaneous and regular lucid dreams and use the full potential of conscious dreaming to help self-recognition, personal growth, and healing. Most others need assistance to reach the wondrous world of the lucid dream. And this assistance can be plant-based.

In their book, healing herb experts Anne Wanitschek and Sebastian Vigl present a program that combines well-known lucid dream techniques such as the MILD method or critical consciousness according to Tholey as well as tips for lifestyle and nutrition with plant power. They show how plants can help us access the world of dreams.

Widely known plants without any psychoactive effects serve as aids in this lucid dream program: sage, laurel, lavender, ginkgo, damask rose, damiana, mugwort, saffron, and green tea strengthen the ability to consciously experience and influence dreams. The exercises build on each other, and readers can familiarize with the techniques step by step.

Anne Wanitschek: is a naturopath who together with her husband Sebastian Vigl runs a practice in Berlin focusing on phytotherapy. She authored several guides on naturopathy and writes regularly for naturopathy journals.

Sebastian Vigl: is an alternative practitioner with a focus on phytotherapy. Together with his wife Anne Wanitschek he authored several guides on naturopathy. He is co-editor of the magazine »Healing Plants« (Thieme Publishing) and a regular writer for naturopathic journals.



Sabine Simeoni

Nature Art Journaling for children

Connecting to nature creatively, with brush, pen, and paint

978-3-03902-239-7

29.00 EUR

Cover: Hardcover

Extent: 180 pages

Format: 19.2 cm x 24.5 cm

Colour photos

Available: 28/10/2024

Rights sold: All rights available

- An artistic discovery of nature
- The first book on the subject in German language
- For children starting from school age

Grasping nature with all our senses

Nature Art Journaling is the recording of observations and thoughts about nature in writing and images. This way, children discover the beauty of nature and capture their findings in a notebook. They observe, participate, develop appreciation and environmental consciousness, and they find their individual artistic mode of expression through different natural materials and techniques.

With challenging questions and age-appropriate information, this book invites to explore nature and it ignites a passion and hunger for knowledge. Via activities and projects, a year-round arts workshop familiarizes children with the characteristic atmosphere of each season which they then capture in their artworks.

This book is a guide and source of inspiration with numerous tips and ideas that nurture imagination, helps children find their individual way of expressing themselves without performance pressure, and takes kids on an exciting journey through the seasons that brings the love of nature to full bloom.

Sabine Simeoni: is a forest and wilderness educator, nature mentor, yoga instructor, author, and traditional phytotherapist. Her vision is to strengthen people's individual abilities by empathetic guidance and to deepen their relationship with nature in a sustainable way.



Andreas Staeger

Nature and Reflection

Hikes to Swiss pilgrimage sites

978-3-03902-243-4

33.00 EUR

Cover: Paperback with flaps

Extent: 200 pages

Format: 14.5 cm x 22 cm

Colour photos

Available: 30/09/2024

Rights sold: All rights available

- **Hiking tours to famous and unknown places of pilgrimage**
- **Historical and modern pilgrimage sites**
- **With maps and QR codes**

Contemplation and sights along picturesque paths

Pilgrimages are the most ancient form of touristic travel. In the past, people did pilgrimages for religious reasons, nowadays pilgrimage sites have become rewarding destinations from a secular perspective as well. For the path that leads to a pilgrimage site is just as important as its destination. Being on the road is not just recreational, a way to discover nature and cultural treasures, but also allows for contemplation and reflection.

The book presents 35 hiking tours that lead to picturesque pilgrimage sites. Some of them trace ancient pilgrimage trails, others follow less known yet breathtaking routes. Next to classical pilgrimage sites in Catholic regions some sites in Protestant areas are highlighted as well. Some of the pilgrimages may merely be of historical significance, as Reformation made them redundant, others however have attained their status in more recent times.

The book also presents two contemporary sacred buildings, the Botta chapel in Mogno TI and the Caplutta Sogn Benedetg by Peter Zumthor in Sumvitg GR, both of which have become internationally renowned »pilgrimage destinations« for architecture lovers.

Andreas Staeger: is a journalist and passionate hiker. He is author of several hiking guides. His hiking reports are published in various magazines and newspapers.