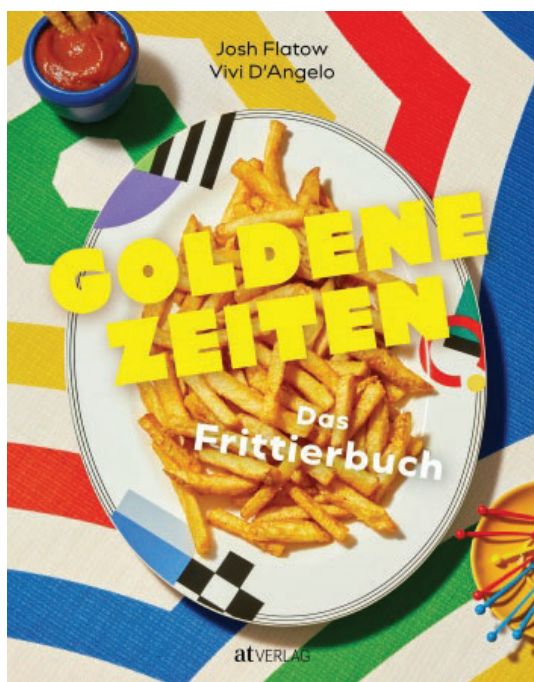


Rights Catalogue

Spring 2025



Josh Flatow

Golden Days

The book on deep-frying

978-3-03902-267-0

32.00 EUR

Cover: Hardcover

Extent: 208 pages

Format: 19.5 cm x 25.5 cm

97 colour photos

word count: 30,621

Available: 02/04/2025

Rights sold: All rights available

- The ultimate guide for deep-frying
- Numerous recipes from all over the world suitable for any meal plan
- Detailed chapter on theory

Crispy on the outside, tender within

Golden brown, flavourful, crisp: relishing deep-fried food manifests the ultimate lust for life – turning a delightful blind eye to our reproachful conscience. The recipe part renders traditional or cheekily modern interpretations of classical dishes. Familiar treats meet astonishing new discoveries or food types one would not expect to encounter in the boiling oil of the deep fryer, like for instance gherkins with blue cheese.

Apart from indulging in shiny golden delicacies, the book offers a detailed introduction including lots of information about techniques, types of shortening, temperatures, and safety tips. The highlight of the theoretical part is a well-researched article that provides a scientific perspective on deep-frying: Dr. Michael Podvinec explains chemical and physical processes and he reveals why no other cooking technique is able to imitate the taste and feel of deep-frying.

Josh Flatow: is a vastly experienced chef. Nowadays he develops recipes and works as food stylist with a sense for high quality handcrafts.

Vivi D'Angelo: is a journalist, communications scientist, and passionate photographer. You can find her wherever there is fine food and exciting stories to discover.

Fotos: Vivi D'Angelo



Tom Franz

My favourite Meal

Israeli breakfast all day

978-3-03902-264-9

32.00 EUR

Cover: Hardcover

Extent: 184 pages

Format: 19.5 cm x 25 cm

87 colour photos

word count: 25,342

Available: 02/04/2025

Rights sold: All rights available

- **A culinary journey through the variety of Israeli cuisine**
- **The third, most personal book of the famous author and MasterChef winner**
- **Modern breakfast cuisine with influences from around the world**

The all-day breakfast

The signature meal of Israeli cuisine is unquestionably breakfast. It is most commonly buffet style and originates from the kibbutzim, the agricultural co-ops where hearty food used to accompany the hard labour in the fields. Nowadays, people all over the world enjoy Israeli breakfast culture.

Tom Franz has collected numerous delicious recipes: fresh salads, hearty casseroles, fish, egg, and cheese dishes, but also savoury pastries. Spices and ingredients from the Orient or from Eastern Europe play an important role and showcase the culinary diversity of the country. All recipes can be freely combined and will create impressive breakfast buffets or opulent brunch menus. Be it for a larger group or only for oneself, this book offers the most suitable dishes – not just for breakfast, but for the whole day. With a preface by Andrea Kiewel.

Tom Franz: was born in Rhineland, Germany. He is a trained lawyer who worked in International Law until he emigrated to Israel in 2004, converted to Judaism and made his passion for cooking his profession. Today he lives with his wife and five children near Tel Aviv.

Fotos: Daniel Lailah



Pascal Haag

spice up

Vegan & aromatic recipes – with spices from around the world

978-3-03902-258-8

38.00 EUR

Cover: Hardcover

Extent: 232 pages

Format: 19.5 cm x 25.5 cm

96 colour photos, 5 illustrations

word count: 28,581

Available: 03/03/2025

Rights sold: All rights available

- **Perfect vegan combinations**
- **Magnificent taste with spices from around the world**
- **With ingredient specs and recipes**

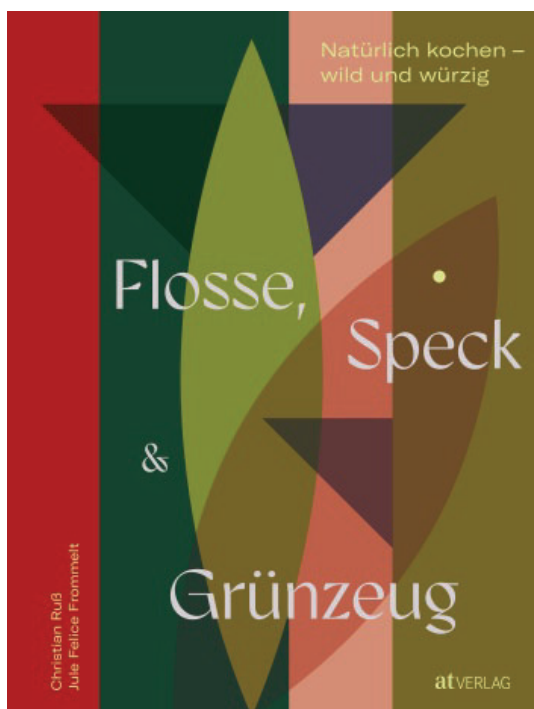
The question of taste – and the answer to it

How to make vegan dishes taste fancy and delicious? The answer is: spices. In »spice up«, Pascal Haag takes us on an exciting journey to the fascinating world of spices. He tells us which ingredients harmonize best with spices such as sumac, cinnamon, and turmeric, or spice blends such as five spice, cajun and dukkah, and he shares tips for shopping and storage.

Be it tofu tomato curry with roti, stuffed pita with berbere lentils, or truffles with pepper and star anise: the carefully composed vegan dishes offer a rich and sumptuous taste experience – and will spice up both your kitchen and your life.

Pascal Haag: is a vegan chef, recipe developer, and cooking instructor. Since 2014 he has worked freelance in various (cooking) projects. His passion for spices was kindled by an Indian maître de cuisine, nowadays he creates his own spice blends for SoulSpice.

nom-nom: is a visual storytelling studio in Zurich run by Bettina Ehrismann and Corinne Zeltner. It is focusing on the creation of content and images on the topic of food.



Christian Ruß

Fins, Bacon, and Greens

Cooking naturally – savage and savoury

978-3-03902-266-3

38.00 EUR

Cover: Hardcover

Extent: 256 pages

Format: 19.5 cm x 26 cm

Colour photos

Available: 28/05/2025

Rights sold: All rights available

- **Sustainable cooking that respects nature's resources**
- **Seasonal recipes throughout the year – prepared outdoors and indoors**
- **A variety of cooking techniques explained by professionals**

Cooking here and now

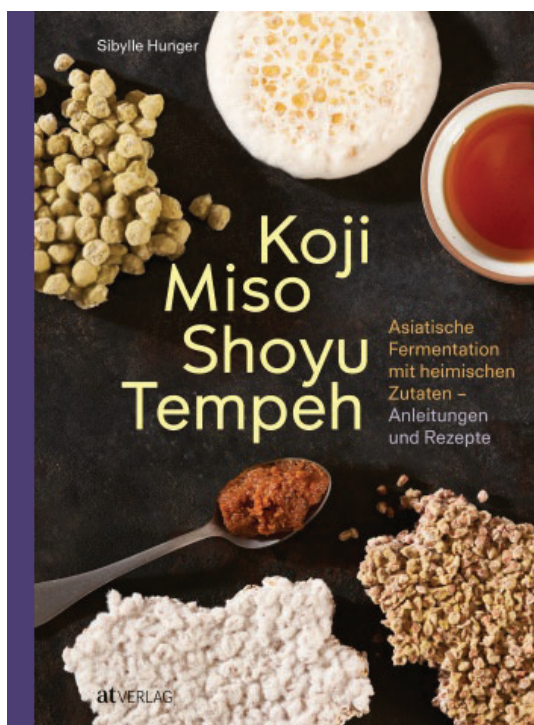
State of the art natural cuisine is a melting pot where fresh regional ingredients from the forest, water, meadow, and field create a culinary feast. We are served pikeperch and deer, but also juicy tomatoes and flavourful herbs. From tender trout or crispy chicken to hefty beef and crunchy potatoes, all ingredients come from the close vicinity.

Christian Russ does not cook in the classical sense of the term: He smokes, cures, pickles, and bakes – on the open fire, under the blue sky, or in his own kitchen. Meat and fish he caught himself are combined with fresh vegetables and fruits, using all parts of the animal. From simple recipes like asparagus soup with nettle pancake and onion tarte all the way to sophisticated cooking projects – the source of inspiration is always nature's abundance.

Christian Ruß: used to be a top chef in Germany. He is particularly fascinated by the basics of cooking that are the foundation of any new creation.

Jule Felice Frommelt: is a food photographer in Berlin. In her photos she highlights the simple beauty of dishes.

Fotos: Jule Felice Frommelt



Sibylle Hunger

Koji Miso Shoyu Tempeh

Asian fermentation with domestic ingredients – guidelines and recipes

978-3-03902-273-1

34.00 EUR

Cover: Hardcover

Extent: 240 pages

Format: 19.5 cm x 26.5 cm

Colour photos

Available: 25/06/2025

Rights sold: All rights available

- Asian fermenting technique with regional foods
- An unrivalled taste sensation
- Tips for a sustainable use of ingredients

A trip to Umami

The edible mould koji has been widely used in Japan for many centuries to ferment different types of food as it lends them a variety of flavours. Health aspects, cultural identity, and a sustainable way of life all contribute to the rising popularity of fermented foods and shape new eating habits. Miso and shoyu, seasonings produced with koji fermentation, play a crucial role in modern aromatic cuisine, just like Indonesian tempeh.

Sibylle Hunger provides detailed step by step guidelines on how to make the most important koji ferments in your own kitchen. She offers numerous suggestions and tips, among others on how to use kitchen waste and leftovers. In the recipe part koji is used for fermenting: crops, legumes, vegetables, fruit, meat, and fish as well as Japanese specialties such as shio koji, miso, shoyu, amazake, mirin, and natto – produced in the traditional way, and prepared in modern variations using domestic ingredients. An invitation to the universe of koji magic that will enrich your kitchen on any occasion and at any time of the day.

Sibylle Hunger: has been a passionate fermentista for 30 years, owes her fame to Bayrischer Rundfunk. She runs fermentation workshops as well as the »Manufaktur Gmiashunger«.

Fotos: Julia Hildebrand



Claudia Ritter

A natural Companion during Menopause

Healing plants, usage, recipes

978-3-03902-251-9

29.00 EUR

Cover: Hardcover

Extent: 304 pages

Format: 14.5 cm x 22 cm

42 colour photos

word count: 64,209

Available: 26/02/2025

Rights sold: All rights available

- **Detailed knowledge section and nutrition guide including recipes**
- **Plant portraits and uses**
- **Symptoms and how to treat them with the help of naturopathy**

A natural step into the next phase of life

When the hormones of the female body get ready for the next life stage the process can have negative effects on one's well-being. Hot flashes, mood changes, sleep disorder, pain or irregular bleeding are a strain, they lower the energy level and render women insecure when it comes to their sense of self.

Often synthetic hormones are used to alleviate the symptoms, while plant-based alternatives have always existed as well. Naturopathic, gentle modes of therapy help balancing the hormonal circumstances in times of change. The focus of this book is on the healing power of women's herbs, and this is based on a detailed knowledge section about the hormonally induced processes during menopause. As vital substances also play an important role in the interplay of hormones, the chapter on nutrition featuring a number of recipes is just as essential. A holistic naturopathy-based guide both for affected women and for therapists.

Claudia Ritter: naturopath and author. Many years of professional experience. Focal points: hormonal complaints, strong immune system, healthy bowels, skin, and nerves.



Marianne Ruoff

Ice Age Medicine

Powerful healing plants around the ice

978-3-03902-261-8

34.00 EUR

Cover: Hardcover

Extent: 336 pages

Format: 15.5 cm x 23 cm

Colour photos

Available: 28/05/2025

Rights sold: All rights available

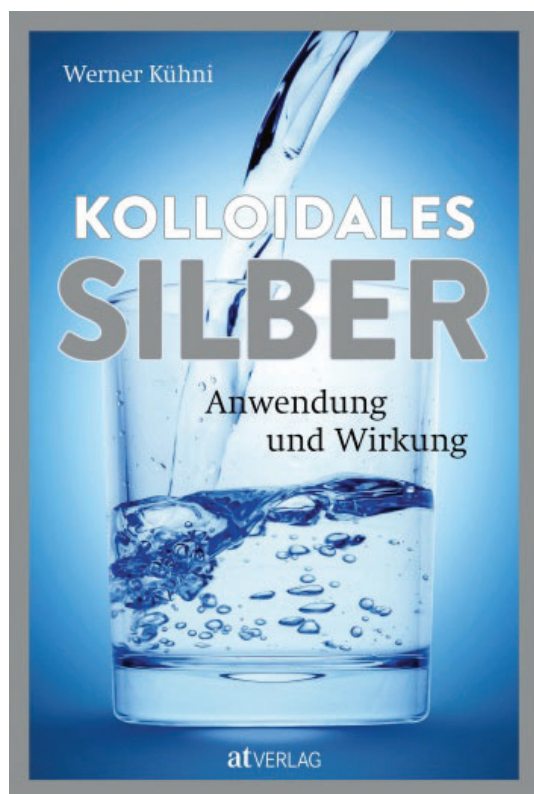
- **Ancient healing practices and results of modern research**
- **Focus on 16 particularly powerful plants**
- **Insights from research trips to the Inuit**

Healing practices as ancient as humanity

The ice melts in Greenland, in the Alps, and around the world. Healing plants grow all along its edges that were used by hunter-gatherer communities since the last ice age. On research trips to Greenland, Siberia, Mongolia, and by exploring the healing practices of the domestic Alpine regions, the author gathers valuable, traditional healing knowledge. Combining ancient findings of Chinese herb medicine, modern research results, and valuable tips from her vast experience as specialist for general medicine, traditional Chinese herb medicine, and phytotherapy, Marianne Ruoff creates an unparalleled, impactful, and holistic masterpiece.

Detailed plant descriptions and photos facilitate identification. With more than 260 uses for healing, more than 130 recipes and outdoor practices, this book is more than just a comprehensive guide: it showcases the unspeakable value and dazzling beauty of the Arctic and Alpine flora.

Dr. Med. Marianne Ruoff: specialist for general medicine, acupuncture, traditional Chinese herb medicine including dermatological medicine, as well as phytotherapy at her own practice in Berne. She holds lectures and seminars on the topic of healing herb medicine and organizes herb hikes.



Werner Kühni

Colloidal Silver

Use and effects

978-3-03902-280-9

22.00 EUR

Cover: Hardcover

Extent: 264 pages

Format: 15.5 cm x 23 cm

Colour photos

Available: 25/06/2025

Rights sold: All rights available

- **The expanded best-seller**
- **An easy to read, practical guide for therapists and amateurs**
- **Including tips for preparation and storage**

Natural anti-inflammatory

Colloidal silver functions like a broad-spectrum antibiotic and reliably fights viruses, bacteria, and fungi, without any side effects. It is anti-inflammatory, accelerates the healing of wounds, and strengthens the immune system. These effects have been recognized scientifically, and colloidal silver is put to use in everyday practice.

The book describes the most common disease patterns of humans and animals as well as their treatment with colloidal silver. The author explains the scientific background, summarizes the latest research on the subject, and complements the book with tips on how to prepare, store, and preserve colloidal silver. Recent practical examples are an inspiring addition to this completely revised edition of his bestselling work. A comprehensive guide both for amateurs and for professional use – simple, straightforward, and practicable for anyone.

Werner Kühni: alternative practitioner and psychotherapist, trained in homeopathy, mind control, and hypnosis, intense studies of aroma therapy. Seller of and consultant for essential oils and healing stones, author, and exhibition initiator. Provider of lectures and seminars.



Martin Arnold, Urs Fitze

Swiss Industrial Culture

Hikes between Arbon and Geneva

978-3-03902-236-6

38.00 EUR

Cover: Paperback with flaps

Extent: 296 pages

Format: 14.5 cm x 22 cm

226 colour photos, 6 b/w photos, 46 maps

word count: 59,487

Available: 16/04/2025

Rights sold: All rights available

- **An insider view on Swiss cultural history**
- **Hikes with difficulty levels ranging from easy to challenging**
- **Including access to digital hiking maps and GPS data for map apps and GPS devices**

The fascinating world of Swiss industrial sites

Swiss industrial sites are true gems with a fascinating history, offering unparalleled variety. Amidst breathtaking landscapes and cities we find a rich heritage that was not only preserved but also transformed into adventurous travel destinations.

This book takes us on a journey to 44 unique industrial cultural sites all around Switzerland. From the historical Caquelson workshops in Bonfol, the legendary truck smithy Saurer in Arbon all the way to the majestic machine capital »Nagli« in Winterthur – the hikes and travel logs take us to the witnesses of the industrial age which used to mark, and partly still do, the economic and cultural life of Switzerland. Whether you go on a relaxed walk or on a demanding hike – this guide opens the door to an impressive heritage spanning across all eras of industrialisation.

Martin Arnold: is a freelance journalist, author, and co-author of numerous publications.

Urs Fitze: is a freelance journalist, author, and co-author of several hiking guides by AT Publishing.



Dominik Wunderlin

Jura

Wild crests, historical places, and legendary sites

978-3-03902-176-5

38.00 EUR

Cover: Paperback with flaps

Extent: 248 pages

Format: 14.5 cm x 22 cm

Colour photos

Available: 28/05/2025

Rights sold: All rights available

- **Strolls beyond the beaten path of long-distance trails**
- **Plenty of cultural background information**
- **Easily doable walking tours**

Wandering around the Jura

Hiking in the Jura offers more than just the classical long-distance path across the foremost mountain chain from Dielsdorf (near Zurich) to Nyon near Lake Geneva. In this book, Dominik Wunderlin presents 40 attractive hiking adventures, mostly easy tours in Northwest Switzerland stretching across the language border, which have never before been assembled in one tour guide. Some are suitable to connect with long-distance trails, others can be combined into longer hikes. Apart from walks off the beaten track there are some tours that lead through villages and smaller towns. This book reveals sights, landmarks of cultural and natural history, myths and legends, and reliably guides us through the abundant manifestations of the Swiss Jura.

Dominik Wunderlin: studied European ethnology/cultural studies, history, and anthropogeography. Formerly held a leading position at the Museum of Cultures in Basel. Numerous publications. President of the now dissolved Swiss Jura Club. City guide, hiking and field trip leader, as well as adult educator.

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