

2019

# FOOD & COOKING

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PUBLISHING

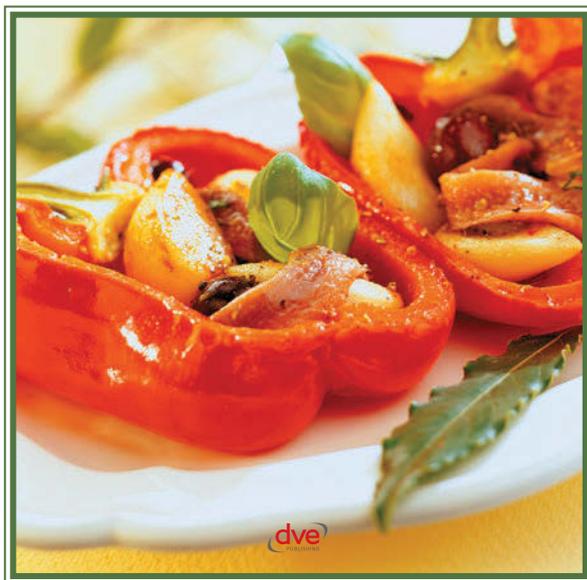
# FOOD & COOKING

In this age of body worship, and with the plenitude of TV shows now dedicated to food, passion for cooking has increased dramatically. As chefs became superstars and their edible creations were praised for their presentation and taste, they reintroduced the joy of cooking back into our own kitchens. Whether it is organic, vegetarian, Asian, Western, African, haute cuisine, street food, for breakfast, lunch, dinner, snacks, or tapas, in this section you will find all of the recipes necessary to help you become the master of your own kitchen. You will also learn to how to make and prepare cocktails, juices, and smoothies, as well as how to distinguish between different wines and beers so you can always match your favourite food with the perfect drink!



# Tasty Tapas

121 UNFORGETTABLE RECIPES



ISBN 978-1-78525-562-5

Format 170 x 240 mm, 144 pages

20,500 words

The secret of good tapas lies in their ability to please both eyes and palate, to break the monotony of daily meals and present themselves in quantity and variety so that each person can choose according to their culinary preferences. Thanks to this book, you will learn to prepare a great number of tapas:

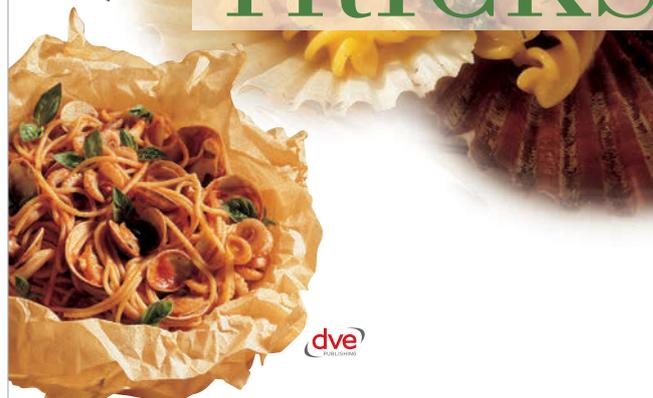
- Pinchos
- Tomato tapas
- Egg
- Ham
- Seafood
- Canapés
- Sandwiches...

And to combine the most simple ingredients with the most sophisticated. And don't forget the drink! This book will also teach you which drinks combine with which tapas. Aesthetics are important too, so the book will also teach you quite a few tricks to present your tapas in order to conquer the occasional visit and create a memorable impression during celebrations at your home.

Luca Rossini

SECRET ITALIAN RECIPES

# & PASTA TRICKS



ISBN 978-1-78525-592-2

Format 170 x 240 mm, 288 pages

59,000 words

In this illustrated book, dedicated to the excellence of the Italian dish, you will discover a universe of pasta-based dishes.

Cooked at home, or already prepared, fresh, dry, stuffed, coloured, decorated... with soup, baked, sautéed... and also with vegetables, meat, fish, cheese, fruits...

Versatile, practical, nourishing and light, adaptable to every requirement, pasta can be offered with guaranteed success and in both traditional and innovative recipes.

In this book you will find all the instructions, procedures, tricks, and advice to get amazing results, and all kinds of recipes: easy, thorough, rustic or refined for a starter, main dish or dessert, to be pleasing to all palates for any occasion, from the most formal context to a familiar one.

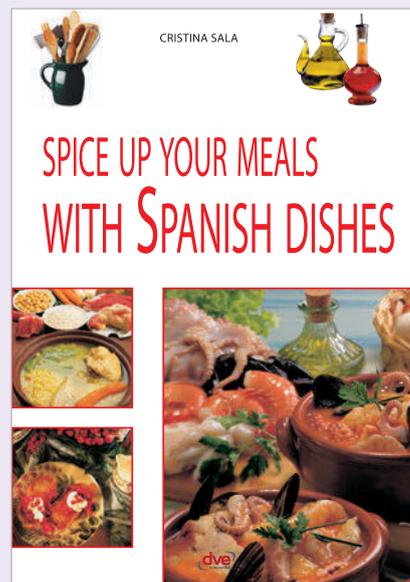
**ISBN 978-1-78525-566-3**  
**Format 170 x 240 mm, 160 pages**  
**24,500 words**

Paella, gazpacho, fabada... Each are very characteristic plates of Spanish cuisine, but there are many more, and each region has its own typical dishes, beloved by those who know them.

In this book we can see how the same dish can be presented in many different ways depending on the ingredients and preparation methods, which tend to vary depending on the region.

Starters, main courses, and desserts form this superb compilation of the best of Spain's gastronomy; when we selected the different recipes, we kept in mind that, despite each ingredient being characteristic of the region where it's from, all of them should be easy to find in a general market.

This book will let you look over the whole Spanish gastronomy and taste the most unique dishes from each region without needing to leave home.

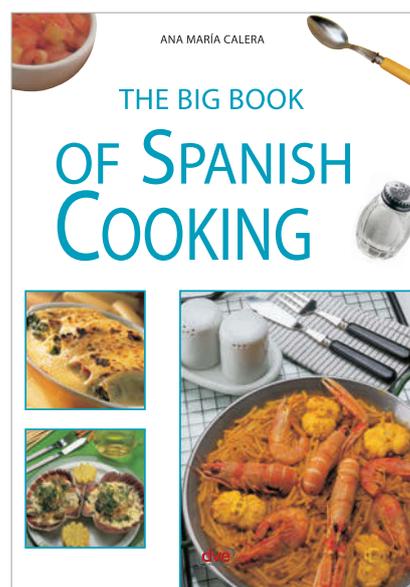


**ISBN 978-1-78525-564-9**  
**Format 170 x 240 mm, 320 pages**  
**77,300 words**

The Spanish cuisine is wide, varied, and extremely tasty and healthy, but how do I prepare those dishes in a simple and economical way?

Each reader will be able to use this book according to their own tastes, given the many possibilities it offers to combine all the products of the Spanish cuisine: pasta, rice, potatoes and legumes, meat, fish, etc.

All the recipes included in this book are possible to cook without complications and still give you the satisfaction of achieving attractive and exquisite dishes. Try them out!



**ISBN 978-1-78525-572-4**  
**Format 170 x 240 mm, 128 pages**  
**34,800 words**

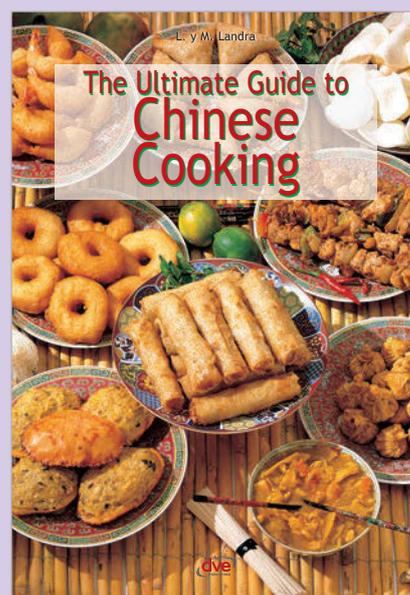
A fusion between science, philosophy, and art, in Chinese cuisine, the selection of the ingredients, the preparation, cooking techniques, composition, and presentation are the result of a millenary civilisation.

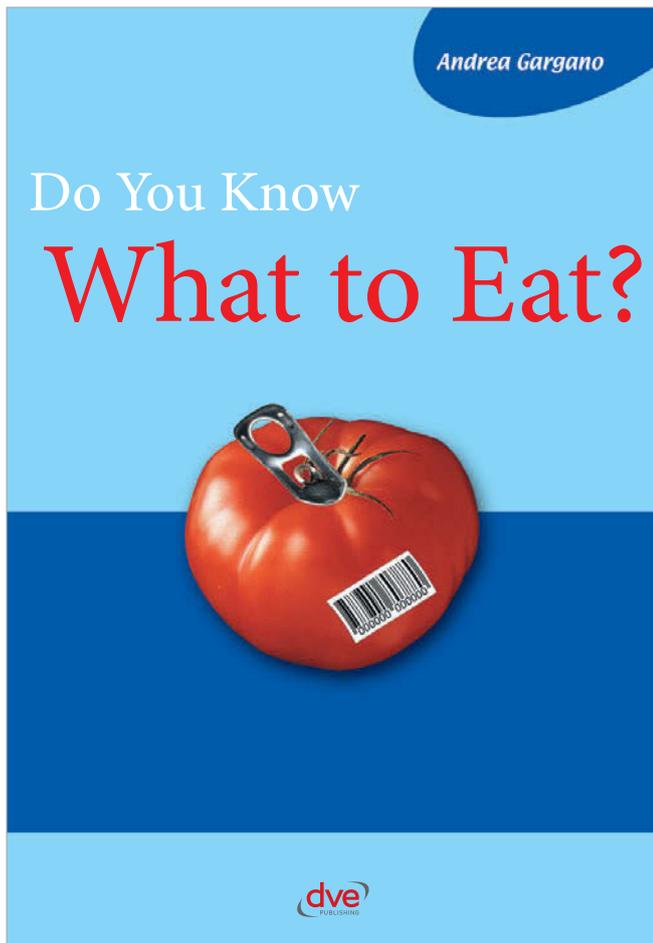
Quick, low-cost, and respectful of dietetic principles, Chinese cuisine is perfect for our lifestyle, too.

Harmony and flavours, aromas and textures, balance: these are the keywords for Chinese gastronomy, which has dishes already famous worldwide.

In this work you will find many recipes and useful tips to cook appetisers, starters, soups, main dishes, vegetables, or eggs quickly and successfully.

The contents come together with useful suggestions to know about the necessary ingredients in order to learn the cuisine of this wonderful country and organise a stylish dinner.

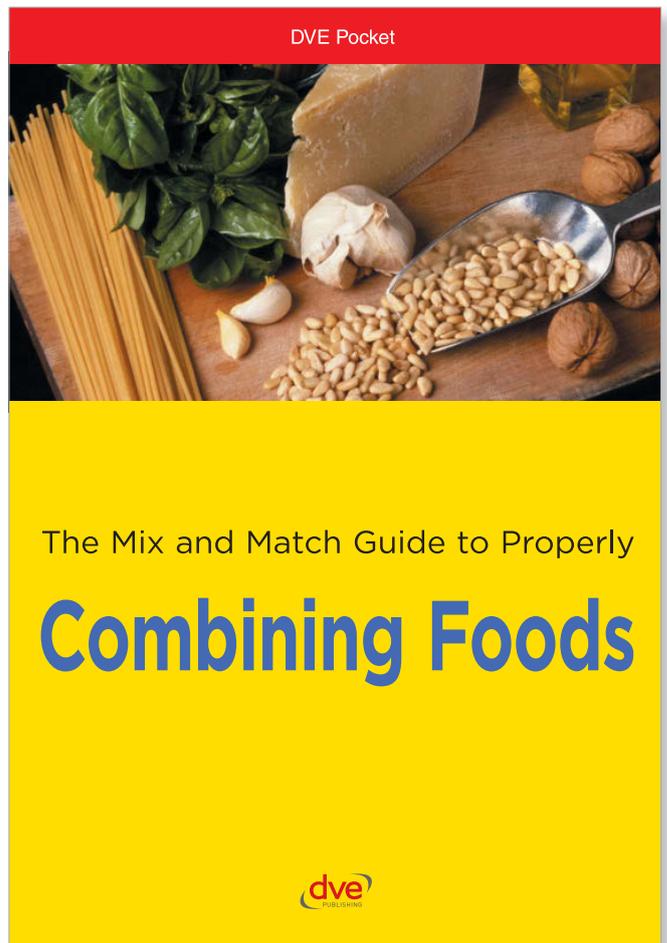




**ISBN 978-1-78525-575-5**  
**Format 145 x 205 mm, 192 pages**  
**51,000 words**

This is the question we ask ourselves nowadays every time we sit at the table, or go shopping, or when we let ourselves be tempted by the delicacies of a grill house or by a restaurant's menu. The question also arises when we read articles demonising some foods and applauding others.

Containing all the information needed to avoid mistakes when picking your meals, this book helps you to choose the healthiest foods by informing you about principles of nutrition science, nourishing standards, how to read and understand food labels, how to interpret good and bad advertising, international legislation, and so on.



**ISBN 978-1-78525-576-2**  
**Format 115 x 167 mm, 192 pages**  
**23,500 words**

Are your eating habits correct? This book provides you with the necessary information to find it out.

How important are drinks in a healthy diet? What should I drink and when? The criteria for combining a beverage must not be forgotten to get a balanced diet.

This manual will help you solve this and other questions, as it contains an alphabetic dictionary with the most common foods in our diet and its correct or incorrect combination with other foods.

Furthermore, the book is a useful guide which joins theory, warnings, advice, and rules to reach a perfect diet.

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**ISBN 978-1-78525-567-0**

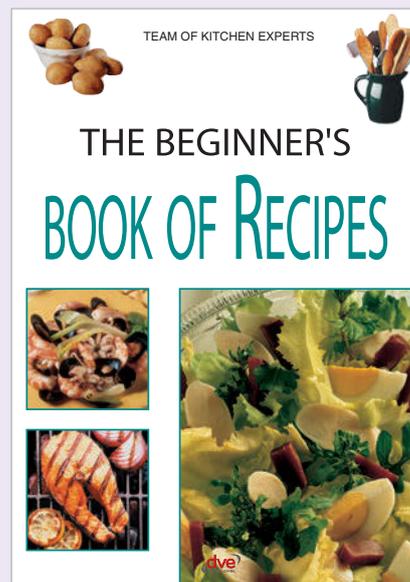
**Format 170 x 240 mm, 192 pages**

**54,000 words**

This is a book aimed at all those people that lack experience in the kitchen but wish to learn how to cook all kinds of dishes.

First courses, meat, fish, sauces, desserts... One thousand and one ideas in the form of original recipes meant to avoid complications and still obtain great results. You will find a complete selection of easy to make plates that will satisfy all palates, no matter how demanding.

The menus included at the end of the book add examples on how to combine the recipes presented to achieve a perfect meal.



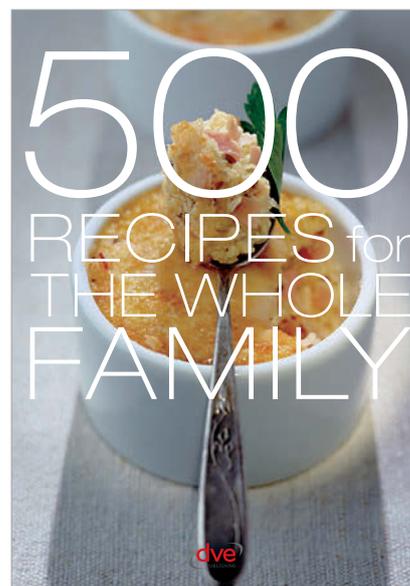
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**ISBN 978-1-78525-508-3**

**Format 120 x 165 mm, 656 pages**

**70,000 words**

Preparing family meals can sometimes be a small daily drama. You must have all the necessary ingredients and remember the tastes of each family member. If you are struggling, this book is for you! Inside are simple recipes with original tastes, perfect presentations, and some fantasy. These 500 recipes will help you cook stress-free and bring joy to your table.



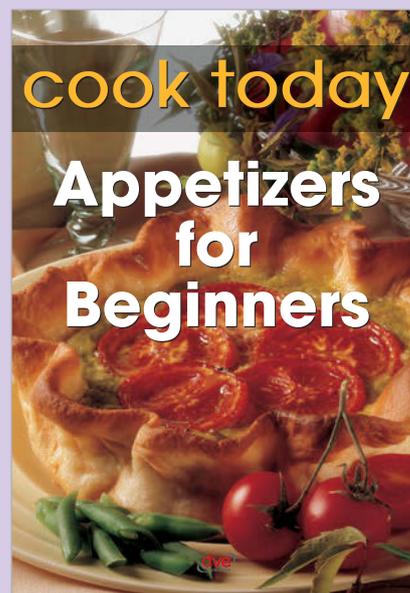
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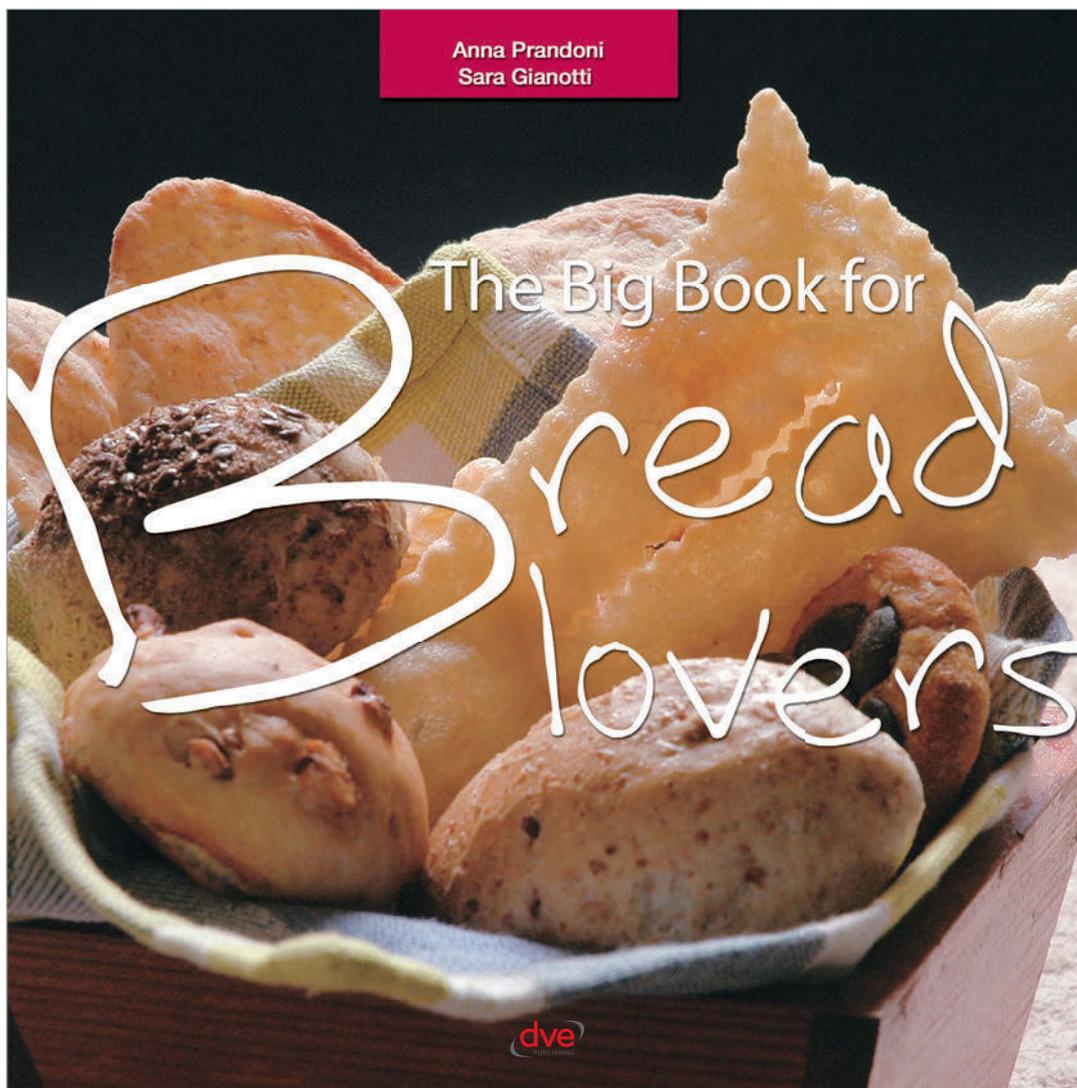
**ISBN 978-1-78525-582-3**

**Format 170 x 240 mm, 96 pages**

**23,000 words**

How do you start a lunch or a dinner? How can you stimulate an appetite with aromas, colours, and flavours? This book includes recipes for all tastes, simple and elaborate, aromatic, spiced, delicate or rustic. Salads, soufflés, cakes, quiches, pizzas, toasts, fritters, pies, spreads, cold meats... Ideas and tricks for dishes that can make a meal or a simple aperitif unforgettable.





ISBN 978-1-78525-311-9

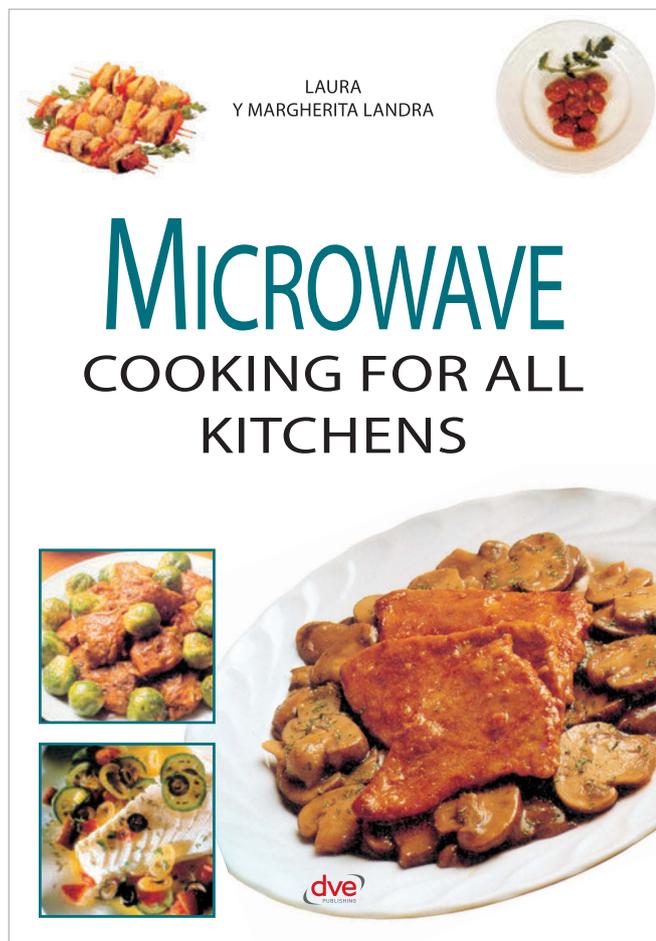
Format 230 x 230 mm, 192 pages

17,000 words

A walk through the aromatic and flavourful world of bread.

From popular baguettes to delicious focaccias, you will find a large number of exquisite recipes, gathering the scent and fascination of a good home-made bread.

In this book, you'll find innovative ideas and tasty and exciting flavours to make a true treasure out of the bread basket - the main character on the dining table. And you will learn to appreciate the simplicity and perfection of a good bread, made with creativity and love.

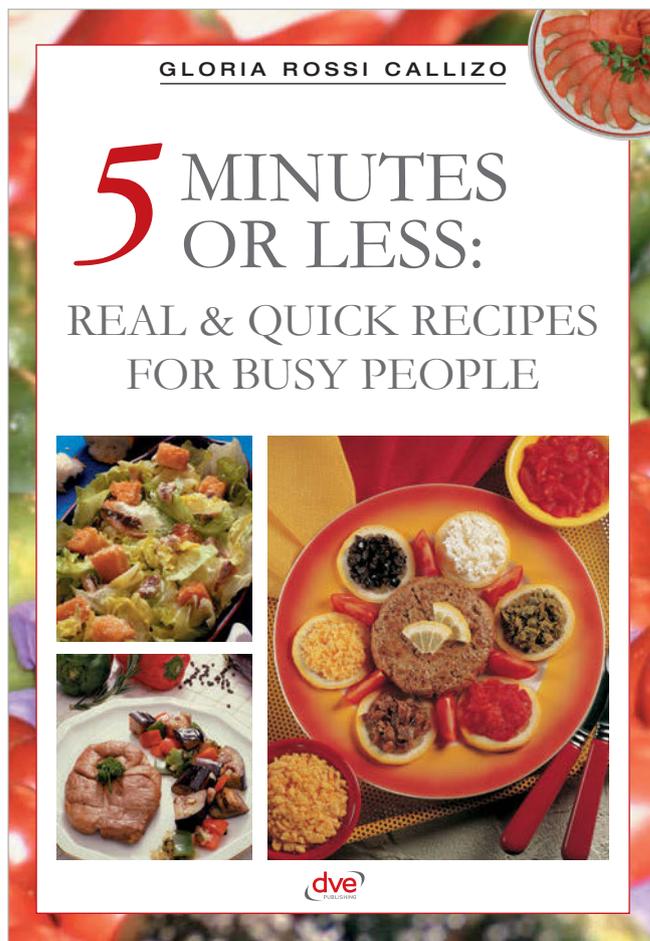


ISBN 978-1-78525-565-6  
Format 170 x 240 mm, 96 pages  
28,000 words

Would you like to cook, defrost, and reheat food in the least possible time? Discover the microwave!

Try all the recipes in this guide, and choose your favorite; all of them are created to be made in the microwave.

In every recipe you will find the ingredients, portion sizes and calories per person, the preparation and cooking times and how to display it on the dish and the table.

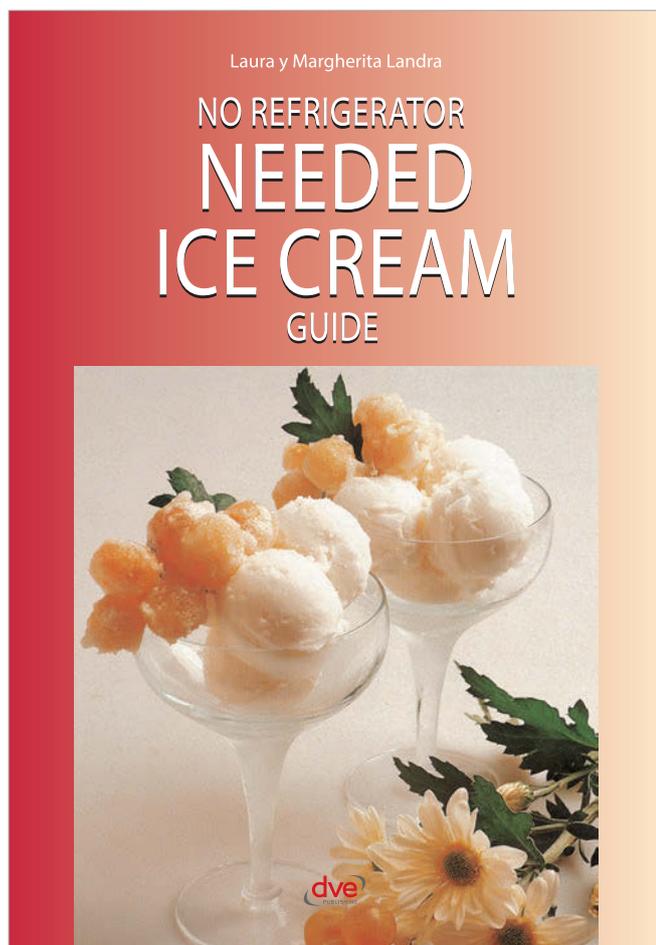


ISBN 978-1-78525-563-2  
Format 170 x 240 mm, 156 pages  
15,000 words

There are a lot of possibilities to combine pasta, rice, potatoes, vegetables, legumes, etc., to cook without any hassles. Having little time to prepare food doesn't mean that we have to give up eating well-cooked, flavourful dishes. Learn how to elevate any dish with simple sauces, made in just 5 minutes.

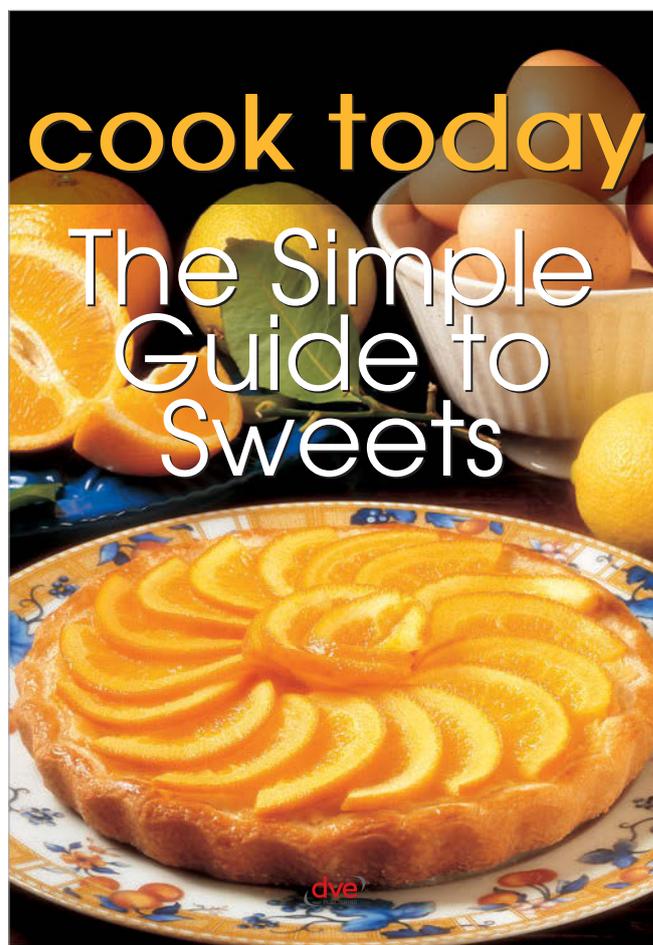
Here, you will find a selection of delicious and easy-to-cook desserts.

The aim of this work is to give a practical solution to all who want to eat a healthy and balanced diet without having a lot of time to cook. In these pages, you will find a wide selection of tasty, easy and quickly prepared recipes, which will be very useful in your daily life.



ISBN 978-1-78525-593-9  
 Format 170 x 240 mm, 160 pages  
 28,000 words

Who doesn't love a tasty and refreshing ice cream, whether it is hot or the middle of winter. If you don't have an ice cream maker, you can make homemade ice cream! Not only awesome recipes, but great information on ingredients, equipment, and processes as well. A step by step guide on how to make ice cream at home without the help of the fridge.



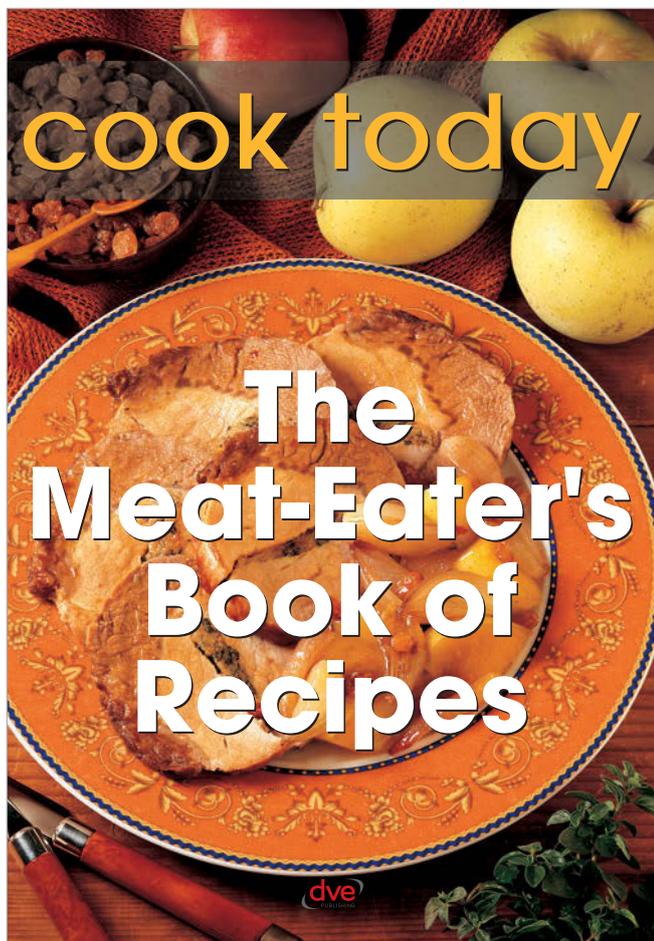
ISBN 978-1-78525-584-7  
 Format 170 x 240 mm, 96 pages  
 20,000 words

This book has a complete array of ideas to end a meal with a sweet taste or to prepare delicious breakfasts and snacks.

Cakes, fritters, ice creams, jellies, mousses, soufflés, cookies, creams...

Pie crust, sponge cake, almond paste: these are just part of a path that passes through the most traditional recipes to the most elaborate and decorative ones, where the best quality, home-made ingredients combine with the abilities of the pastry chef.

Here you will find a wide variety of irresistible proposals for the elaboration of delicious desserts with fruit, cream, yoghurt, rice, bread, or liquors.



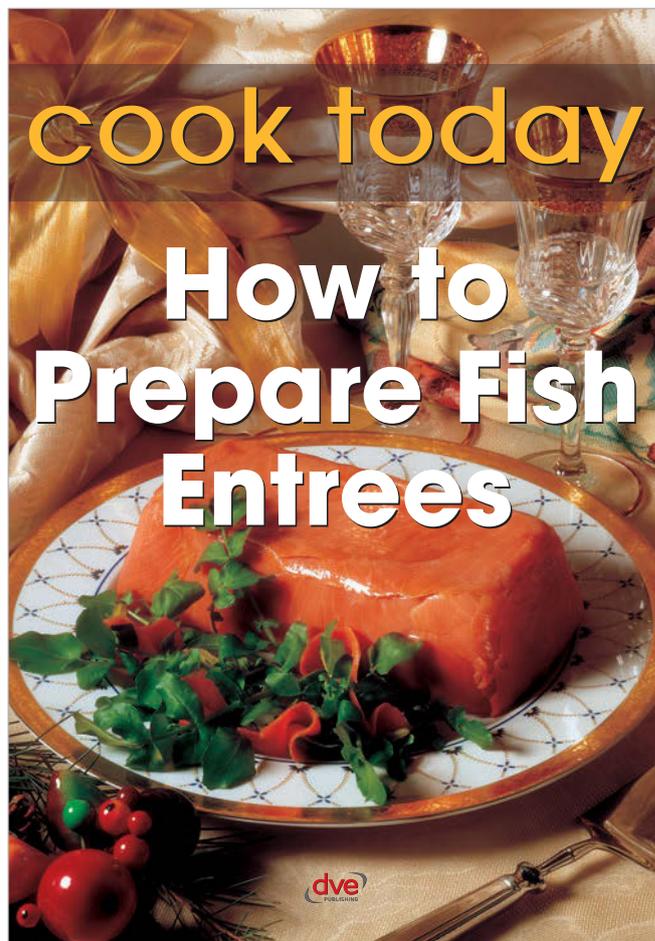
cook today

# The Meat-Eater's Book of Recipes

dve

ISBN 978-1-78525-585-4  
 Format 170 x 240 mm, 96 pages  
 21,000 words

This book is complete with everything you need to know about meats:  
 A vast number of recipes for preparing tasty, nourishing and protein-rich dishes.  
 Roasts, rolls, meatballs, stews, escalopes...  
 All the ways to prepare the meat: Ragout, grilled, fried, sweet and sour, fricassee...  
 From the traditional steak to the "alternative" meats: guinea fowl, rabbit, goat, lamb, chicken, turkey, pork...  
 The book includes advice for cooking meat to enhance its characteristics through aromatic herbs, sauces, vegetables, beer, wine, fruit, etc.



cook today

# How to Prepare Fish Entrees

dve

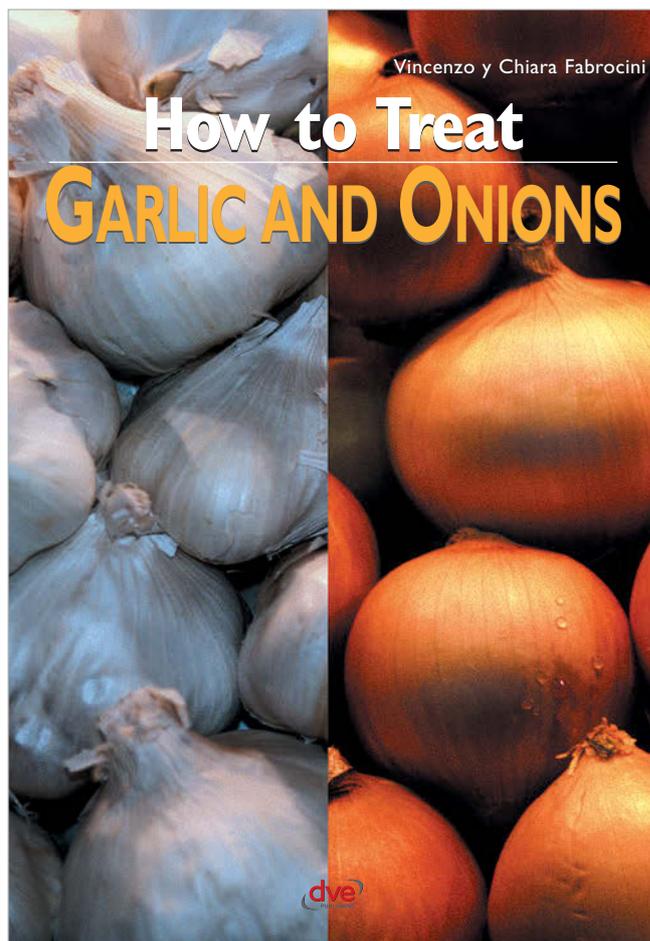
ISBN 978-1-78525-583-0  
 Format 170 x 240 mm, 96 pages  
 20,000 words

This book offers recipes to start a lunch or a dinner with one of the healthiest and tastiest foods!  
 Carpaccios, spreads, pastries, cakes, salads and many more dishes, hot or cold, simple or elaborate, traditional or ground-breaking.  
 Sea and river fish, mollusks, seafood... something for all tastes!  
 This is a book full of advice and ideas for preparing exquisite delicacies, even for those that think they don't like fish.



**ISBN 978-1-78525-586-1**  
**Format 145 x 205 mm, 128 pages**  
**18,500 words**

Healthy and hearty main dishes will have you swooning—sans meat. When entering into a vegetarian lifestyle or simply looking to go meatless a few nights out of the week, it is important to remember the value of protein to a well-balanced diet. Our vegetarian recipes are full of flavor and provide tasty meatless options without sacrificing the nutrients your body needs.

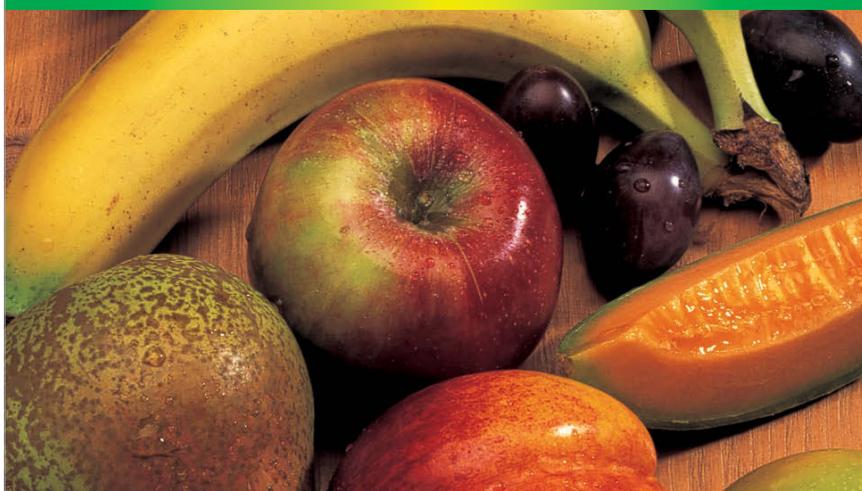


**ISBN 978-1-78525-334-8**  
**Format 170 x 240 mm, 92 pages**  
**15,000 words**

The quality and effectiveness of garlic and onion are famous since antiquity. Since then, their health virtues have not been forgotten. Why do garlic and onion help us stay healthy? What substances do they contain and how do they act? And above all, which diseases do they actually cure? How can you use them in the kitchen? This guide helps you to use both garlic and onion in the best way in your daily life.

Véronique Liégeois

# YOUR GUIDE TO A VEGETABLE & FRUIT DIET



dve  
PUBLISHING

**ISBN 978-1-78525-335-5**

**Format 145 x 205 mm, 160 pages**

**27,000 words**

To get the best properties and qualities out of fruits and vegetables, the best way is to extract the juice. Learn about the dietetic interest of each type of food: vitamins, minerals, fibre, sugar, etc.

With this guide you will be able to help your family with a rich diet based on fruits and vegetables juices to solve small health problems, remineralise and balance the body, go through the change of seasons in a healthy manner, and take care of your beauty.



ISBN 978-1-78525-590-8

Format 145 x 205 mm, 128 pages

18,000 words

Maintaining a balanced diet is essential in later years in order to enjoy good health, stay fit, and to be able to face your life with energy. This useful guide is food for thought for those at more advanced ages; it offers advice and organises the information clearly and simply by the characteristics of the foods and their caloric and nutritional values. Furthermore, you will also find recipes to create easy, light, and imaginative meals that combine taste and health.



**ISBN 978-1-78525-588-5**  
**Format 145 x 205 mm, 128 pages**  
**18,000 words**

This is a rich and varied cookbook to satisfy the requirements of a low-salt diet without quitting on tasty and sophisticated cooking, complete with an emphasis on the organoleptic characteristics of the foods, and advice and suggestions to succeed in the challenge of healthy, creative, and tasty cooking. The book also contains information about the caloric value and nutritional content of each dish, from starters to desserts, to help you enjoy the pleasure of eating without being unhealthy.



**ISBN 978-1-78525-591-5**  
**Format 145 x 205 mm, 128 pages**  
**18,000 words**

This is a useful guide that offers tasty recipes, accompanied with advice and information needed to learn how to reduce cholesterol rates and cook in a healthy and balanced way, without putting aside the flavours of good food. You will also find precious information on nutritional and caloric values of foods. For each case, meals are easy to prepare and always a success, because meals should always be a time of joy, harmony, and well-being.



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**ISBN 978-1-78525-959-3**

**Format 145 x 205 mm, 128 pages**

**19,000 words**

On the health side, countless people who've quit dairy food found that their digestive problems, ear infections, or acne vanished within a few weeks. You might therefore consider going dairy-free to see if doing so significantly improves your quality of life. Having said that, it's important for everyone—meat eaters, ovo-lacto vegetarians, and vegans alike—to read up on nutrition to ensure the diet they follow isn't deficient in any nutrients. This guide will help you keeping a sufficient diet.



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**ISBN 978-1-78525-589-2**

**Format 145 x 205 mm, 128 pages**

**25,500 words**

This is a very practical guide that will help you cook with variety and flavour. It includes advice for the elaboration of exquisite and tasteful dishes and also medical and nutritional information. You will also get haute cuisine tips to cook without sugar but with lots of flavour. Here you have an exquisite recipe book that, while respecting the demands of those that must be aware of sugar levels, presents healthy and easy to make dishes, so tasteful and attractive that you will even want to serve them to guests!



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**ISBN 978-1-78525-587-8**

**Format 145 x 205 mm, 128 pages**

**18,000 words**

Food allergies are caused by a hyper sensitivity to a determined substance or component. The only way to avoid them is to put them out of the diet, but this doesn't mean you have to have poor and frustrating eating habits. Nowadays, there are many alternative products to create different versions of traditional dishes, equally tasty and balanced.

With this guide, you will be able to select the perfect products to replace the ones that you are allergic to without losing flavour and still be able to cook sophisticated recipes.

G. Moioli



## The Diet Dictionary A Comprehensive Guide To FOOD & NUTRITION



ISBN 978-1-78525-336-2  
Format 145 x 205 mm, 368 pages  
45,000 words

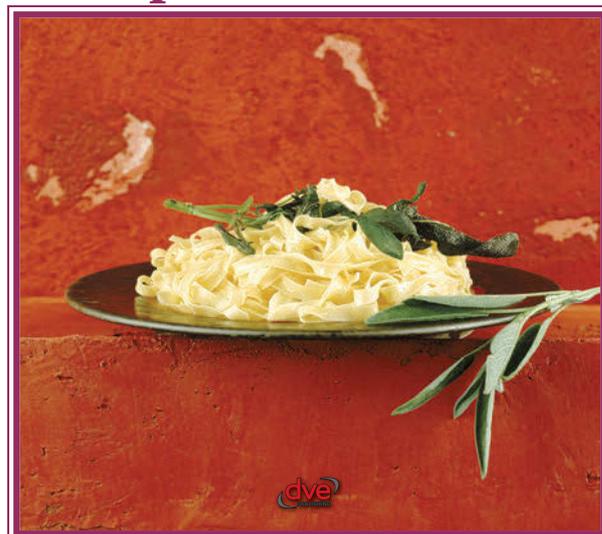
Nowadays, we can see an increasing interest in the details of what exactly we eat and drink. We can't forget that food in excess can lead to metabolism disorders, diabetes, obesity, cardiovascular diseases, etc.

With this dietary dictionary, you will learn the caloric value, the amount of proteins, lipids, carbohydrates, and cholesterol of more than 300 types of food and beverages, possible combinations, and how to enjoy your meals while respecting the needs of your body.

JOSEP DALMAU RIERA

New

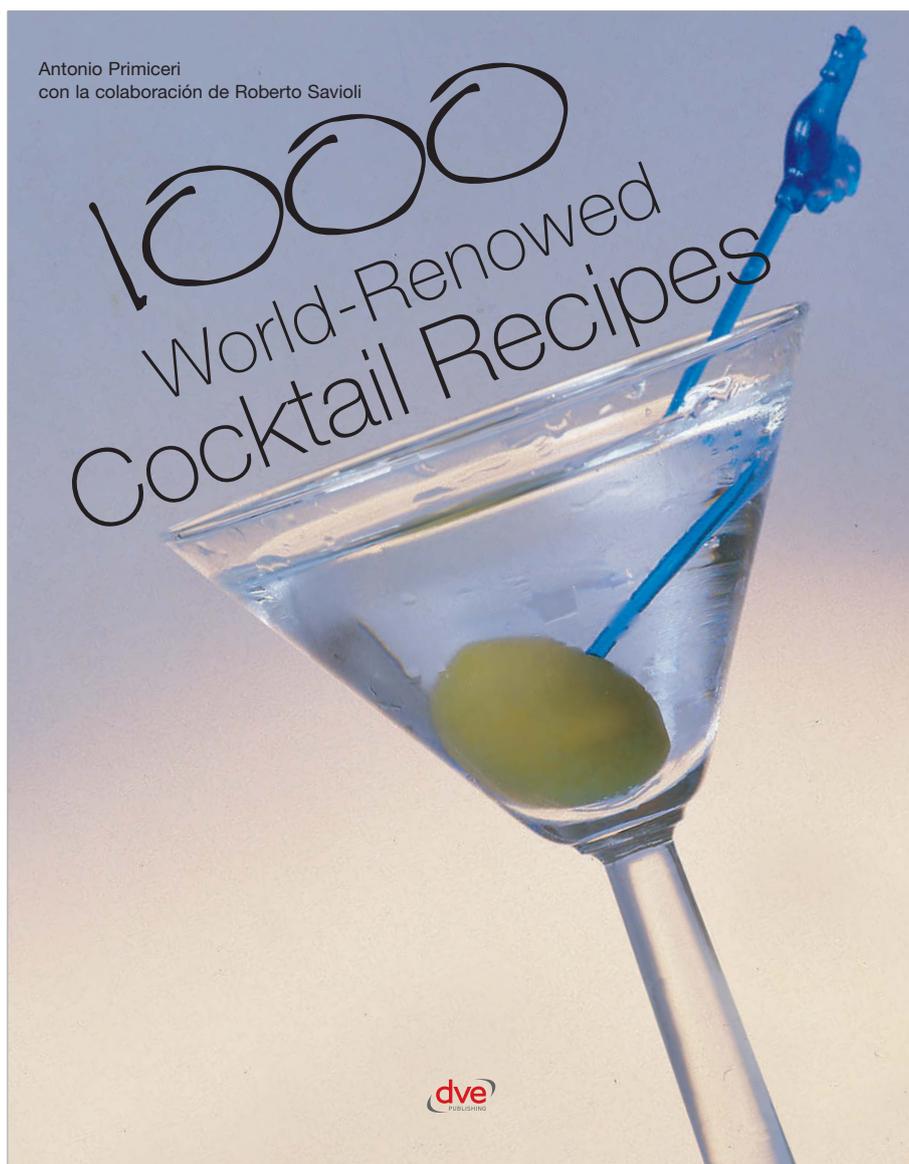
## MEALS MADE EASY: Tasty & Flavorful Recipes for Diabetics



ISBN 978-1-78525-330-0  
Format 170 x 240 mm, 192 pages  
46,000 words

This book has a complete selection of appetising recipes created with the diabetic in mind and also for those who want to follow a healthy diet without sugar. You don't need to give up on starters and appetisers, soups and crèmes, sauces, dressing, or even desserts.

The recipes are easy to cook and nutritious, balanced, combining different types of food, healthy and tasty, always adapted to the special needs of diabetics but also perfectly suitable for the whole family.

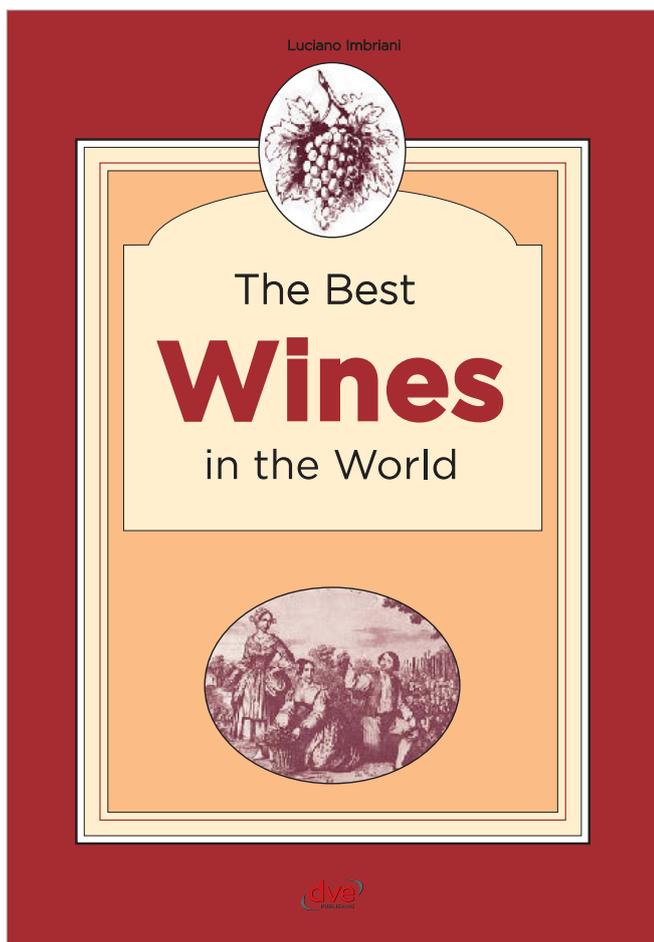


**ISBN 978-1-78525-312-6**  
**Format 205 x 260 mm, 272 pages**  
**69,000 words**

The tinton of the ice cubes in the glasses, the rhythm of the cocktail shaker, the fast and precise movements to prepare and mix the ingredients, the different colors of the drinks, the subtle scent of the lemon peel... So many magical sensations around a cocktail!

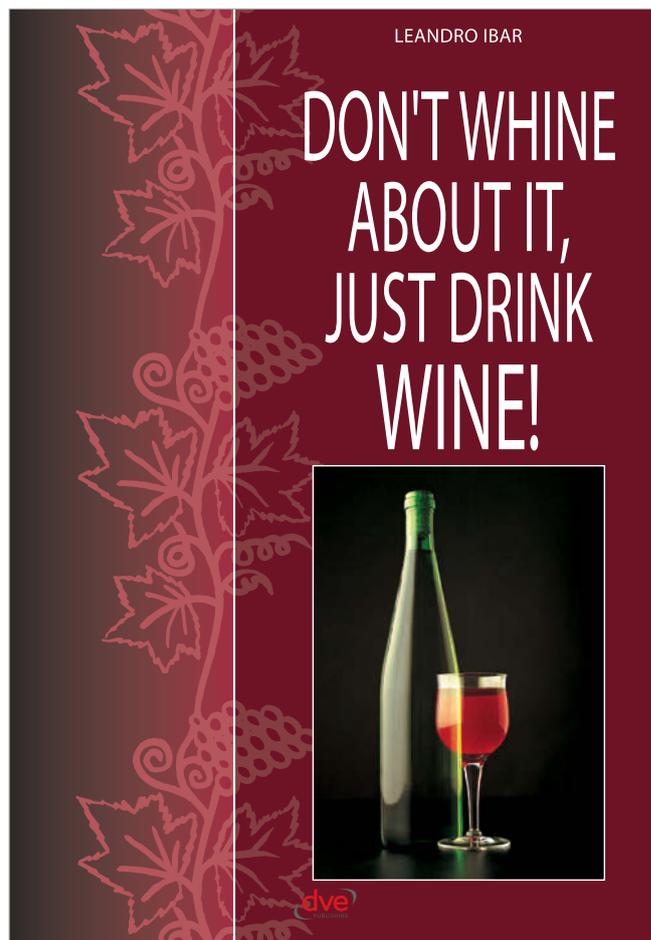
Common thread and absolute protagonist at big parties, a simple pretext for a friendly chat, or accompanying us during our relax moments, with its infinite possibilities, a cocktail matches the culture of living well with that of drinking well.

Ingredients, proportions, procedures, decorations... this book has all you need to know to mix scents, tastes, and colours and become a skilled bartender.



**ISBN 978-1-78525-580-9**  
**Format 167 x 230 mm, 360 pages**  
**57,500 words**

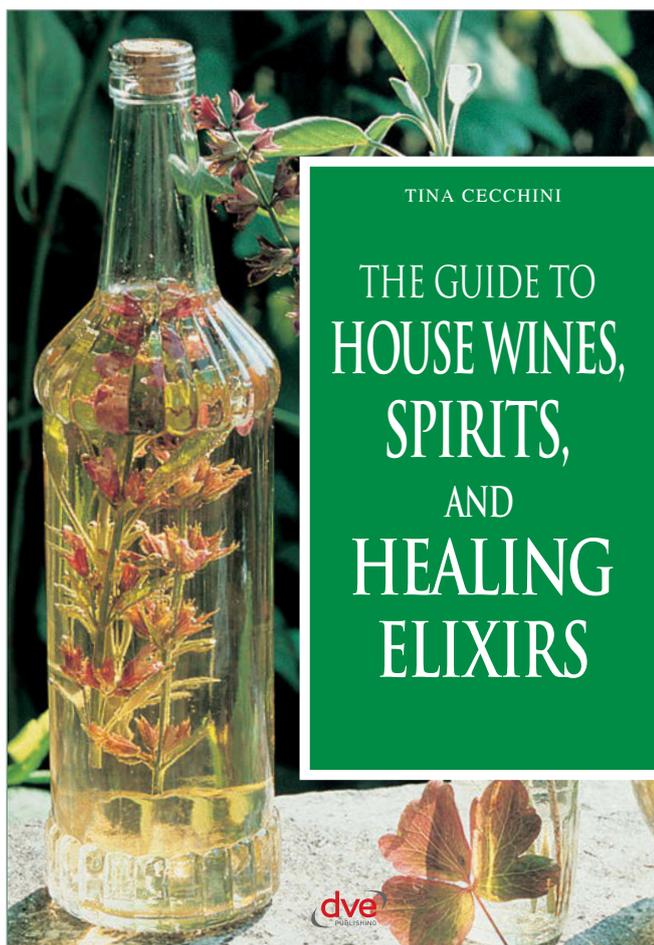
A very complete book about wines, for anyone who loves wine whether they are professionals or amateurs. With wines from all over the world, illustrations and useful charts, this is your best guide through the journey of wines!



**ISBN 978-1-78525-579-3**  
**Format 170 x 240 mm, 256 pages**  
**71,000 words**

Whether you're professional wine maker or amateur wine lover, this book will ease all your wine-knowledge doubts: How to taste wine, which dishes are the best company, how to keep it in the best conditions, types of wine, organisation in the wine cellar, information about the grape harvest, process of making and aging wine, etc.

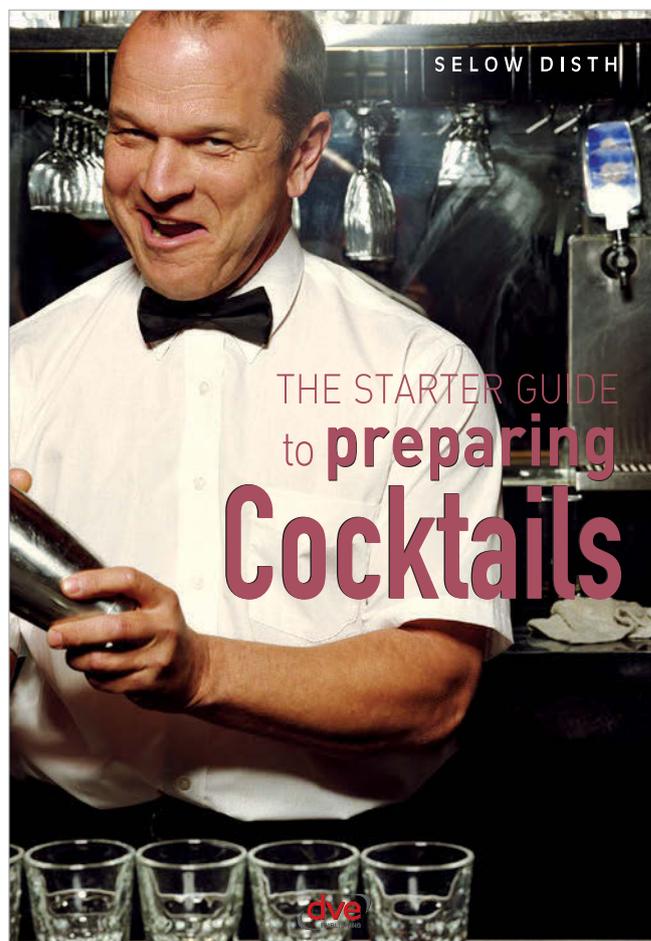
This useful guide includes detailed information about the production of Spanish wine and an oenology glossary to better interpret the information about wines.



ISBN 978-1-78525-577-9  
 Format 145 x 205 mm, 192 pages  
 27,500 words

In this book you will find recipes using medicinal herbs that will bring an end to your most annoying and unbearable disorders, like insomnia, nervous exhaustion, fever, cold, coughing, halitosis, stress, etc.

With this guide you will learn how to search and find the medicinal herbs at the herbalist, pharmacy, or simply at the market. It will teach you how and when to drink medicinal beverages with detailed and precise information on how to use the herbs correctly.



ISBN 978-1-78525-578-6  
 Format 145 x 205 mm, 128 pages  
 17,000 words

- Which basic rules must we follow to prepare the best cocktails?
- Which are the best digestive cocktails?
- What are the most suitable cocktails to drink during the summer?
- What are the most appropriate combinations to fight against cold?

This book is a brief work which presents a complete variety of cocktails, designed to satisfy everyone on every occasion. Quiet winter soiree or animated, crazy nights, both can be accompanied with the most suitable cocktails. Enjoy flavour and fantasy with the most classic or the most modern and innovative combinations.

# ALSO AVAILABLE

## AROUND THE WORLD

All About Asian Cuisine  
Arabian Nights: The Flavours & Secrets of Arabic Cooking  
Arriba! The Flavours & Secrets of Mexican Cooking  
Choose Sushi Tonight  
The Complete Book of Couscous  
Countless Kebab Recipes  
The Essential Cookbook for Tapas and Sandwiches  
The Flavours & Secrets of Chinese Cooking  
Kon'nichiwa! The Flavours & Secrets of Japanese Cooking  
Recipes of Chile  
Shocking Wok Recipes  
Tandori Tonight  
Tapas Tonight

## BREAKFAST

The Handbook of Homemade Pastries  
The Joys of Jams, Jellies, & Marmalades  
Secret Recipes for Pickles, Preserves, and Syrups

## DESSERTS

At-Home Ice Cream  
The Big Book of Desserts  
The Essential Dessert Guide  
Essential Recipes for Every Chocolate Lover  
Feeding the Sweet Tooth: Heavenly Desserts & Cakes  
In-House Ice Cream Handbook  
Kitchen Classics: Homestyle Baking  
Learn to Make Cold Desserts, Ice Creams, and Sorbets  
We All Scream for Ice Cream!  
Kid-Friendly Recipes for Every Family

## DRINKS

All About Cocktails  
The Best Cocktails in the World Guide  
The Big Book of Cocktails  
The Guru Guide to Tea  
A Perfect Pair: Find the Right Wine for Your Meal  
Shake It Up: A Comprehensive Guide  
to Over 200 Cocktail Recipes  
1000 World-Renowned Cocktail Recipes

## HEALTHY

The Basics to Cooking Without Fat  
Clean Eating: A Practical Guide for a Dairy-Free Diet  
A Complete Guide to Cooking with Salt  
The Complete Guide to Curing Yourself Through Aromatherapy  
Delicious Food for the Elderly  
The Diet Dictionary: A Comprehensive Guide  
to Food & Nutrition  
Exquisite Salads  
Fruit-Based Cuisine  
The Green Kitchen Guide  
The Healthy Kitchen Handbook  
How to Detoxify Your Kitchen  
How to Heal Your Headache  
How to Live a Gluten-Free Lifestyle  
How to Treat Garlic and Onions  
The Kilo-Diet Guide to Soups and Stews  
The Kilo-Diet Guide to Cooking with Fish  
The Kilo-Diet Guide to Pizza  
The Kilo-Diet Guide to Rice and Cereals



The Kilo-Diet Guide to Sweets  
The Kilo-Diet Guide to Vegetables and Side Dishes  
Lose Weight, Eat Great!  
Mastering Macrobiotic Cooking  
Mastering the Art of Light Cuisine  
Meals Made Easy:  
    Tasty & Flavourful Recipes for Diabetics  
A Practical Guide to A High-Fiber Diet  
The Salad Guru Guide  
The Simple Guide to a Slimmer Kitchen  
The Simple Guide to Cooking with Fiber  
Simply Salads: 144 Recipes for Healthy Living  
Tasty Low-Calorie Meals  
Tasty Low-Cholesterol Meals

## HEARTY COOKING

A-Z Appetizers and Snacks  
The A-Z Book of Appetizers  
The A-Z Guide to Appetizers and Snacks  
The A-Z Guide to Vegetables and Side Dishes  
The Big Book for Bakers  
The Big Book of Best Sauces  
The Big Book of Pasta  
The Big Book of Pressure Cooker Recipes  
The Big Book of Table Etiquette  
Budget Bites: 300 Recipes for Cheap Eats  
The Complete Collection of Canned Fruits and Vegetables  
The Complete First Course Guide  
The Complete Guide to Cooking Rice  
The Complete Guide to Mediterranean Meals  
Cook Pasta like a Pro!  
Cook with Pasta Tonight  
Cooking Soups, Stews, and Chickpeas  
Delectable Dinners

The Food-Lover's Guide to Pizzas, Loaves, and Toast  
Freezing Food  
The Guru Guide to Delicious Cuisine  
Hearty Recipes for Soups & Stews  
Incredible Hacks to Cooking Perfect Pasta  
Let's Get Saucy! 209 Sauces for Every Meal  
Let's Wok & Roll: Essential Guide for One Pot Meals  
Mastering At-Home Moonshine  
Mastering Mediterranean Cooking  
Mastering Quiches  
An Ode to Your Grandmother's Cooking  
Party People: Delicious Recipes for Every Type of Gathering  
Presenting Your Culinary Creations in Glass  
Rising to Greatness: Recipes for Every Bread Lover  
The Simple Guide to Soups  
Steak Basics  
500 Recipes for the Whole Family

## QUICK FOODS

Idiot's Guide to Using a Microwave  
Mastering Microwave Cuisine  
Quick & Dirty Recipes for 20-Minute Meals  
Rich and Tasty Microwavable Meals  
The Sandwich Book  
500 Exquisite Recipes for Fast Food  
500 Microwavable Recipes

## SEAFOOD

The Basics of Cooking with Fish  
Calling All Seafood Lovers! Quick & Easy Fish Recipes  
Why Shell Out Money: A Guide to Cooking Shellfish

## VEGETARIAN

Rich and Flavourful Vegetarian Cuisine





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