

HarperCollins *Publishers*

and



Cooking and Food Titles



Subsidiary Rights Guide February 2011

Contents

Fast, Fresh, Simple	DONNA HAY	3
Seasons	DONNA HAY	4
No Time to Cook	DONNA HAY	4
The Instant Cook	DONNA HAY	5
Instant Entertaining	DONNA HAY	5
Off the Shelf	DONNA HAY	5
Modern Classics books 1 & 2	DONNA HAY	5
Simple Essentials	DONNA HAY	6
French Kitchen	SERGE DANSEREAU	7
The Bathers' Pavilion Menu and Recipes	SERGE DANSEREAU	7
Poh's Kitchen	POH LING YEOW	8
delicious. More Please	VALLI LITTLE	9
delicious. Quick Smart Cook	VALLI LITTLE	9
Leftover Makeovers	SALLY WISE	10
From My Kitchen to Yours	SALLY WISE	10
Out of the Bottle	SALLY WISE	11
Slow Cooker	SALLY WISE	11
A Year in a Bottle	SALLY WISE	11
From Paddock to Plate	LOUISE FITZROY	12
Gran's Family Table	NATALIE OLDFIELD	12
The Complete Food Makeover	JULIE MAREE WOOD	13
The Chocolate Diet	ASHTON & STOJANOVSKA	13



***Fast, Fresh, Simple* is the all-new book from Australia's number-one selling cookbook author, Donna Hay.**

Combining vibrant flavours and fresh ingredients with simple, no-fuss techniques, *Fast, Fresh, Simple* is the perfect companion for the everyday cook.

Donna also brings her acclaimed signature style to *Fast, Fresh, Simple* with tips and tricks for presenting beautiful meals in the home kitchen. With hundreds of recipes to suit every occasion, from quick weeknight dinner solutions to elegant dinner parties, Donna's latest offering is the ultimate guide to creating delicious meals that look as good as they taste.

Fast, Fresh, Simple is an essential item for those who love to cook and share with loved ones and friends.

***Fast, Fresh, Simple*
DONNA HAY**

Cooking
November 2010
9780732291921
297 mm x 246 mm PB
208pp, 4c x 4c
Rights: World

- Donna was the creative director of Oprah's 'Welcome to Sydney' party .The party and an interview with Donna appeared on *The Oprah Winfrey Show* in mid-January, reaching 44 million people worldwide.

- *Fast, Fresh, Simple* has sold over 66,000 copies in Australia since its release in November 2010.

- Donna's own TV show based on recipes from *Fast, Fresh, Simple* will screen on The Lifestyle Channel from March 2011 followed by international markets.

At the age of eight, **Donna Hay** skipped into a kitchen, picked up a mixing bowl and never looked back. She moved to the world of magazine test kitchens and publishing, where she established her trademark style of simple, smart and seasonal recipes all beautifully put together and photographed. It is food for every cook, every food lover, every day and every occasion. Her unique style turned her into an international food-publishing phenomenon as a bestselling author of 16 cookbooks, publisher of *donna hay*





Seasons

DONNA HAY

Cooking/Lifestyle

October 2009

9780732290498

280mm x 250mm PB

324pp, 4c x 4c

Rights: World

Rights sold:

Germany, The

Netherlands,

Canada

The perfect dish ... whatever the season!

Donna Hay's stunning new book *Seasons* builds on the trend for cooking with ingredients that are in season, which means you will always be eating beautifully fresh food.

Designed with Donna's usual flair for food styling, *Seasons* features more lifestyle than Donna's previous books, giving readers tips and suggestions for how to enjoy the best of each season.

- Over 100,000 copies sold in ANZ
- Previous title *No Time to Cook* was Australia's bestselling cookbook in first week of release – over 150,000 copies sold to date in ANZ and rights sold to Germany, France, Italy, The Netherlands and Canada
- Donna ramps up her international profile in 2009-2010 with a TV series and launch of donna hay for Royal Doulton homewares globally
- Simple, practical recipes
- Stylish yet accessible, fresh new design



No Time to Cook

DONNA HAY

Cooking

November 2008

9780732288167

297 x 246mm PB

208pp

Rights: World

Rights sold:

France, Germany,

Italy, The Netherlands,

Canada

A fresh new approach to busy-day dinners ...

If you love to eat delicious, simple food, but have no time to cook, Donna Hay's sumptuous new book is the answer to your prayers.

Time poor and tired from a busy day – but don't want take away? No problem, look at the yummy options of Assembled Dinners. Nothing much in the pantry, no time to do a proper shop? Take heart from the simple combinations in Donna's Fast Flavours chapter which need a few ingredients, a grill pan or a barbecue, and a few minutes to let intense flavours unfold. Hate the thought of washing up pans and pots? The One Pot chapter lets you prepare gastronomic delights in one pan and One Dish serves up flavour combinations for dinner in a single dish. No good at planning for later? Turn to Donna's chapter on Freezing with flair, something she's re-discovering as working mum.

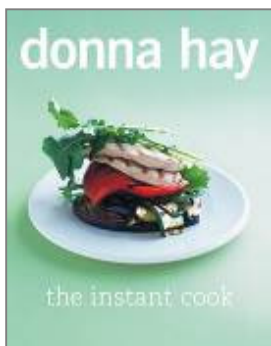
All this plus cheat's notes, hints on styling to help you 'make simple special', short cuts and of course the mouth-watering photography you expect from the world's leading cookbook writer.

- A return to the bestselling style of *off the shelf* and *modern classics*

Didn't find what you were looking for?

Please review our other available titles at:

<http://www.harpercollins.com.au/footer/permissions.aspx>



The Instant Cook

9780732281052

Instant Entertaining

9780732282691

DONNA HAY

297 x 230 mm 192pp

HB with protective

jacket, 4c x 4c

Rights: World

'If you are anything like me – almost always hungry, almost always pressed for time, almost always in the market for a fresh idea and absolutely always put off by the daunting complexity of chefs' recipes – Donna Hay is for you.'

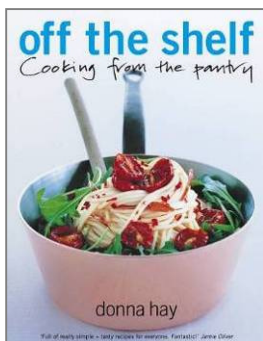
R. W. Apple Jr, food critic, *The New York Times*

the instant cook and *instant entertaining* reinforce Donna's trademark theme: fast, fuss-free, stylish dinners.

Whether you need to whip up busy midweek fare for a famished family or present something chic and easy for a casual weekend dinner with friends – time is on your side with Donna Hay's latest morish collection of over 190 fast, new and inspiring recipes, tips and tricks

• Now also available in PB editions

Rights Sold: Canada (HarperCollins); USA (Ecco); UK (4th Estate); Spain (Random House Mondadori); The Netherlands (Sanoma); Israel (Kinneret); Italy (Guido Tommasi); Germany (AT Verlag)



Off The Shelf

DONNA HAY

9780732281052

297 x 230 mm PB

192 pp, 4c x 4c

Rights: World

'Every time I read Donna's recipes I feel so, so hungry and truly inspired. *off the shelf* is a really handy cookbook that will always get me going. Full of really simple and tasty recipes for everyone. Fantastic stuff!' Jamie Oliver

off the shelf contains over 190 fast + fresh, inspiring + simple solutions to the nothing-for-dinner dilemma. Grab the ingredients off your shelf and prepare to cook in a whole new way.

Rights sold: USA (4th Estate); UK (4th Estate); The Netherlands (Sanoma); Germany (AT Verlag); Spain (Mondadori)



Modern Classics

Books 1 & 2

DONNA HAY

9780732271084 /

9780732275358

297 x 230 mm PB

192 pp each, 4c x 4c

Rights: World

In the *modern classics* series, Donna Hay takes the food from the past we love the most and makes it irresistibly new.

Donna looks at what's the best of the new and turns it into a cooking classic. Chapter by chapter, Donna Hay gives you the basics, step-by-step, and all recipes are stunningly photographed.

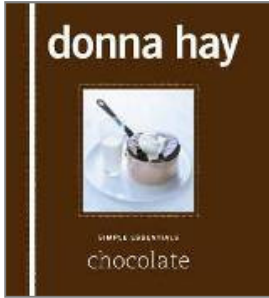
Rights Sold: USA (Morrow); UK (4th Estate); The Netherlands (Sanoma); France (Marabout); Italy (Guido Tommasi), Germany (AT Verlag)



Didn't find what you were looking for?

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<http://www.harpercollins.com.au/footer/permissions.aspx>



Simple Essentials

DONNA HAY

225 x 205mm HB

96pp, 4c x 4c

Rights: World

From Australia's favourite food writer; a whole series of essential cookbooks for everyday cooking.

The **simple essentials** series brings together favourite recipes written in Donna Hay's trademark and bestselling style.

Each recipe is accompanied by a full-colour photograph which beautifully illustrates Donna's fresh, modern approach to food, while also showing cooks the clever styling tricks that make simple food look so special.



- *Chocolate* April 2007
- *Chicken* April 2007
- *Salads + Vegetables* October 2007
- *Fruit* October 2007
- *Pasta, Rice + Noodles* April 2008
- *Beef, Lamb + Pork* April 2008

Rights sold: UK (4th Estate), US (Ecco), Canada (HarperCollins), France (Marabout), Germany (AT Verlag), Italy (Guido Tomassi)



Christmas

DONNA HAY

9780732283339

225 x 205mm HB

80pp, 4c x 4c

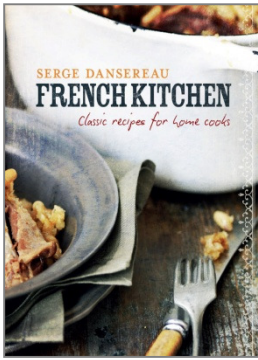
Rights: World

**Northern Hemisphere
edition now available**

A stunning Christmas treat from Australia's number one cookbook author.

Take the hassles out of the festive season with **donna hay christmas** this stunning gift-format book. Here, you'll find simple recipes and menu planners for a traditional Christmas, a modern Christmas, or a speedy Christmas. As a bonus, Donna includes timesaving tips and a 16 page planning section to record notes, your own handy tips, and things to remember.

With its combination of delicious packaging and Donna's signature accessible style, this is a beautiful gift to buy for others – or to keep for yourself.



**French Kitchen:
Classic Recipes for
Home Cooks**

SERGE DANSEREAU

Cooking

October 2010

9780733326196

230 mm x 200 mm HB

400pp, 4c x 4c

Rights: World

Rights sold: UK, South
Africa and Europe
(English language)

French Kitchen is the essential cookbook for anyone who wants to cook French food at home.

In this beautifully photographed and designed cookbook from leading chef Serge Dansereau, you will find 230 classic French recipes for the home kitchen, all carefully developed to make French food accessible to the everyday cook.

Combining expert French technique and wonderful produce, Serge shares with us the kind of food he cooks at home, whether brioche or lemon crepes, cassoulet or clafoutis, these recipes bring us the style and flavours of everyday French cooking and offer us the chef know-how that helps turn a good dish into a great one.

To give you flexibility in the kitchen all year round, these recipes also offer seasonal or store cupboard variations, so you are never at a loss for what to cook. By substituting an ingredient here or there, you can turn a summer dish into a winter one, or adapt it to suit whatever you have in your pantry.

French Kitchen also has recipes for every time of day, such as buttery brioche and baked peaches for breakfast, a salmon, potato and cream gratin for lunch, a piece of Basque custard cake for afternoon tea, and chicken confit with mushrooms and bacon for dinner, followed by a slice of chocolate and raspberry tart to finish up. There is a chapter on cooking for kids, which will help you awaken the tastebuds of your little ones.

No matter what the occasion, whether it's a lazy brunch, a Saturday lunch with the family, a kid's birthday party, dinner with friends, a picnic in the vineyards, a barbecue on the beach or a delicious high tea, *French Kitchen* will offer you a dish that fits the bill.

Praise for *French Kitchen*:

'Covering all the seasons, recipes range from classic comfort food to spring salads, and Dansereau's tone is completely inviting and encouraging.' – *Australian Gourmet Traveller*

'Elegant and easy translations of French favourites, great for weekdays and weekends.' – *Australian House and Garden*

'This is a beautifully photographed book with 230 French recipes designed for the untrained cook' – *Sun Herald*

'This is a user-friendly approach to the French canon, broaching breakfast, lunch and dinner and everything in between' – *The Age*

'This beautifully photographed cookbook is a luxurious addition to the kitchen shelf and will whisk you away to the streets of Paris with just one mouthful of chocolate croissant pudding.' – *Newcastle Herald*

Serge Dansereau is a multi-award winning chef, who is renowned internationally for his professionalism and innovation. This energetic French Canadian trained as a chef in Québec, moved to Australia and went on to reinvent 5-star hotel dining in the 80s by making Kables restaurant at the Regent Hotel, Sydney, the place to eat.

Serge has been called 'the father of the fresh food movement' because of his passion for using local seasonal produce and his championing of Australian growers. Serge is the head chef and owner of the iconic Bathers' Pavilion Cafe and Restaurant at Balmoral, New South Wales. He lives in Clontarf, Sydney, with his family.



**The Bathers' Pavilion
Menu and Recipes**

SERGE DANSEREAU

Cooking

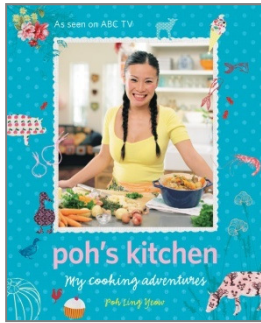
August 2010

9780733329043

260 mm x 210 mm PB

320pp, 4c x 4c

Rights: World



Poh's Kitchen
POH LING YEOW
 Cooking
 November 2010
 9780733328305
 270 mm x 217 mm PB
 305pp, 4c x 4c
 Rights: World

Come on a culinary journey with Poh Ling Yeow, as she takes you on a quest to learn more about the art of cooking.

Based on the ABC TV show, *Poh's Kitchen*, where Poh cooks alongside leading chefs such as David Thompson, Neil Perry, Antonio Carluccio, Ian Parmenter, Ragini Dey and Emmanuel Mollois, this book features recipes from the show, as well as many new, original and delicious dishes from Poh, who adds her own inimitable style and charm to the mix.

With more than 80 recipes including breakfast dishes, soups, fish, chicken, duck, meat, vegetables and sweet things, this beautifully designed and photographed book shows Poh cooking everything from a lamb shank casserole to a nonya chicken curry, a classic Aussie roast to a Pink Forest Cake, and an amazing beetroot soup to a delicious Malaysian sticky rice and custard dessert.

These dishes hail from Australia, UK, Italy, France, India, Thailand and China and Malaysia where Poh, on a mission to reinterpret the classic recipes of her childhood and bring new, exciting dishes to the Australian palate recipe, cooks up some delicious local fare under the watchful eye of her mum.

Designed for the home cook, with recipes that are both innovative and accessible, *Poh's Kitchen* is sure to have something delicious for everyone to enjoy.

- *Poh's Kitchen* has sold over 25,000 copies in Australia since November 2010.
- Beautifully designed
- Author's voice is delightful – she's charming, fun and excited to be cooking, and her intuitive style and sense of fun will encourage non-cooks into the kitchen
- The best of Australian cooking – fresh, simple, Asian-inspired
- Although this is a TV tie-in, it works as a standalone book
- Over 80 recipes, beautifully photographed

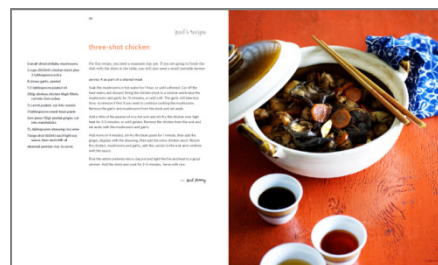
Praise for *Poh's Kitchen*:

'Well-designed and fun, no doubt an inspirational read for the novice cook, with some joy for those looking to expand their repertoire.' – *The Age*

'This bright book reflects Poh's cheeky and cheerful personality ... The blend of traditional and modern, eastern and western sensibilities mirror's Poh's unique cooking style' – *Australian Good Food*

'... a collage of deliciously do-able dishes' - *MX*

Poh Ling Yeow is a TV phenomenon who shot to fame as the runner-up in 2009's *Masterchef*. Now the star of her own ABC TV show, *Poh's Kitchen* where she cooks alongside celebrity chefs, she continues to delight fans everywhere with her innovative and playful approach. An intelligent and uncompromising 35-year-old of Chinese-Malaysian descent, Poh is also a talented artist. She lives in Adelaide.





delicious. More Please

VALLI LITTLE

Cooking

November 2010

9780733328930

270 mm x 215 mm PB

256pp, 4c x 4c

Rights: World

Fabulous, all new seasonal recipes that will have everyone holding out their plates and asking for 'More, please!'

The latest cookbook from the team behind Australia's bestselling glossy food magazine, *delicious. More Please* is an all-new recipe collection you'll turn to time and again. Inspired by the best seasonal produce, *delicious.* food director and bestselling author Valli Little has created 120 exciting recipes based on the seasons, which are all achievable for the home cook. You're sure to find dishes for every occasion, whether it's an easy family meal of Greek meatball salad and blueberry pudding, or an impressive dinner party menu of French-style fish soup, roast pork with Marsala sauce and a chocolate hazelnut tart. Each recipe is beautifully photographed and arranged by ideas for summer, autumn, winter and spring – with a menu planner for each season. And why the title? You'll understand when everyone around the table holds out their plates and says, 'More, please!'

Born into a family of UK restaurateurs, **Valli Little** was destined to work in the food industry. After a formal training at Le Cordon Bleu in London, she embarked on a career as a food consultant and caterer.

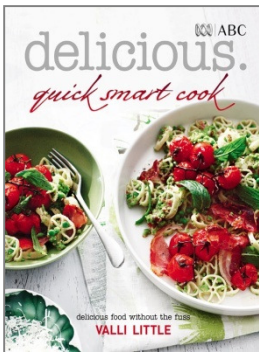
Since 2001, Valli has been food director of the highly successful ABC magazine *delicious.*, where she creates up to 60 recipes each month inspired by her travels and love of food. She is a regular guest on national radio and the author of a series of bestselling *delicious.* cookbooks, including *Quick Smart Cook*, *Faking It* and *5 Nights A Week*, which was a finalist in the 2007 Gourmand World Cookbook Awards.

Praise for delicious. More Please:

'Each dish is beautifully photographed and arranged by fantastic ideas for summer, autumn, winter and spring' – *International Business Times*

'It's food that combines simplicity with a wow factor ... To state the obvious, undoubtedly delicious.' – *The Age*

'120 recipes that are inspiring, and often very simple.' – *Sunday Telegraph*



Quick Smart Cook features more than 120 all new recipes, each beautifully photographed, that will delight the taste buds no matter the occasion - even when you are short on time.

'delicious knows what real cooks need - achievable recipes that go beyond the everyday'- Bill Granger

The title says it all – *Quick Smart Cook* is packed with clever ideas for when you're short on time, as well as smart dishes for stress-free entertaining.

The latest must-have collection by Valli Little, food director of *delicious.* magazine and bestselling author, *Quick Smart Cook* features more than 120 all-new recipes, each beautifully photographed and organised in an easy-to-follow format.

With Valli's creative ideas for everything from Thai tomato soup to Italian-style stuffed beef fillet or a peach and ginger crumble, you'll never be short of inspiration again. Whether you're a seasoned cook in search of new ideas, or a novice looking for easy techniques and time-saving dishes, *Quick Smart Cook* is sure to become your new kitchen essential.

delicious. Quick Smart Cook

VALLI LITTLE

Cooking

October 2009

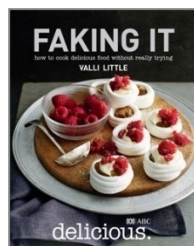
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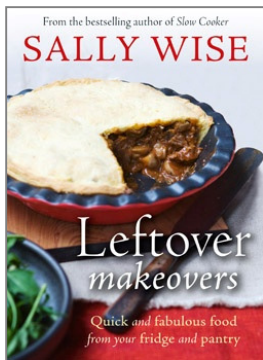
270 mm x 215 mm PB

256pp, 4c x 4c

Rights: World

- Almost 70,000 copies of *Quick Smart Cook* sold in ANZ!





Leftover Makeovers
SALLY WISE
 Cooking
 April 2011
 9780733329401
 210 mm x 153 mm PB
 304pp, 1c x 1c
 Rights: World

ABC Local Radio legend and bestselling author Sally Wise shows you how to turn almost any kind of leftover into a new and delicious meal!

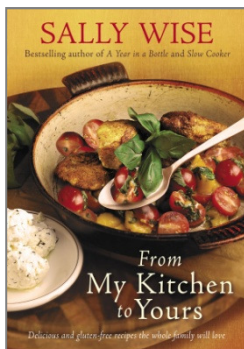
Many of us are guilty of buying, and cooking, more food than we actually eat. Fruits and vegetables languish in the crisper drawer; the cupboards are crammed with an assortment of cereal boxes, the contents of which are slowly going stale; the freezer is bulging with bags of bread crusts and open packets of puff pastry; and in the fridge, half a dozen eggs are a day away from their best-before date.

As well as costing a fortune to buy food we don't end up eating, there are moral and environmental reasons why we need to be imaginative with the food we already have in our fridge or pantry.

Here Sally Wise shares her recipes for turning almost any kind of leftover into a new and delicious meal. From bread to cheese to cooked meat and vegetables and even scrapings from jam and peanut butter jars, there is a simple, mouth-watering and economical way to transform what you've already got into tonight's dinner.

- Taps into ongoing trend for thriftiness and avoiding food waste
- Broad appeal: no special techniques or equipment needed

Sally Wise is the author of the bestselling *A Year In A Bottle* and *Slow Cooker* and is a regular guest on ABC Local Radio Hobart. She lives in Tasmania.



From My Kitchen to Yours
SALLY WISE
 Cooking
 September 2010
 9780733328206
 210 mm x 153 mm PB
 256pp, 1c x 1c
 Rights: World

Bestselling author and ABC Local Radio legend Sally Wise shares her secrets for creating sensational gluten-free meals – the results are so delicious you'll never know you're eating gluten-free!

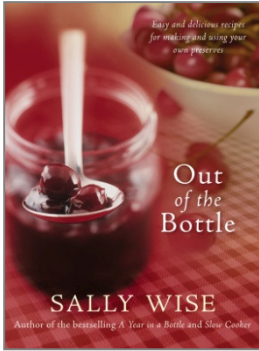
Bestselling author Sally Wise has a good reason for creating an easy, delicious and nutritious repertoire of gluten-free recipes: one of her children has coeliac disease.

Home cooking for the gluten intolerant is highly advisable - eating out or buying takeaway can be a nightmare as gluten is found in huge numbers of products, not just bread and pasta. And those who don't suffer from gluten intolerance may benefit too - many people report an improvement in their general wellbeing when they reduce the amount of gluten in their diet.

In *From My Kitchen to Yours*, Sally shares her secrets for making food that tastes so good you'll never know you're eating gluten free. It features recipes for basics such as breads, pastry and pancakes, and mouthwatering offerings including Ratatouille Soup, Butter Chicken, Spicy Lamb Parcels, Spinach, Sweet Potato and Fetta Tart, Jaffa Mud Cake and plenty of other sweet treats.

Using fresh, easily accessible ingredients and with lots of bonus tips for dairy-free substitutions, Sally's recipes will have the whole family asking for a second helping.

- Increasing numbers of people are being diagnosed with gluten intolerance, or cutting back on gluten for their general health - Sally is constantly asked for gluten-free meal ideas, and now she has delivered a superb collection of recipes that look, taste and feel great - so great you wouldn't even know you're eating gluten-free food.
- Includes bonus tips for lactose-free substitutions, as many people who suffer from gluten intolerance are also lactose intolerant.



Out of the Bottle
SALLY WISE

Cooking
April 2010
9780733325571
210 mm x 153 mm PB
304pp, 1c x 1c
Rights: World

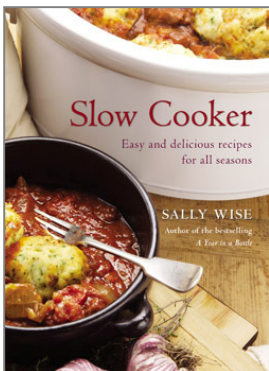
The author of the bestselling *Slow Cooker* and *A Year In A Bottle* shows you how to incorporate homemade preserves into a range of recipes, turning what would have been a nice meal into a truly sublime one!

Sally Wise has been a passionate preserver of fruits and vegetables for over three decades. Easy to make, nutritious and additive-free, preserves are sensational as stand-alone products - but that is just the beginning of their potential. A jam can be far more than an accompaniment to scones and cream, and a pickle is far more than a mere friend to meats or cheese. A simple dish can be turned into something sublime by the addition of a spoonful or two of home-preserved product - and that is why Sally's pantry shelves are lined with dozens of bottles of preserves each year, a veritable storehouse and toolbox from which to create amazing dishes.

Out of the Bottle contains tips and basic methods for the novice home preserver, as well as a collection of Sally's favourite preserving recipes and the dishes in which they play an integral part. From stir-fries to roasts, curries, vegetable dishes and savoury tarts; from delicious Mini Cherry Mud Cakes to Hummingbird Muffins, Sally's recipes have been developed over a lifetime of experimentation. They range from comfort food to contemporary dishes, and always focus on flavour, quick and easy preparation and natural ingredients.

Never again will you reach for a bottle of pasta sauce - not when your own tomato relish will have friends and family demanding to know what your secret ingredient is, and keep them coming back for more!

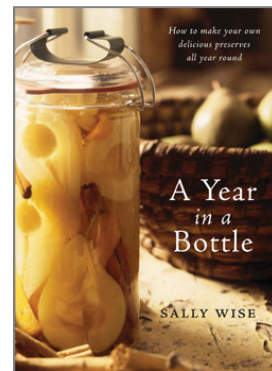
- Growing interest in preserving continues unabated.
- Taps into increasing awareness of the effects of additives in food, and the desire to cook with only natural ingredients.
- Packed with healthy recipes that are easy to follow and suitable for the whole family - ideal for all home cooks, especially time-poor ones.



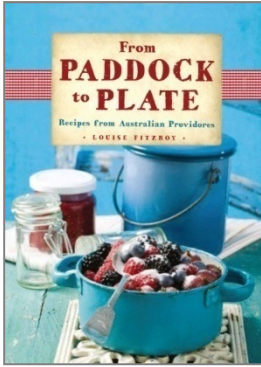
Slow Cooker
SALLY WISE
Cooking
August 2009
9780733327889
210 x 153mm PB
240pp, 1c x 1c
Rights: World

Easy and delicious slow cooker recipes for all seasons!

- The consumer demand for slow cooker recipes is huge – as a result of the movement towards slow food and sustainable living
- Contains delicious, warming recipes that are also economical.
- Perfect for busy people.
- 80,000 copies sold in ANZ!



A Year in a Bottle
SALLY WISE
Cooking
June 2008
9780733323348
210 x 153mm PB
240pp, 1c x 1c
Rights: World



From Paddock to Plate

LOUISE FITZROY

Cooking

June 2011

9780733329647

210 mm x 152 mm PB

256pp, 1c x 1c

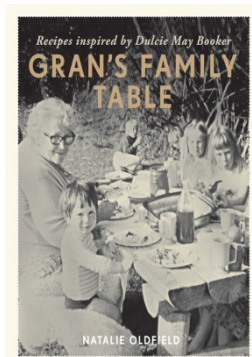
Rights: World

A fascinating food safari through our rural communities where we meet 35 of Australia's premier food producers who share their knowledge and more than 80 recipes with us.

Journalist Louise Fitzroy travelled all around Australia on ABC Rural Radio's 'Cold Esky Challenge', visiting food producers and discovering the secrets of truffle finding, mango growing, fish farming and roo shooting as well as gathering treasured recipes from local chefs, CWA members and the producers themselves, who have perfected ways of cooking their produce over many years.

With a foreword by Maggie Beer, this book will give insights into a way of life that urban dwellers know little about and take us into the agricultural heartland of Australia as well as offering authentic recipes from the people who know the produce best.

Louise Fitzroy is currently the breakfast presenter for ABC Local Radio for Kinglake Ranges. A true country girl, previously she worked for ABC Rural as a rural reporter in seven different regions. She began the Cold Esky Challenge, which can still be heard and seen on ABC Radio website, in 2008, as a way of highlighting Australian produce and the work of local producers as well as entertaining and informing ABC Radio listeners.



Gran's Family Table

NATALIE OLDFIELD

Cooking

May 2011

9781869509101

260 mm x 220 mm PB

208pp, 4c x 4c

Rights: World

A beautifully designed sequel to the instant bestselling cookbook *Gran's Kitchen*

Natalie's first cookbook, *Gran's Kitchen: Recipes from the Notebooks of Dulcie May Booker*, was published in March 2009 and was an instant bestseller. The concept was, and is, a great one and well-timed in the market: a collection of recipes from the notebooks of 95-year-old Dulcie May Booker, selected by her granddaughter Natalie Oldfield.

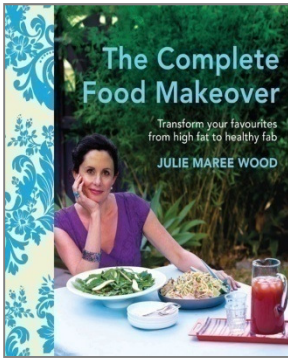
Gran's Family Table is the second book in the series and carries on the theme - mouth-watering, tried and true recipes for cooking at home. Beautifully designed in a retro-modern look by the designer of the classic Al Brown cookbook *Go Fish* with full-colour photography by acclaimed photographer Todd Eyre. This will be a series that people will want to collect with tasty and approachable family dinners that the family can enjoy every day.

Natalie Oldfield was born and raised in Auckland. With her family's passion for food she has long experience in hospitality, including establishing several corporate café's and function venues. *Dulcie May Kitchen* is part of Natalie's tribute to her grandmother and the love of cooking she has inspired. She is joined by her sister Michelle Burrell who has worked as a chef for 18 years, and brings her ability to create traditional recipes with a modern flair.

- A second collection of recipes from notebooks of the late 95-year-old Dulcie May Booker, selected by her granddaughter, Natalie Oldfield.

- The first collection, *Gran's Kitchen*, was a bestseller in NZ, with 15,000 copies in print.

- *Gran's Family Table* features family dinners and breakfasts



The Complete Food Makeover

JULIE MAREE WOOD

Cooking/Health

January 2011

9780733328640

225 mm x 210 mm PB

256pp, 4c x 4c

Rights: World

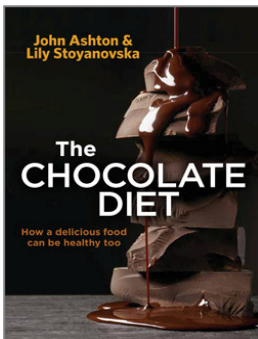
Transform all your favourite meals – chips, pizza, sticky date pudding – into low fat but equally delicious versions of themselves with this makeover book for food packed full of recipes tips and strategies from nutrition guru, Julie Maree Wood.

Spaghetti carbonara, chips, pizza, tiramisu have a lot of things in common. They are high in saturated fat, they are very popular and if you eat too many of them, too often, you will develop heart disease.

In an age where food related illness and obesity are epidemic, Julie Maree Wood offers a recipe book with a difference: all her recipes take classic high fat dishes and transform them into delicious, but very low fat, versions of themselves, without sacrificing flavour.

This is not just a diet book, although it could be used by people as part of a calorie-controlled diet, packed full of tips, strategies and nutritional this book is for anyone who wants to watch their fat intake and still eat hard-to-resist foods by making a few simple changes to everyday recipes.

Julie Maree Wood is a naturopath and nutritionist. She teaches and writes on the topic, and runs a clinic in Sydney. She has published three children's books overseas and is the co-author of *Feeding Fussy Kids* with Antonia Kidman.



The Chocolate Diet

JOHN ASHTON & LILY STOJANOVSKA

Cooking

April 2011

9780732291792

178 mm x 128 mm PB

144pp, 1c x 1c

Rights: World

The amazing health benefits of chocolate revealed in a bite size treat...

Respected scientists Dr John Ashton and Dr Lily Stojanovska have collaborated to stump the myths surrounding the world's most favourite, delicious, seductive treat. Is chocolate better for us than red wine? Does it contribute to weight gain? What are the amazing health benefits?

In a break-through revelation for chocoholics everywhere, *The Chocolate Diet* tells you how to incorporate chocolate into your daily life and not feel guilty about it affecting your waist line. Full of facts, tips and mouth-watering recipes this is essential reading for anyone who can't say no ...

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