

# UMEÅ FOOD SYMPOSIUM 2022

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## AUSTRALIA

Garlic Feast is an internationally multi award-winning hard back coffee table cookbook celebrating one of the world's most ancient and celebrated ingredients - garlic!

An indispensable culinary resource for garlic lovers everywhere, the book contains more than 100 delicious garlic-inspired recipes (each with its own beautiful full page image), plus all of the guff you will ever need to know about garlic and cooking with garlic.

Learn how to grow garlic, and how to prepare, preserve and smoke garlic. Unravel the science behind the mysterious super food, black garlic, and how learn how to create your own. Unearth the different garlic varieties and discover their unique flavour profiles.





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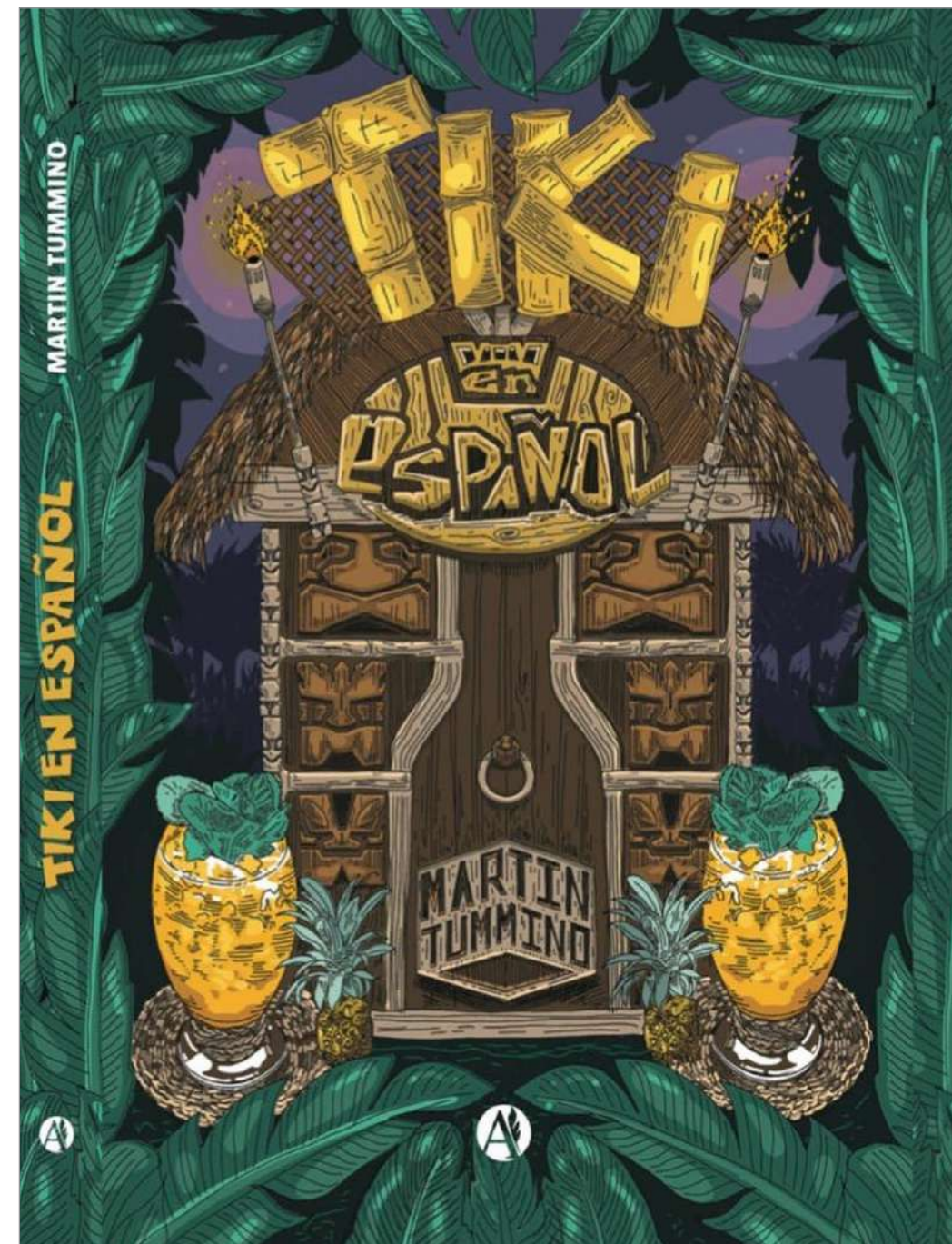
## ARGENTINA

Tiki en Español is the first book in the world entirely in Spanish dedicated to exotic tropical cocktails. Its author, Martín Tummino, is one of the leading exponents in the field and has been dedicated to spreading the style throughout Latin America for the last decade.

In this book you will find everything you need to know about the history, origin, techniques, tools and ingredients that make tiki cocktails, in 382 full-color pages, with photos and illustrations and more than 95 classic and signature recipes with some of the greatest representatives of Spanish-speaking tiki cocktails worldwide.

Martín Tummino explores the origins of the movement, its definitions, techniques, tools, glassware, spirits and everything you need to know to execute the most exquisite tropical exotic cocktails to perfection.

- 70 classic tiki cocktails, adjusted and balanced to lay the foundations of modern exotic cocktails
- 25 wonderful recipes from some of the most important bartenders of the movement in the Americas and the world.





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## ARGENTINA

Primi Piatti is a cookbook for beginners. With nutritional content and recipes for every hour of the day. It aims to achieve a complete and balanced diet. Explained in a very simple and fun way through icons, to invite the reader to make and taste them. Primi Piatti is dedicated to all children from three years old onwards, to be approached with the help of an older relative.

From the age of ten it can be interpreted and used by children without the collaboration of an adult. It contains poems and photographs. A true delight for the senses.

Deborah Stofenmacher is also the author of Tangolosos (2nd Best in the world Pastry for the public-2019). Pastry, like chemistry, consists of formulas to be repeated to achieve the identity of the product. Tangolosos is a book of well-kept secrets, a dictionary of sweet recipes from A to Z, a compendium of short stories that accompany each letter. But above all, it is a work that explores the senses through flavors, stories, illustrations, poetry, photography and music.





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## BAHAMAS

Chef Elizabeth Lee's passions lovingly revolve around culinary arts and the ocean. A Canadian, Lee was born and raised in Nova Scotia and professionally trained in culinary arts on the Pacific Coast in British Columbia, Canada. Chef Elizabeth graduated with honors and a Culinary Arts degree from the University of Okanagan in Kelowna, British Columbia. Chef Elizabeth is a renowned chef within the industry, winning various chef competitions in the Caribbean and abroad, including Concours de Chef, Best Chef of the Year, BVI, Turkey, and third place in the Antigua Chef Competition.

Together, Chef Lee and her husband have logged 250,000 miles traveling the world on yachts to destinations in North America, the Caribbean, Transatlantic, Mediterranean, and the Near East. Chef Lee's direct access to the culture and gastronomy from around the world has influenced her food in a myriad of ways, all of which have been infused into the recipes showcased in this book. Chef Lee believes in the evolving science of gastronomy and specializes in avant-garde, sous vide, molecular gastronomy, nouvelle, Pacific Rim, and fusion cuisines.





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## BELGIUM

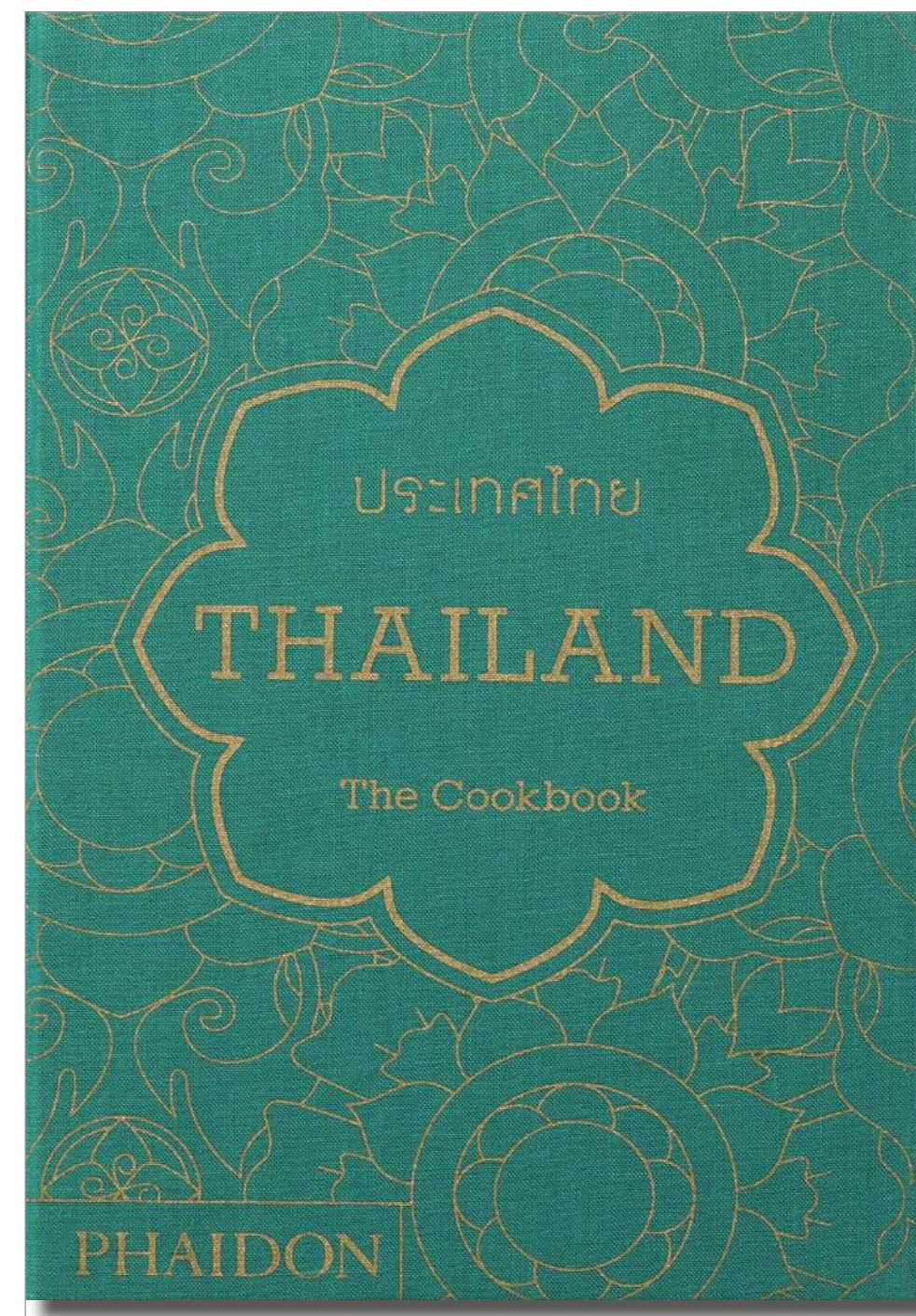
The authors's dream is to tell through text and images a story unique to each book. Each time, the first shots, the first images will determine all the pages that will follow. The best reward is to be able to be, through writing, a transmitter of information. And to make readers want to share them in turn.

Jean-Pierre Gabriel

Jean-Pierre Gabriel is an agricultural engineer, travelling around the world in search of beautiful images. This versatile Belgian photographer is passionate about gardens, architecture and gastronomy. Thanks to his camera, he succeeds in conveying what he sees and feels.

Among his iconic books:

- Thailand: The Cookbook - Phaidon Press
- Le Pain Quotidien Cookbook - Mitchell Beazley
- Le Coq aux Champs - Renaissance du livre
- Matière Chocolat - Stéphane Leroux - Françoise Blouard
- Le Chant du pain - Paul Magnette - Renaissance du livre
- Venice On A Plate: But What A Plate! - Marsilio





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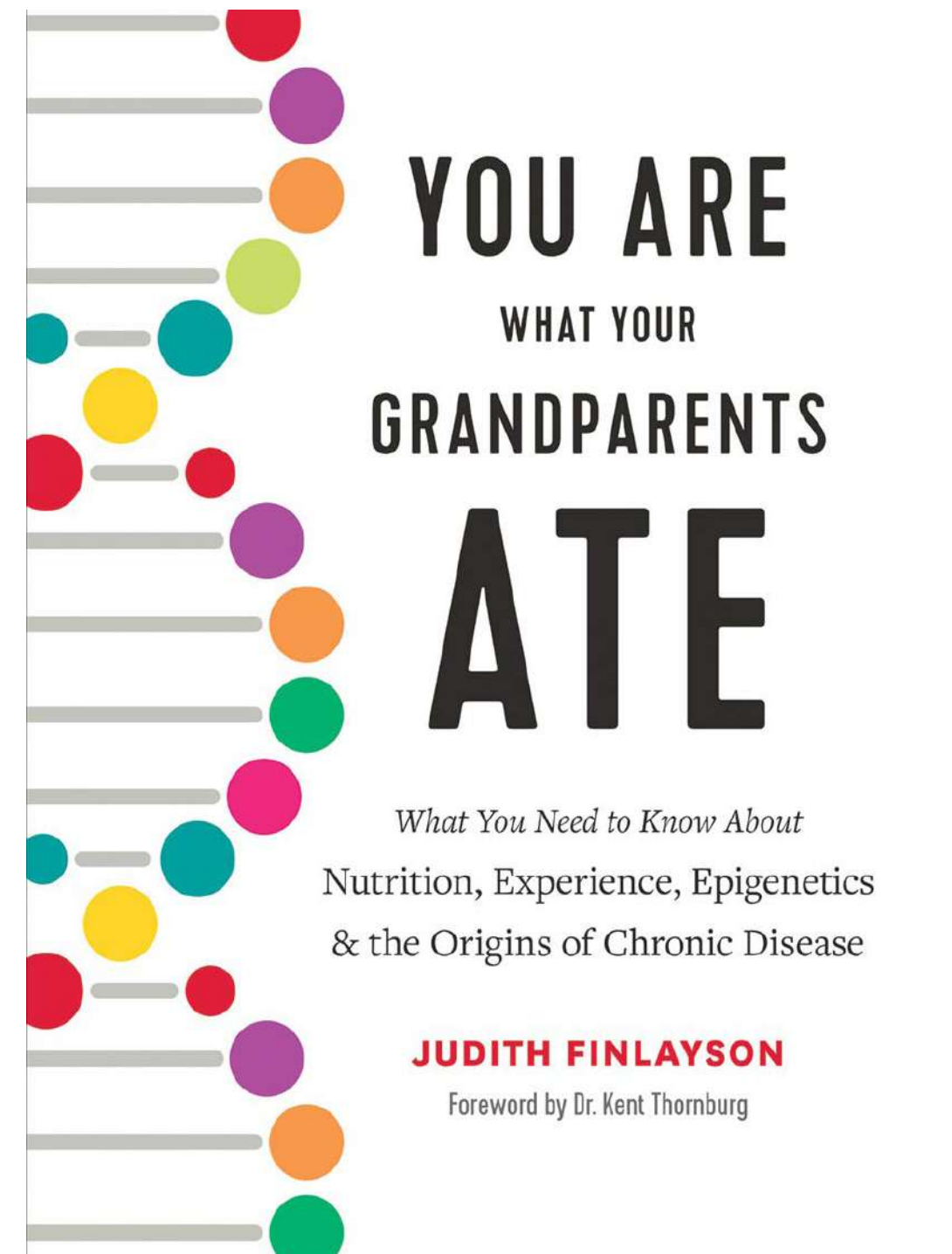
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## CANADA

You Are What Your Grandparents Ate takes conventional wisdom about the origins of chronic disease and turns it upside down. Rooted in the work of the late epidemiologist Dr. David Barker, it highlights the exciting research showing that heredity involves much more than the genes your parents passed on to you. Thanks to the relatively new science of epigenetics, we now know that the experiences of previous generations may show up in your health and well-being.

Many of the risks for chronic diseases -- including obesity, type 2 diabetes, high blood pressure, heart disease and dementia -- can be traced back to your first 1,000 days of existence, from the moment you were conceived. The roots of these vulnerabilities may extend back even further, to experiences your parents and grandparents had -- and perhaps even beyond.

This book makes hard science accessible. It is a call to action for social as well as personal change, delivering the message that by changing our own health, we can also influence the future of the world.





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## CANADA

“La cuisine nordique” is the first cookbook by Strøm and showcases the best recipes served in our restaurants. Revolving around the four seasons, this book is full of original and comforting recipes inspired by nature and featuring local flavours and terroir ingredients.

A gastronomic and creative space, our restaurant offers a boreal-inspired cuisine that emphasizes our nordicity by highlighting local artisans and fresh regional products. Because nature does things so well, we wanted to create a menu of tasty and amazing dishes that will make you discover the best it has to offer, one season at a time.

Executive chef of the restaurants at Strøm Nordic spa since 2018, Raphaël Podlasiewicz has been able to breathe new life into our cuisine by creating gourmet menus that are both bold and elegant. His Scandinavian-inspired cuisine emphasizes our nordicity by highlighting local artisans and fresh regional products. Inspired by nature, Raphaël Podlasiewicz creates dishes and cocktails that are both tasty and stunning.





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## CAMBODIA

The book contains a selection of some of Cambodia's favorite dishes, including green crab with Kampot pepper, three versions of Num Banh Chok, mango salad with smoked fish, and sweet and sour pork ribs, as well as desserts such as caramelized sticky rice and pumpkin custard. In addition to the must-haves, readers will also find a simple recipe for making Kroeung, an essential part of many Cambodian recipes.

The Taste of Angkor, published by the Ministry of Foreign Affairs and International Cooperation of Cambodia, was named Best Asian Cookbook at the Gourmand Awards 2021, in Paris.

"This cookbook has transformed age-old Khmer traditions into practical recipes to demystify our favorite dishes. It also reveals the richness of Cambodia's culinary heritage that deserves to be shared with our friends around the world,"

Prak Sokhonn  
Cambodian Minister of Foreign Affairs





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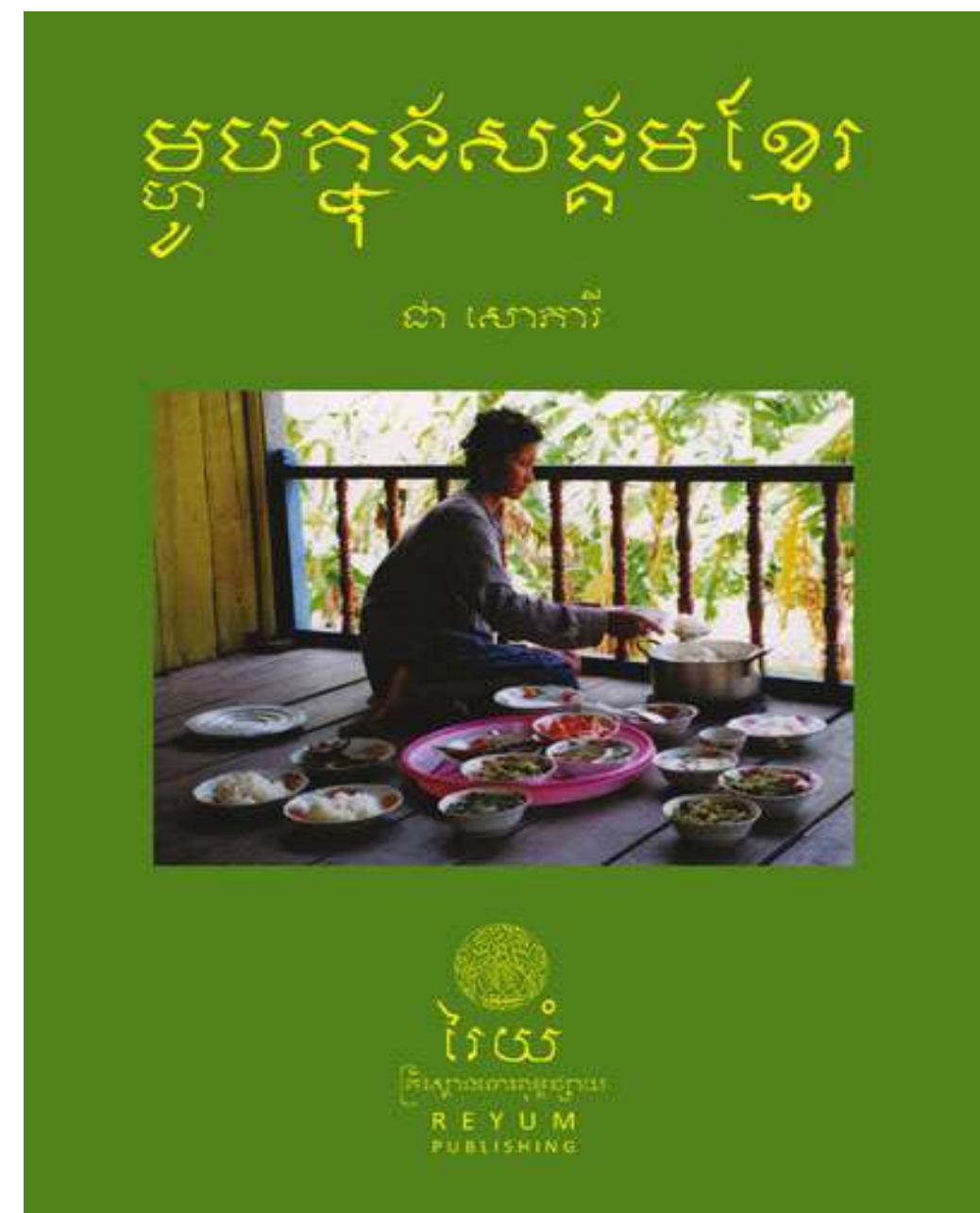
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## CAMBODIA

This book aimed to provide Khmer culinary knowledge and skills to the young generation of Cambodians, while describing the traditions and culture of Khmer eating. I used oral history as main sources to write this book. I interviewed housewives and elders to gather most informative data. My questions were not only focused on cooking ingredients and recipes but include also those related to beliefs about food, food as offering during rituals, eating habits.

The purpose of this book is not to teach the readers on how to cook meals, as there are many practical cookbooks available on the market already. Instead, this book was written to illustrate in Khmer eating culture, within various communities. My research showed that different types of simple dishes were served according to the daily meal times and circumstances. Above all, I wished to emphasize the importance of local oral histories that are shared by the elders. Data collected during those interviews form a corpus of knowledge that will serve as sources for future research.

Chea Sopheary





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## EL SALVADOR

In Delicious El Salvador, Alicia Maher shares the secrets to authentic Salvadoran food. From iconic dishes like pupusas, quesadilla, Christmas turkey and torrijas, to everyday dishes like meat stew, chicken soup, shrimps with garlic, rice, re-fried beans, pork chops with onions, green beans and eggs, summer squash in a cream sauce, vanilla custard... your family and friends will love these dishes. Most photos were shot on location, in San Salvador. The book fills a cultural void for the millions of Salvadorans living in the U.S.A.

With great joy, Alicia makes these recipes accessible to all, while maintaining the authenticity of the delicious Salvadoran culinary experience. El Salvador food is all about soups with lots of vegetables, meats stews with vegetables and herbs, fruits drinks, seafood, desserts like mango in almíbar... These ingredients are easily available at most major supermarkets and local Latin markets. Just the basics are needed to create these yummy dishes, a teaspoon, tablespoon, a measuring cup, and some basic pots and pans.

Alicia's mission is to preserve, rescue and document authentic Salvadoran recipes for her children, future generations, and food lovers everywhere.





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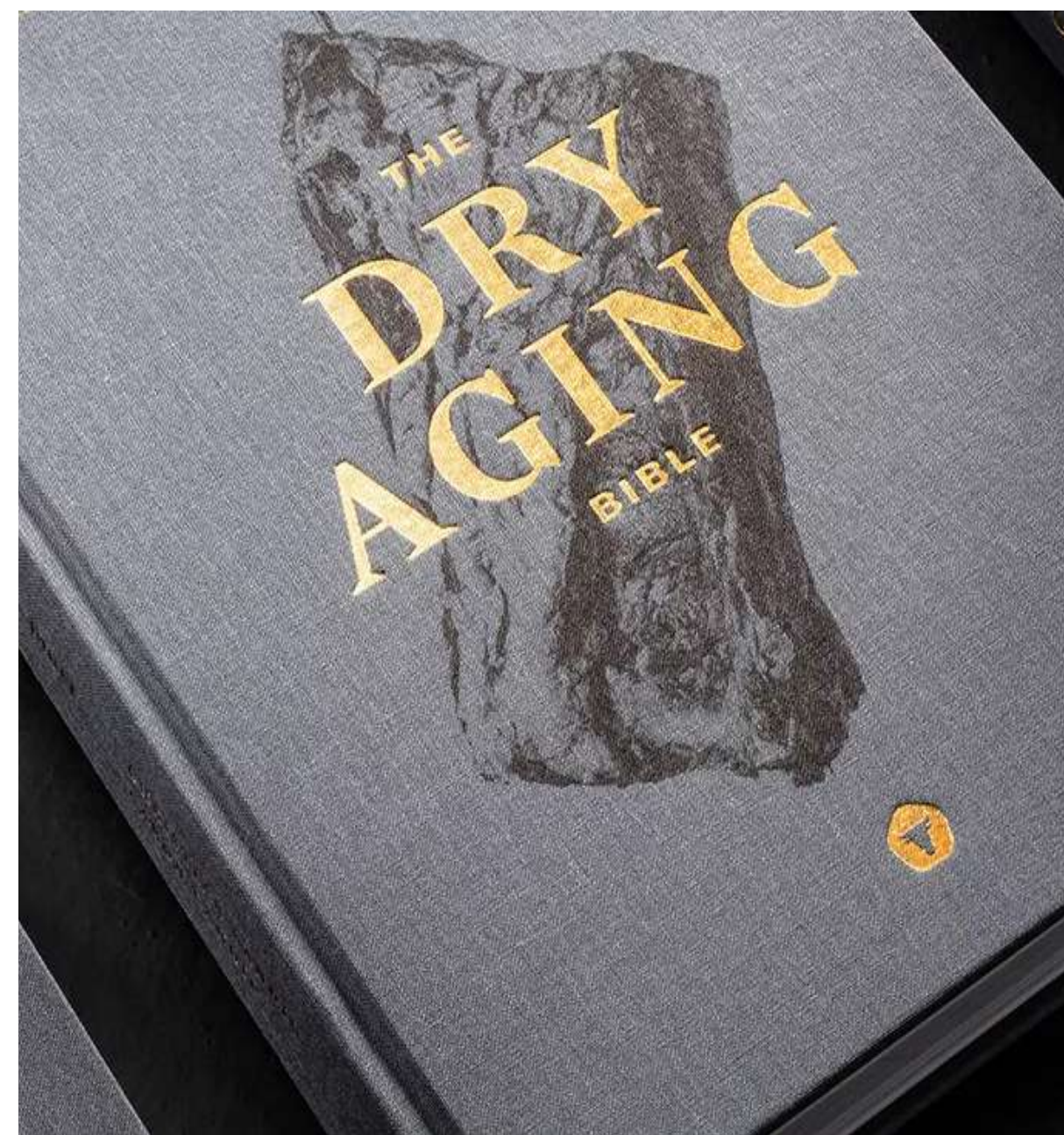
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## GERMANY

For the first time worldwide, all the important aspects of Dry Aging have been summarized in incredible detail. In the book “The Dry Aging Bible” you will find comprehensive information, concentrated refinement expertise, instructions, and surprising inspirations. The book guides you step by step through the entire the entire Dry Aging process in theory and practice.

From choosing the right meat or other food, to the perfect preparation of the raw product, the use of the appropriate tools, the selection of the right Dry Aging program, to the preparation of the refined product with delicious cooking recipes. A must-have for every Dry Aging friend: The entire world of delicacies, made@home.

The Dry Aging Bible will make you a pro – and meat pros even more creative. On its more than 300 pages, you will learn everything about the refinement of meat, poultry, ham, sausage, cheese, and even fish in the DRY AGER® Dry Aging Fridge. From food to super delicacy.





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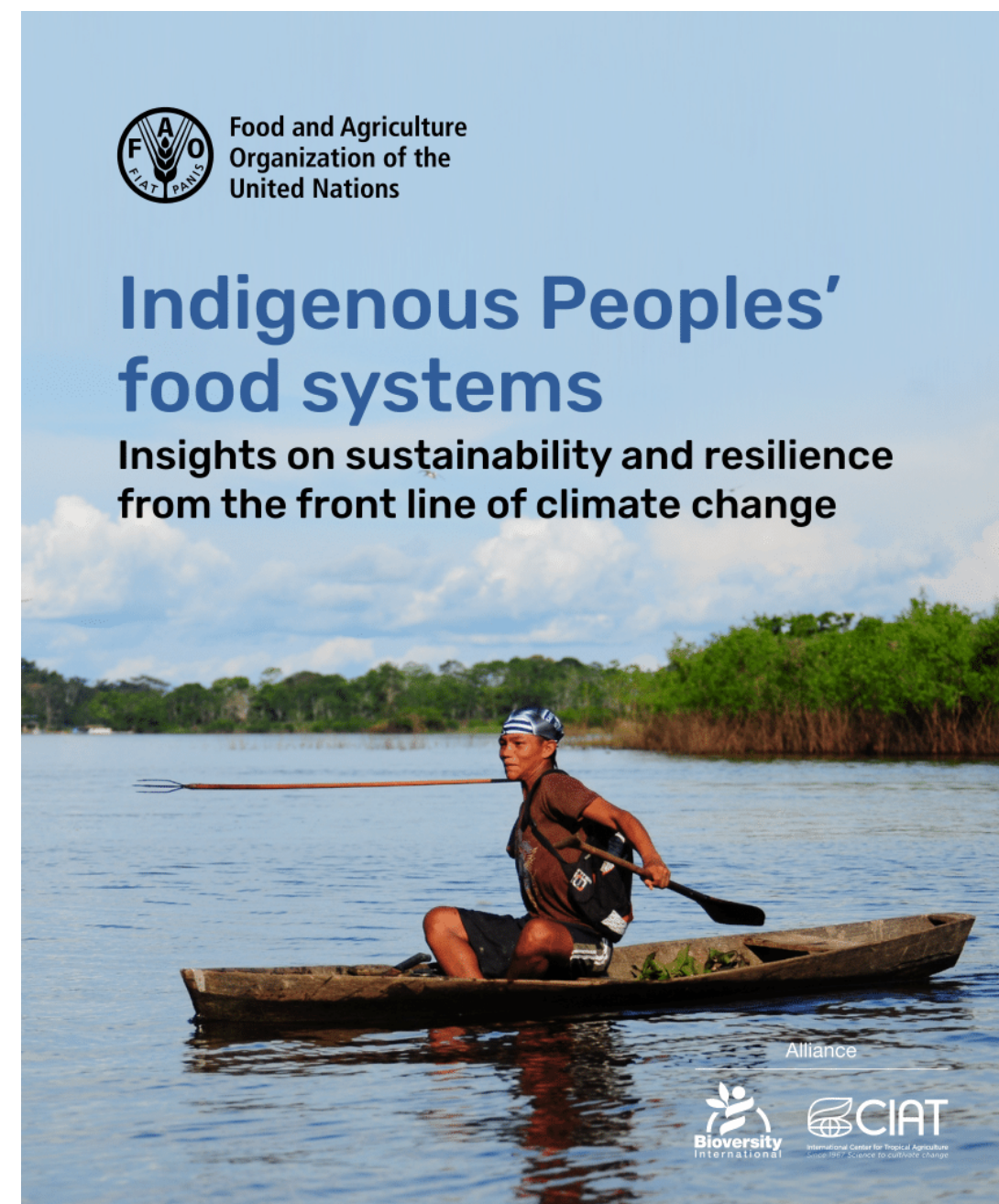
## FAO

“Indigenous Peoples are and have always been dynamic innovators, learning from each other and developing a systemic approach, based on observation”

FAO Director-General QU Dongyu

Indigenous Peoples' food systems analyzed in this publication include those belonging to the Baka people in Cameroon, the Inari Sámi people in Finland, the Khasi, Bhotia and Anwal peoples in India, the MelanesiansSI people in the Solomon Islands, the Kel Tamasheq people in Mali, the Tikuna, Cocama and Yagua peoples in Colombia, and the Maya Ch'orti' in Guatemala.

These varied and unique systems combine different food generation techniques like hunting, gathering, fishing, pastoralism and shifting cultivation. Mobile practices, including nomadism, are vital to link food generation and production activities to natural cycles in a resilient way. Developed over millennia by Indigenous Peoples, such traditions enable habitats to recover and allow ecosystems to replenish themselves and provide fresh, nutritious and diverse foods.





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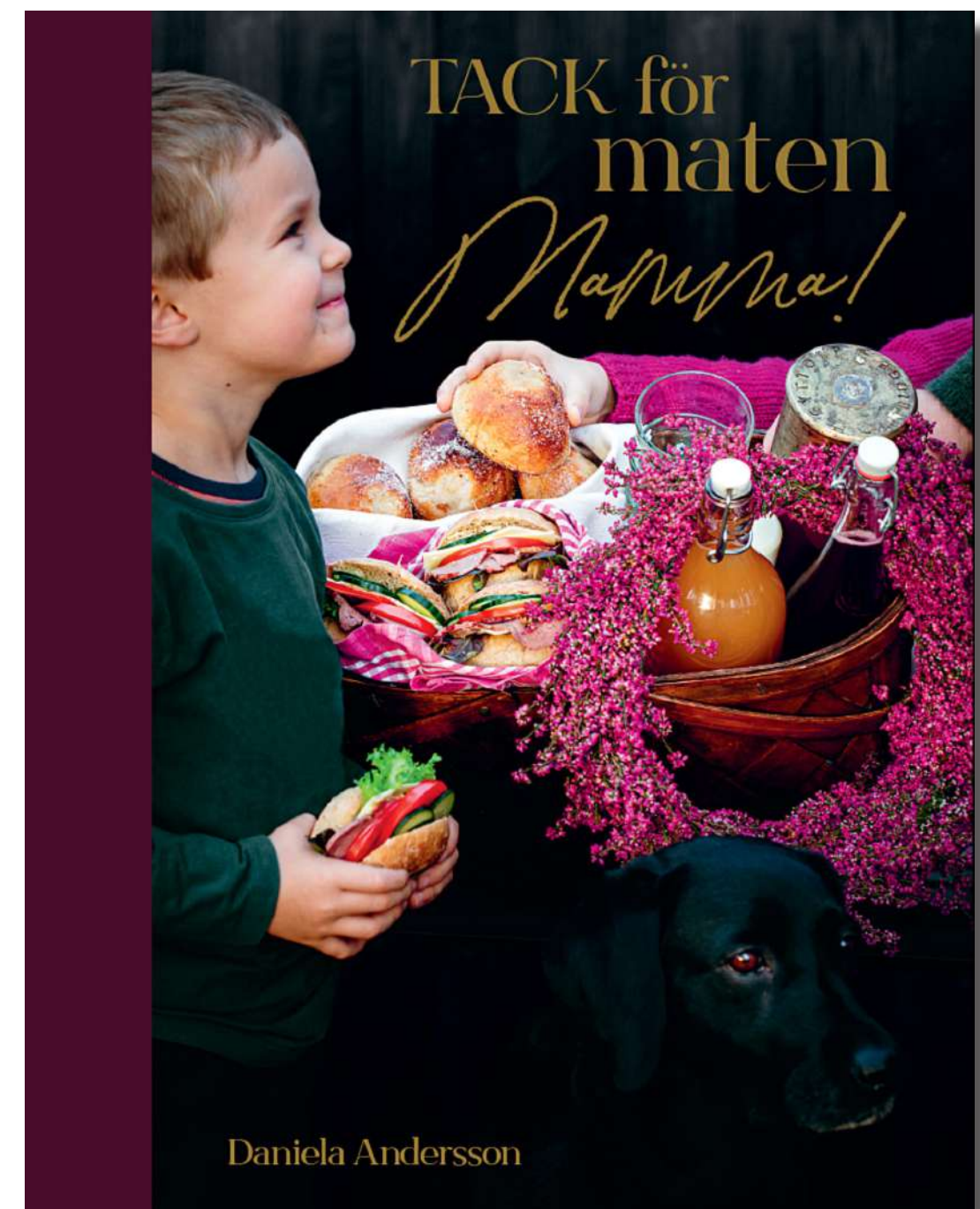
## FINLAND

This is not only a cookbook. It's a family chronicle about heritage and traditions. It tells the story about the Landers' family and the life on their beautiful farm Marieberg, which is situated in the small village Ingå, in southern Finland. It's about casual country life, values and the love of food and respect of our nature.

It is a dedication to sustainability, locally produced products, fishing, crayfishing, hunting, growing your own vegetables, berries and fruit. And it is especially a dedication to Mothers.

Many of the recipes in the book was never written down before and existed only in mother Carola Lander's memory. So I had to stand beside her every minute while she was cooking and document every single ingredient and measures. It was a blast!

When the book was published in 2020 it immediately sold out. As a journalist and food photographer this has been a dream assignment and a wonderful food journey.





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## FRANCE

“This study, the first edition produced by La Liste, measures the impact of the pandemic on the restaurant sector, as well as highlighting the industry’s resilience and examining emerging trends.

The birth of a movement, new restaurant models, and the values that will carry the gastronomy of the future are explained and illustrated with examples from all over the world.

Gastronomy Observer is based on hundreds of sources from La Liste’s database, as well as reports, in-depth articles and interviews to identify trends, concepts and what lies ahead for a constantly evolving sector.”

Jörg Zipprick  
Co-founder & Editor-in-chief

## observatoire de la GASTRONOMIE



 LA LISTE  
the world's best restaurant selection



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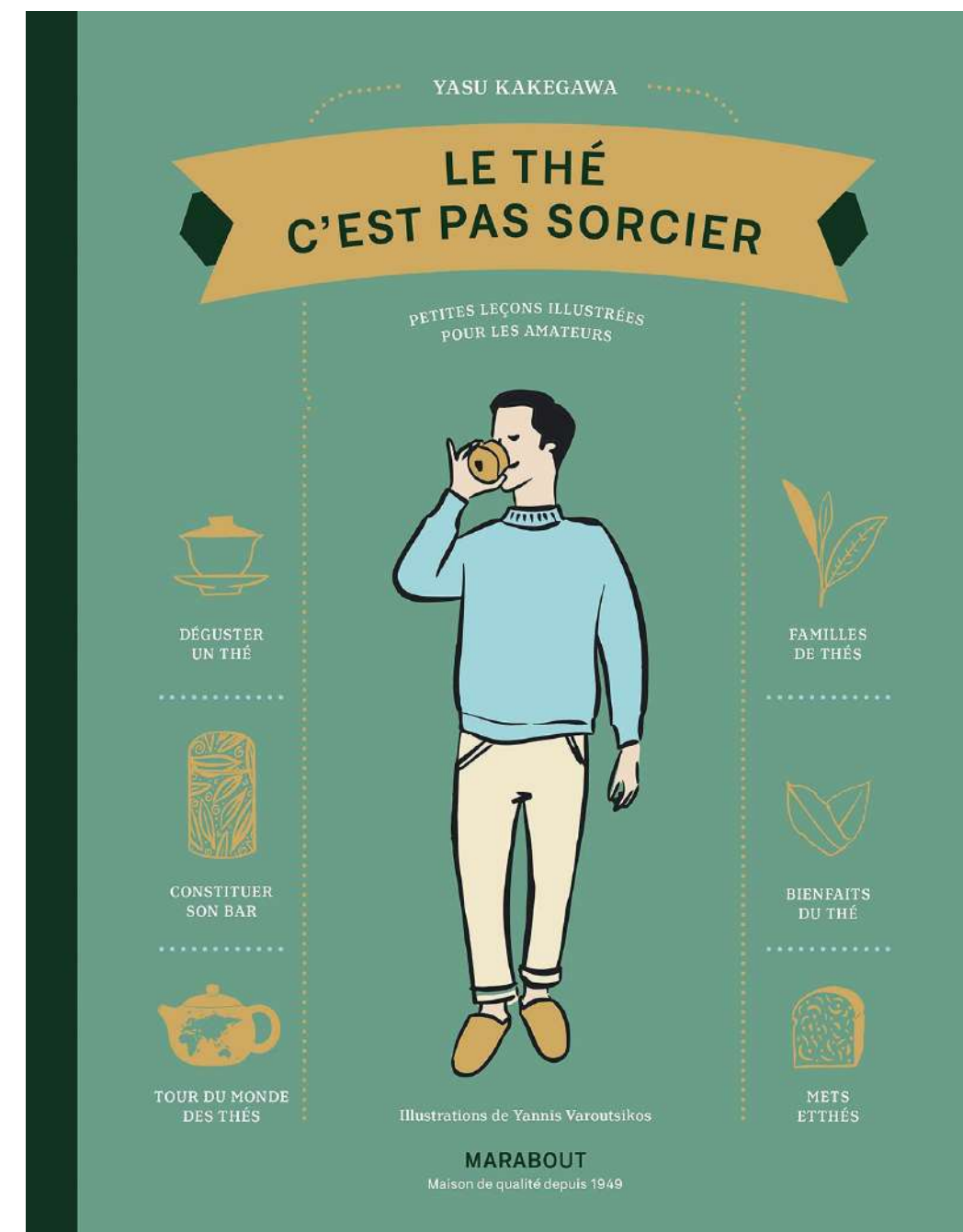
## FRANCE / JAPAN

From now on, tea will no longer hold any secrets for you! This book simply presents everything you need to know about tea. What are the different types of tea, which countries produce it, what are the stages of its production, how to prepare it, how to taste it to better appreciate it, where to buy it... The book also suggests the best food and tea pairings. So, ready for a cup of tea?

Yasu Kakegawa was born in Japan, bilingual French-Japanese, works as a lecturer on tea, and teaches at the Cordon-Bleu school in Paris. He was awarded the “O-cha pioneer award” by the World Green Tea Association in 2014.

“An integral part of gastronomy, we appreciate tea today in the same way as wine, by savoring the richness of its aromas, but tea cannot be tasted without understanding that it is part of a whole that composes the earth’s harmony.”

Yasu Kakegawa





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## FRANCE

They are unknown and stay in the shadows. They are invisible, as if the vineyard did not need hands of men and women, whose intervention would be limited to pipettes and clever oenological blends.

If the amateurs of Médoc wines cultivate their interest by visiting the domains and tasting their wines, how many know the work of the vineyard and the gestures of the small hands without which no vintage would leave the cellars? Page after page, discover season after season the gestures and the know-how of these little hands, which for our greatest pleasure reveal a little of their mystery...

Born into a family of winegrowers in Médoc, and as a seasonal winegrower for the past 20 years, I added activism to my bow by creating the Collectif Info Médoc Pesticides. Today it is quite natural that I combine my activism with my visceral attachment and admiration for the workers of the Médoc vineyards.

Marie-Lys Bibeyran

Les Petites Mains de l'Ombre / Winegrowers in the Shadows

### Les petites Mains de l'Ombre

Gestes & Savoir-faire des vins du Médoc



TEXTES ET PHOTOGRAPHIES MARIE-LYS BIBEYRAN



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## FRANCE

“As with a human being, the wisdom of wine appears when it delivers its fullness to us.”

Enrico Bernardo, Best Sommelier of the World in 2004, worked in the greatest restaurants before opening his own. At the age of 40, he decided to make a new start and devote himself entirely to his passion, the world of wine. This is how he undertook a trip around the world to meet the winemakers, their lands and their hidden treasures, from the most modest to the most recognized. In a quest for truth and the absolute, he was able to live his journey intensely, obtain answers and touch the essential: the soul of wine.

“A wine of excellence expresses the best of Man, of the winemaker as well as of the one who knows how to drink it. It expresses life at its most essential. It can even be capable of defying the violence of history in the name of a higher order: the love of humanity and the planet Earth. It brings together, accompanies and celebrates the most beautiful hours of our lives. Wine, if we give ourselves the means to listen to it, tells only one story: ours.”





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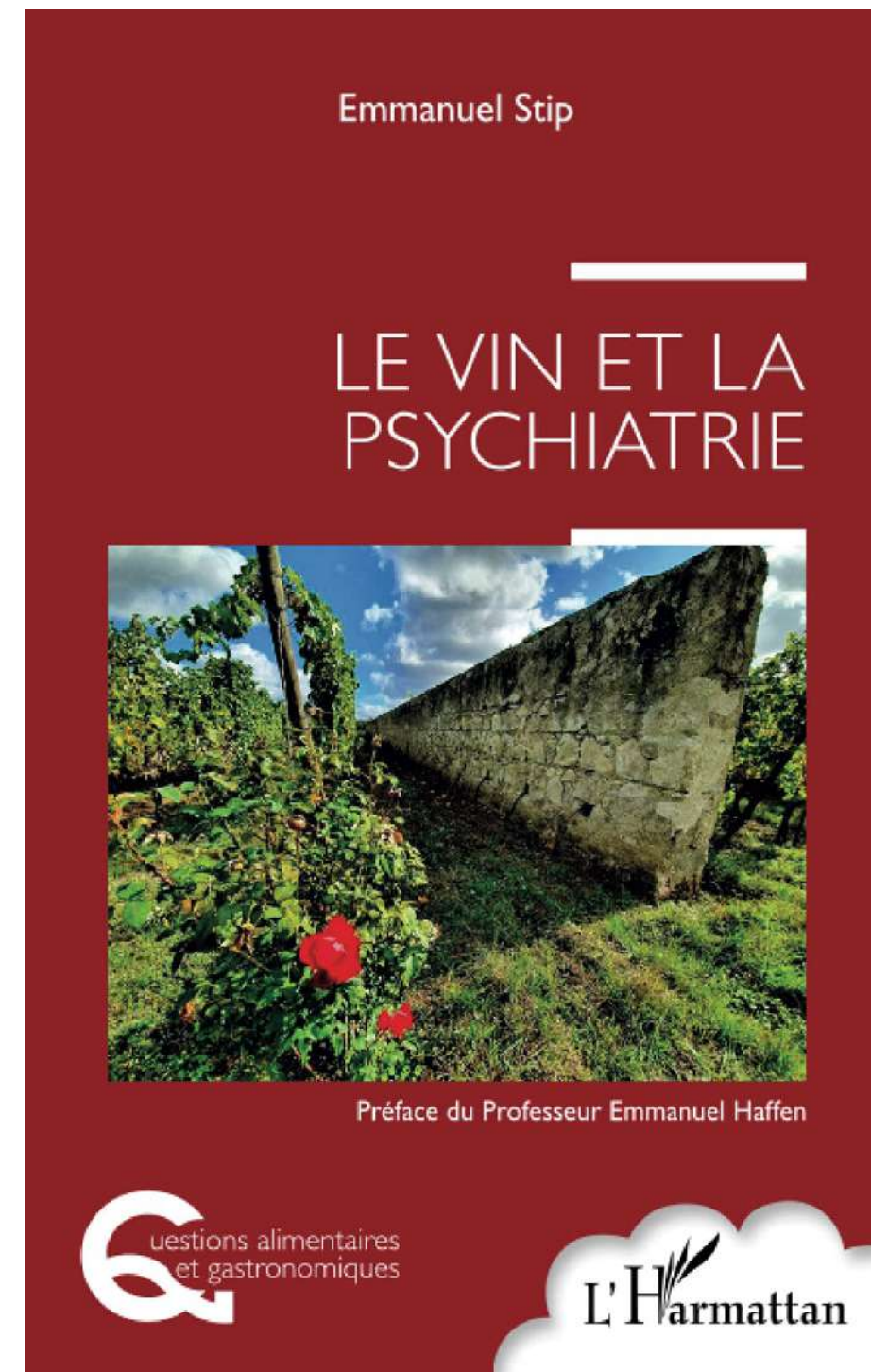
## FRANCE

Emmanuel Stip is a psychiatrist, university professor and sommelier.

Everyone is interested in wine, less in psychiatry. How can we become interested in it through wine? It is a question of looking at wine as the subject of a science, oenology, and of comparing this science with that of psychiatry. The guiding thread of this book is the uncensored passion of the author for wine, who also happens to be a physician, psychiatrist and professor.

This book will be useful to both doctors and sommeliers who are willing to educate themselves by taking a look at the other culture.

To be read without moderation.





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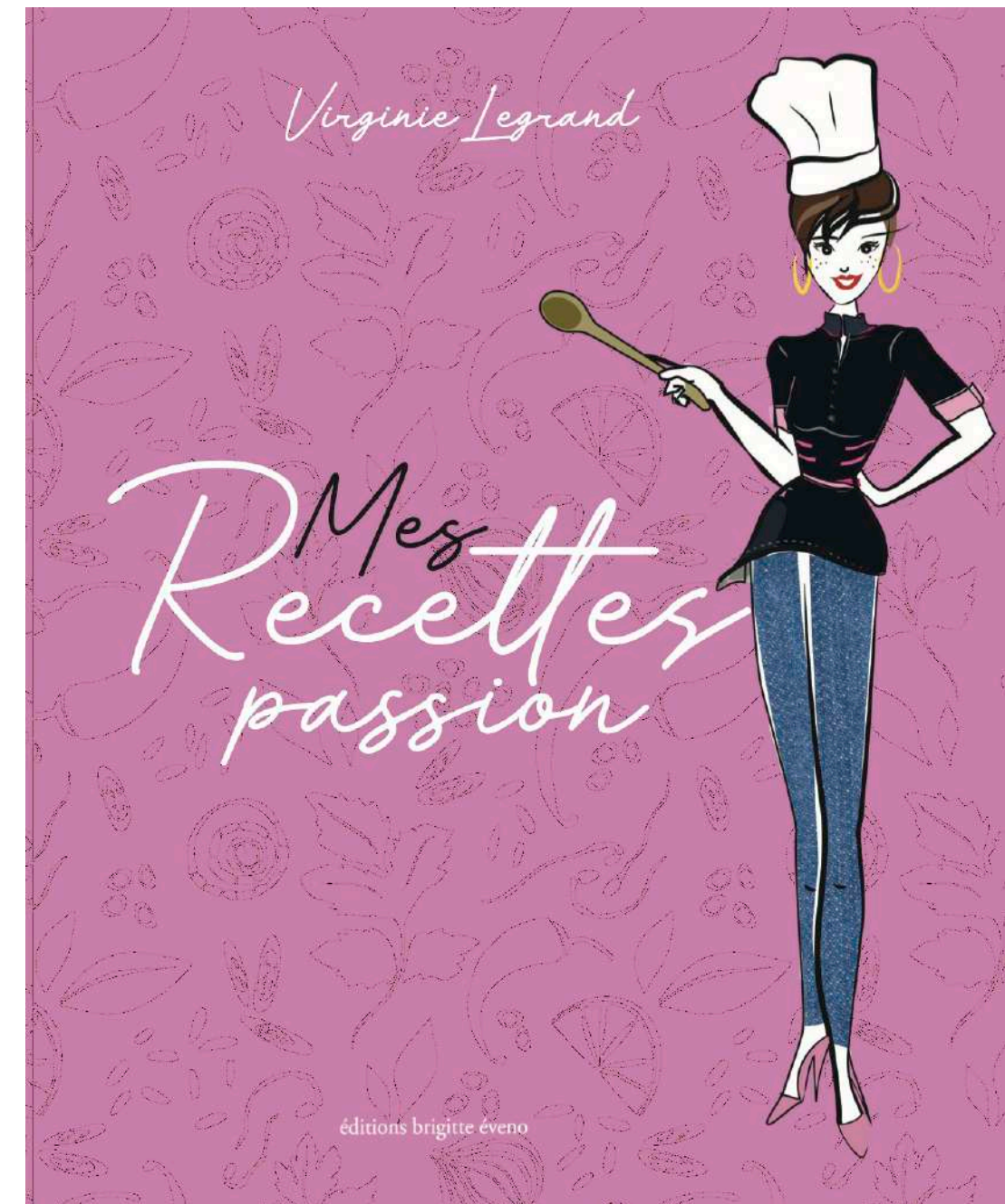
## FRANCE

A great gourmet, an eternal perfectionist and an insatiable curiosity, the sparkling Virginie Legrand invites you to share her passion for gastronomy through 35 refined and tasty recipes: appetizers, starters, main courses, condiments, desserts and mignardises.

The chef will share her secrets with you to compose your menus according to your desires and satisfy your gourmet taste buds!

Learn how to dazzle your guests with a tiramisu à la provençale, a saffron veal blanquette or a strawberry-basil cheesecake!

Perfectionist and meticulous, this former teacher has at heart to transmit her passion. With her book, she hopes to give her readers inspiration and the pleasure of cooking by letting their creativity run free.





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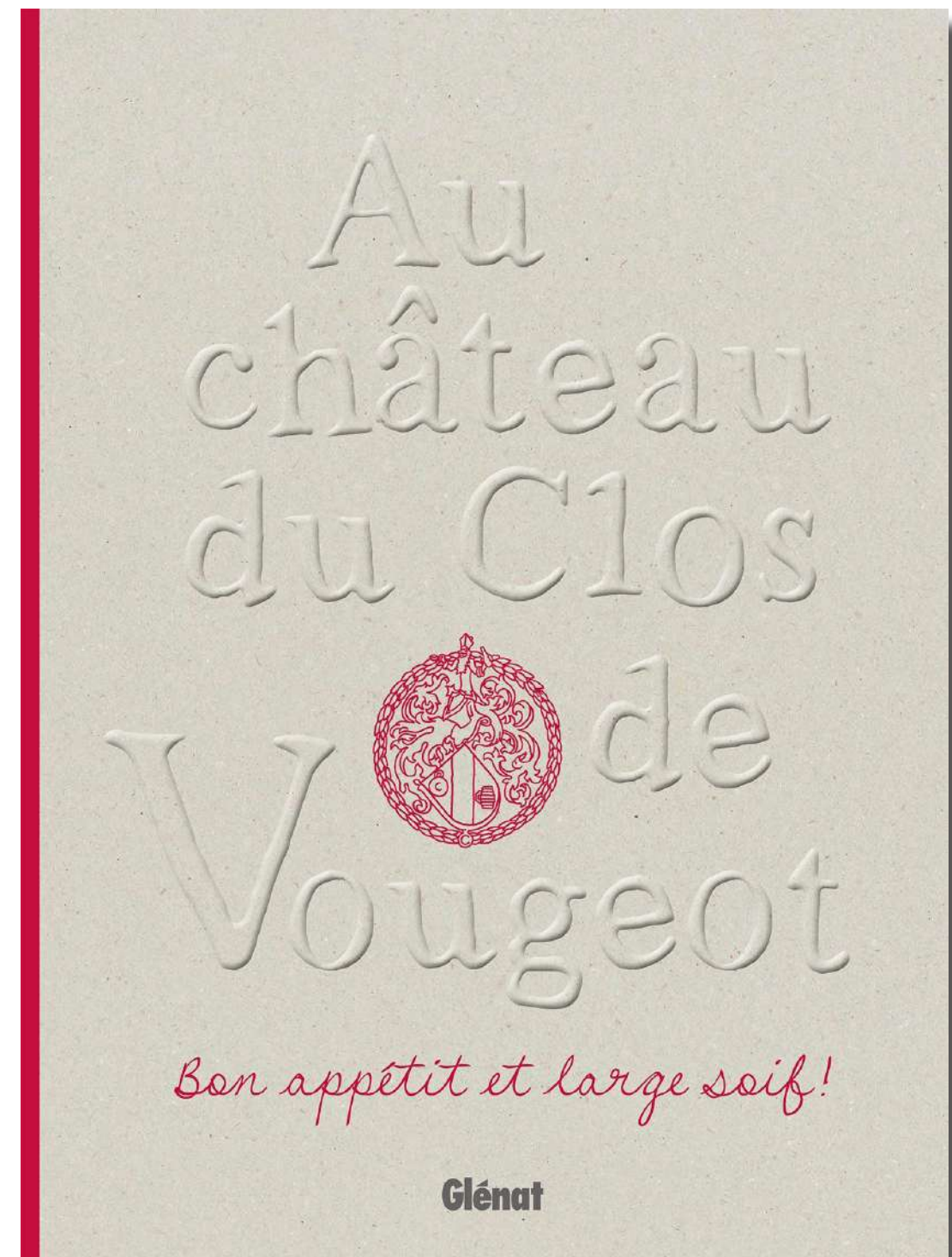
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## FRANCE

Built during the Renaissance on the winegrowing buildings constructed by the monks of Cîteaux, the Château du Clos de Vougeot is the headquarters of the Climats du Vignoble de Bourgogne and a mecca for French gastronomy, both classified as World Heritage Sites by UNESCO.

It is here that, sixteen times a year, the Confrérie des Chevaliers du Tastevin, invites 600 people to memorable receptions called chapters. Each of these gala dinners, opened by the famous invitation “Bon appétit et large soif!”, reinvigorates the Burgundian culinary tradition and regional products.

Monarchs, heads of state and star chefs, diplomats, artists, people of letters and science, start-ups... the whole world loves to come and draw from this source of the “French art of living”. Such banquets require an impeccable mastery of cuisine and service, which this book reveals behind the scenes. It retraces a vast gourmet adventure launched in 1934 and bears witness to the human values defended by some 12,000 knights of taste from America to Asia.





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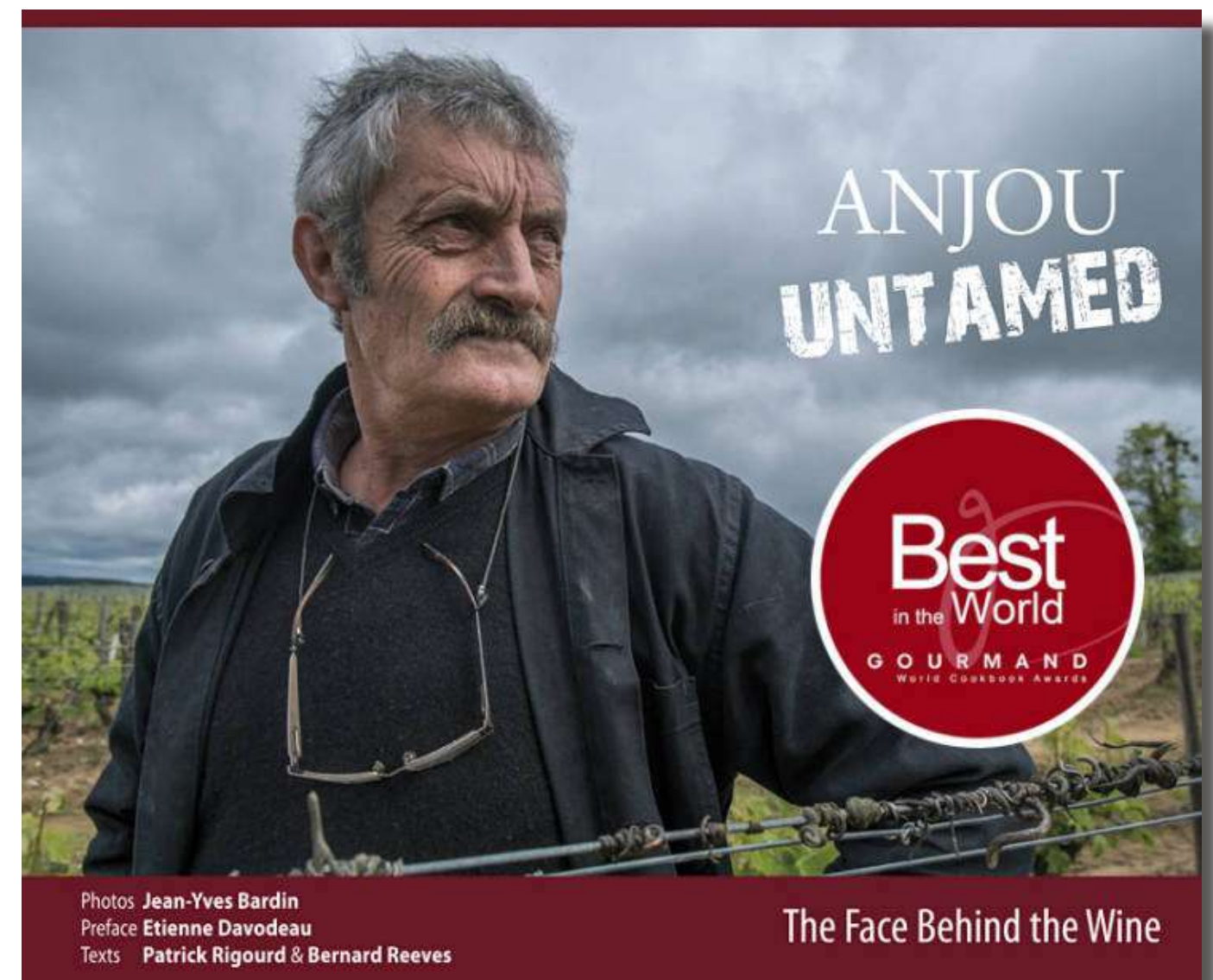
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## FRANCE

Photographer, author and publisher, Jean-Yves Bardin travels through prestigious vineyards and confidential productions in search of imperishable images. His portraits and landscapes are regularly published in the Revue des Vins de France, the World of Fine Wine and in books by his own publishing company Fervel Édition.

Unique in the world of wine, his photography bank The Wine Archivist contains thousands of spectacular portraits and landscapes, with a particular focus on organic viticulture.

[www.thewinearchivist.com](http://www.thewinearchivist.com)





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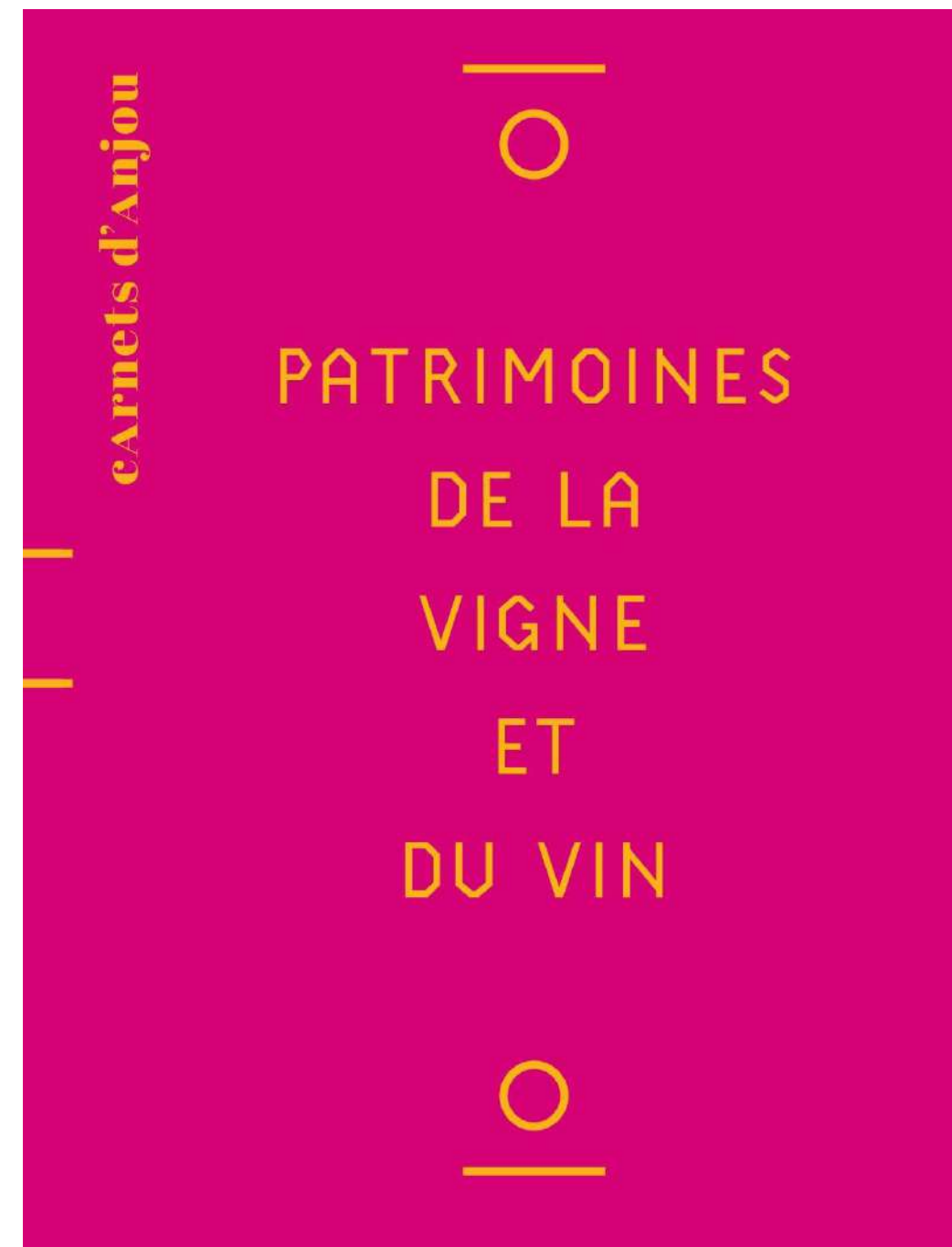
## FRANCE

“Chaume, Quarts-de-Chaume, Bonnezeaux, Coulée de Serrant, Champigny... so many world-famous names of Anjou wines. Attested since Antiquity, developed in the Middle Ages under the impulse of the great abbeys of the Loire, recomposed after the phylloxera crisis at the end of the 19th century, the vineyards of Anjou have contributed throughout history to forge the cultural identity of the territory.

Landscapes, architectures, know-how, social practices, this third book of the Carnets d’Anjou collection is an opportunity to promote this exceptional heritage and to offer the visitor a plurality of heritages to discover.

Driven by the Maine-et-Loire department, the Carnets d’Anjou collection is an invitation to discover the richness of heritage through the diversity of places, works and memories of the territory. “

Thierry Pelloquet  
Chief curator of heritage - Maine-et-Loire department  
Publishing Director - Revue 303





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## IRELAND

Cooking with limited space and equipment. When the travel fridge is full of cold beer, enjoy these deliciously simple recipes, paired with music playlists to feed the soul.

64 meals that can be cooked anywhere adventure takes you. Each recipe is paired with a Soul song and playlist to listen and dance to while you prep and cook. Also includes cooking tips and camping hacks to reduce packing and waste. This handy A5 hardback is designed and printed in Ireland.

“Over the last few years, we’ve taken countless trips and learned so much about cooking hacks with limited space, using the fridge to store beers for us and our friends, and how much more enjoyable brilliant tunes are when you’re outdoors with tasty grub.

So we’ve put together this Camping Soul Food booklet with some easy recipes you can do, either no-cook options or something you can cook on one gas ring or on a barbeque”

The Buggans Family





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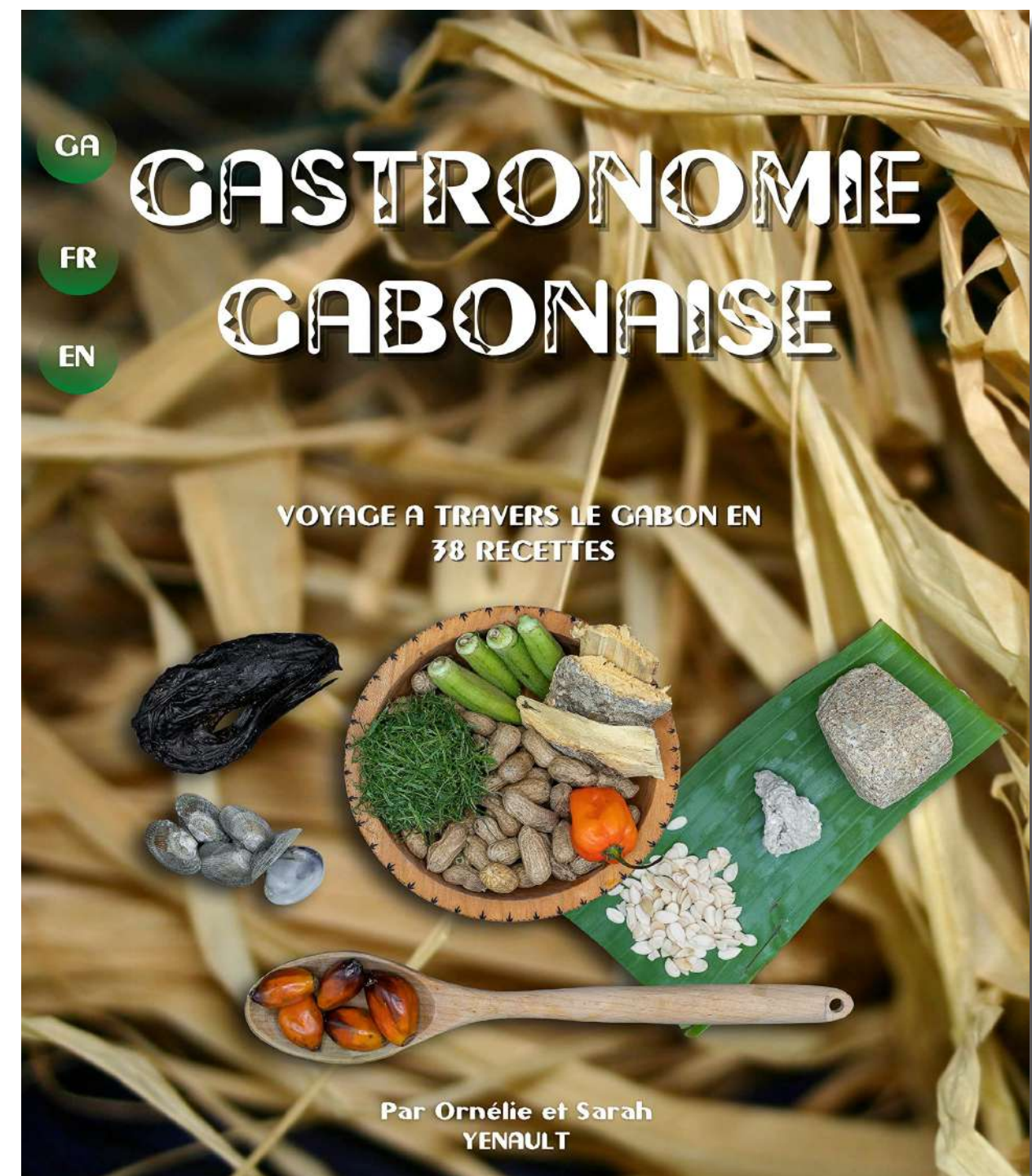
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## GABON

Gastronomie Gabonaise is the concept of two Gabonese twin sisters, aiming to promote the culinary culture of Gabon, which is not well known internationally. The food from this central African country is however rich and varied.

“We have released the first Gabonese cookbook, translated into the vernacular languages of Gabon, French and English in 2021. We aim to promote its rich and varied foods, and demystify the myths surrounding African cuisine, which is said to be too fatty or unknown. This is the vision of “Gastronomie Gabonaise”.

Ornémie & Sarah Yénault





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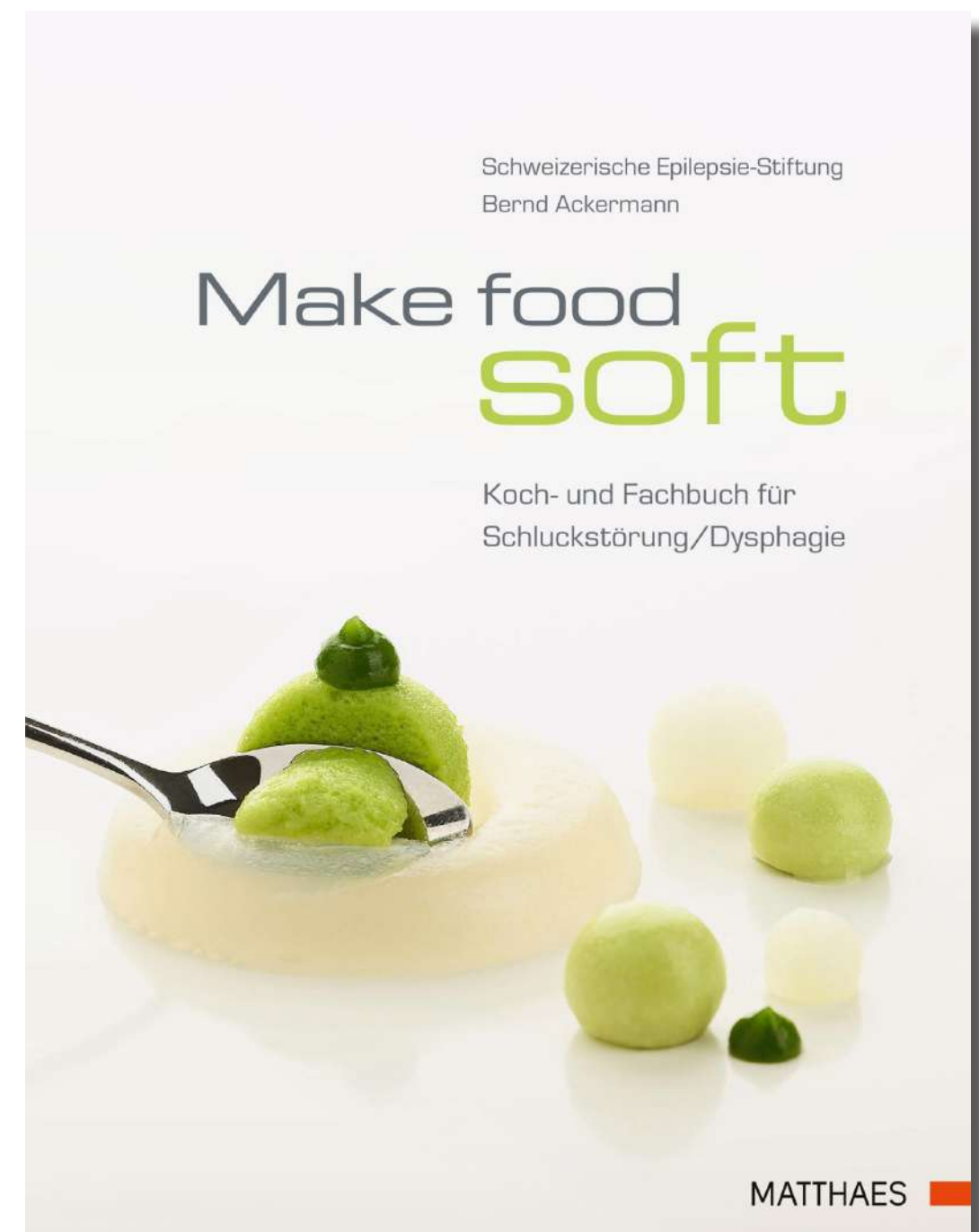
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## GERMANY

Recipes and extensive information on proper nutrition for dysphagia.

With dysphagia, every meal can be an obstacle. For affected persons, relatives, but also for dietary trained cooks, this book presents various possibilities how a tasty and healthy diet is possible in spite of everything. Bernd Ackermann and an interdisciplinary team of experts have gathered their expertise and present numerous dishes that are fresh and digestible, taste good and, above all, look appealing. A milestone for nutrition with pureed food.

The book offers more than 80 dishes for people with swallowing disorders: from breakfast to appetizers to main dishes of all kinds, but also for desserts, cakes and even pies, drinks and special dishes for children. A comprehensive collection of recipes that includes the appropriate dish for every patient and for every occasion. For each dish there is further information, e.g. regarding allergens and IDDSI level but also a nutrient analysis for download.





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## GERMANY

For many decades, Karl Marx, who was born in Trier 200 years ago, lived a shadowy existence in Germany and even in his native city. As a “class enemy” and founder of communism, he was hushed up. Unique selling points of the region and the city of Trier were the Romans and the Riesling until the recent past. It was not until the preparations for the anniversary of his birth that Marx came more strongly into the focus of the regional and national public.

The art historian, wine lecturer and city guide Jens Baumeister has painted a picture of Karl Marx in his book, which is not known by many. The majority of Germans are more or less familiar with his life's work “Das Kapital”, but not how it came about, what developments took place in the life of a Karl Marx, what influenced his personality and his ideas.

The book by Jens Baumeister dares the balancing act of telling the Mosel wine history of the 19th century in connection with Marx's scientific work in an entertaining and exciting way. It is highly recommended to all Marx and wine lovers.

Jens Baumeister

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Wie der  
**Wein KARL MARX**  
zum **Kommunisten**  
machte

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Ein Philosoph  
als Streiter für die Moselwinzer



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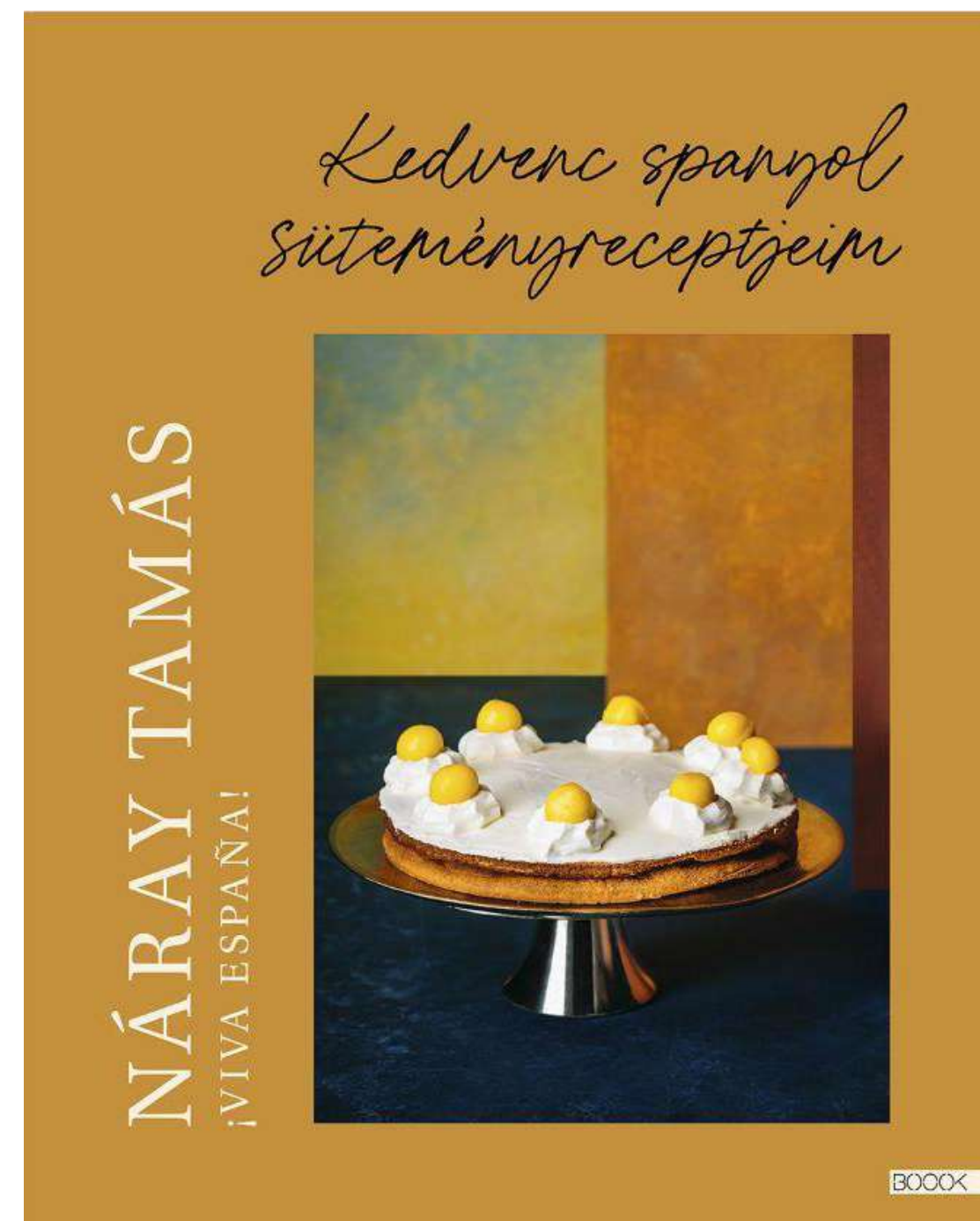
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## HUNGARY

BOOOK Publishing's portfolio mainly consists of cookbooks that explore the various segments of gastronomy. The unique content and visual appearance of our publications are both pushing and respecting the conservative boundaries of printed books. We aim to educate both in terms of content and visual appeal.

Book: Viva Espana - My Favourite Spanish Cake Recipes  
What's a lagoon-blue sea, sandy beach and sunshine without Egg Mousse Lemon Cake? So begins Tamás Náray's adventure into the world of Spanish pastries. His persistent search is well rewarded, not only does he find that special egg-cream lemon tart, but he even manages to get his recipe.

Tamás Náray's first cookery book, Last Breakfast in Paris, introduced us to French pastries, and this time the author takes us on a tour of Spain's famous provinces, guided by the Spanish pastry chef. The secret of the greatness of these delicious pastries lies in their simplicity and lightness. The sun-drenched Mediterranean countryside is bursting with fruit to create a variety of imaginative cakes, custards and desserts, from Raspberry Cheese Soufflé to Orange Kuglof and Yellow Rabbit Pie to the peaks of the Sierra Nevada.





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## HUNGARY

The independent Tokaj Guide introduces the historical wine region with its amazing diversity. The reader can learn not just the most important (and starred) contemporary wineries, but all the excitements of the Zemplén region, with the best restaurants and culinary workshops, festivals and other recommended events, accommodation, vintage evaluation and glossary.

“Tokaj has and has had important messages for all people in all times, and it is still the case today, Tokaj is waiting for everyone to discover and discover its unique treasures, and I want to help as many people as possible in the world to do so.”

Gergely Ripka





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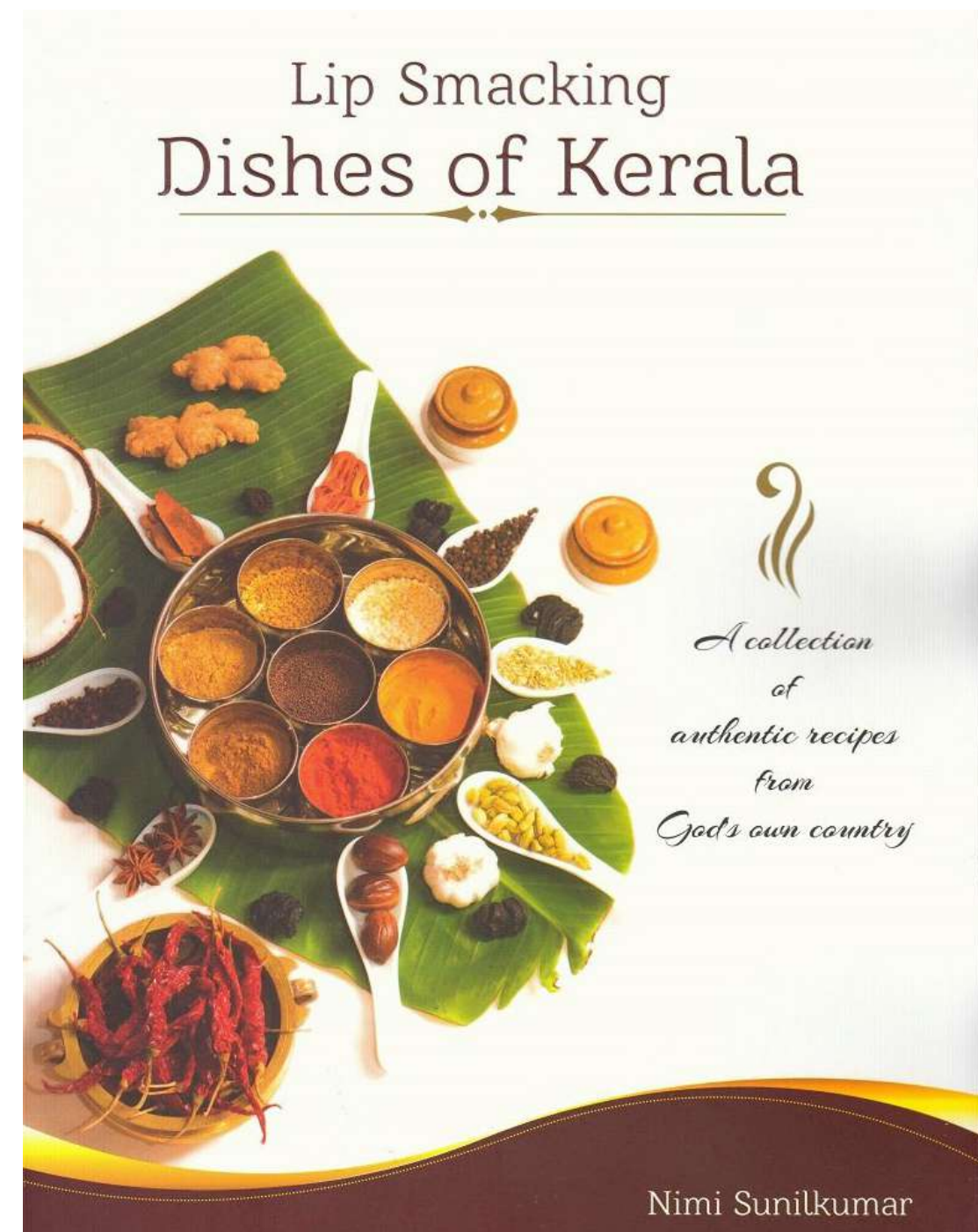
## INDIA

In the heart of India lives a wife, mother and award-winning cookbook author named Nimi Sunil Kumar who lives in Munnar, India with her husband and kids. She is a traditional mother and wife who always puts her family first... but a close second is her love for cooking!

She dives deep into traditional Kerala recipes and makes them healthy and delicious. Her husband could see her love for cooking and suggested she write a cookbook - so she did. Her cookbook, *Lip Smacking Dishes of Kerala*, won many awards including 'Best Local Cuisine Book Of India!'

Her story shows the importance of food in her state, Kerala – as well as a poignant perspective on the challenges of being a working woman in a family that loves its traditional gender roles. She balances her family, cooking and her job at the local school where she manages the cafeteria. She has brought her healthy recipes with her and feeds over 900 kids per day!

Nimi is a shining example that proves traditions can be broken while still holding true to your beliefs!





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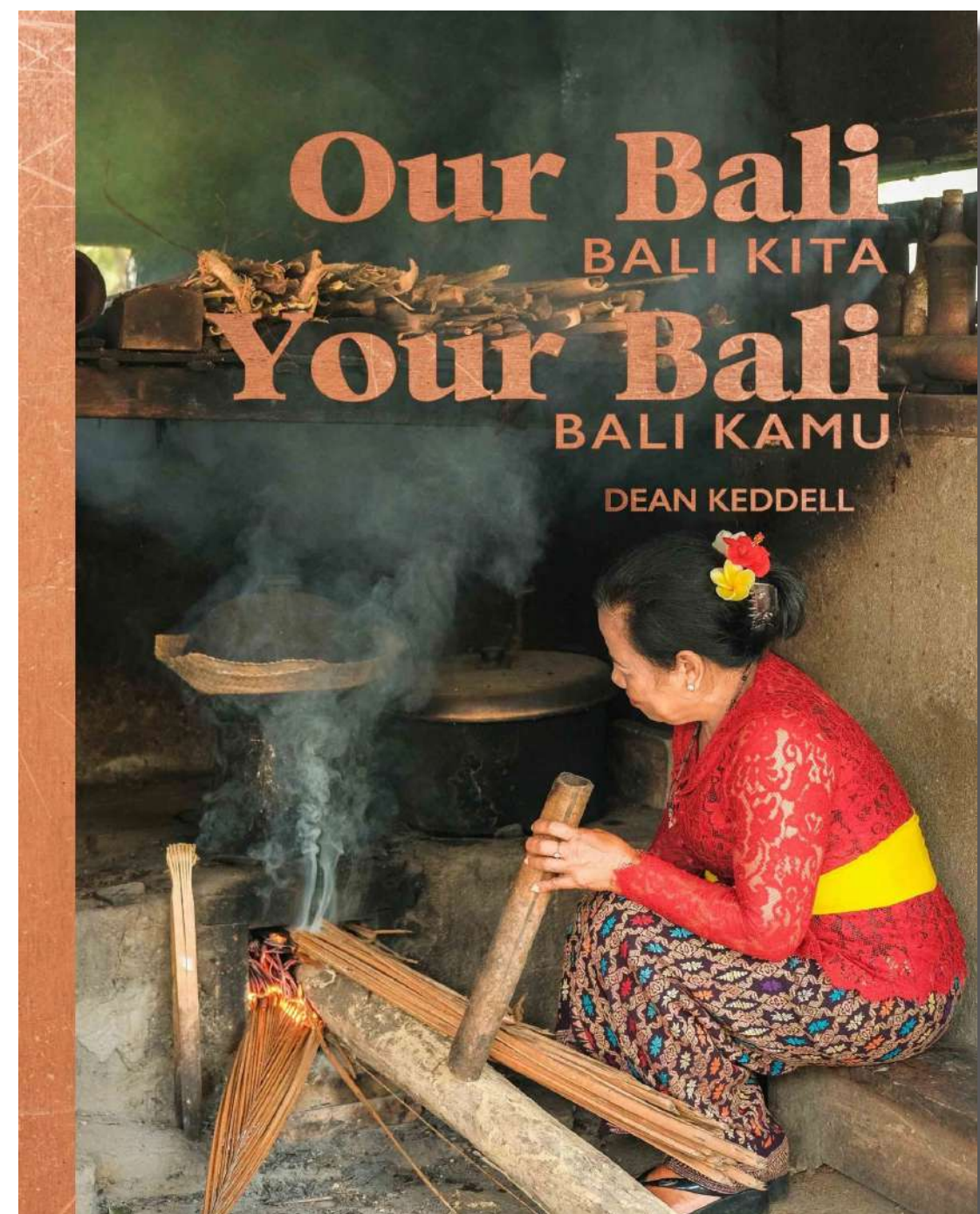
## INDONESIA

Dean Keddell, Executive Chef and Owner of two of Bali's most beloved restaurants (Ginger Moon Canteen and Jackson Lily's), working alongside his team and the people in Bali, has tirelessly worked produce a stunning book, OUR BALI YOUR BALI. The book details stories & recipes from family & community throughout Bali, as well as recipes from Dean's award-winning restaurants. If you love Bali, you will love this book.

This 400-page community cookbook has so far raised over AU\$500,000, with 100% of the profits going to people in dire need of support, his staff and their families, 5 of Bali's most worthwhile and credible charities and communities all over Bali.

Bali Charities Receiving Proceeds:

- 1 - Scholars of Sustenance
- 2 - East Bali Poverty Project
- 3 - Bali Children's Foundation
- 4 - Friends of National Park Foundation
- 5 - Bali Wise by R.O.L.E Foundation





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## IRELAND

Cooking with limited space and equipment. When the travel fridge is full of cold beer, enjoy these deliciously simple recipes, paired with music playlists to feed the soul.

64 meals that can be cooked anywhere adventure takes you. Each recipe is paired with a Soul song and playlist to listen and dance to while you prep and cook. Also includes cooking tips and camping hacks to reduce packing and waste. This handy A5 hardback is designed and printed in Ireland.

“Over the last few years, we’ve taken countless trips and learned so much about cooking hacks with limited space, using the fridge to store beers for us and our friends, and how much more enjoyable brilliant tunes are when you’re outdoors with tasty grub.

So we’ve put together this Camping Soul Food booklet with some easy recipes you can do, either no-cook options or something you can cook on one gas ring or on a barbeque”

The Buggans Family





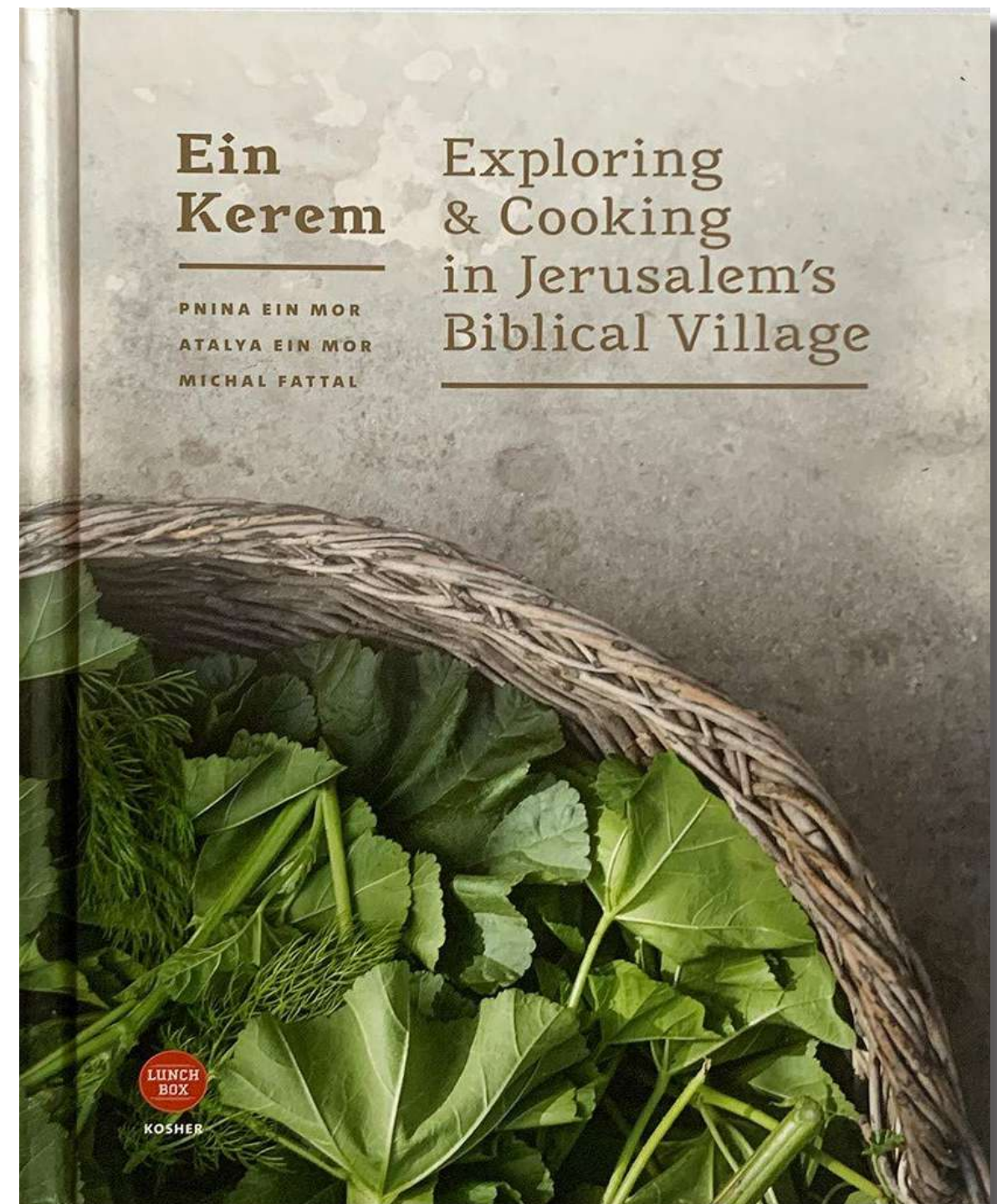
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## ISRAEL

Nestled in the foothills of Jerusalem, the village of Ein Kerem is a haven from the hustle and bustle of the city. Reputed to be the Biblical village of Beth HaKerem and, according to Christian tradition, the birthplace of John the Baptist, this place is a treat for the senses. Here you might hear bells ring and a donkey bray as you walk through winding lanes past church towers, the minaret of a mosque, orchards, olive groves, and centuries-old trees.

This collection of stories and recipes is the work of three creative professionals who want to share their profound love and in-depth knowledge of their home in the Holy Land. Pnina Ein Mor, a tour guide and activist for the preservation of Ein Kerem, guides readers on walking tours through the houses and narrow alleyways, revealing the legends behind them. Her daughter, Atalya Ein Mor, a sought-after chef who caters for international guests, relates her personal experiences of growing up in Ein Kerem through delicious Mediterranean dishes influenced by the village's rich and varied local produce. Michal Fattal, a photographer whose work has been featured in galleries and publications worldwide, captures the light, sites, and mystery of the place.





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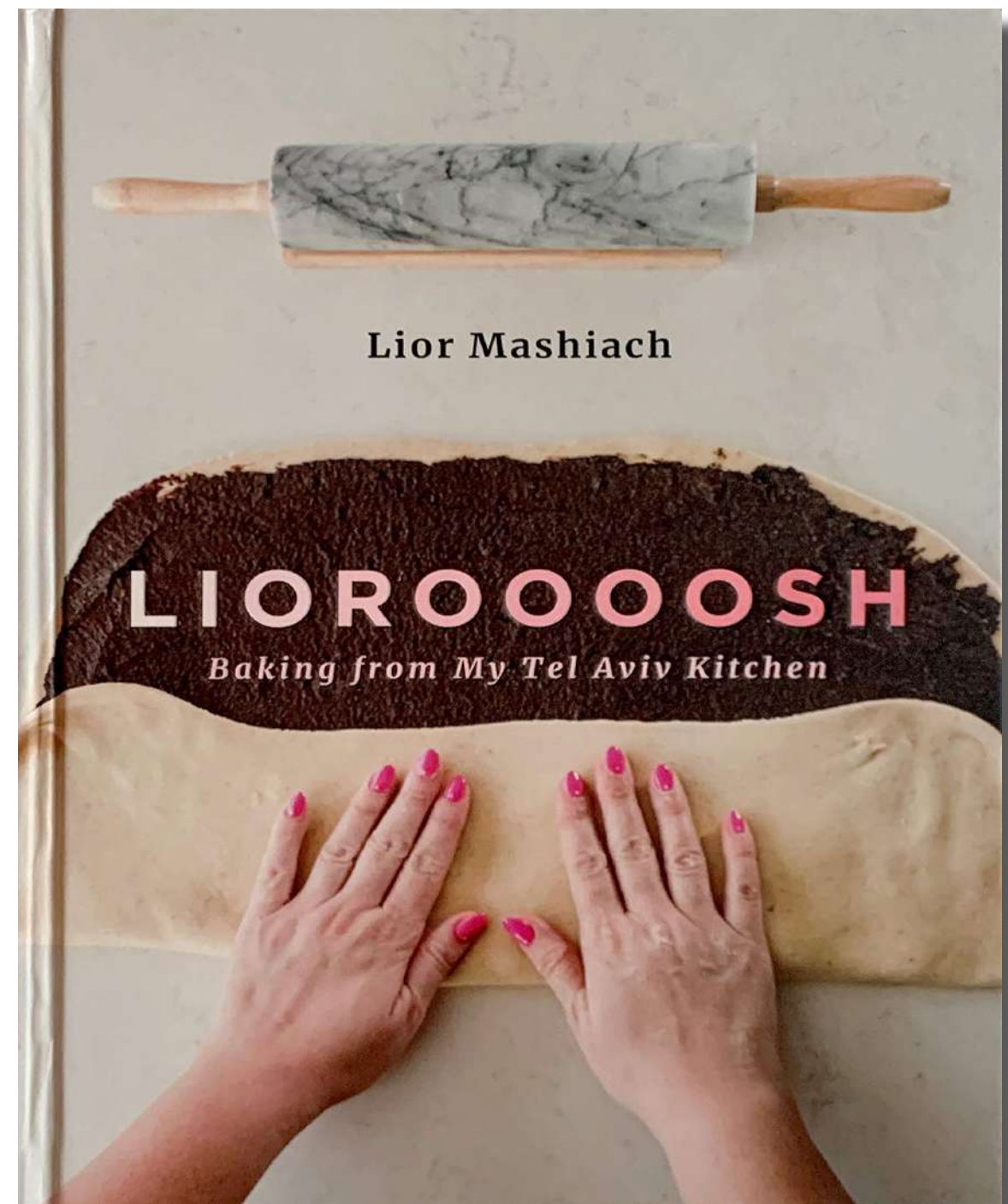
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## ISRAEL

My love affair with baking began when I still needed to climb on a stepstool to reach our kitchen counter, where my mom would hand me a big wooden spoon to stir the cake mix, and then I would get to lick the spoon clean. That love of baking would lead me from a little town in Israel to New York, where I studied the art of pastry, and to internships at some of the top restaurants in the world, including The Mercer Kitchen, RBI Cakes, and Noma.

The recipes I've included in this book are some of my best ones: a decadent s'mores layer cake with speculoos cream and scorched meringue frosting; a honey caramelized apple and sea salt tart that satisfies both your sweet and salty cravings; traditional chocolate babka you won't be able to stop eating; kubaneh (Yemenite Jewish pull-apart bread) to make your Saturday mornings perfect; and my wonderful challahs (white, leavened, braided breads baked to celebrate the Jewish Sabbath). It's not Shabbat without challah! Now, some of the recipes in this book are super simple, and some are a little more challenging, but they're all my top, my best recipes, my favorite ones, and they're all delicious, special, and absolutely worth the effort.

Lior Mashiach





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## ITALY

Since 2010 Cinquesensi has been publishing books on topics related to the two parallel worlds of artistic and literary culture and the civilization of food up to the education of good nutrition.

These 12 years of passionate work have built a catalog of titles appreciated by demanding audiences and critics. Successful series such as Interferenze, Vale un Viaggio, iVitali, catalogs of some important art exhibitions in Italy and abroad, large event-books created for some of the most representative Italian brands, surveys on the civilization of food and special projects are flagships of a work that Cinquesensi has handcrafted with one eye still on the taste of the author's book and the other in comparison with a constantly changing market.

In 2020 Cinquesensi was the only Italian publisher to have obtained two Gourmand World Cookbook Awards, which this year involved 225 countries, with "Camminare la terra dei formaggi" and "La Carbonara perfetta", both of the Interferenze series.





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## JAPAN

To learn how to eat is to learn how to live.

We believe that learning not only how to cook from an early age, but also learning about the seasonality of foods, how to communicate with local producers, and how the food we eat creates our own health through experience, will enhance our quality of life.

Hiyori Nursery School (Location: Kirishima City, Kagoshima Prefecture, Representative: Risa Furukawa) has been taking on various challenges under the themes of “eating is living” since it opened in 2017.

By developing what they learned through food education activities, the 2019 graduates also held a “Children’s Restaurant” as a means of earning funds to go on their own excursions.

In their cookbook “Welcome to Hiyori Restaurant”, menus include flow charts that make it easy for children to understand the overall process. Instead of following the instructions of adults, children themselves are devised so that they can take the initiative in cooking.



「ひより食堂」へようこそ  
小学校にあがるまでに  
身に付けたい  
お料理の基本





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## JAPAN

“Japanese Medicinal Food that mother told me” is an essay of my personal history of life, spelled out with memorable meals that I have had since my childhood. I lost my mother, and then my daughter too, at the age of 33. Such saddest events caused me to have a depression.

I came to eat only junk food, and my heart and body fell into breakdown. On the other hand, my husband and son were quite well. Because I was making meals for them every day naturally as usual, which was Japanese medicinal food I had learned from Mother.

Meanwhile, an idea came to mind. “My disease might be cured by meals?” I stopped taking antidepressants and started to study harder about Japanese medicinal food. Then, I opened a cooking class at home after the Great East Japan Earthquake 2011. Ten years have passed since then.

Now I think that I want to leave this global environment sustainable for my children’s generation, which ensures healthy lives and well-being for all at all age.

May the future children be smiling as ever.

Takako Miyazawa





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## JAPAN

The book “Yude-ron” describes the pasta cooking with Okuda method. The base of Yude-ron is to boil the pasta with fairly salty water. Then, the pasta is very salty, and Okuda suggests rinsing the cooked pasta.

-Why bother rinsing the pasta after it boiled in very salty water?

Because it maximizes the natural taste of the wheat, and enhances the flavour of the ingredients mixed with the pasta. You can find the authentic flavour of ingredients. “Fairly salty? Oh, it’s not a good idea.” It is understandable for your first impression. But eventually, the salt drew out of the pasta by rinsing. YUDE RON uses only a little salt for the sauce and ingredients, and the total amount of salt is lower than ordinary pasta. So, Yude-ron is the latest way to cook pasta you’ve never heard of. The author, Chef Masayuki Okuda had played a key role in a given the title of UNESCO Creative city of Gastronomy.

His Original cook method is described in the book TABEMONO JIKAN.





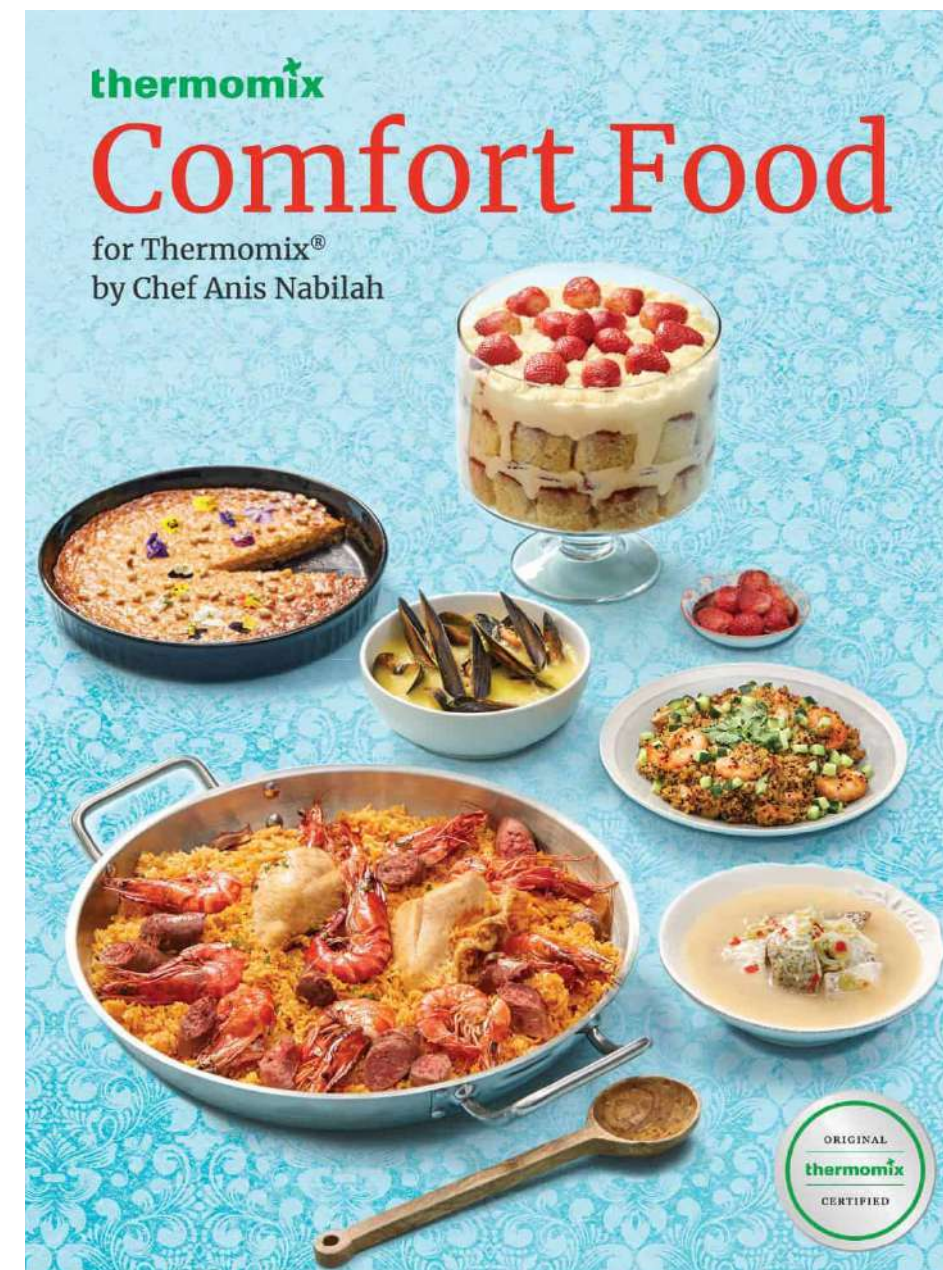
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## MALAYSIA

The Comfort Food for Thermomix® by Chef Anis Nabilah cookbook, contains 25 specially curated recipes for the modern food enthusiast, and aims to make Malay food accessible to everyone.

“This book is very special to me, as it’s a compilation of all my favourite dishes, made effortless thanks to Thermomix®,” Chef Anis Nabilah revealed. “The Thermomix® is amazing, it makes complex dishes simple and super-fast to make, through easy steps that just about anyone can follow. Some of my favourite dishes and must-try dishes includes the Murtabak Lasagna, Ayam Rose, Saffron Mussel soup, Spiced Vegan Pumpkin Cauliflower Soup, Beef Rib Rendang, Jackfruit Prawn Gulai, Lamb Stew with Sweet Potato and Dates, and definitely the Honey Cheesecake and Roasted Strawberry Trifle. The cookbook has everything from appetisers to main courses and even desserts, ready to make in just minutes!”, added the celebrity chef who frequently appears on TV nationally and regionally.





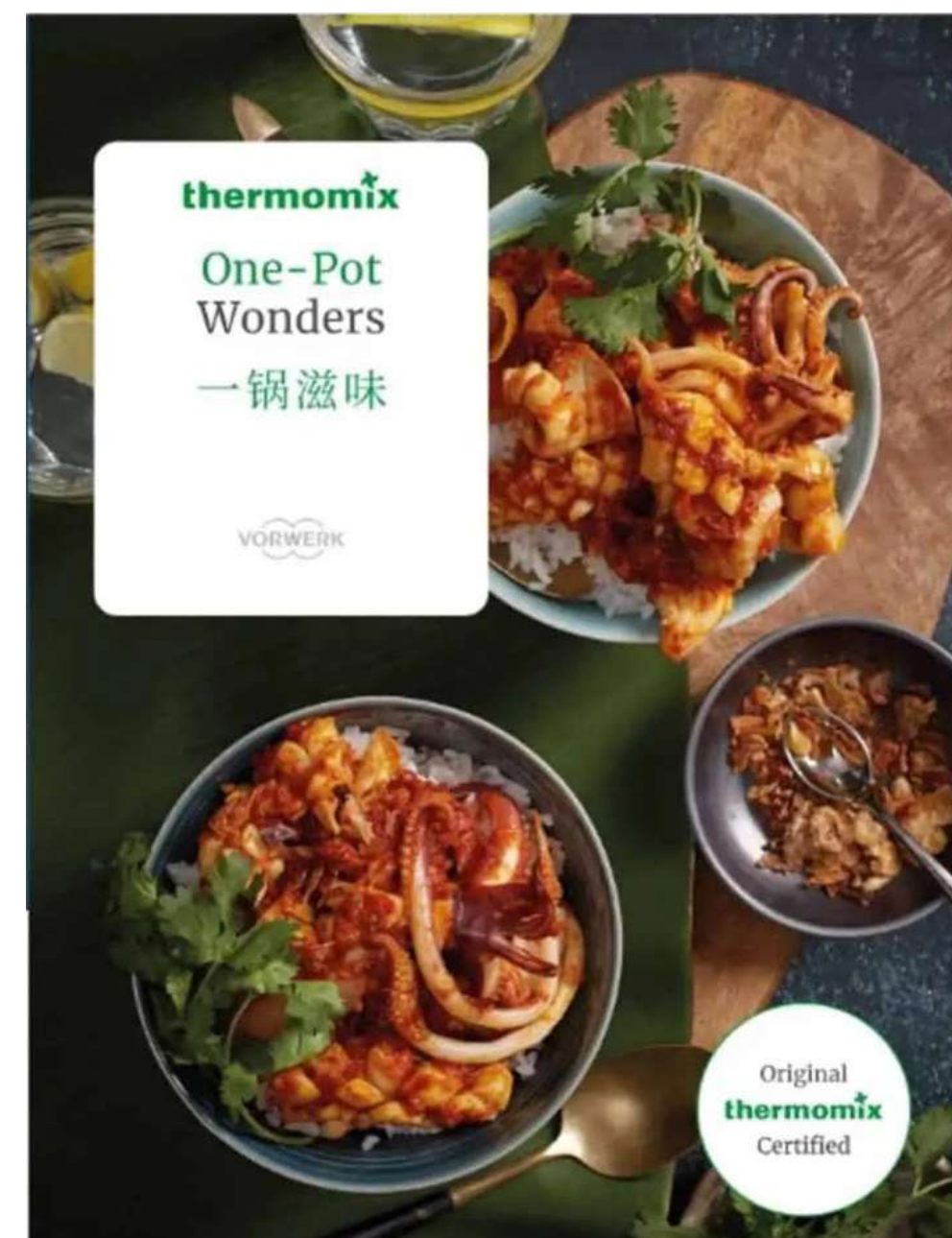
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## MALAYSIA

One-Pot Wonders designed recipes to suit busy lifestyle, the book have also included pastes and sauces and even desserts, to make it even easier and quicker to create delicious meals effortlessly. Thermomix® one pot meals are packed full of flavour and wholesome ingredients, with minimal cooking steps, and a breeze to clean up.

- 68 recipes
- Bilingual : In English and Chinese
- Highlighted dishes : Hainan Coconut Chicken, Salted Egg Yolk Crab, Korean Spicy Chicken Stew, Tteokbokko (Korean rice cakes), Sichuan mala dishes, and desserts like Black glutinous rice red bean (Bubur Pulut Hitam), condiments like winter melon paste and gula melaka kaya and more! Everyone at home will find their favourite dishes in this cookbook
- 228 pages in full colour
- Most dishes have simplified steps for completion within 3-5 cooking steps





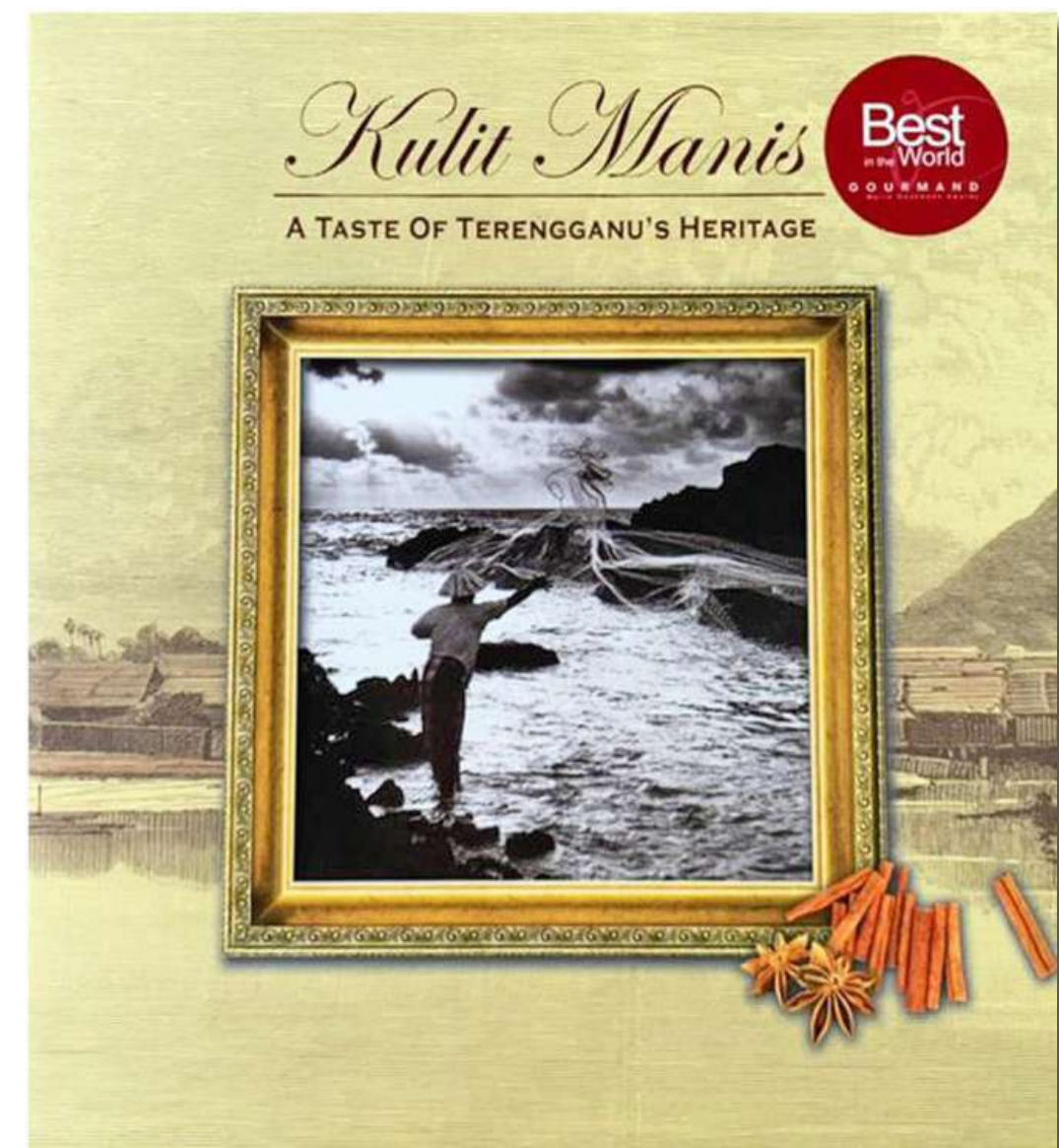
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## MALAYSIA

Kulit Manis: A Taste of Terengganu's Heritage is a celebration of Terengganu's historical, cultural, culinary and natural heritage, and the harmonious multi-culturalism that is woven into its social fabric. From cover to cover, Terengganu history and life as seen through the eyes of its people unfold. It is lavishly illustrated throughout with images painstakingly photographed and sourced for almost three years, that are once familiar and at times surprising.

Originally conceived from a love for Terengganu food, this comprehensive volume includes the documentation of eighty-eight traditional recipes inherited through generations and in danger of passing into oblivion which parallels the fate of our historical, cultural and natural heritage. Although much has been lost, a lot remains to be saved and captured. Kulit Manis is more than a timely wakeup call. It will stir the passions of Terengganuans, fellow Malaysians and all readers who now contemplate the importance and fate of their heritage.





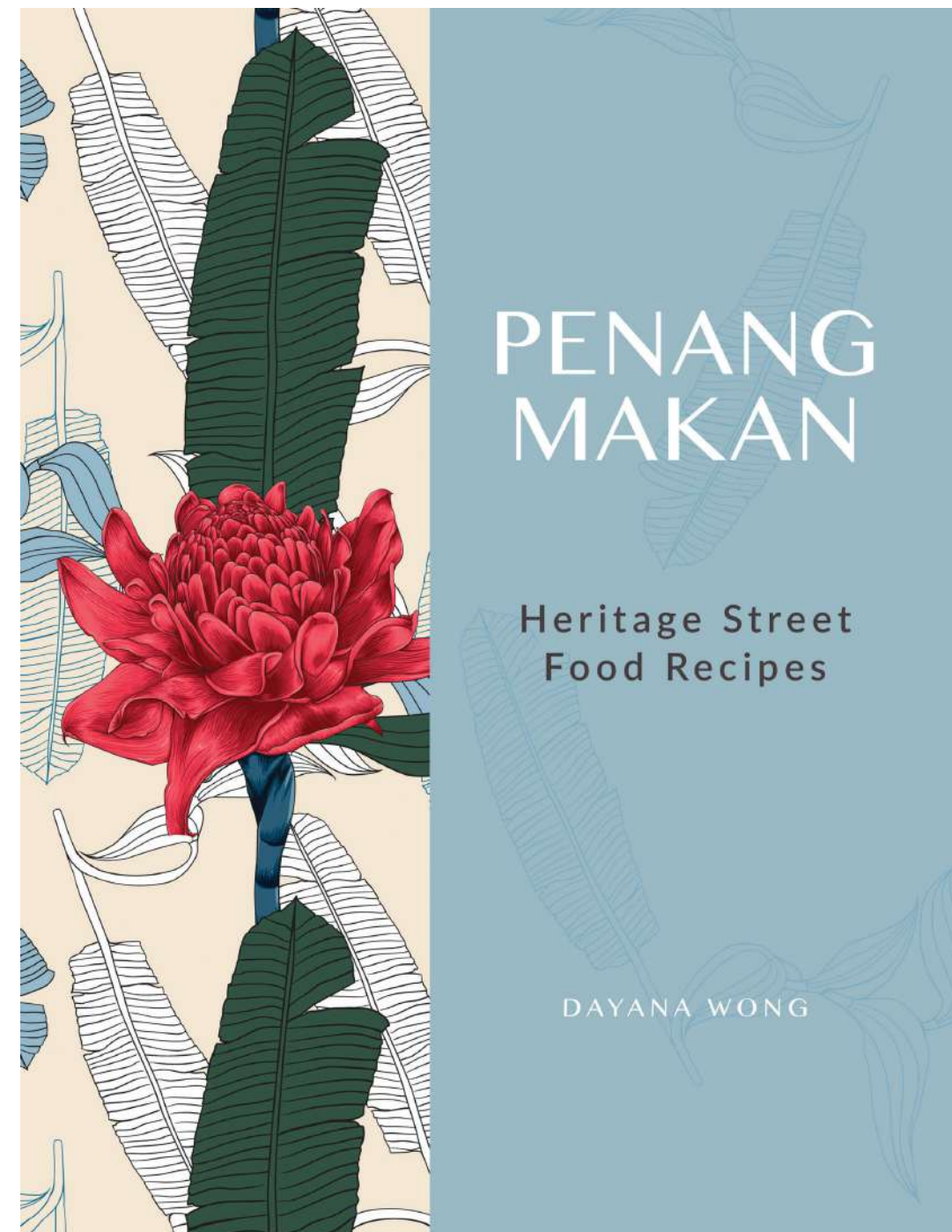
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## MALAYSIA

Penang Makan is infused with little tales of life on the island and shines the spotlight on its famous hawker culture and authentic street food recipes. Featuring over 50 recipes from Asia's most diverse street food city - from wok-hei flavoured char kuay teow and spicy coconut broth curry mee to thirst quenching pink ais tingkap and much more, these recipes will transport you from your kitchen to Penang island food paradise.

Home cook, cookbook collector, and now author, Dayana Wong is a woman of style, with a passion for cultural heritage. It has been her dream to write a beautiful cookbook since she was a child. Her love of food and culture was ingrained in her from young by her Malay mother and Chinese father. She grew up learning how to cook and appreciate traditional dishes from the matriarchs of her family; her fondest memories as a young girl revolve around cooking and sharing meals with loved ones. In this book, she shares personal childhood memories of growing up on a little island -- Penang in Malaysia and offers tried and tested recipes of famous street food from her hometown in an approachable way. Dayana has gathered over 50 recipes of local favourites and added little personal touches that she now, wants to share with you.





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## NAMIBIA

“From the Veld is my Celebration of the Namibian tradition of living off the land.

This book is filled with recipes that were developed over the years by my family, friends and fellow Namibians, and perfected at our ARU Game Lodges. I’ve included my favourite game choices, but any venison can be used.

With this book of recipes and reflections, I share our approach to using nature’s gifts thoughtfully and imaginatively. At a time when all of us seek a more meaningful way of life, this book speaks to resilience and respect for nature.

These recipes are a tribute to all those who remember our Namibian sunsets and camel-thorn wood fires, and those who hope to savour them soon.

15% of the profit of this book goes towards conservation efforts in Namibia, through the Namibia Chamber of Environment.”

Danene vd Westhuyzen





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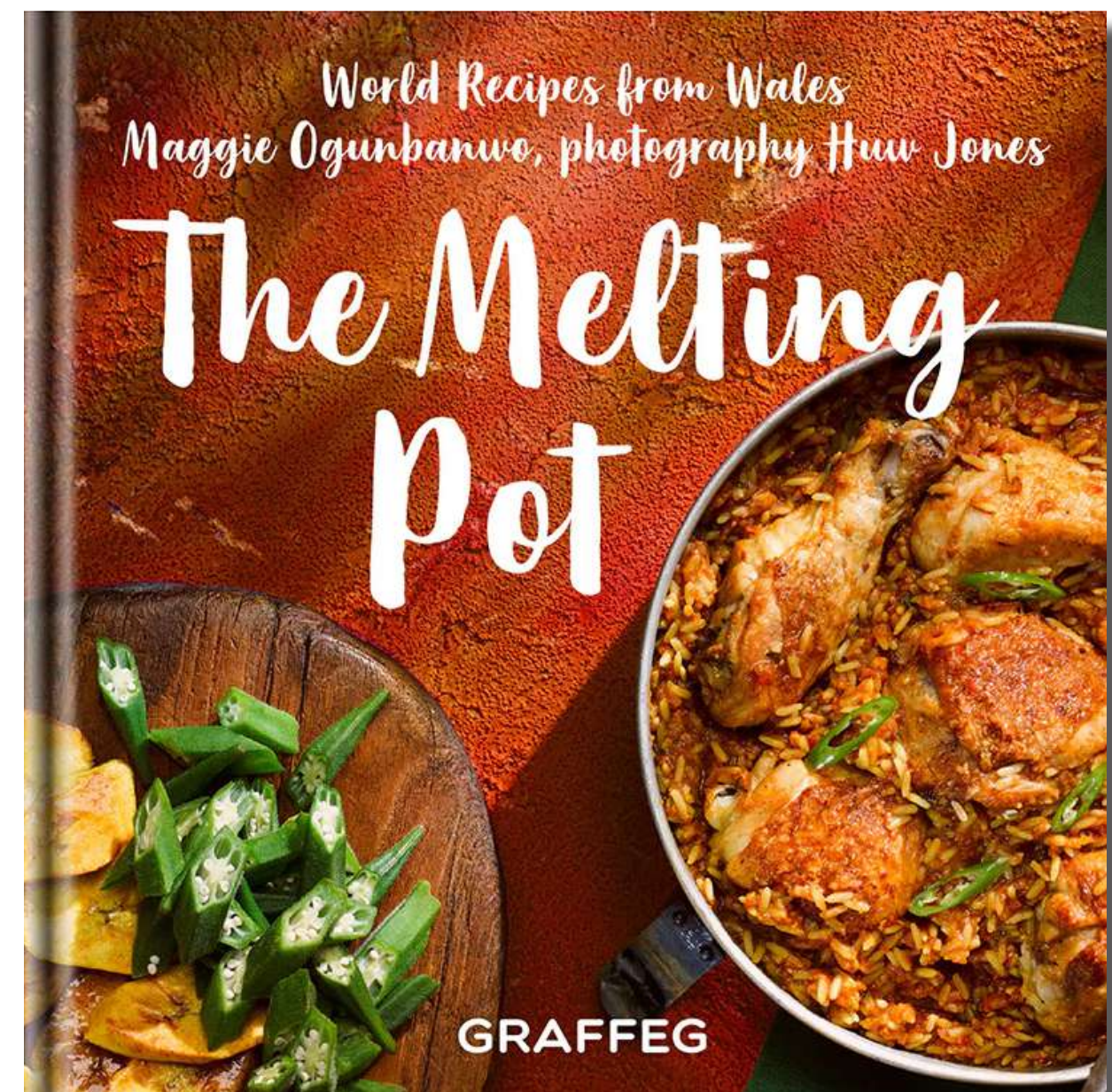
## NIGERIA / WALES

A collection of thirty recipes celebrating food as a language through which those settling in unfamiliar communities have been able to reach out, communicate and share, emphasising the key role food plays for families over generations.

Maggie Ogunbanwo and the Welsh Food and Drink Board showcase the diversity and variety, both cultural and culinary, that truly defines the Welsh BAME community.

Traditions and inspirations from around the world are represented across a range of starters, main meals, desserts and drinks, from Nigerian-inspired jollof rice to the Caribbean's quintessential salt fish fritters, as well as recipes from Syria, Bangladesh, Kenya, Zimbabwe, Bali and more. A veritable melting pot!

The vibrancy and character of each dish has been sensationally captured by food photography specialist Huw Jones.





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## PACIFIC ISLANDS

The solution to the health crisis in the Pacific is literally in our backyards - our local healthy Pacific food.

Food goes beyond health. Local food and food culture intersect with a host of other development agendas such as climate change, economic development, gender equity, and more. All of these come together over a plate of food.

Robert Oliver  
Executive Director, Pacific Island Food Revolution

Celebrity chef Robert Oliver is the executive director and show host of Pacific Island Food Revolution. He grew up in Fiji and is a champion of Pacific cuisine. Robert hosted the TV series Real Pasifik, which plays in more than 40 countries and is on its 75th rerun. His book Me'a Kai: The Food and Flavours of the South Pacific won Best Cookbook in the World 2010 Gourmand Awards. He followed this with Mea'ai Samoa: Recipe and Stories from the Heart of Polynesia, winner of the Best TV Chef Cookbook in the World 2013.





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## PANAMA

Tito and Lola, two curious children, embark on an imaginary adventure through Panama from one end to the other, guided by the taste of the delicious dishes of each region.

First informative children's book about Panamanian gastronomy ever published.

Topics: Healthy habits, eat local, geography and inclusion.  
Over 6,000 units sold.

"With this book I want to awaken children's curiosity for the typical foods of Panama, at the same time they learn about the regions where they come from and the people who produce them; I want to educate by being relevant and fun. I also hope it will be useful to talk about academic subjects, such as the geography of Panama, the different climates of its regions; about our folklore; we mention the molas, the pollera, the pintao hat and the clay handicrafts."

Jorge Chanis Barahona





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## PANAMA

While Panama is not among the world's top coffee producers in the world, it has the most expensive coffee in the world, the Panama Geisha coffee. The Panama Geisha coffee has been the highest per-pound price coffee ever paid since 2004 and the buying craze in the high-end specialty coffee market continues in record-breaking fashion. In 2019, the Elida Geisha coffee from the Lamastus family's Elida Estate in Panama sold for \$1,029 per pound.

Panama Geisha coffee is not expensive for no reason. What makes the Geisha Coffee Beans special is its unique and varying tastes which are unspeakable and best understood only if you get a sip of this rare coffee. There is no other coffee in the world which provides a diverse and captivating taste profile. Depending on its origins, the matter it is cultivated and process, the Geisha Coffee can taste differently. Among the common fruity flavors used to describe the coffee included mango, peach, bergamot, pineapple, and Jasmine. Thus, the Panama Geisha coffee beans offer coffee lovers a potentially different taste and experience to discover for every sip.





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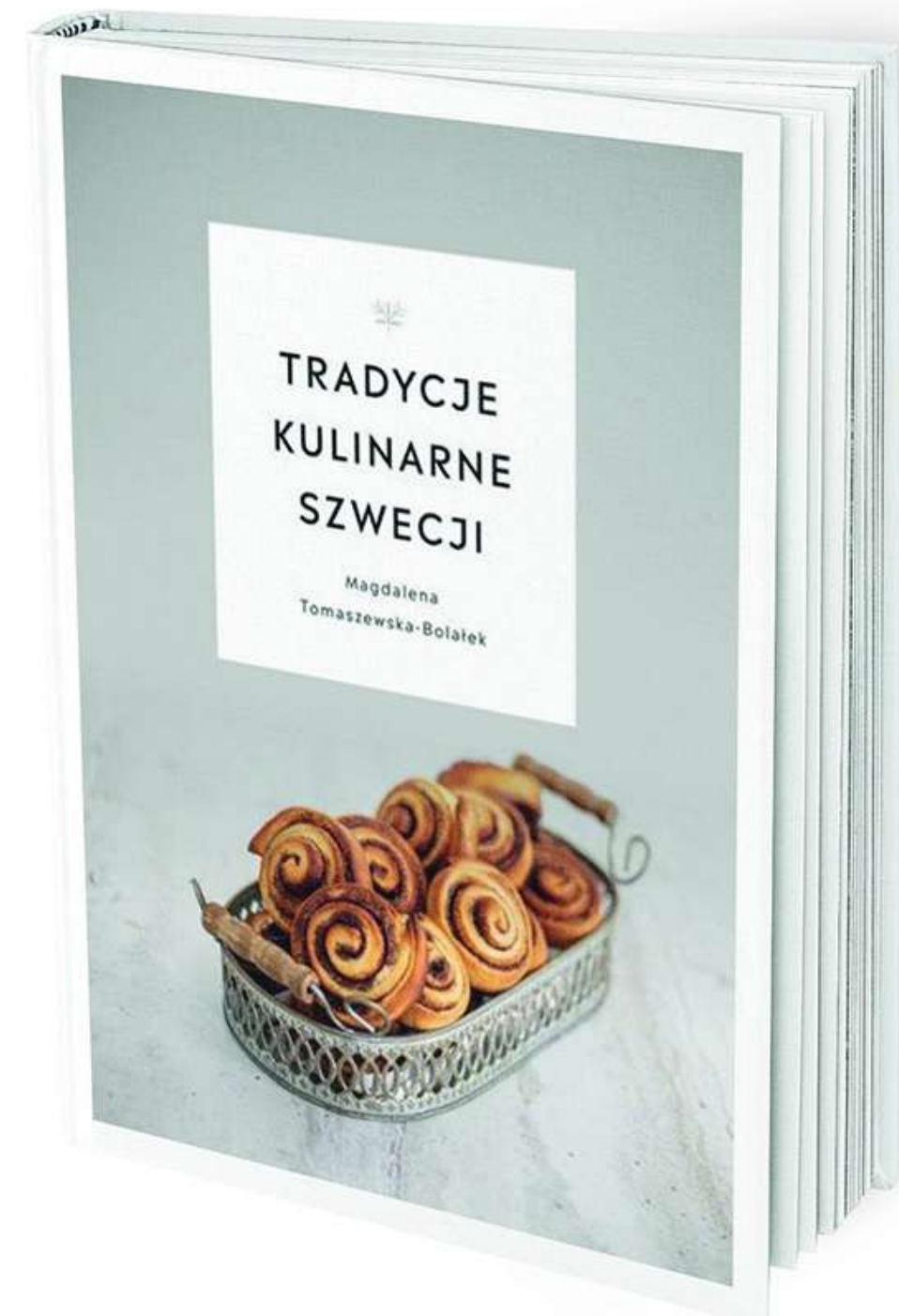
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## POLAND

In recent years, Nordic cuisines have become a huge trend in the world of gastronomy. And this is where Magdalena Tomaszewska-Bolątek, who already has a substantial body of work on national cuisines, comes to help.

In “Culinary Traditions of Sweden” you will learn how modern dishes taste. You will learn 22 recipes for dry and sweet dishes and cocktails, including the famous meatballs, herring in many ways and cinnamon rolls (their picture is on the cover). The recipes, however, are only (or as much as) a complement to the story of history and the formation of culinary traditions, whose sources the author finds in the stories of Viking food, hidden in the sagas of gods and heroes.

She quotes, among others, an anecdote about baked goods that killed the Swedish king. He also describes typical Swedish products and characters who shaped the local cuisine. Everything in an accessible and comprehensible form.





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## AZORES - PORTUGAL

"Eating Vegetarian During a Week", is the first book by Gualter Rainha, born in Vila Franca do Campo, "Eat Vegetarian During For a Week", is the first book by Gualter Rainha, born in Vila Franca do Campo, in São Miguel Island in the Azores, an archipelago of volcanic islands.

The book is a challenge: Gualter Rainha invites the readers to try a vegetarian diet, with recipes for all daily meals with simple techniques, tricks to keep in mind when choosing the best products for nutritional reasons, always at a reduced cost. After the challenge, the readers should have the bases for an adventure on their own.

With this book the author also intends to break some myths such as, "the vegetarian food is too much based on salads, or it is too expensive". Also has the mission to support causes such as ecology, health, and animal welfare.





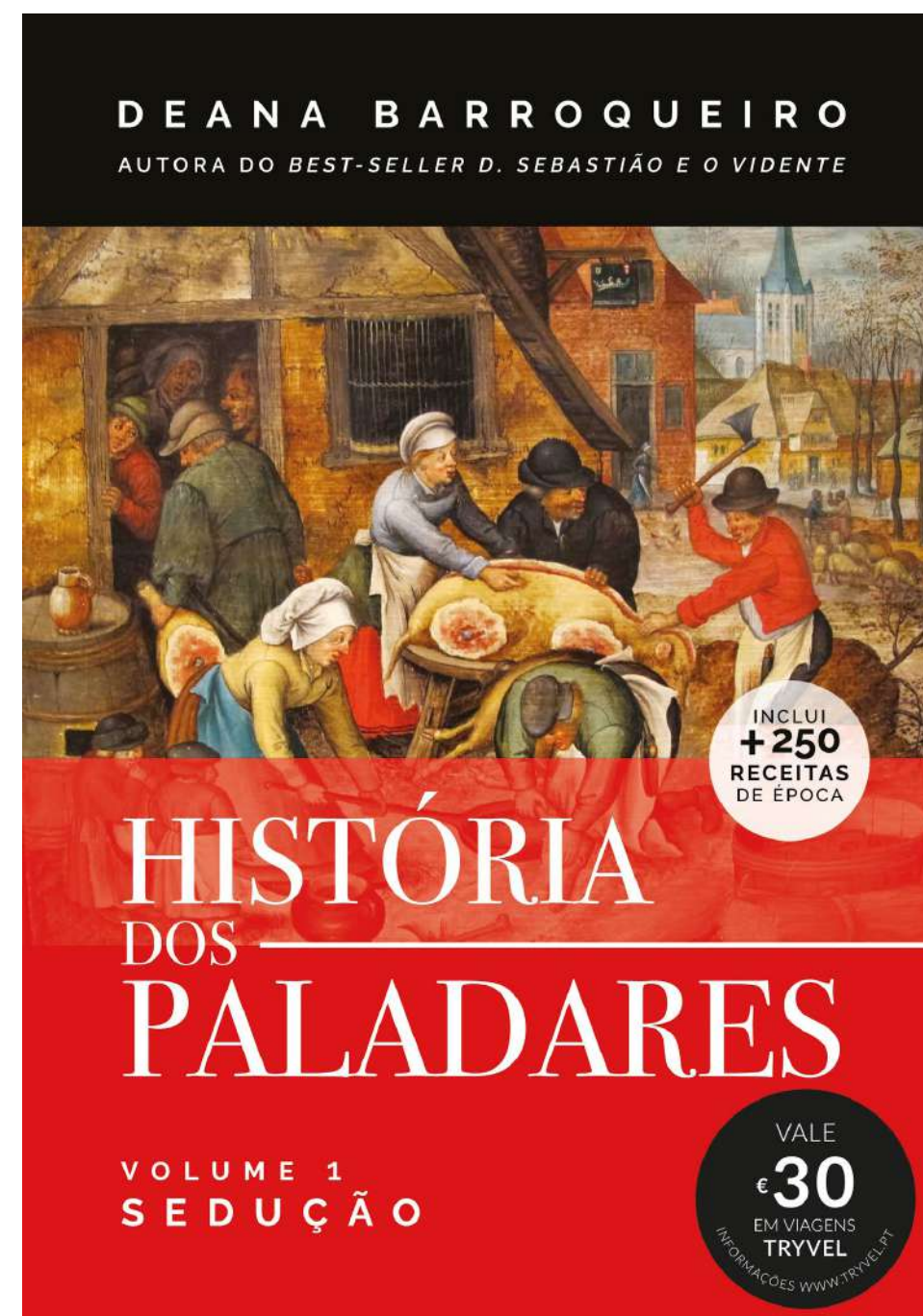
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## PORTUGAL

The História dos Paladares (History of Flavours), I – Seduction and II – Perdition, are the 2 first volumes of a trilogy (III – Redemption), an individual and lonely woman's work, for the last 7 years, which cannot be reduced to a mere historical aspect of food and culinary, because it embraces a myriad of categories, themes and styles. The evolution of flavors, leading to the education of taste and the recognition of Gastronomy as an art took a long way, from Stone Age to our days.

This journey is narrated here through past events on the five continents, by national and universal stories and myths, personalities that thought, studied and influenced the world of Palate (kings, philosophers, scientists, writers, cooks, common people and also 460 recipes that have survived through centuries or even millennia - orally, handwritten or printed - by countless generations. It is a World's History of Gastronomy, from a novelist point of view and the author's personal choices, with particular focus on the rich Portuguese culinary, its influences, exercised and suffered, during de Maritime Expansion, with lots of nations and peoples from 5 continents.





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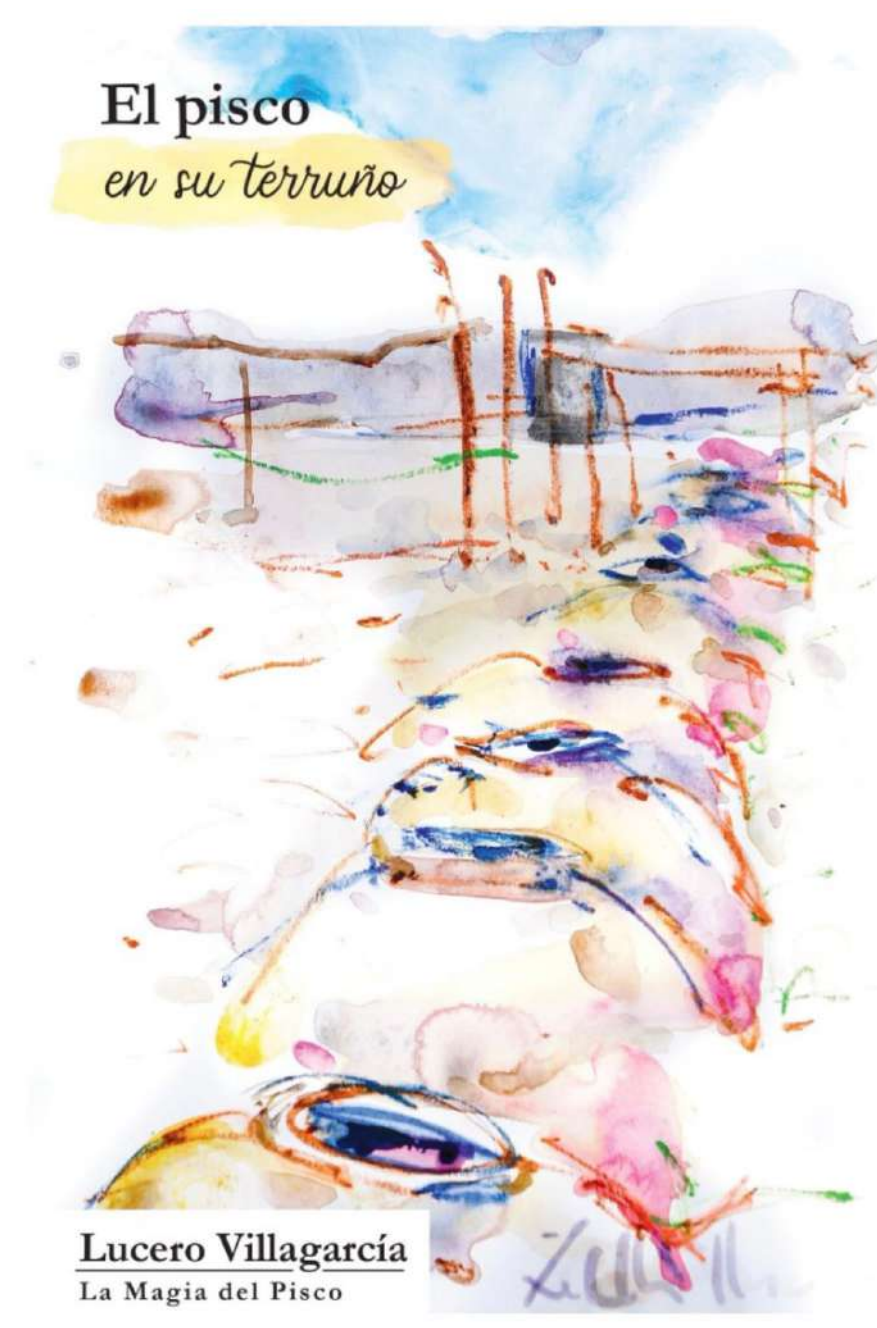
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## PERU

“El pisco en su terruño (Pisco in its terroir) aims to reveal the pisco soul in all its diversity, and to entice pisco growers and non-pisco growers alike to take this dream trip through unforgettable landscapes. That is why here you will find a review of one hundred pisco wineries from Lima to Tacna”, says Lucero Villagarcía, an outstanding Peruvian taster, who left her job as financial operations manager at a Swiss foundation to devote herself to the promotion of pisco around the world as an ambassador of the country’s brand.

The pisco terroirs follow one another from top to bottom in the territories of the appellation of origin; offering their soil, climate, altitude and the care of their hard-working cultivators, the producers of the great national spirit, to give birth to a beverage in which the soul of Peru is truly alive.

This book is an unbeatable guide to put together several Pisco routes. Not only for Peruvians but for anyone who loves authentic drinks: in the case of pisco, it means a legacy with hundreds of years of history and traditions.





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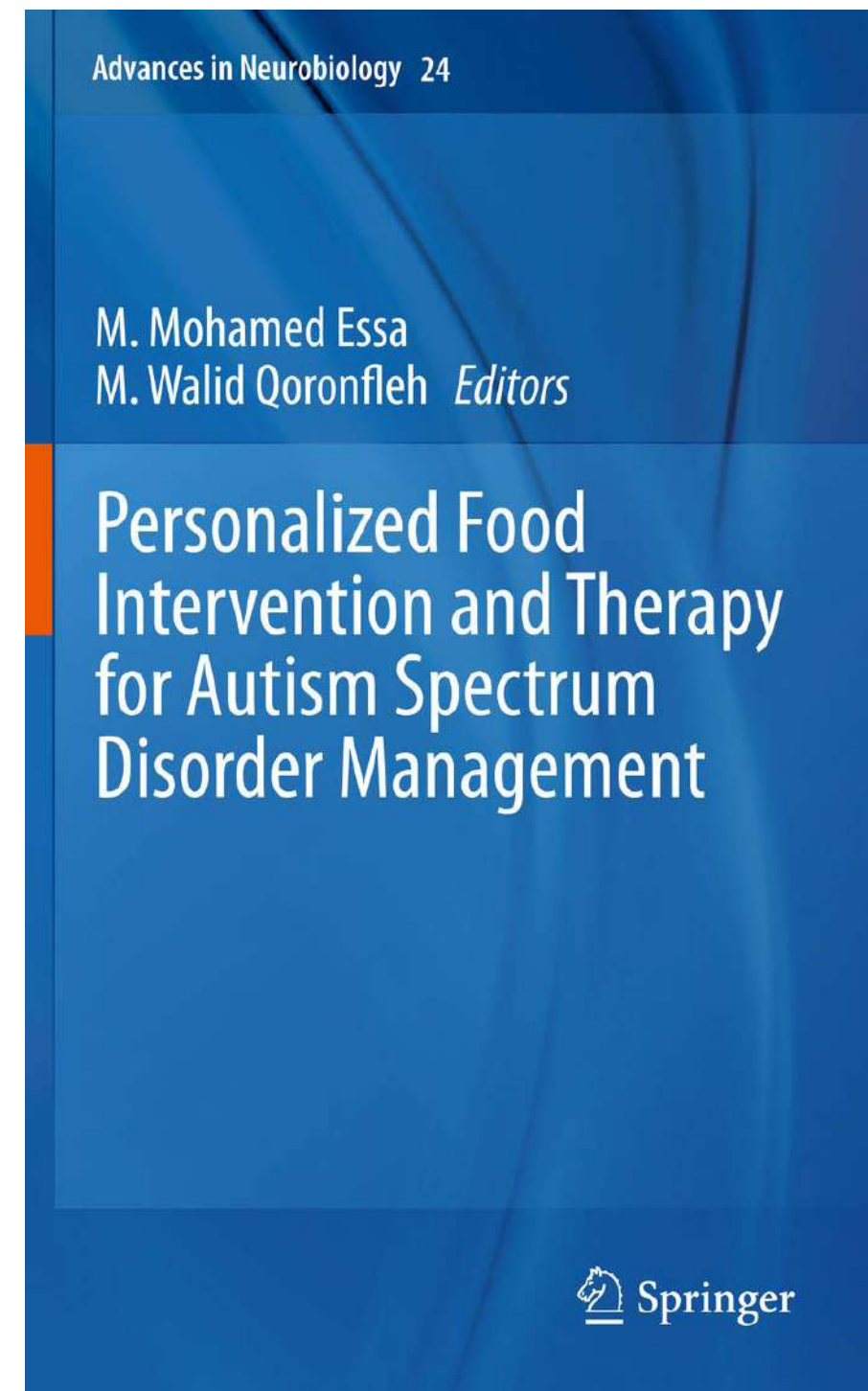
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## QATAR

The book focuses on implications of traditional and processed foods for autism spectrum disorder (ASD) intervention and management. Numerous phytonutrients and pharmacologically active compounds in edible natural products and diet could influence and offer protection to neuronal dysfunction that occurs due to ASD.

The neuroprotective effects of various fruits, vegetables, nuts and seeds phytochemicals, and other natural bioactive ingredients against ASD and related conditions are discussed. Topics such as the possible neuroprotective mechanism of action of these foods and the therapeutic role of antioxidants in relation to ASD are addressed. The book also highlights the scope of using anti-inflammatory agents and antioxidants to promote neurogenesis and improve other symptoms in ASD. It emphasizes personalized nutritional approaches with dietary management of neurodevelopmental disorders/ASD cases.

Information in this book is relevant to researchers in the field of complementary and alternative medicine, nutraceuticals, neuroscience, agriculture, nutrition, and food science. This volume is beneficial to students of varying levels, and across multiple disciplines.





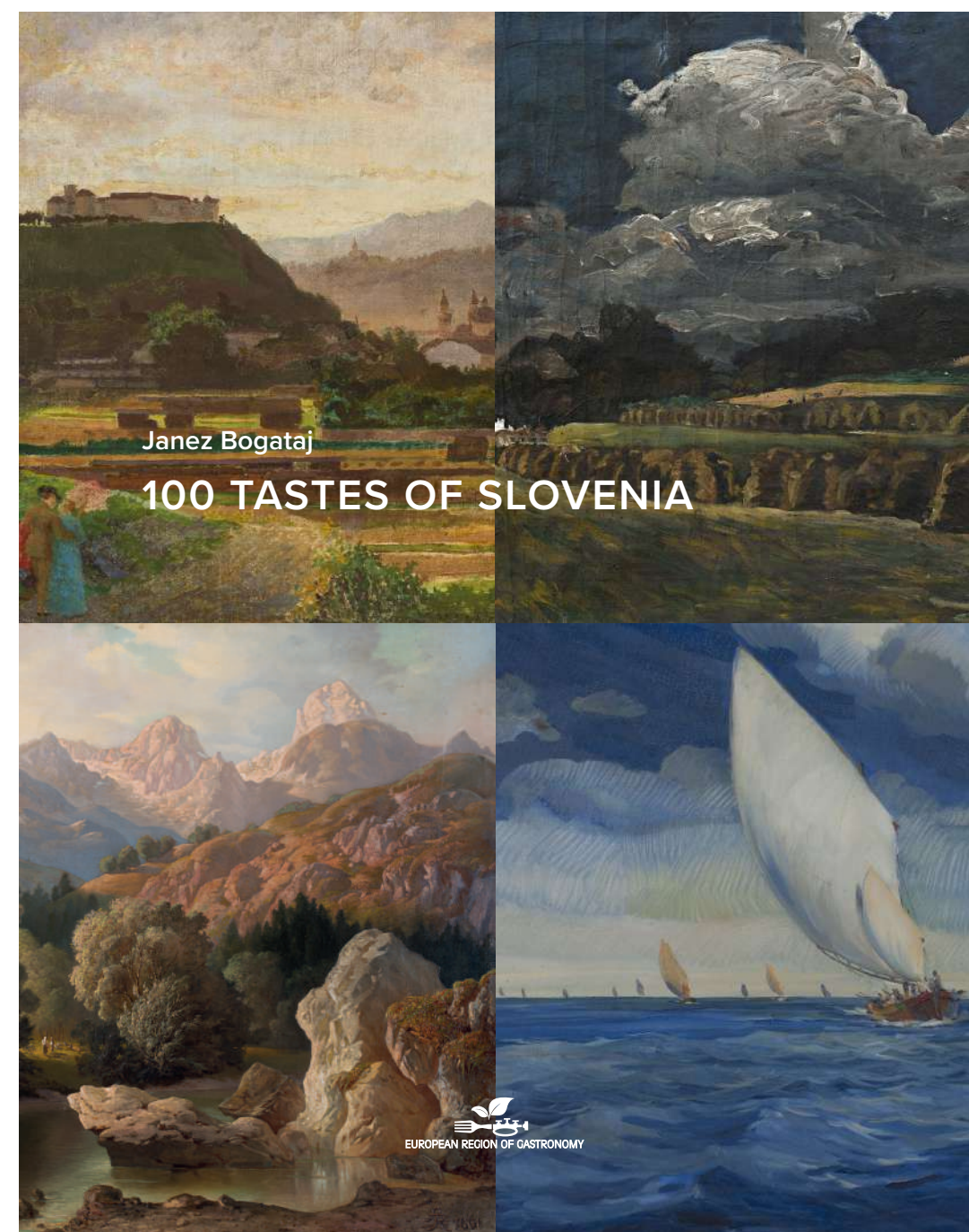
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## SLOVENIA

The collection of four books entitled GASTRONOMY OF SLOVENIA is an important publication designed for international promotion to coincide with Slovenia's Award as European Region of Gastronomy (ERG) in 2021. The book will also make an important contribution when the Republic of Slovenia is an honorary guest of the Frankfurt Book Fair in 2023. The author of the collection is prof. Janez Bogataj, PhD, an expert in ethnology, cultural heritage and gastronomy, who has been instrumental in championing the fine fruits of Slovenian gastronomy within the European Union.

Together with the Slovenian government, he significantly contributed to Slovenia joining the ERG in 2018. His books have been distinguished with international accolades such as the Best in the World and the Gourmand World Cookbook Award. The author's wide-ranging scientific, professional and pedagogical work is also reflected in this comprehensive collection. It is a fundamental work of Slovenia's gastronomic cultural heritage and contemporary culinary creativity. The collection of books represents all 24 gastronomic regions of Slovenia and 430 dishes.





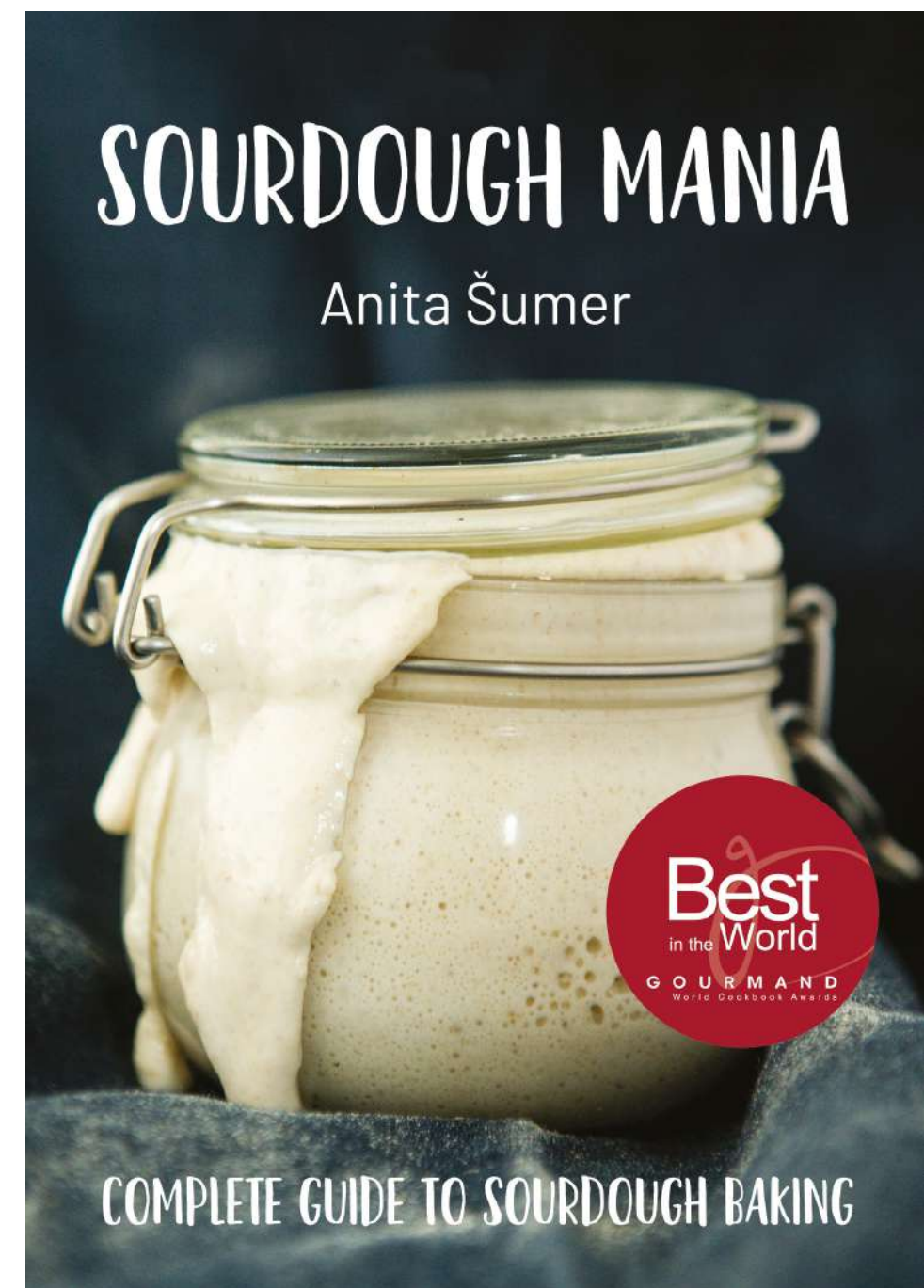
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## SLOVENIA

Anita Šumer is a passionate, self-taught, 100% sourdough baker and teacher, based in Slovenia who has become an international sensation – she now has 90,000 followers on Instagram @sourdough\_mania. She started baking sourdough when her husband was ill and could not eat yeasted bread. So successful has she been that she is now teaching sourdough baking around the world; 9 countries and across 3 continents.

In 2017, she published her unique sourdough book in her native Slovenia, a first of its kind and the book received two Gourmand World Cookbook Awards. The book has now been published in German, Dutch, French and Croatian. The book features both simple-to-make recipes and more ambitious recipes for more festive occasions. Readers can feast their eyes (and later their stomachs) on rye bread, simple white bread, corn bread, buckwheat bread, fruit bread, donuts, brioches and much more.





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## SOUTH AFRICA

After the success of her first book *WHOLE* – bowl food for balance, which shares the journey of moving away from fad dieting and healing our relationship with food through mindful eating, Melissa decided to dive deeper into health and look at why we make the food choices we do. She discovered that understanding why we make the food choices that hinder health, cause inflammation and compound weight gain, and learning to connect with our emotions empowers us to make healthier decisions.

*HEAL – begin with food* is about that journey and aims to share information on how to eat healthier, support the body's various systems, heal ailments, and live a life of energy and abundance through beautiful whole food cooking. The close to 100 recipes in this book are beyond delicious and packed with whole foods that are nutritious and can be enjoyed without guilt, knowing that they are healthy for the mind, body and soul. The recipes are either vegetarian or vegan, but for those who enjoy meat, it can simply be added to the dish.





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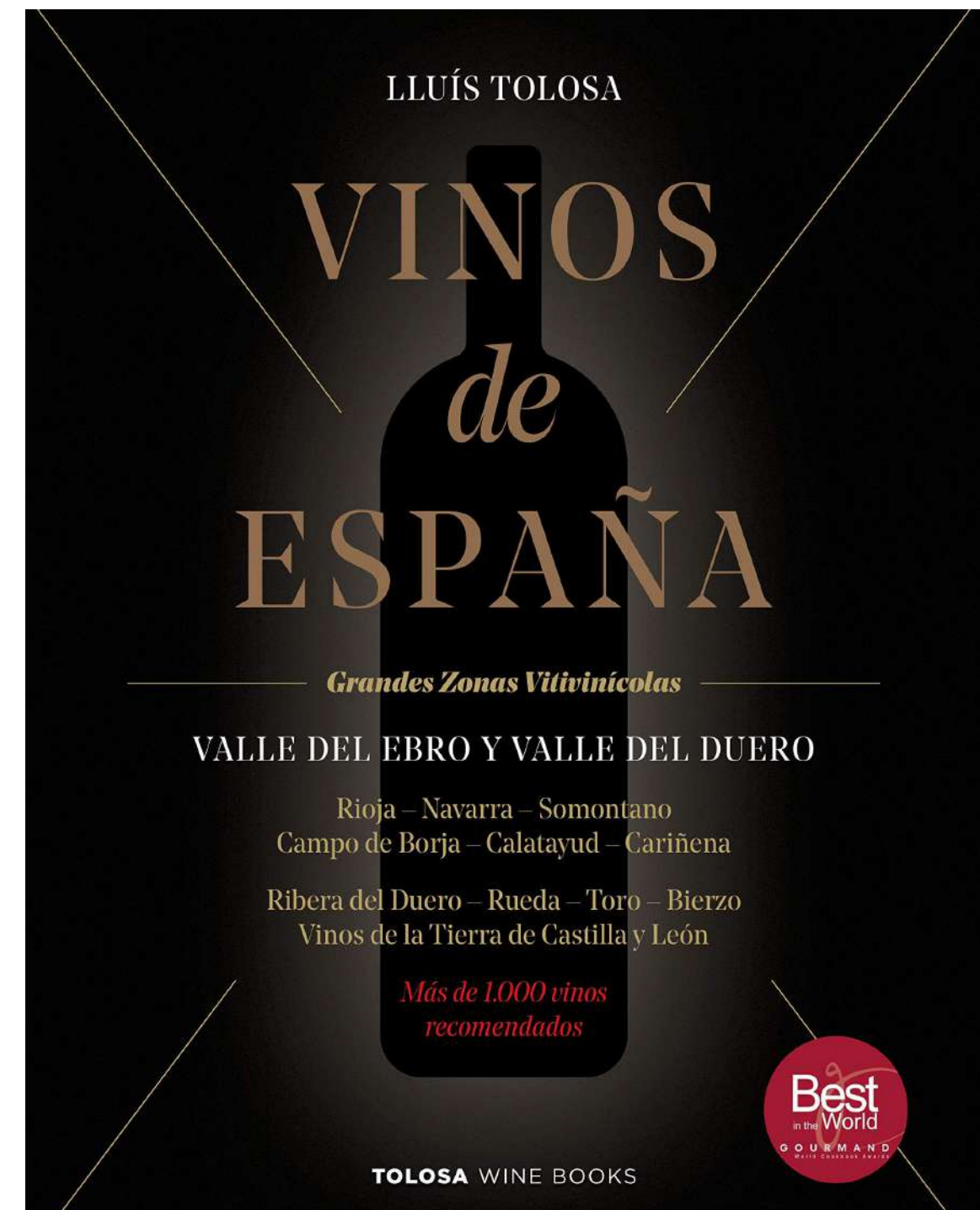
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## SPAIN - CATALUNYA

Tolosa Wine Books is the publishing company driven by Lluís Tolosa, sociologist and writer, specialized in wine tourism and dissemination of wine culture. 20 books published on wine and wine tourism, with over 100,000 copies sold. His sociological training led him to publish Catalonia is not California, a strategic reflection essay on the great opportunity of wine tourism for Catalonia and Spain, written after personally visiting more than 300 Spanish wineries and his trip to Napa Valley.

His versatility as an author was demonstrated with the publication of Los Supervinos, recognized for its simplicity, its timeliness in times of crisis and its promotion of wine culture for all audiences. He has also published the Empordà Wine Tourism Guide, in four editions in Spanish, Catalan, English and French.

Wines from Spain is a masterpiece around two great rivers: the Ebro and the Douro, with all the D.O., explained (history, soil, climatology, productions, varieties, etc.) and all the cellars, with brief historical explanation and its main wines, with punctuation, composition, and price. More than 1000 Spanish wines are listed and commented.





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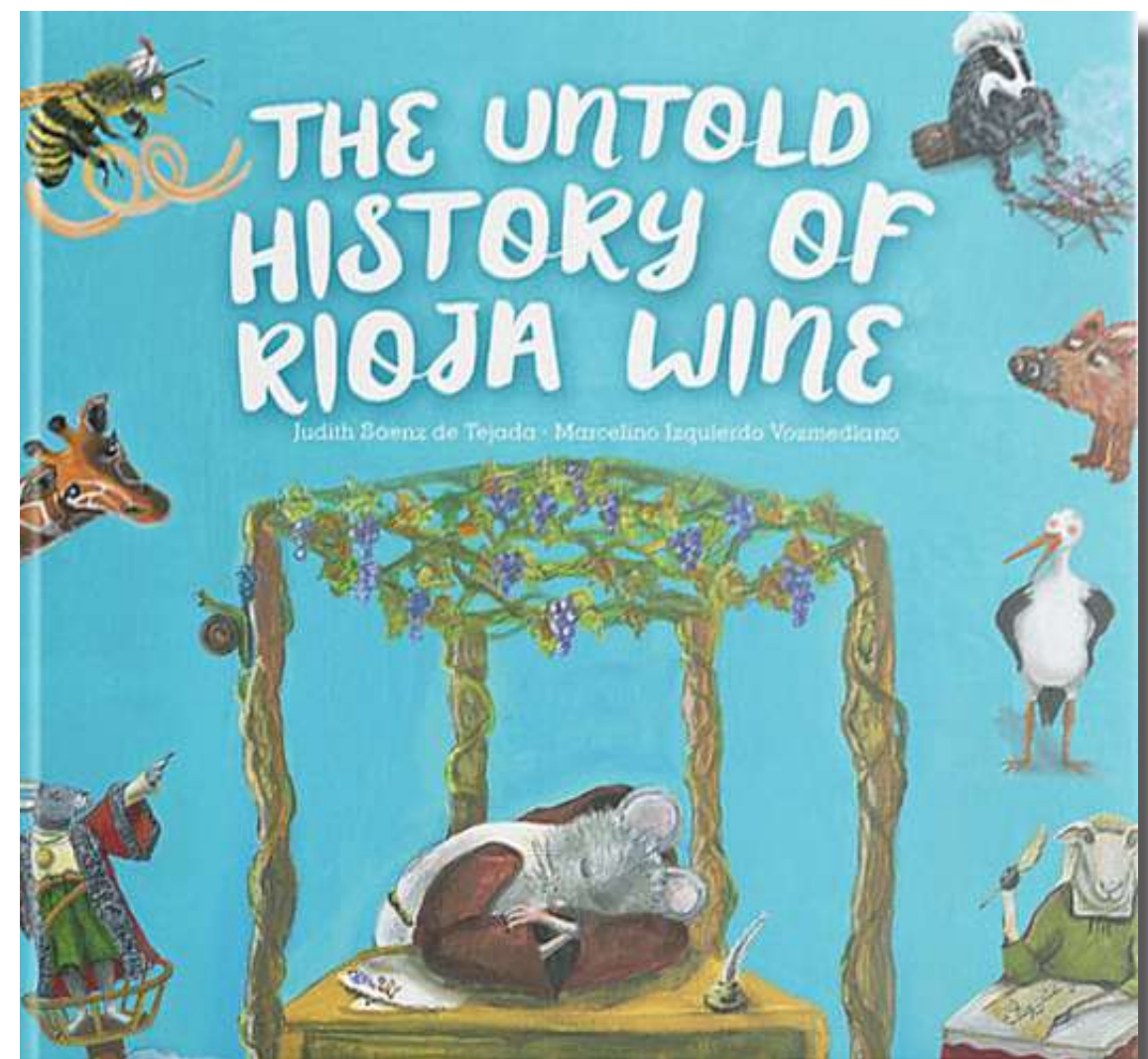
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## SPAIN

La historia del vino de Rioja jamás contada (The untold history of Rioja wine) tells in bilingual format the evolution of this precious drink from the time of Tubal (Noah's grandson) to the 21st century "and even the future, because we talk a lot about 'terroir'," says the author.

The protagonist and narrator of the story is Friar Corquete, a monk from the monastery of Suso and, coincidentally, teacher of the mischievous Gonzalito (Gonzalo de Berceo). Other wise mice, the stork Blasa, the starling Saturnino, the fox, the wild boar, the crow, the sheep... also parade through the pages of this book.

"We tell it in the form of a fable because, apart from being a very Riojan genre, the presence of animals brings more tenderness to the story," say the co-authors Marcelino Izquierdo Vozmediano and Judith Sáenz de Tejada. And they warn: "We tell the story of wine, its culture, traditions, legends, how it is made... but in no case do we encourage the consumption of alcohol".





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## SWEDEN

SLU Future Food platform at SLU  
(Swedish University of Agricultural Sciences)

Pernilla Johnsson  
Programme secretary at SLU Future Food, PhD Food Science

SLU Future Food is a platform for research and collaboration to develop knowledge, solutions and innovations aimed at ensuring that the entire food system is characterized by economic, ecological and social sustainability to overcome tomorrow's challenges. The research addresses both plants and animals, from the smallest molecules to global systems.





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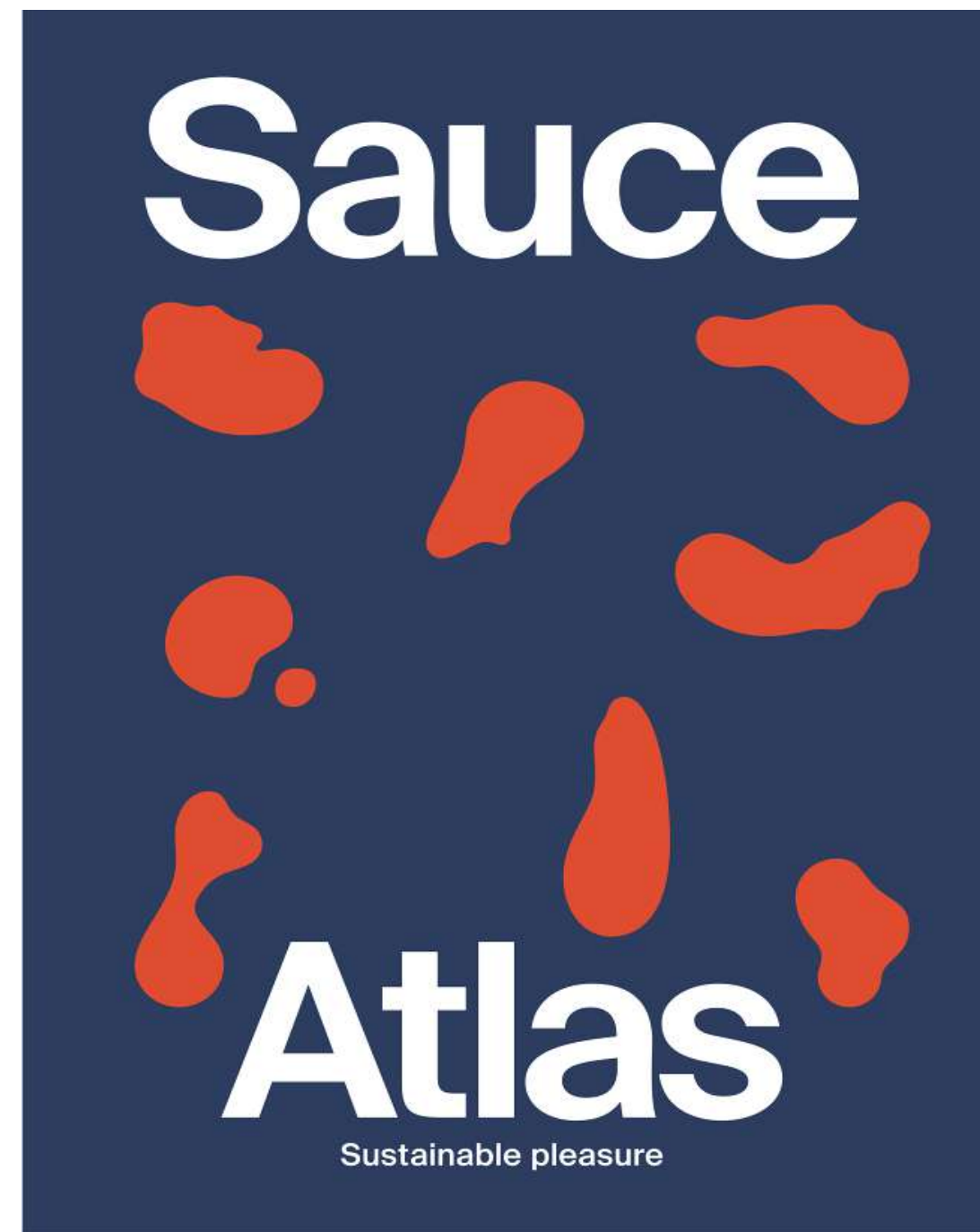
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## SWEDEN

What do a chef, a lifestyle professor and a leading global brand for bathroom solutions and kitchen fittings have in common? Taking 50 countries as the starting point, innovating 50 national sauces and looking on “how they do good”, Paul Svensson and Mai-Lis Hellénus, together with the GROHE brand, want to inspire and show the way to a healthier, more enjoyable and more sustainable life.

Welcome to our Sauce Atlas. We want to take you on a culinary journey across the globe. The taste of the world manifested in international sauce recipes, all having one ingredient in common: Water. There's nothing more essential to life on earth than water. Yet, from Cape Town to California, and from rural, sub-Saharan Africa to booming megacities there's a global water crisis. People are struggling to access the quantity and quality of water they need for drinking, cooking, bathing, handwashing, and growing their food.

In search of some of the world's most interesting sauces, we have for the sake of this book turned over many rocks and sniffed around for 50 examples from 50 different countries. Or rather, we have connected each sauce to a country.





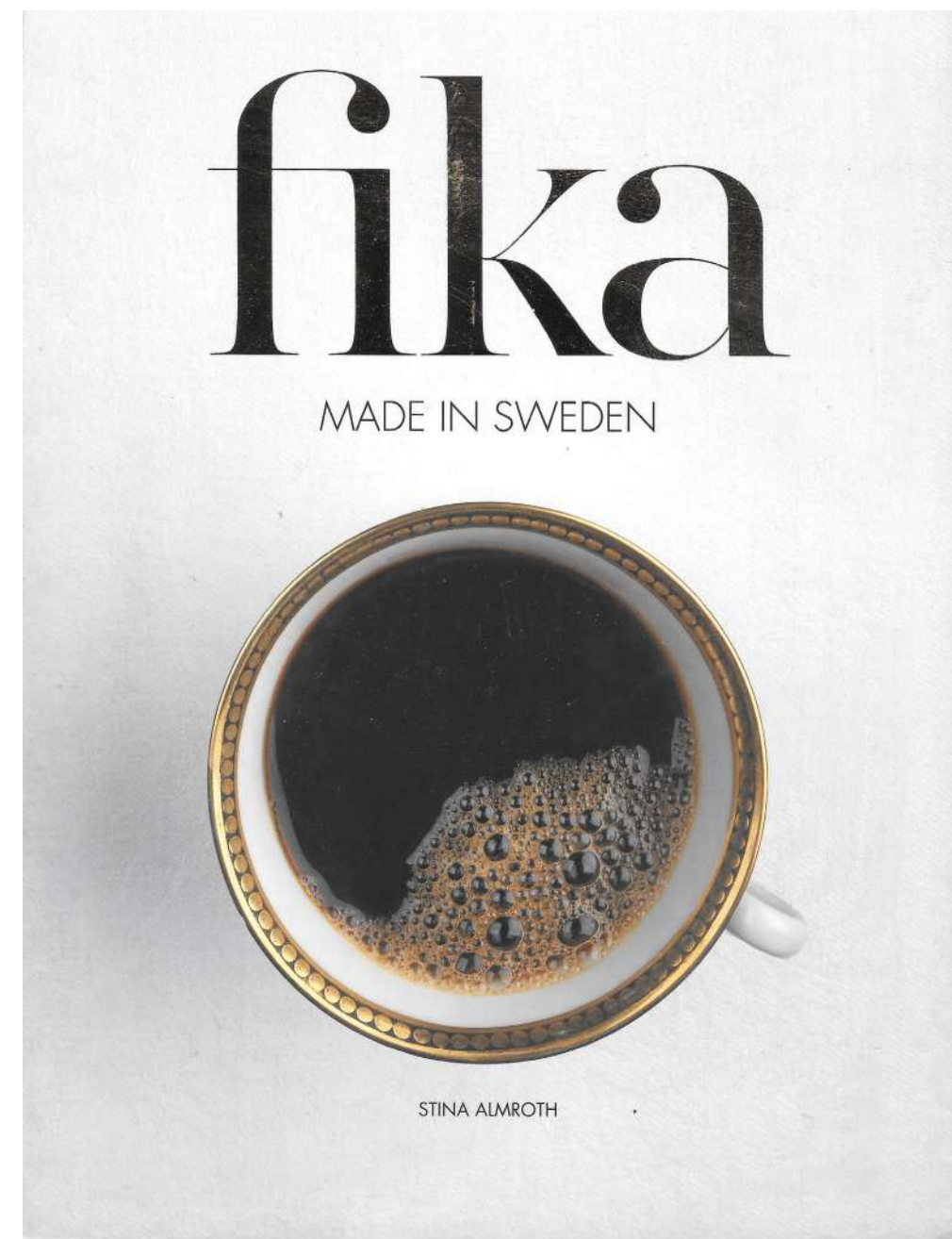
# UMEÅ FOOD SYMPOSIUM 2022

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## SWEDEN

“Finally, someone who describes an exotic phenomenon in a Western context,” exclaimed my Indian friend Komal. A window into Swedish society, FIKA, is the everyday social ritual around coffee and pastry that explains why Sweden is Sweden. Combining head with heart, fika is the Swedish way of socializing and caring while explaining Swedish efficiency at work and in business, and possibly why Sweden is the second most innovative country in the world. Add to that the multiplication factor of nearly all of us doing it everyday, and you have a Swedish super power.

Stina Alroth's book that reveals how Swedes are warm, caring, and social - through FIKA. Personal and factful with stunning photographs and bold graphic design (including an open-thread-stitch back), the book lets the reader in on Sweden's best kept secret, FIKA. Coffee and pastry is the Swedish way to relax, celebrate and solve problems in every conceivable private and public sphere, from the kitchen table to the Parliament. The book is for anyone with a connection to or an interest in Sweden, or a fondness for coffee and pastry.





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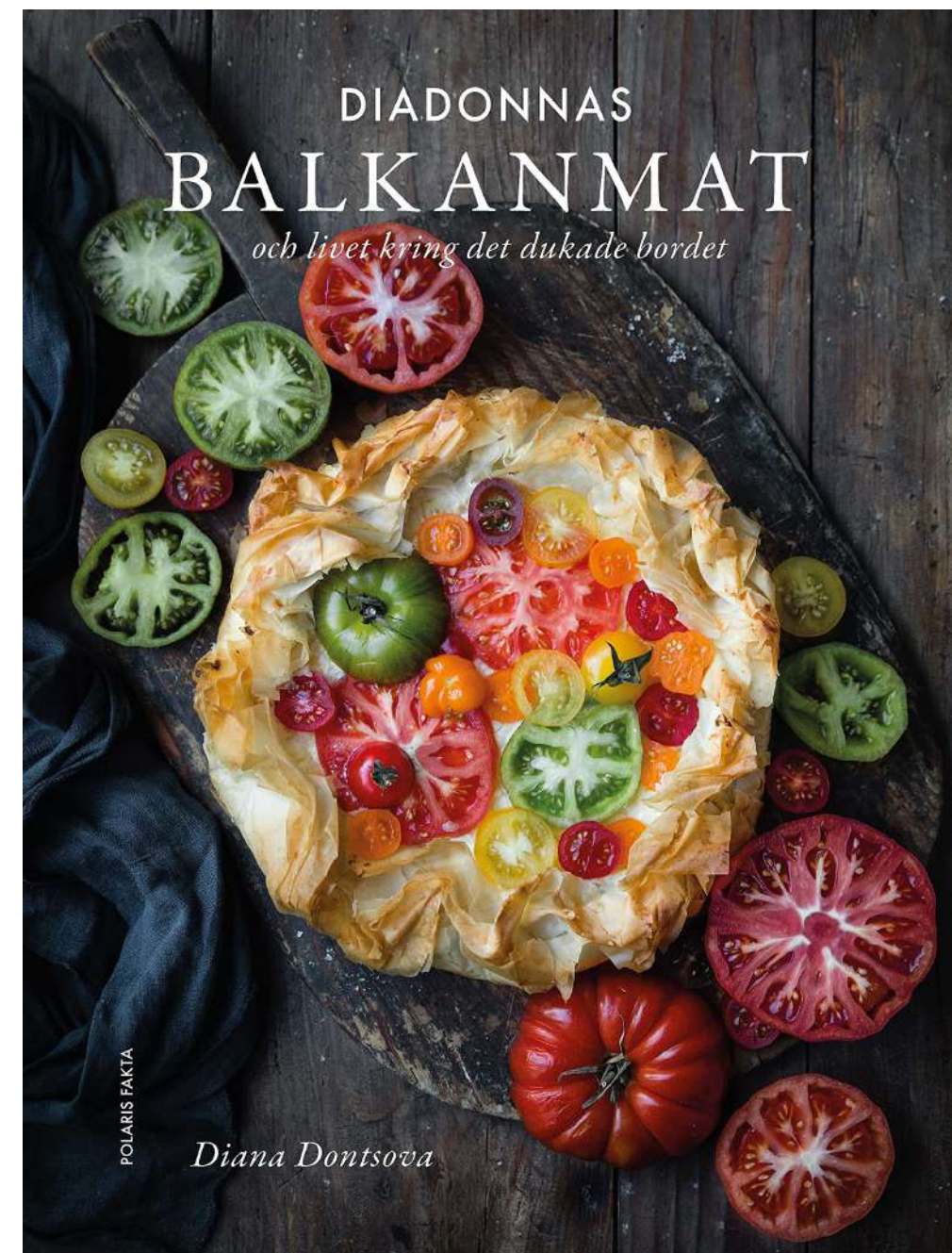
## SWEDEN

Diana Dontsova also known as Diadonna is the writer and photographer of the cook book DIADONNAS BALKANMAT. Being born and raised in Sweden by parents from North Macedonia she has two food cultures in her heart - Nordic and Balkan.

In Diadonnas Balkanmat you will find classic Balkan dishes such as ajvar, burek, cevapcici, baklava but also fusion recipes with a Nordic touch. Inspiration for a Balkan feast for every occasion starting with meze, then delicious rustic food with a lot of flavours and love.

And of course some coffee and sweets to end the dinner. Diana has also a music playlist for you to listen while cooking and eating. This book will take you on a journey to the Balkans for sure.

Invite your family and friends and enjoy!





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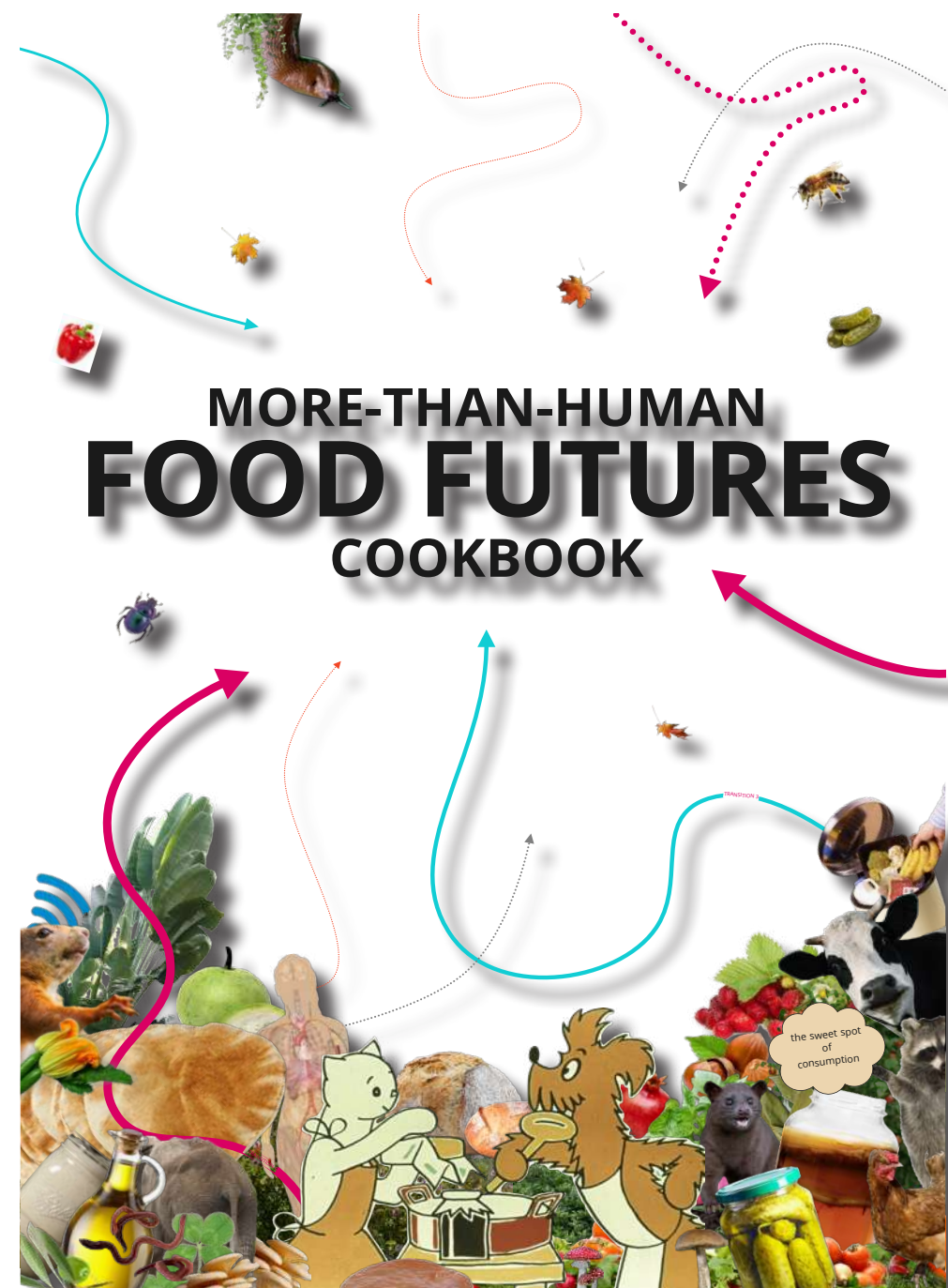
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## SWEDEN

This cookbook is founded on a two-day workshop—Experimental Food Design for Sustainable Futures—held online as part of the Designing Interactive Systems (DIS) conference in July 2020.

The workshop experimented with food as an accessible starting point from which to explore and articulate values, concerns, desires, and imaginaries associated with food-tech futures and climate resilience. Working remotely from our homes during the burgeoning pandemic, we co-designed scenarios and collages; engaged in foraging walk-shops around our kitchens, pantries and gardens; and proposed diverse imaginative approaches to nurture transformation towards sustainable futures.

Danielle Wilde  
Professor at Umeå Institute of Design (UID)





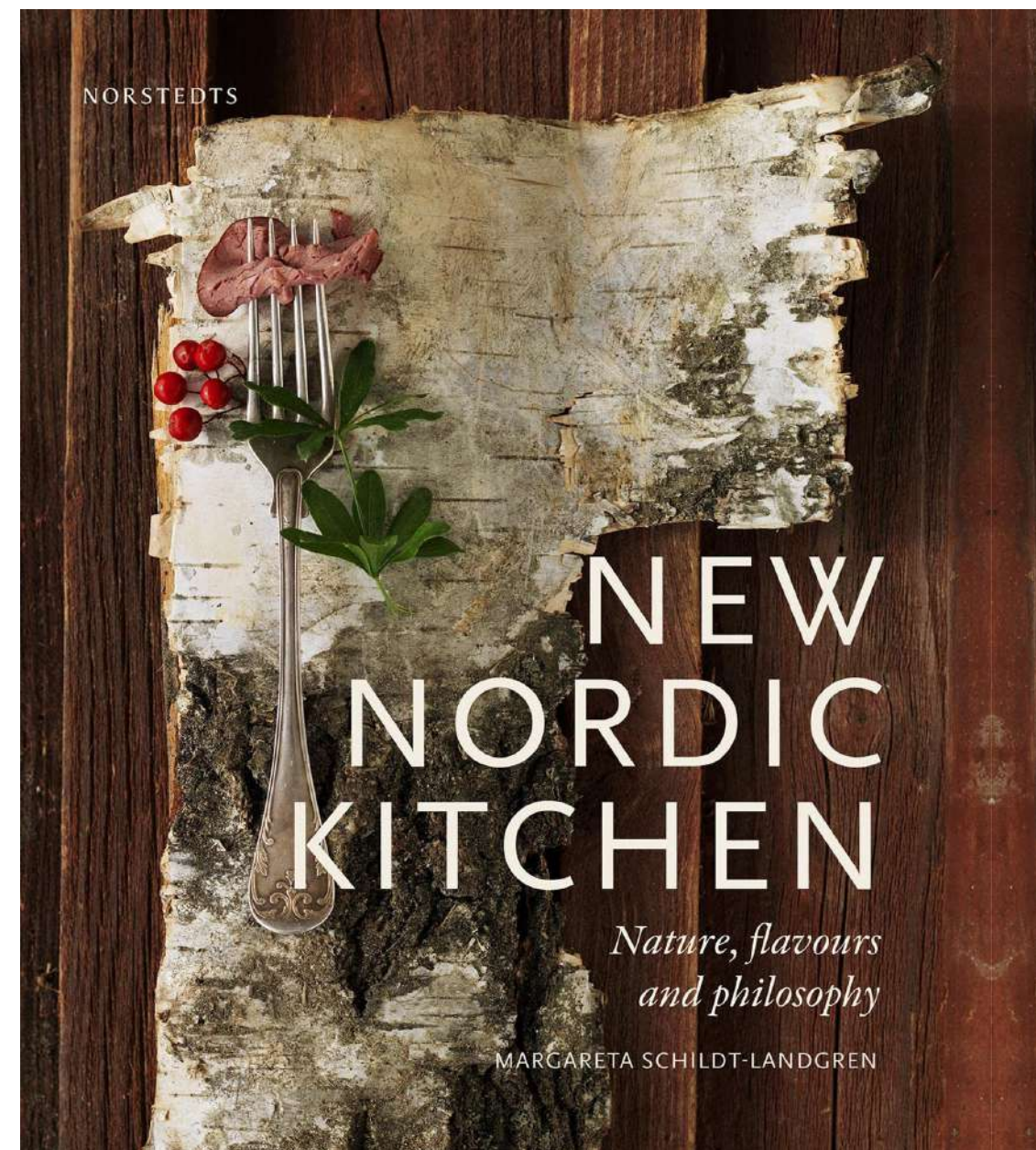
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## SWEDEN

Margareta Schildt-Langren is a food journalist living in Skåne, in the south of Sweden. She is a freelance food writer, author and filmmaker who has written over 20 cookery books.

New Nordic Kitchen is a celebration of food from Scandinavia at a time when the food have been regognized as the worlds best. The Nordic landscape and changing seasons contribute an astonishing variety of raw ingredients that few other countries can boast.





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## SWEDEN

Food should provide nourishment, strength and energy, but also joy and inspiration.

That is how elite runners Lina El Kott Helander and Sanna El Kott Helander think when they prepare their food with a zest for creativity. Eating vegan has never been a problem. The plant kingdom offers endless possibilities, as they show in this book with countless colourful dishes. For the twins, food has become a way of expressing their zest for life, where colour and shape are just as important ingredients as taste.

Lina and Sanna were born in 1994 and live in Åre, where they mainly practice running and cycling in the mountains during the summer and skiing in the winter. For the past seven years they have successfully competed in skyrunning, long-distance running at high altitudes with participation in several world championships. Their elite efforts have taken them all over the world.





# UMEÅ FOOD SYMPOSIUM 2022

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## SWEDEN

Susanne Jonsson is a Swedish/Sami/American chef with a master in gastronomy from Umeå University. She is specialized in food product development, food styling, food photography and creates recipes that are easy to make under the tag “bekvämlipa” both in the kitchen and outdoors. Preferably combining cooking with outdoor activities using seasonal produce.

Born and raised by a mountain above the arctic circle, she grew up in nature learning how to respect it while also collect foods be it by picking berries, fishing or/and hunting. Susanne has cooked in restaurants all over the world, starting in a mining restaurant in her home town. She is a popular TV-chef on Swedish public service, SVT on the interactive tv-show Susannes Skafteri, Åhkus mat and Go’kväll.





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## SWEDEN

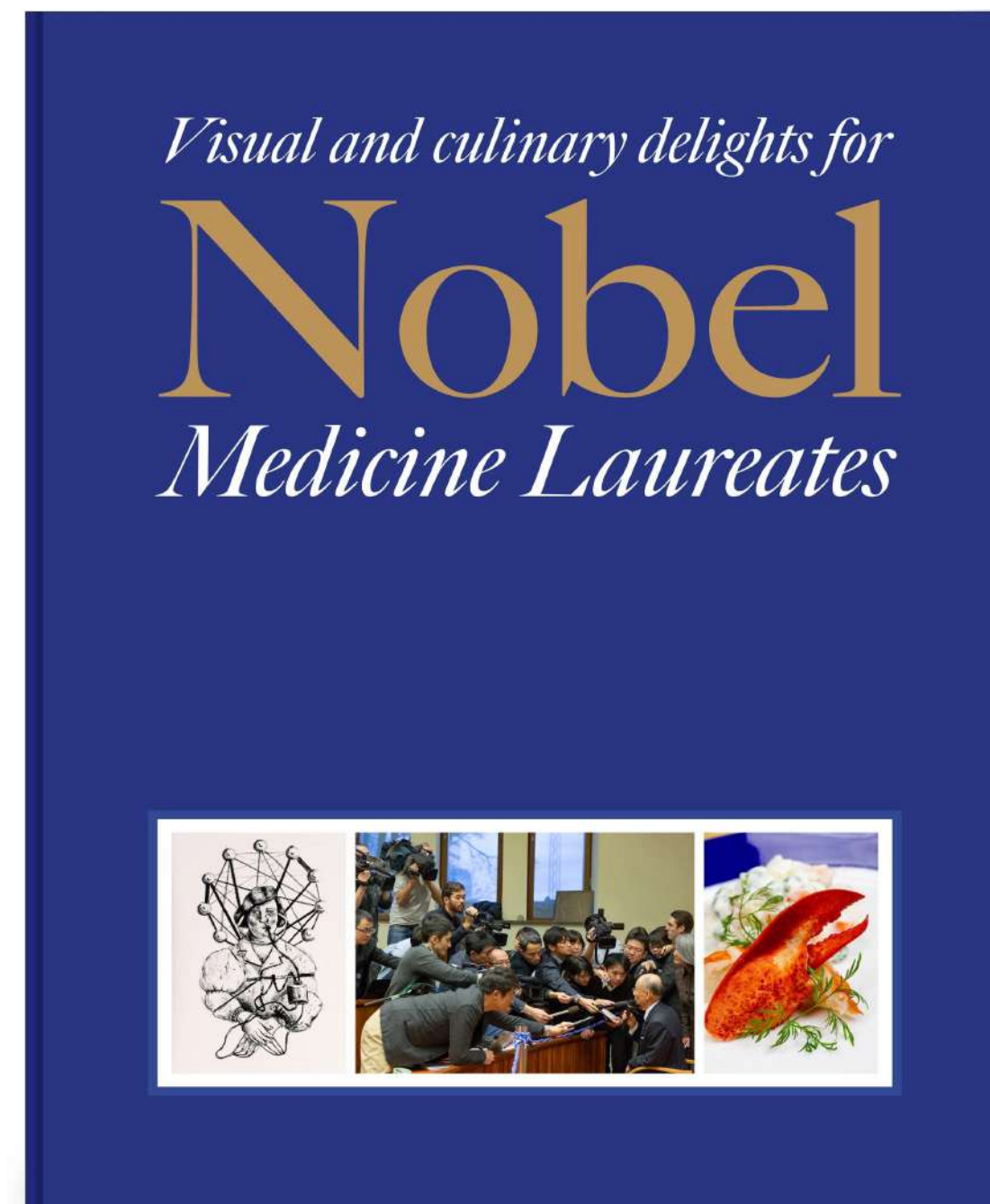
“Achieving great things in science, art and cookery demands a substantial portion of creativity.”

Thomas Perlmann  
Professor and Secretary of the Nobel Assembly

This is a unique book about the Nobel Laureates in Medicine and the personalised celebrations held in their honour.

Cancer therapy, cure for malaria and blood pressure medicine are a few examples of major medical discoveries benefiting humanity that have, for precisely that reason, been awarded the Nobel Prize in Physiology or Medicine. These discoveries have been made by researchers from all over the world, many of whom combine their scientific brilliance with a profound interest in art, music and even fine dining. The Nobel Committee for Physiology or Medicine takes good note of this when the Laureates visit Stockholm.

The visit begins with a private dinner, at which the committee has the opportunity to meet the people whose discoveries they have examined and proposed. These are exclusive dinners, with a menu that is served only on these special occasions.





# UMEÅ FOOD SYMPOSIUM 2022

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## SWEDEN

Finally a totally different type of book about gastronomy! NJUTA, meaning Enjoy, is a great read about food and drink, wonderful dinners, gastronomic travel adventures and, of course, memorable restaurant experiences. Les Marmites Helsingkrona is a Swedish gastronomic association with twenty-five truly passionate chefs, professionals and amateurs. To mark the association's 50-year anniversary, this book makes an in-depth presentation of the two main areas that unite them; Gastronomy and the Dining Experience.

The book consists of stories and experiences, told in essay form, with several of Sweden's largest food profiles such as Tareq Taylor, Tina Nordström and Niklas Ekstedt contributing with their love and passion for gastronomy. As well as well-known guest writers from different parts of the gastronomic world.

It is not a cookbook, but a book to be inspired by. Nor is it a textbook, but a book with great knowledge. In short, an interesting book about really good food, the joy of cooking and the beauty and connection in sharing a meal.





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## SWEDEN

“This is not a scientific cookbook, but a book for people who have just had stoma surgery and have a lot of questions about how life will unfold.

We who work with stoma patients get the question “What can I eat now?” every day. With this cookbook we want to provide you with suggestions for different dishes. So we asked a number of chefs and food-creators to come up with ideas for foods that are suitable for different occasions.

As you will see, this food isn’t very different from ordinary food, which you will see. Actually you can easily experiment yourself, with small amounts at the time. We hope that this cookbook will help you along the way and that it will offer wonderful experiences with food and many happy smiles in the future.

Live, eat, and enjoy!”

Maria Gylfe  
Head nurse  
Danderyd Hospital Surgery & Urology Ward

Photography by Athina Strataki





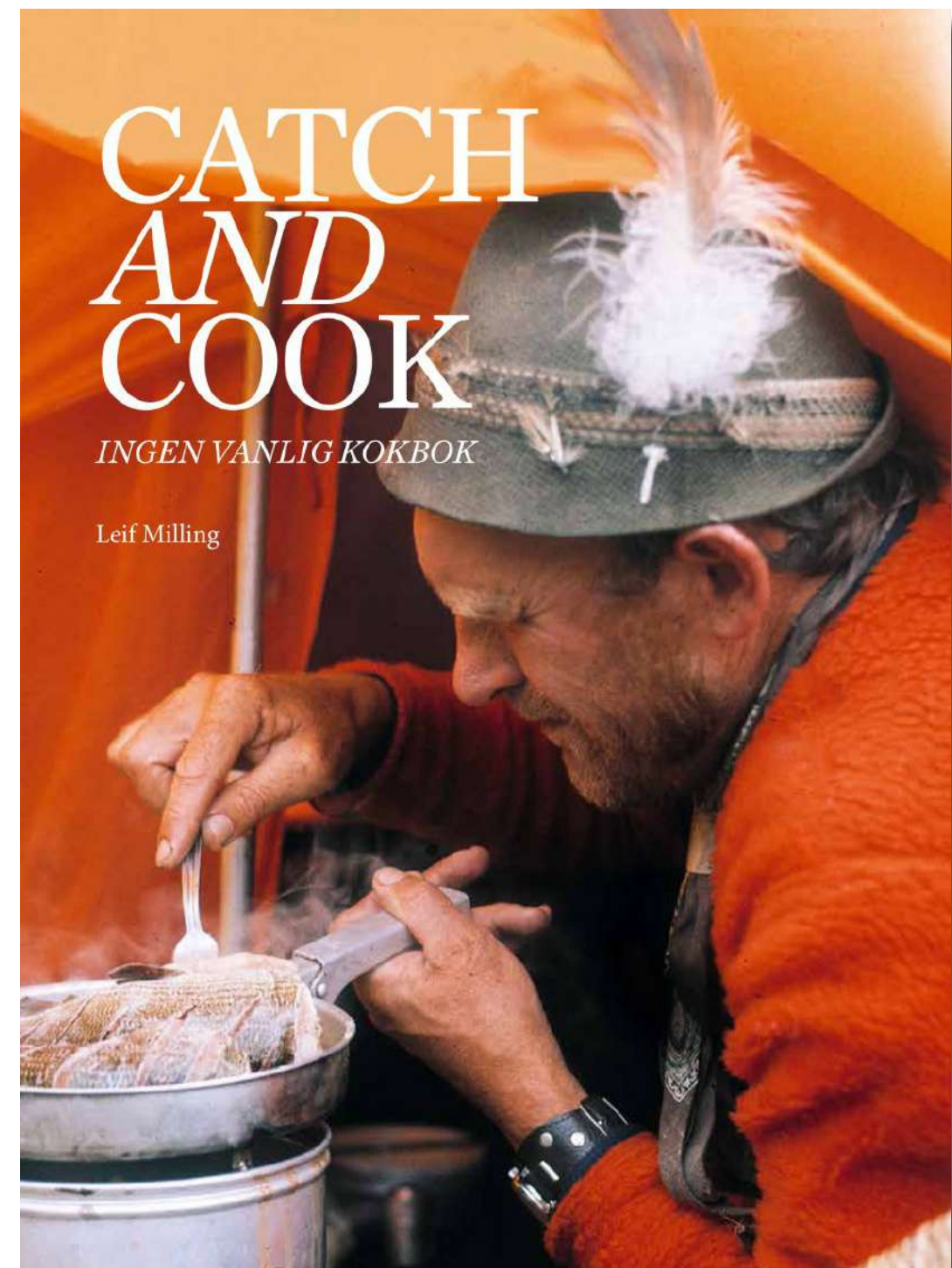
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## SWEDEN

“It’s at mealtime that we meet! The storytelling picks up in the glow of the campfire, just as the joy spreads around a beautifully laid dinner table. When I feel the fish bite, it’s like an electric shock through me, my pulse is racing, the adrenaline is pumping, the intoxication is wonderful - the feeling is addictive, healthy and called fish happiness. I love preparing my catches as much as I love being served. In this book, you will meet my fishing friends who not only treat you to delicious fish, but also to themselves.”

A book by Leif Milling with the art director and editor Lena Andersson (Olga & Friends), with contributions by Anders Dahlén, Martin Jönsson, Vegard Stormo, Arne Bergh, Erik Orre, Simon Stanford, Martin Magnusson, Björn Johansson, Johan Klingberg and Sivan Jansson.





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## SWEDEN

This Richard Juhlin masterpiece is designed by Frankenstein Studio, with unique photos taken by Pål Allan and Fredrik Skogkvist, as well as newly created illustrations by Jayde Cardinalli. It also contains ten exclusive recipes by Tommy Myllymäki.

The book is printed in Italy and is almost four decimetres high, three decimetres wide. This bibliophile edition of only 500 copies is built into a handmade cork cover and comes with a personal letter from Richard, membership in the Champagne Club and a unique notepad for your own tastings.

Richard Juhlin is the world's number one champagne expert, most famous for his skills in blind tasting. Since 1998 he has held the world record for most champagne ever tasted, having tasted more than 13,000+ different unique champagnes in his lifetime.





# UMEÅ FOOD SYMPOSIUM 2022

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## SWEDEN

“Grenadine Bokförlag has published around 300 books since 2004. And it is with gratitude that we see readers returning to our books again and again, to be inspired, to try new things and - like us - to enjoy good food and drink.

Buying our books is like getting a well-filled goody bag and a source of knowledge about the good things in life in the way of food and drink. They are therefore ideal for those who want to treat themselves, as a gift for food-loving friends and acquaintances, as a corporate gift or as training material for bar, café and restaurant staff.

In 2020, Grenadine was awarded a prize in the international food and drink book competition Gourmand Cookbook Awards for being one of the world’s best beverage book publishers for the past 25 years. In previous years, the publisher has also been awarded as the world’s absolute best beverage publisher twice and has also received awards for a wide range of books and book series.”

Stefan Lindström, Publishing Director





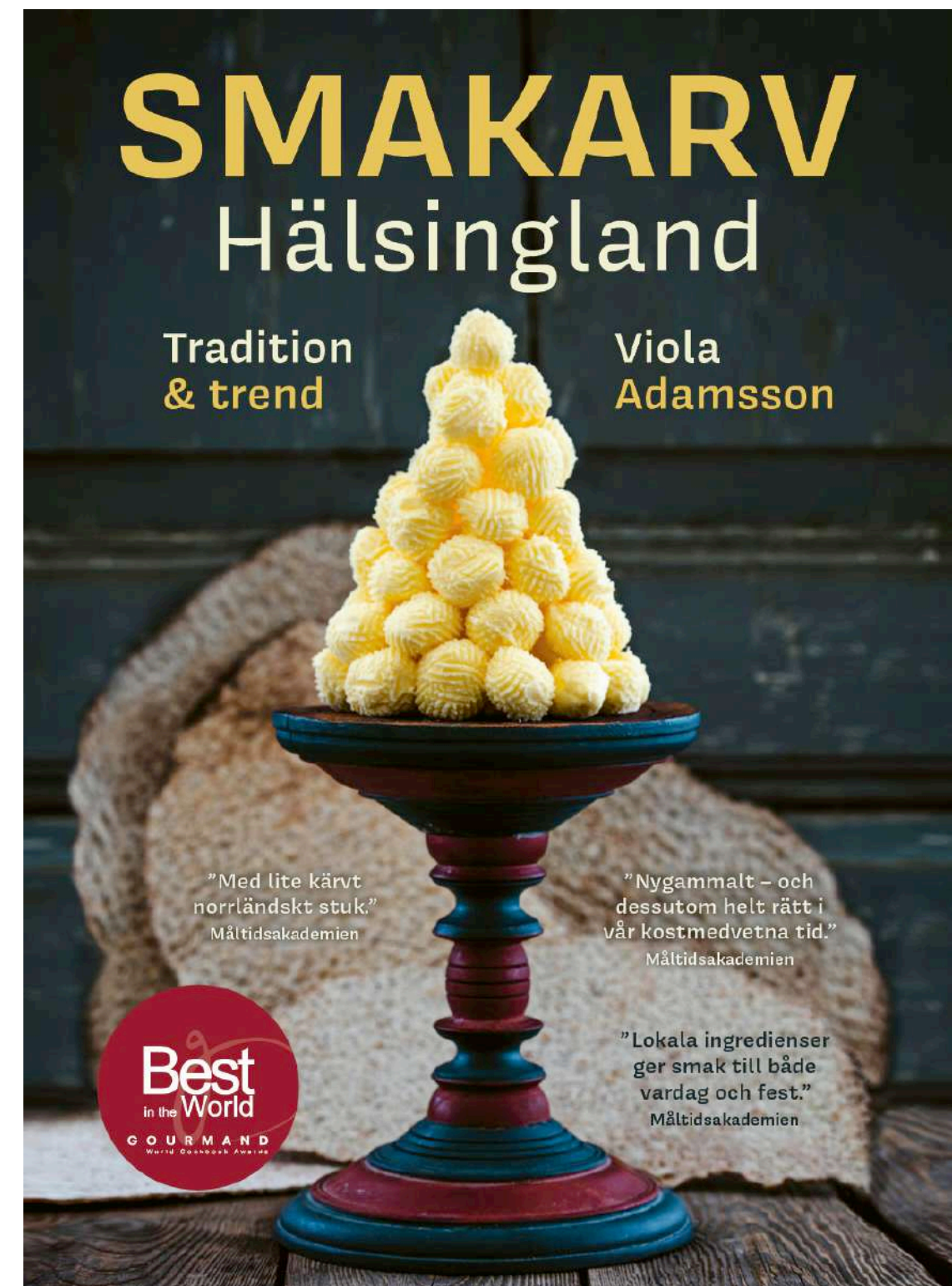
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## SWEDEN

The Nordic pantry offers at least as many opportunities for healthy eating as the more familiar Mediterranean diet. Fruits and berries such as apples and blueberries, vegetables such as cabbage and spinach, root vegetables such as carrots and beetroot, pulses such as brown beans and green peas, wholemeal products made from rye, oats and barley, fish such as mackerel, herring and salmon, and rapeseed oil as the main source of fat are some of the foods that make up the dietary pattern. These are exciting and varied foods that northerners have eaten for generations and are probably genetically adapted to. Recent research shows that the diet lowers blood pressure and improves blood lipids and insulin sensitivity.

Viola Adamsson has been awarded three times as Best in the world and two times as Best of the Best- 20 years in Gourmand International. She got the awards for the books “Nordens bästa mat”, “Smakarv Hälsingland – tradition & trend”, and for the thesis “A healthy Nordic Diet and Cardiometabolic risk factors – intervention studies with special emphasis on plasma lipoproteins”. She is a home economic teacher and has a doctoral degree in medical sciences.





# UMEÅ FOOD SYMPOSIUM 2022

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## SWEDEN

In this lavish coffee table book, we meet the people behind the Swedish gin boom that has taken the world by storm. Award-winning photo, fantastic drink recipes, and exhaustive texts about everything essential for both the enthusiast, gin nerd, or pro - the complete bible about Swedish gin.

The main author Jens Josefsson is one of Sweden's most profiled connoisseurs. Here he does not give on the craftsmanship of today and the future, where people and nature are at the center. Lorenzo Guida's images of Sweden during four seasons, countryside, sea, big cities, barns, and copper boilers frame a unique insight into the production of a Swedish prestige product.





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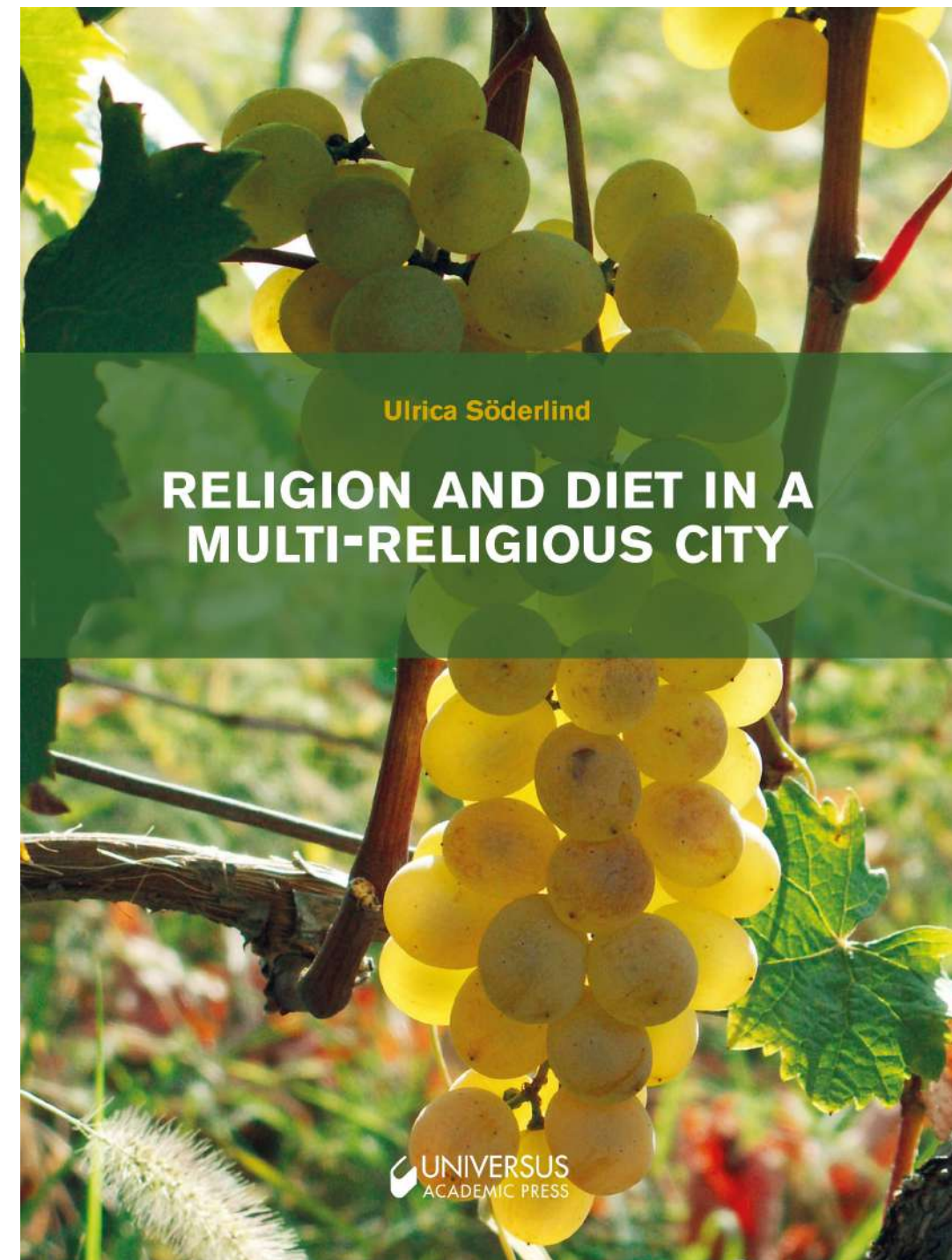
## SWEDEN

This article deals with the importance of foodways among the believers of Judaism, Christianity and Islam in the Georgian capital Tbilisi, both on feast days and in daily life. It takes the form of an interdisciplinary survey in which interviews and written sources are used as well as personal observations from people living within the city.

The focus of Ulrica's interdisciplinary research are gastronomy and hospitality from different timeperiods and geographical areas, the sources are historical, archaeological and religious.

Ulrica spent her high school years at different culinary schools in Sweden and received an education as a chef, bartender, baker/confectioner. Ulrica then spent years working in the restaurant industry, both at restaurant on land but also in the Swedish merchant navy.

Ulrica holds a PhD degree in economic-history and are now working as a senior lecturer at the department. She also has a master (magister) degree in archaeology and an international master's degree in theology.





# UMEÅ FOOD SYMPOSIUM 2022

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## SWEDEN

This utterly unique cookbook gives a glimpse of Sámi traditional foods as well as innovative new interpretations of traditional ingredients. Published by Slow Food Sápmi, this book fills a void by sharing the traditional foodways of Lapland.

Introductory chapters briefly describe the berries and plants of Lapland, the basics of reindeer production, and traditional methods of preserving food, such as smoking and salting. A variety of reindeer ingredients and dishes are described in detail.

The book incorporates many food words in the Northern Sámi, Southern Sámi and Lule Sámi languages, and includes many interesting recipes accompanied by beautiful photography. While North American readers may find many ingredients difficult to find, the book is invaluable as a fascinating look at Sámi food culture.





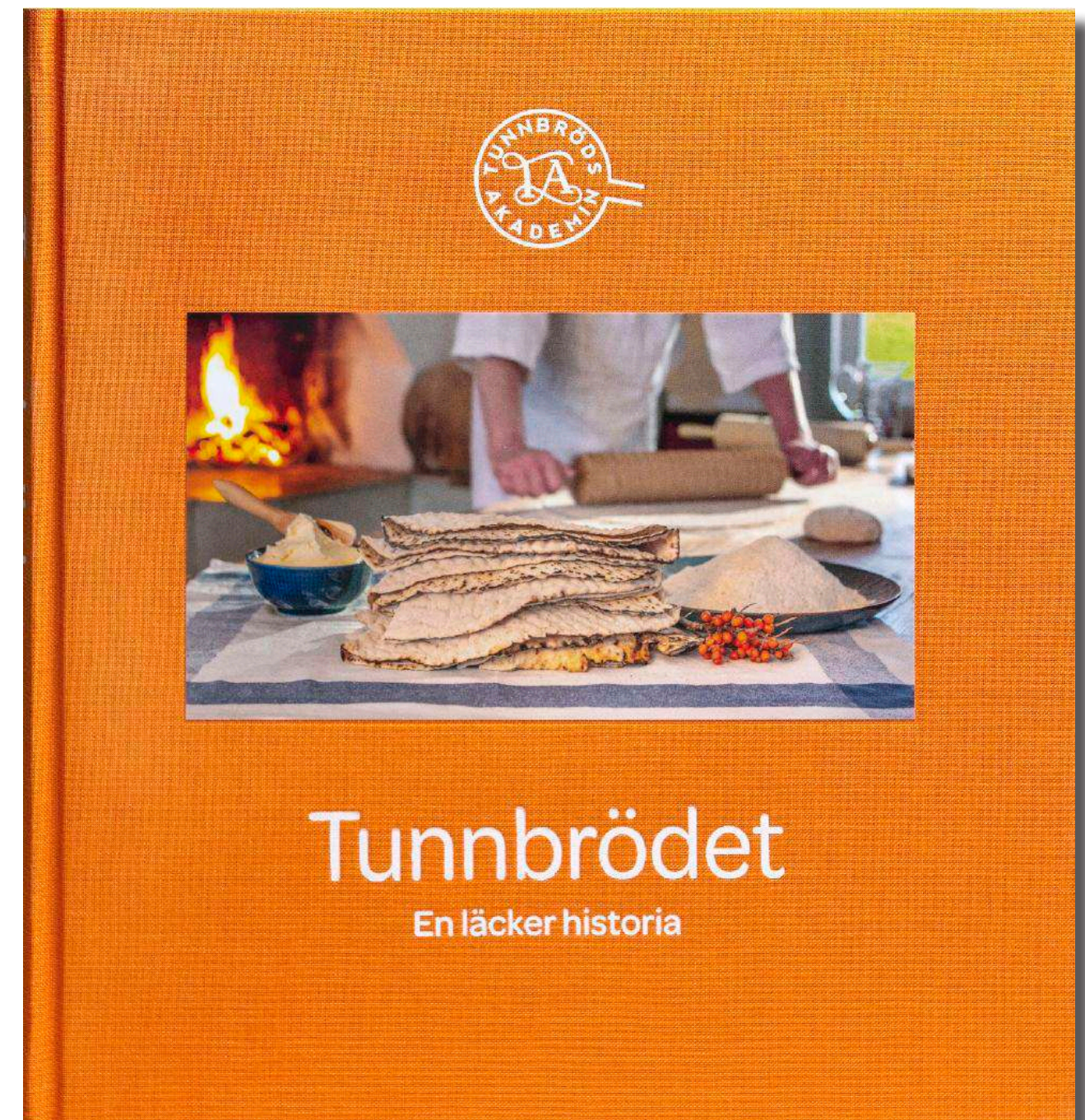
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## SWEDEN

The Swedish thin bread culture is rich and unique - and now it is finally documented! Tunnbrödsakademin presents the first comprehensive work on Sweden's thin bread culture: Tunnbrödet - en läcker historia. Now in a slightly updated second edition, the book has a foreword by master baker and pastry chef Jan Hedh and is a survey in text and pictures, a journey through Tunnbrödssverige with examples of how thin bread is baked and eaten, from Karesuando in Lapland to Malmö in Skåne.

The story of thin bread is a depiction of Sweden's development. From times when the thin bread was a staple food in the household to today when it is often eaten as a delicacy. It is a story of nostalgia and entrepreneurship, bakers and bakeries - in the countryside and in the big city. The book depicts the rich variety of thin bread varieties such as klådda, kavelgris, gáhkku and light oven bread. Readers are also given clear recipes and advice on how to bake their own barley bread, whether in a wood-fired oven in the bakery or on an electric stove, or in a domestic oven in the kitchen. The necessary baking equipment is presented, as well as how different raw materials affect the character of thin bread.





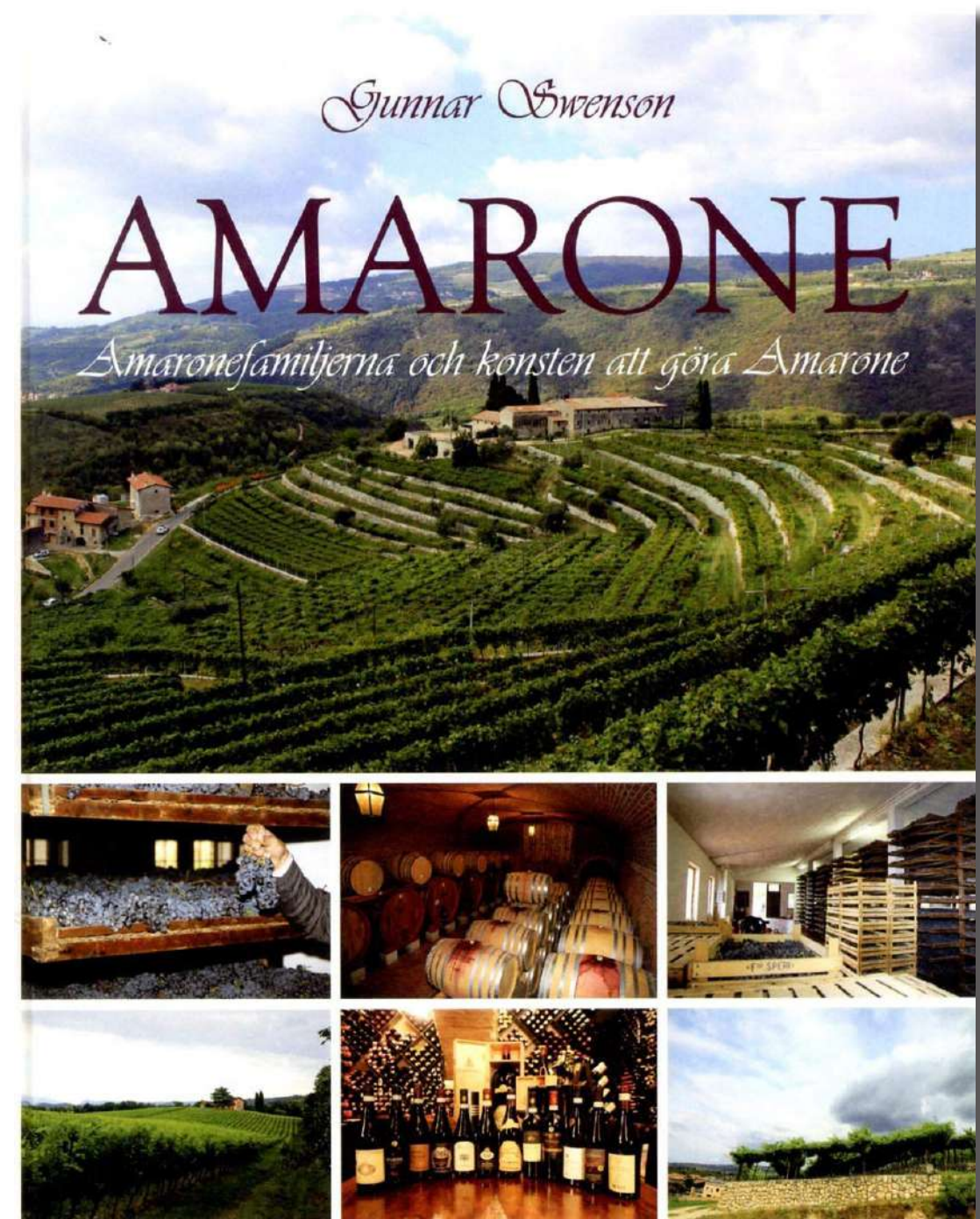
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## SWEDEN

Amarone, the unique and historically interesting wine is one of Sweden's most purchased and one of Italy's three most distinguished wines. The wine is very popular both in Italy and internationally. When the new vintage is presented in Verona, the central city of the Valpolicella wine region, the world's wine press gathers to taste the wine.

In this book you will learn about the history, geography and production methods of this unique wine, but also be introduced to Amarone's iconic producers who together make up the Amarone families association, whose wines always top the wine journalists wine ratings. You will be taken through vineyards that are proudly on display, and cellars with steel tanks and oak barrels large and small. All wines are presented with personal tasting notes and with the Italian wine bible, Gambero Rosso, assessment, all to give you guidance to choose a good wine from a good vintage. The book describes how to combine Amarone with different dishes for wonderful taste experiences. It also presents the producers own favourite restaurants, good restaurants with good food and good wine lists in Valpolicella and in Verona.





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## SWITZERLAND

Thermomix® 50th Anniversary cookbook is not just another Thermomix® cookbook. 50 years was an important milestone which we could not have reached without the trust and engagement of thousands of customers, advisors and employees worldwide, all brought together by their passion for food, their creativity and their diversity. This cookbook pays tribute to everyone that has helped make Thermomix® the brand it is today. It is the result of the collaboration between 23 countries worldwide bringing together recipes from all sides of the globe. It has been translated into 15 languages.

“We are an international recipe team within Vorwerk International, Switzerland. We develop our own recipes for Thermomix kitchen appliance, and publish them on our dedicated international platform and international cookbooks.”

Edith Pouchard  
Recipe Product Manager Cookbook  
Vorwerk International & Co





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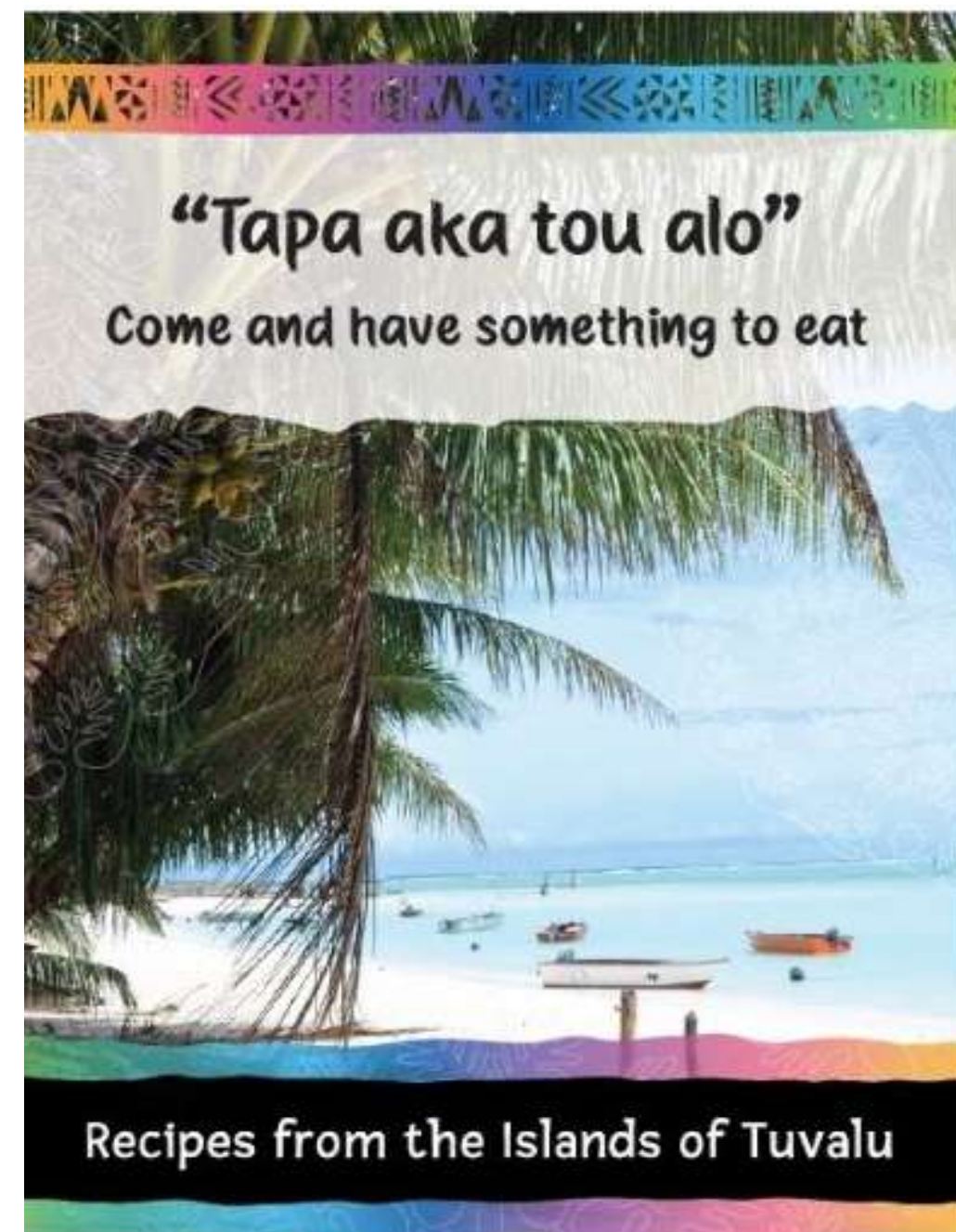
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## TUVALU

Tapa Aka Tou Alo offers a selection of delicious and traditional dishes made with regional produce. This resource is a reflection of indigenous food knowledge and cultural identity.

This cookbook was created as part of the Food Futures project, an initiative funded by the Australian Department of Foreign Affairs and Trade and implemented by Live & Learn Tuvalu. Recipes in this book were provided by local women from eight of Tuvalu's nine islands. Tuvalu's first international cookbook is a celebration of culture, highlighting the link between food, environment and human connection.

Tapa aka tou alo means 'come and have something to eat', symbolising the connection between community and family. By preserving these traditional recipes for future generations Tuvalu can build resilience to climate change and continue to thrive.





# UMEÅ FOOD SYMPOSIUM 2022

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## TURKEY

Jewish dishes that had been cooked and enjoyed in the palaces and homes of Edirne for long centuries are no longer being cooked and they are about to be forgotten. The “borekitas” that my mother learned from her Jewish neighbors and friends as a child, is unknown to new generations, who do not make them.

Since our research was to bring into the open the memories and dishes that had been hidden in the depths of history, we organized face-to-face interviews with our neighbors, who used to live in Edirne.

In this book, you will not only learn about the Jewish cuisine of Edirne. you will also learn about its multicultural structure and the intertwined Turkish-Jewish relations. In fact, you will read and learn about Edirne in this book. We congratulate and thank dear Mr. Recep Gürkan, who made great contributions to the project.



## Komidas Djudias de Edirne

Aydemir AY - PhD. Yılmaz SEÇİM





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## TURKEY

“Boncuklu Höyük and Çatalhöyük; 10,000 Years of Culinary Culture”, includes information about the kitchen culture, cooking and storage methods, cooking tools and eating habits as well as the living conditions of the period in the 10,000-year-old Boncuklu Höyük and 8,000-year-old Çatalhöyük, where we see the first examples of settled culture in Anatolia.

The book features 30 different special recipes made from soups, herb dishes, fish and game meat made in the light of the data obtained in the excavations of Boncuklu Höyük and Çatalhöyük. It also describes the storage, grinding and cooking techniques inherited from the past to the present.

Consulted by Chef Ulas Teker kaya, who has themed culinary culture studies in Konya, and scientifically edited by Lecturer Mustafa Akturfan and Assoc. Prof. Dr. Ümit Sormaz, the book covers not only the culinary culture of Boncuklu Höyük and Çatalhöyük, but also the settlement patterns, agriculture, animal husbandry, nutrition and many other issues in detail.





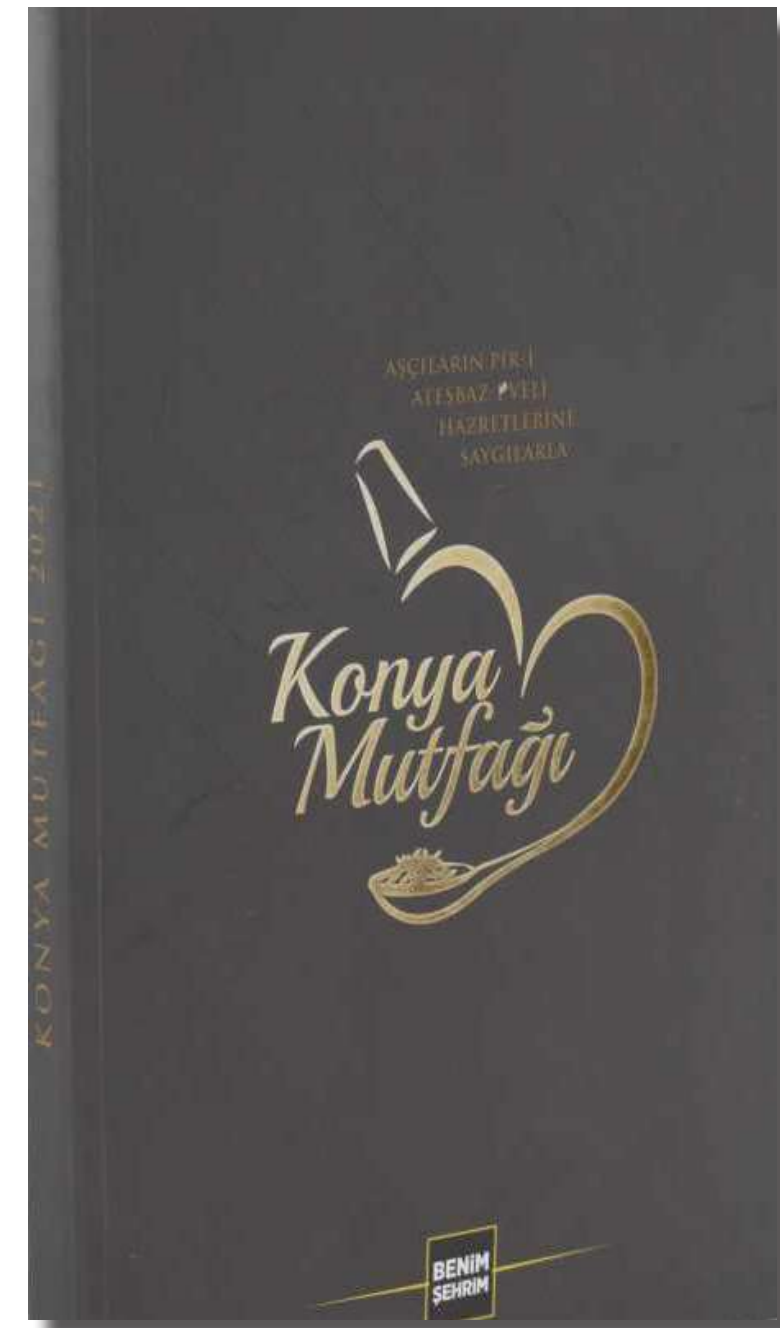
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## TURKEY

With this book, many dishes of Konya cuisine are finally written. Konya is a unique cultural feature plateau due to being home to many civilizations with different characteristics. The communities it has hosted have inherited the variety of food as well as their cultural characteristics.

It is also home to Atesbaz-ı Veli, the first and only person in the world for whose name a monumental tomb was built. If Atesbaz-ı Veli is mentioned, table manners and decency should be also mentioned. Today, gastronomy has reached an important position as a result of the development of tourism arguments. However, the people of Konya make hundreds of different dishes in their homes apart from these known dishes. They have made innovative dishes that can shape the world cuisine. For example, hundreds of years earlier than these days when live flowers become widespread, women of Konya made rice with violet with the flowers of violets grown in their homes. In order not to waste the ingredients used in the meals; After making bread, he made tandoori soup on the embers which remained in the tandoor. It is possible to see many similar applications in Konya cuisine culture.





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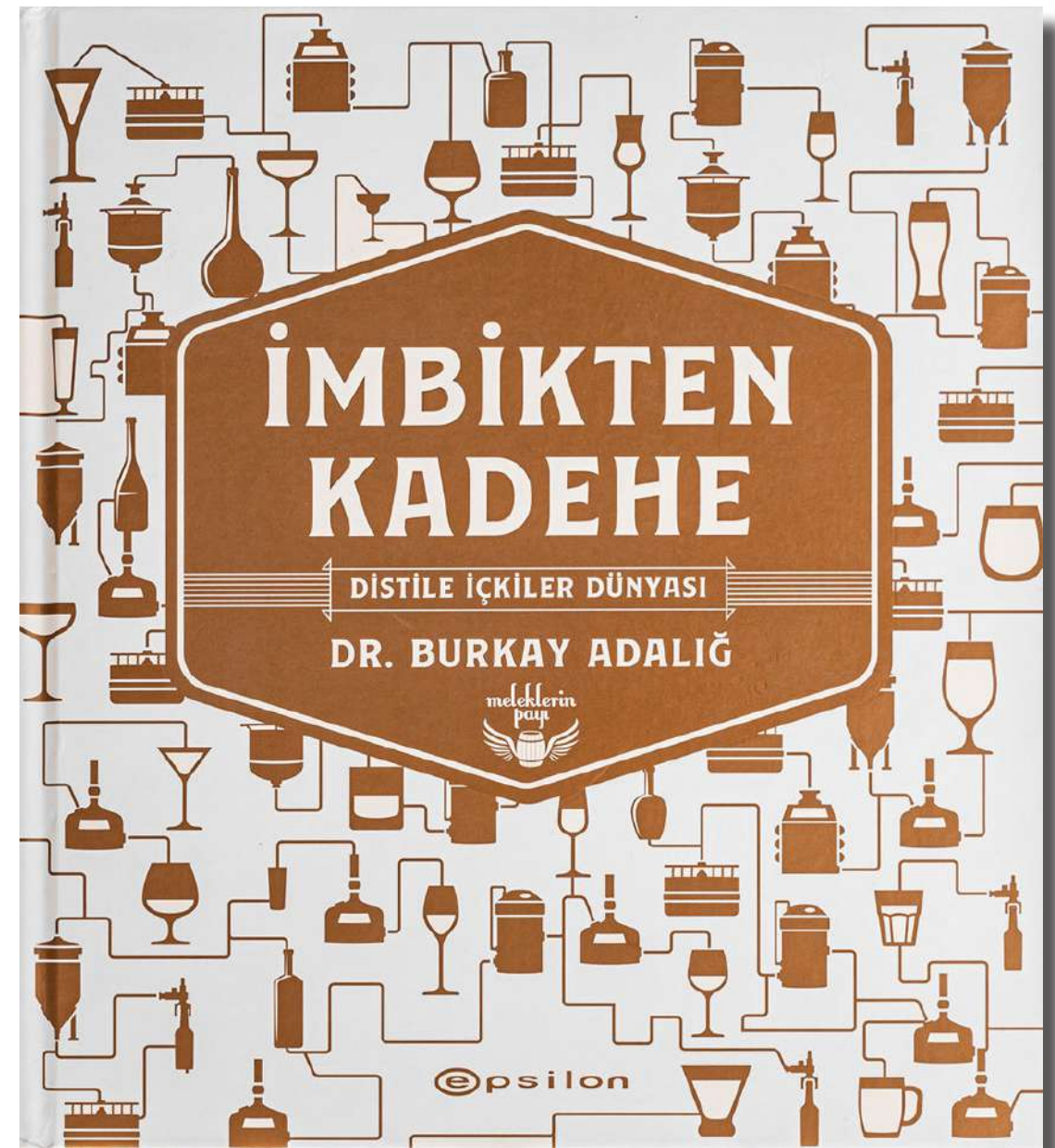
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## TURKEY

Dr. Burkey Adalı, who won the acclaim of readers and the Gourmand World CookBook Awards 2020 with his first book *Meleklerin Payı: Bir Whiskey Adventure*, which is the most comprehensive whiskey guide in Turkey, published in 2019, is here with a brand new book on drink culture. This time, Dr. Burkey Adalı tells not only about whiskey, but also about all the distilled spirits of the world. While discovering every stage of this journey from mbikik to your glasses, you will know the story of every drink you drink after reading this book.

From vodka to gin, tequila to cognac, the book covers all distilled spirits, with our national drink, raki, of course, playing the leading role. With interesting anecdotes from the history of spirits, nearly fifty cocktail recipes, song lists you can listen to while sipping your drink, and the first of its kind in Turkey, Turkey's Raki's Table, *From Mbik to Kadehe: The World of Distilled Spirits* is a book that will take pride of place not only in your bookshelf but also in the centerpiece of your home bar.

Cheers to all drink lovers!





# UMEÅ FOOD SYMPOSIUM 2022

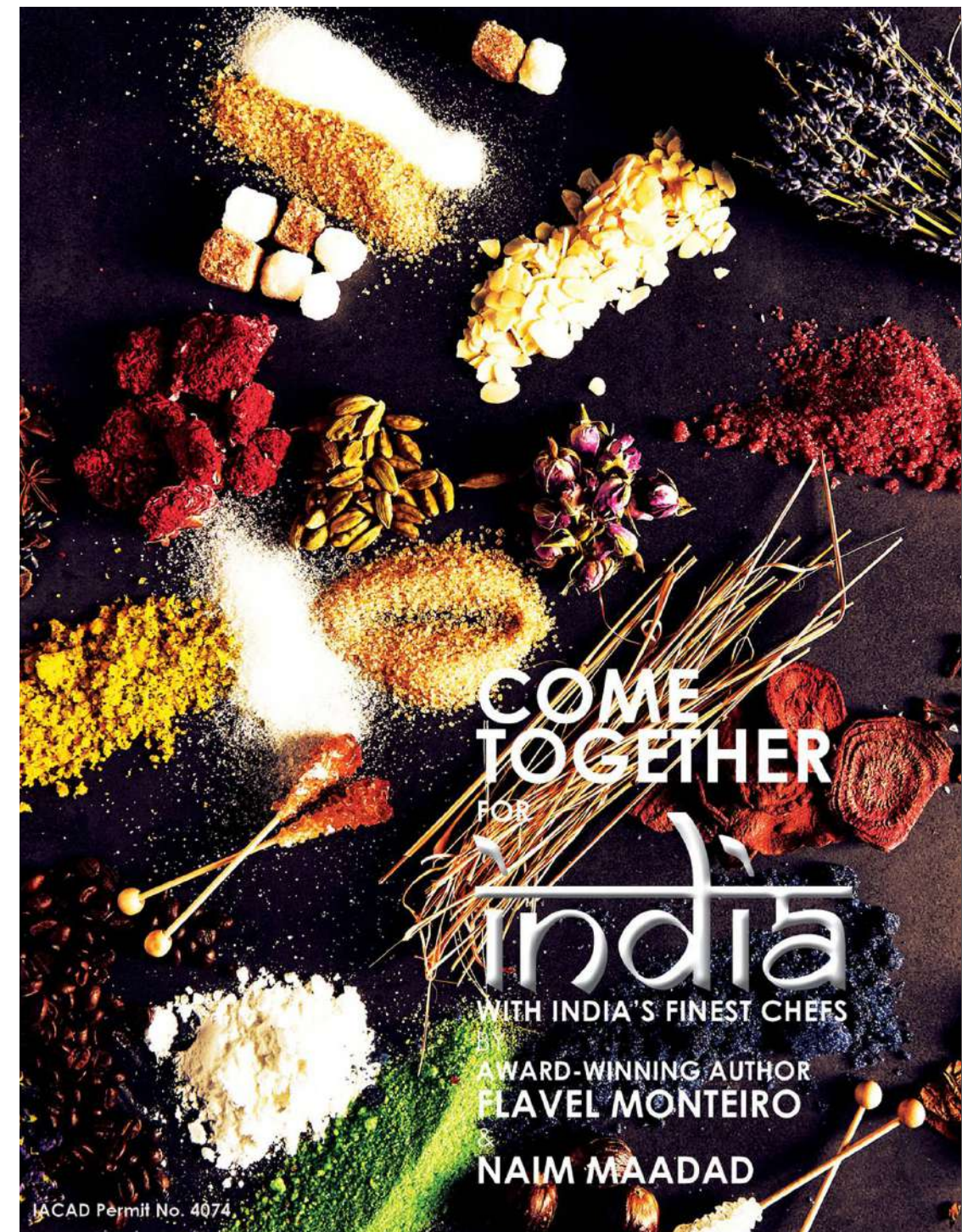
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## UAE - DUBAI

After losing dear friends to COVID-19 in India, the covid catastrophe worsened in the country during the second wave. Major cities and villages came to a standstill, mortality was at a high rate due to the health care system coming crashing and yet to see the peak of the second wave.

Since food brings people together, I decided to do an e-book and raise money to feed children in India. Forewords and introduction by Vikas Khanna, Edouard Cointreau, Rashmi Uday Singh and Radhika Khandelwal along with 59 of the finest Indian chefs from North America to New Zealand contributed to this culinary opus - a book in 19 days!

Flavel Monteiro  
Come together for India  
Izzy Publishing

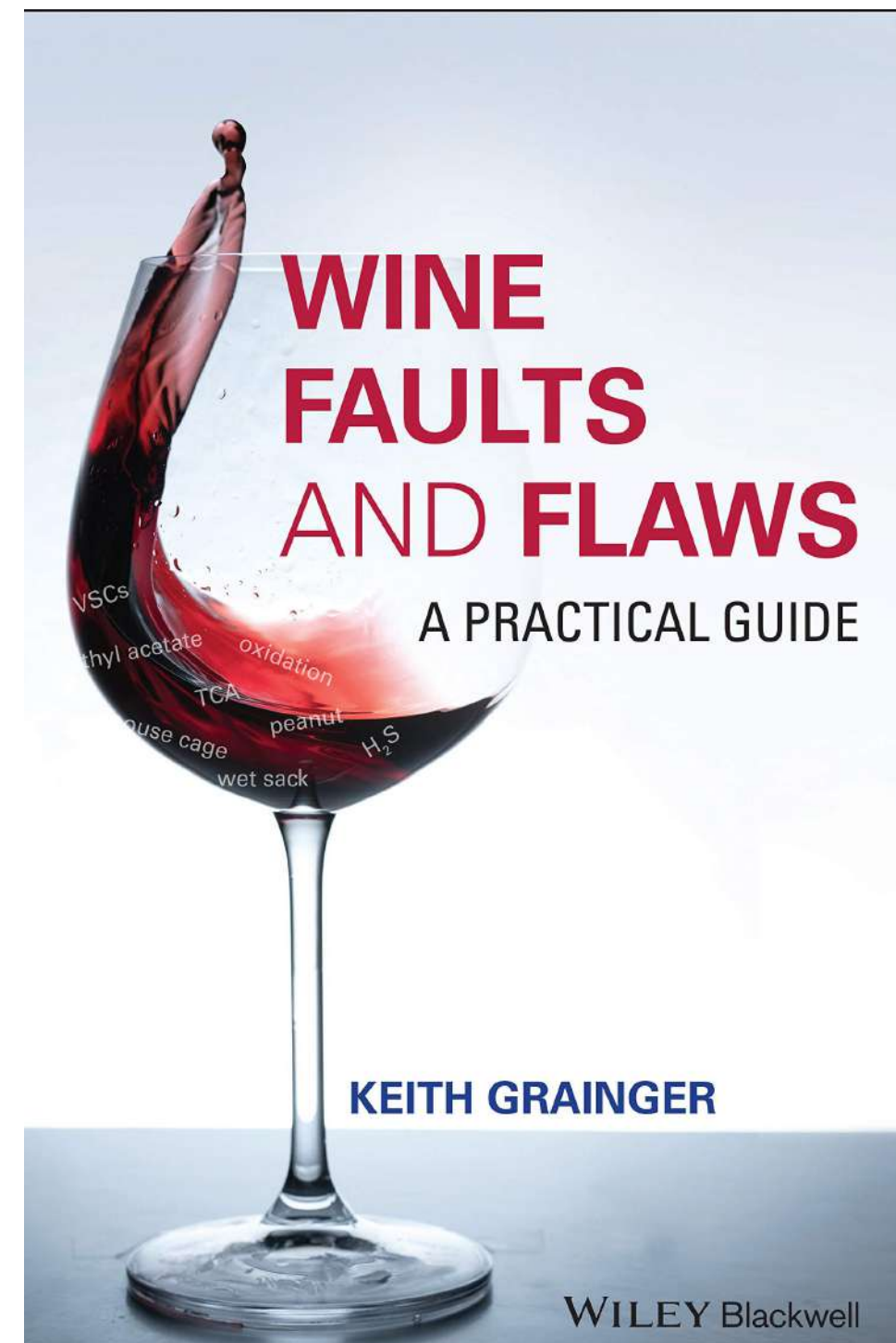




## UNITED KINGDOM

Written by the award-winning wine expert, Keith Grainger, this book provides a detailed examination and explanation of the causes and impact of the faults, flaws and taints that may affect wine. Each fault is discussed using the following criteria: what it is; how it can be detected by sensory or laboratory analysis; what the cause is; how it might be prevented; whether an affected wine is treatable, and if so, how; and the science applicable to the fault.

The incidences of faulty wines reaching the consumer are greater than would be regarded as acceptable in most other industries. It is claimed that occurrences are less common today than in recent recorded history, and it is true that the frequency of some faults and taints being encountered in bottle has declined in the last decade or two. However, incidences of certain faults and taints have increased, and issues that were once...





# UMEÅ FOOD SYMPOSIUM 2022

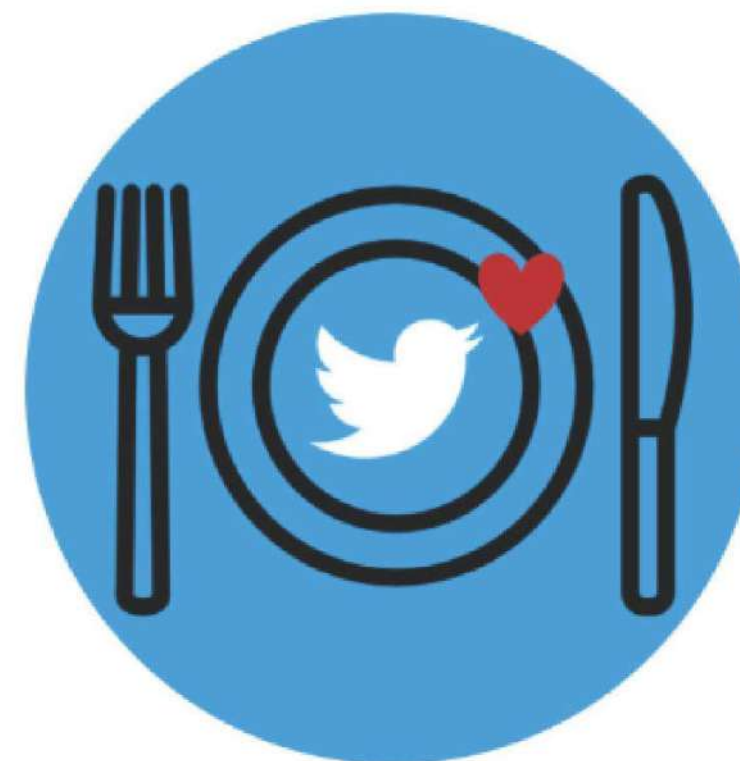
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## UNITED KINGDOM

Dave's husband Sam died, leaving him as a single parent to a hungry young boy. Cooking and a love of food help them get through things together. As Dave cooks, he has shared the recipes on Twitter. This beautifully illustrated book presents a full collection of over 200 of his favourite recipes, as previously published in tw-eat and tw-eat more, as well as a handful of bonus recipes. Alongside the recipes, Dave tells his family story and explores the emotional resonance of the food they eat.

The simple, tweet-length recipes in tw-eat together will transform the way you cook - from easy meals for day-to-day cooking to weekend indulgences to feed the soul. The beautiful story of love, loss and recovery alongside the recipes will encourage you to make the most of every opportunity life offers.

Dave is a Professor of Chemistry in York, UK. Professionally, he is passionate about research, teaching, inclusion & diversity, and has written many scientific articles and opinion pieces. As a scientist, his skill in writing brief and precise experimental instructions was a major influence on his approach to writing twitter-style recipes.



**tw-eat**

a little book with big feelings  
and short recipes for very busy lives

David K. Smith



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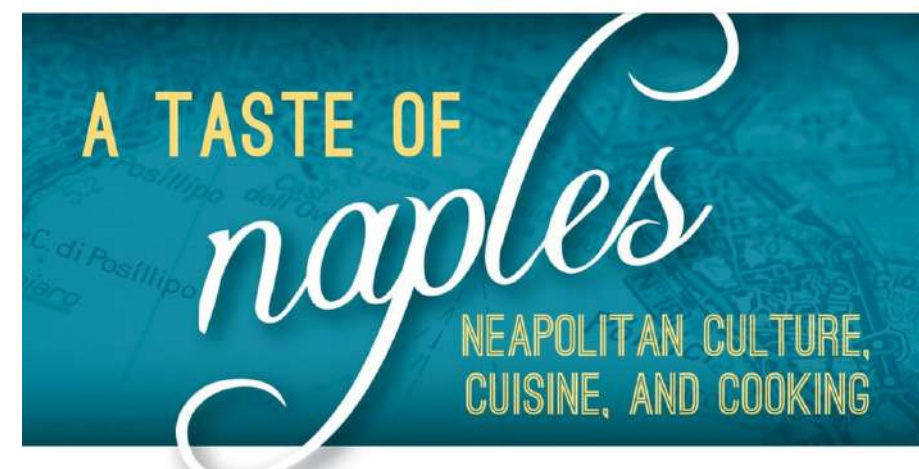
## USA

Ten years ago, I was walking down the street, looking forward to a terrific future of cooking television, books, more writing (in the New York Times, etc) when suddenly I was flying through the air. I sailed up three stories (i measured by the buildings I could see) and then, came down. On my head.

I entered a phase of my life that was devoid of a future, was without pleasure, was with various disabilities - the worst being loss of smell and taste. It was long before anosmia was part of the mainstream conversation due to Covid. I thought I was the only person in the world with it. It was terrifying. Doctors said: this is the way it is now.

It was beyond miserable. Even though I had absolutely no sign or encouragement it would get better, I began to push myself and follow the smells and tastes as they returned, doing everything I could to understand, and coax out more, more detail as from a memory. My manuscript, which has won the Gourmand Award, is my memoir/non-fiction narrative of those times, tracing it to now.

Marlena Spieler





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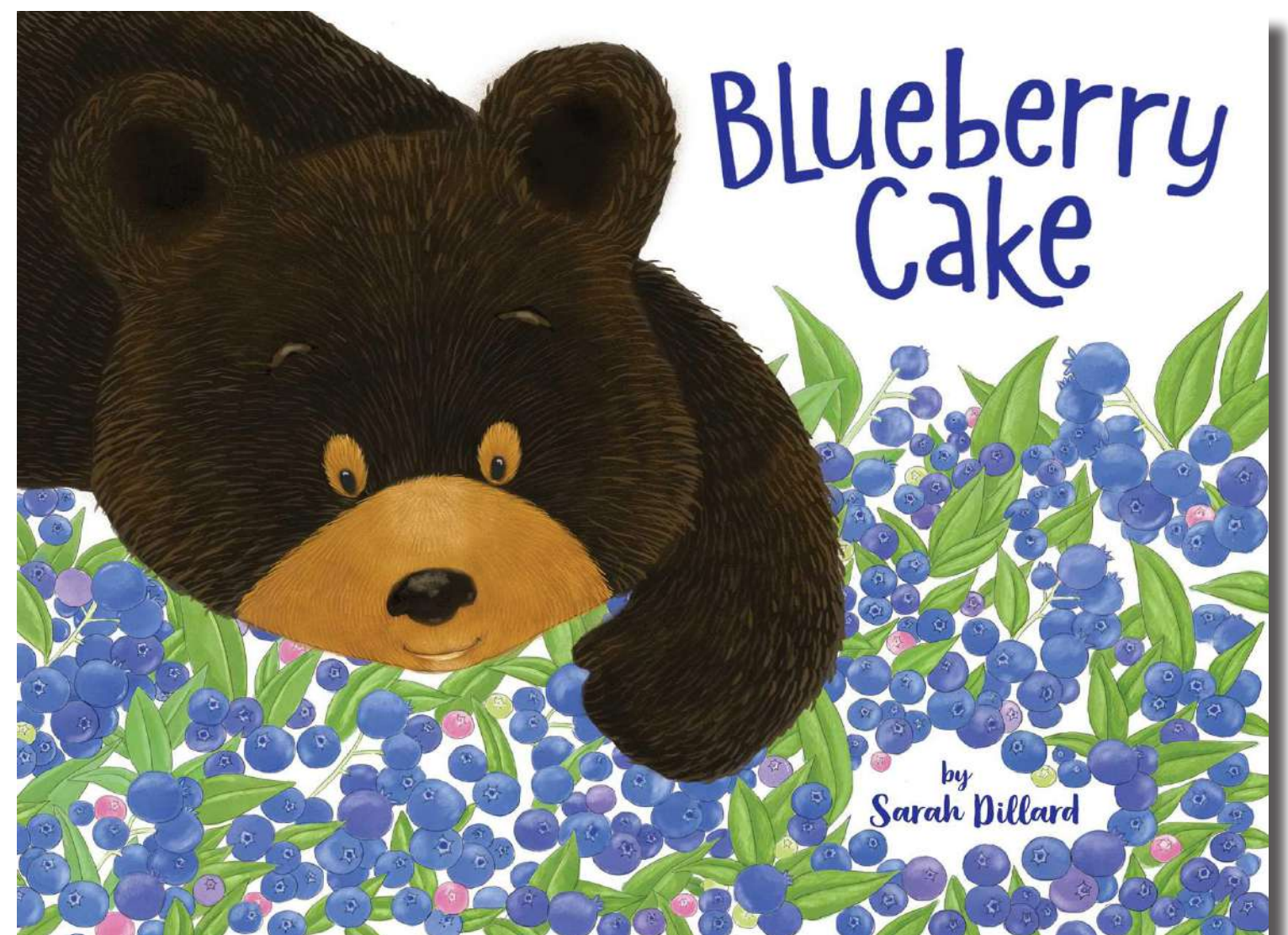
## USA

In the tradition of *Blueberries for Sal*, author of *I Wish It Would Snow!* Sarah Dillard presents a witty and whimsical tale of a young bear who can't get enough of his favorite treat!

There's nothing Little Bear loves more than delicious, delectable blueberries. And one of the very best ways to eat blueberries is in Mama's sweet, scrumptious blueberry cake.

But when Little Bear goes to pick berries so Mama can fix him a treat, he can't resist eating them all! Can Little Bear figure out how to save some yummy blueberries, or will he once again come home empty handed and never get any blueberry cake?

Sarah Dillard studied art at Wheaton College and illustration at Rhode Island School of Design. She lives with her husband in Waitsfield, Vermont.





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## USA

The remarkable story of the money sent by the Choctaw to the Irish in 1847 is one that is often told and remembered by people in both nations. This gift was sent to the Irish from the Choctaw at the height of the potato famine in Ireland, just sixteen years after the Choctaw began their march on the Trail of Tears toward the areas west of the Mississippi River. Famine Pots honors that extraordinary gift and provides further context about and consideration of this powerful symbol of cross-cultural synergy through a collection of essays and poems that speak volumes of the empathy and connectivity between the two communities.

As well as signaling patterns of movement and exchange, this study of the gift exchange invites reflection on processes of cultural formation within Choctaw and Irish society alike, and sheds light on longtime concerns surrounding spiritual and social identities. This volume aims to facilitate a fuller understanding of the historical complexities that surrounded migration and movement in the colonial world, which in turn will help lead to a more constructive consideration of the ways in which Irish and Native American Studies might be drawn together today.



## Famine Pots

THE CHOCTAW-IRISH  
GIFT EXCHANGE,  
1847-PRESENT

Edited by LeAnne Howe and Padraig Kirwan



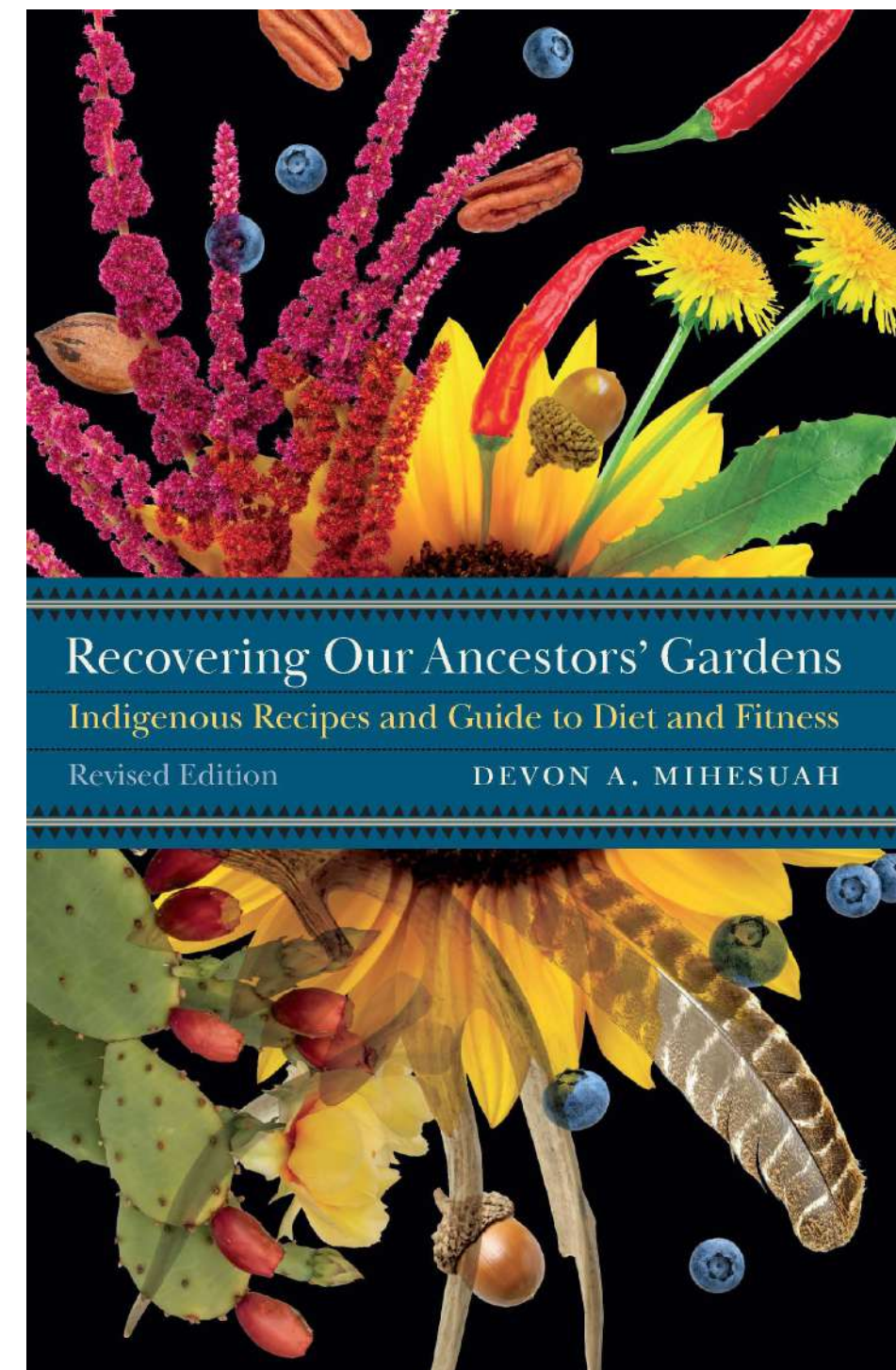
# UMEÅ FOOD SYMPOSIUM 2022

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## USA

Featuring an array of tempting traditional Native recipes and no-nonsense practical advice about health and fitness, *Recovering Our Ancestors' Gardens*, by the acclaimed Choctaw author and scholar Devon Abbott Mihesuah, draws on the rich indigenous heritages of this continent to offer a helpful guide to a healthier life. The first half of the book consists of clear and often pointed discussions about the generally poor state of indigenous health today and how and why many Natives have become separated from their traditional diets, sports, and other activities. Poor health, Mihesuah contends, is a pervasive consequence of colonialism. Indigenous foods and activities can be reclaimed, however, and made relevant for a healthier lifestyle today.

The second half of the book is a collection of indigenous recipes, including Summer Salsa, Poke Salat Salad, Dakota Waskuya Soup, Osage Pounded Meat, Chickasaw Pashofa, Elk Steak, Choctaw Banaha, Comanche Ata-Kwasa, Stewed Fruit Dessert, and a one-week diet chart. Savory, natural, and steeped in the Native traditions of this land, these recipes are sure to delight and satisfy.





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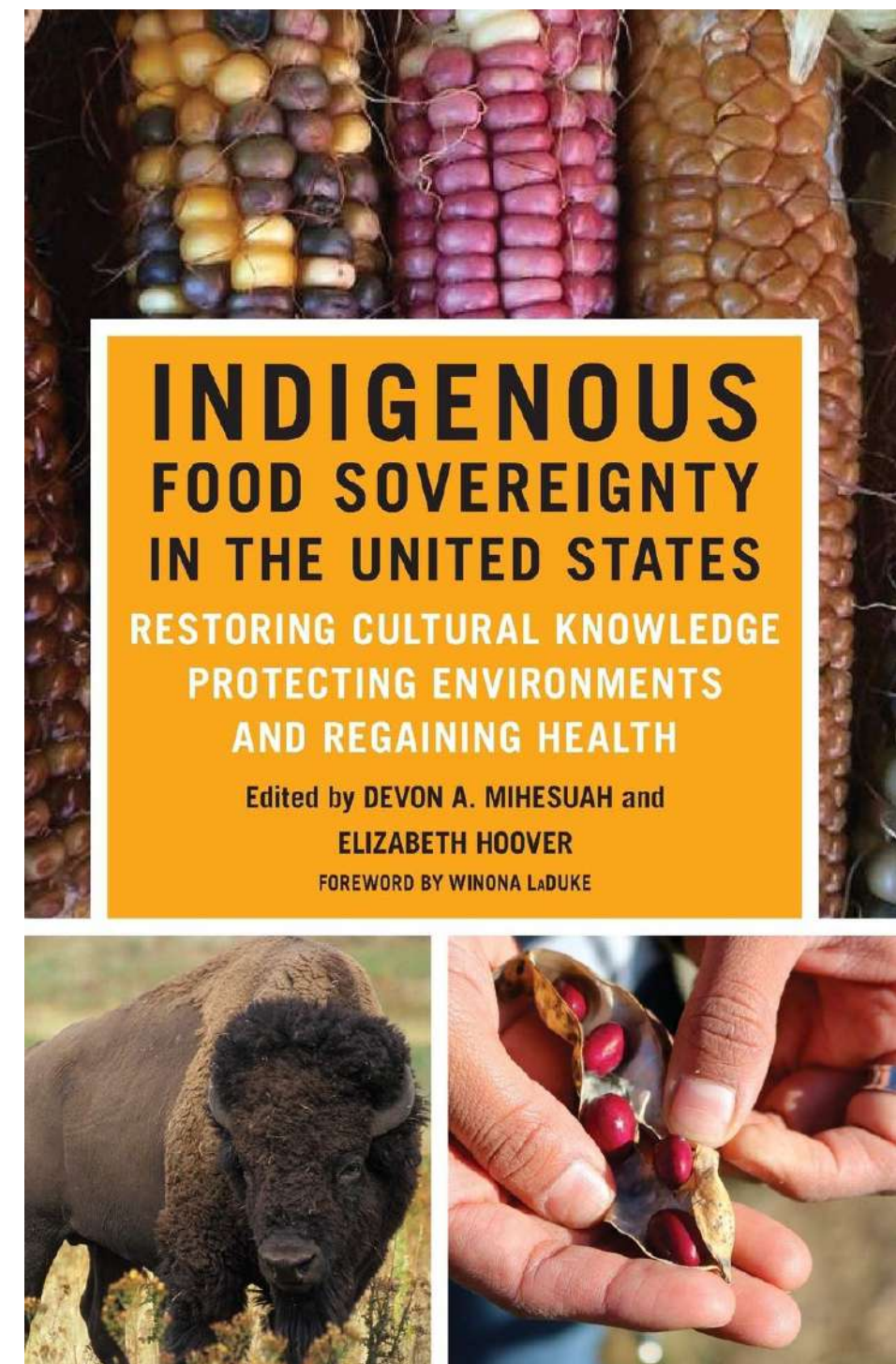
## USA

“All those interested in Indigenous food systems, sovereignty issues, or environment, and their path toward recovery should read this powerful book.”

Kathie L. Beebe, American Indian Quarterly

Centuries of colonization and other factors have disrupted indigenous communities' ability to control their own food systems. This volume explores the meaning and importance of food sovereignty for Native peoples in the United States, and asks whether and how it might be achieved and sustained.

Unprecedented in its focus and scope, this collection addresses nearly every aspect of indigenous food sovereignty, from revitalizing ancestral gardens and traditional ways of hunting, gathering, and seed saving to the difficult realities of racism, treaty abrogation, tribal sociopolitical factionalism, and the entrenched beliefs that processed foods are superior to traditional tribal fare. The contributors include scholar-activists in the fields of ethnobotany, history, anthropology, nutrition, insect ecology, biology, marine environmentalism, and federal Indian law, as well as indigenous seed savers and keepers, cooks, farmers, spearfishers, and community activists.





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## VENEZUELA

365 days. One for each wine, it has a calendar structure: from day 1 to day 365. Each one has texts related to the wine and a proposal of bottles to uncork. It is progressive in nature: as the days go by, the contents become more in-depth, a sort of logbook for beginner wine lovers and with hints for wine lovers and wine connoisseurs. Data on tastings, literature, art, curiosities, etc. Every self-respecting wine lover should have it on his lap.

“For those who are just starting out, I suggest reading it day by day in chronological order and without haste. For those who have already gone through it, they could do it in the style of Rayuela, Julio Cortázar’s book: read it in the order they want, according to their whim. For those who are interested in a particular subject, there is a thematic index at the end of the e book, which will be of help, as well as a directory of the importers present with their wine index”.

Adriana Gibbs

