



whitecap books | FALL 2020



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9781770503373

- English, English
- 8.5 x 11 x 1 in | 100 gr
- 212 pages

Subject

COOKING / General

Distributor

Fitzhenry and Whiteside

Carton quantity: 12

Cyprus Cuisine

By (author) Christina Loucas 

Jun 05, 2021 | Paperback , Trade , Reinforced binding | \$40.00

Though Cyprus is a small country, its cuisine features a large variety of dishes, probably due to the many different cultural influences affecting the island's history...as well as a substantial variation in climate around the country... from sunny beaches to snow-capped mountains. Cyprus cuisine has a Mediterranean allure, mixing Mediterranean and Middle Eastern flours and ingredients.

Many Cypriot families still make home-made olive oil every year, and neighbours regularly exchange excess bounty of homegrown fruits and vegetables, including pomelo, grapes carobs, figs, oranges, lemons, cantaloupe, bergamot, medlars, almonds, kumquats, cactus pears, and, of course, olives.

Most Cypriot dishes are not particularly hot or spicy, though there is ample use of local herbs such as wild oregano, rosemary, mint, parsley, basil, cinnamon and coriander. Spices such as allspice, cloves, mastic and mehleb powders can be found in many sweets and baked goods.

The book features 68 recipes, illustrated in full colour, ranging from drinks to desserts, to soups, salads, small bites, breads and pastries, pickles, dips and main courses.

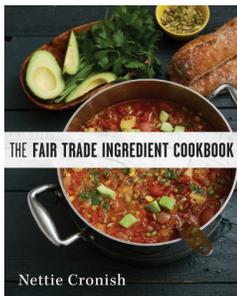
Contributor Bio

Christina Loucas

was raised on Vancouver Island, Canada by Greek-Cypriot parents. She worked for six years as an international arbitration lawyer in London, Singapore and Canada after a law degree from Oxford. Following a sudden illness, she decided to change her life, move to Cyprus, and to follow her passion for food and photography. With her now very successful blog (www.afroditeskitchen.com), she brings to the attention of the international public all the beauty and ingredients of her Cyprus.



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The Fair Trade Ingredient Cookbook

By (author) Nettie Cronish 

May 08, 2021 | Paperback , Trade | \$34.95



9781770503304

- English , English
- 8 x 10 x 1.25 in | 463 gr
- 250 pages

Subject

COOKING / General

Distributor

Fitzhenry and Whiteside

Carton quantity: 10

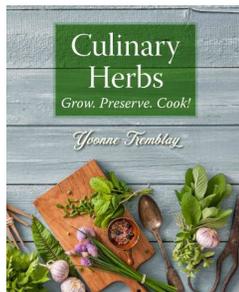
We live in an age when consumers are more informed than ever about what they buy, eat, and use. Local producers and chefs are educating their customers so they understand exactly where the food they consume comes from and how it was grown or raised. People are eager to educate themselves, to spend money on products and ingredients that benefit their bodies, environment and communities. That is why buying fair trade ingredients has a tremendous social impact. They have an ethical integrity.

I want to give the consumer an understanding of the process, explaining how an ingredient qualifies for fair trade certification and detail the steps involved in how that product reaches a supermarket shelf. Every chapter will have an interview with a fair trade producer co-operative that will provide background information and describe the benefits of belonging to the fair trade certification program and will outline their business mode.

Fairtrade brings together the cocoa farmers in Belize, with the campesina coffee growers of Chiapas with the banana farmers and workers of Ecuador, the Palestinian olive growers of the West Bank and the coconut milk farmers of Sri Lanka. Fairtrade is the story of farmers and workers in the global south, of coffee roasters and chocolate lovers in North America sharing the desire for a better world.

Contributor Bio

Nettie Cronish is a food writer, recipe developer, and instructor of health and wellness seminars focusing on natural foods. She has been teaching vegetarian cooking classes for the past 20 years and is chair of the Women's Culinary Network in Toronto and a board member of Cuisine Canada. She is the author of three vegetarian cookbooks.



Culinary Herbs

Grow. Preserve. Cook!

By (author) Yvonne Tremblay 

Mar 01, 2021 | Paperback , A-format | \$34.95

"If you've ever wondered what an herb is, how to grow or save your herbal crop, how to safely make herb oils and vinegars or how to enhance your cooking with herbs, then this is the book for you. Yvonne Tremblay offers comprehensive information that will appeal to novices and experts alike."

? Dana McCauley, food editor of Homemaker's.

Yvonne Tremblay has been teaching people how to cook with fresh herbs for years. Most people use only two or three herbs when cooking, and their scant knowledge doesn't include how to harvest, wash, chop or store fresh herbs. In *Thyme in the Kitchen*, Yvonne shows how fresh fragrant herbs can transform the simplest dishes. Neatly divided into two parts, it includes an herb primer (how to grow, harvest and store culinary herbs, with a section on capturing the flavor of fresh herbs for later use, in oil, vinegar, butter, honey and sugar) and a much larger part on cooking with herbs.

Become an expert on making basil pesto; roast a chicken stuffed with rosemary, thyme and sage; whip up salsas and savory sauces; revel in risotto; linger over lavender shortbread or ice cream; sink into a minted mango mousse. Whatever you decide to try, your taste buds are in for a treat!



9781770503359

- English , English
- Full colour photographs throughout
- 8 x 10 x 0.5 in | 100 gr
- 230 pages

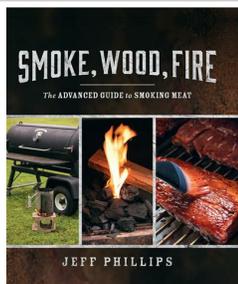
Subject

COOKING / Specific Ingredients / Herbs, Spices, Condiments

Distributor

Fitzhenry and Whiteside

Carton quantity: 12



9781770503267

- English
- 8.5 x 9.75 x 0.6 in | 639 gr
- 208 pages

Subject

COOKING / Methods / Outdoor

Distributor

Fitzhenry and Whiteside

Carton quantity: 24

Smoke Wood Fire*The Advanced Guide to Smoking Meat*

By (author) Jeff Phillips

May 26, 2020 | Paperback , Trade | \$29.95

Want to take your smoking meat and fish game to the next level? Let bestselling author and best-ranked smoking meat blogger Jeff Phillips get you out of the funk and into the flames. Jeff has committed decades to the craft and is now ready to show you that it's as much about tools, techniques, and methods as it is about the recipes.

This advanced guide includes detailed information on modern and legacy smoking techniques that range from cold smoking to getting the smoke just right in cold climates.

You'll also get in-depth insight and instruction on getting the most out of smokers and cookers, plus tools and accessories available to backyard smokers. Delve into the many woods, charcoals and pellets, the various smokers, brands and how to season them — even stovetop smokers. You'll learn the best use and choice of dehydrators, spice grinders, thermometers, knives and tongs. And get expert advice on injectors, water pans, spray bottles, foil pans and cleaning techniques. And of course, temperature control methods for perfect timing and results. And Jeff doesn't forget the meats — he covers wrapping, resting, handling, safety and much more.

And what's a book about smoking techniques without great recipes. It's here where Jeff brings his own brand of innovative fare including recipes for dehydrating your own peppers for that perfect rub to a complete step by step instruction (with pictures) for making American style "streaky" bacon using a 100+ year-old brine recipe.

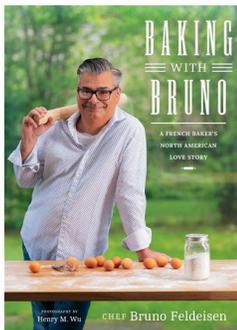
With *Smoke Wood Fire* learn to smoke like a pro, right in your backyard.

Contributor Bio**Jeff Phillips**

is author of the bestselling *Smoking Meat: The Essential Guide to Real Barbeque* and the creator of the smokin' hot website *smoking-meat.com*, the highest ranked smoking meat blog in America. Jeff was born in North Carolina, and raised on southern cooking. As a teenager, he began experimenting with cooking over grills and campfires; eventually he moved on to smoking units that could fit an entire pig! Ten years ago, he began compiling all his expertise onto a website, which has now expanded to include hundreds of pages of recipes and tutorials. Jeff lives in Tulsa, Oklahoma with his wife and three children.



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9781770503328

- English, English
- full color photography throughout
- 7.5 x 10.5 x 0.5 in | 603 gr
- 156 pages

Subject

COOKING / Methods / Baking

Distributor

Fitzhenry and Whiteside

Carton quantity: 24

Baking With Bruno

A French Baker's North American Love Story

By (author) Bruno Feldeisen 🇨🇦

Apr 17, 2020 | Paperback, Trade | \$34.95

In 1988, I embarked on a search of new horizons, open spaces and new flavours, and landed in New York. That is a journey I have never regretted -- a North American love story where I have cooked alongside cooks from every walk of life, in cities as vibrant as my curiosity.

I discovered that food in North America was tasty, exciting, culturally rich, and that deserts were delicious... I learned how entrenched baking was here, how centuries of immigrants from Holland, Germany, Italy and other distant places made this a land where I would learn and discover.

Many years later, I still get excited, learning new techniques and recipes. My kitchen is the heartbeat of my house. Let the sweet smells of baking create long-lasting memories!

Contributor Bio

Bruno Feldeisen

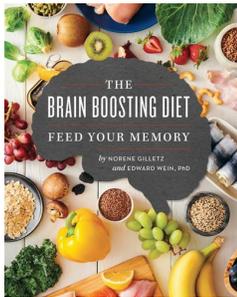
has worked at Le Louis XV (Monaco), Patina Restaurant in Los Angeles, and in the kitchens of Four Seasons hotels throughout North America. Currently he splits his time between being Executive Chef at the Semiahmoo Resort in Blaine Washington, and a judge on CBC's Great Canadian Baking Show. Bruno Feldeisen lives in British Columbia.

Visit Bruno's web site at www.brunofeldeisen.com.



Reviews

"I stopped acquiring cookbooks some years ago when, like many of us, I became an empty-nester. Besides, I feel that many new cook-book writers have begun to take home cooks for granted by publishing esoteric recipes and complicated procedures. "Until now. Chef Bruno Feldeisen gives home bakers a gift with his new book, *Baking with Bruno, A French Baker's North American Love Story*. You may know him as a judge on the CBC Great Canadian Baking Show. And he has partnered with a renowned Canadian hotelier, Henry M. Wu, whose hobby is food photography, though the quality of his art is much more than that of a hobbyist. "A good cup of coffee in hand, I make myself comfortable and begin to read *Baking with Bruno*, cover to cover. It is Bruno's ode to his journey, where a French baker from a world of very defined culinary rules, explores a new land where the food possibilities, techniques and tastes are boundless. I met Bruno on his arrival in Toronto about thirty years ago, and right from the start the food writing community



9781770503212

- English
- 8 x 10 x 1.3 in | 1918 gr
- 616 pages

Subject

HEALTH & FITNESS / Diseases / Alzheimer's & Dementia

Distributor

Fitzhenry and Whiteside

Carton quantity: 8

The Brain Boosting Diet

Feed Your Memory

By (author) Norene Gilletz 🇨🇦, By (author) Edward Wein 🇨🇦

Dec 19, 2019 | Paperback , Trade | \$50.00

"Of all the things I've lost, I miss memory the most."
— Mark Twain

This book is designed to help people cope with memory loss through diet.

Packed with over 200 delicious recipes ranging from appetizers to main courses, from soups, to fish, to desserts. The recipes are have been developed by well-respected Canadian cookbook author Norene Gilletz, each of which receives a solid commentary from Dr Edward Wein, *Brain Boosting Diet* provides both health and nutritional advice for people with memory loss.

Another important purpose of the book is to show the reader how to slow down potential cognitive decline.

- **LEARN** how diet fits with other lifestyle measures to stave off memory loss and reduce the risk of Alzheimer's and dementia.
- **BECOME AWARE** of the 3 deadly dietary sins that put your body and brain at risk:
 1. ● Too much food,
 2. ● Too much sugar and carbohydrates, and
 3. ● Too much processed foods.
- **IDENTIFY** foods that help prevent cognitive decline and those that accelerate it.
- **CHOOSE** a brain beneficial diet plan based on your personal preference. Plant Based. Med Diet. MIND Diet. BBD (Brain Boosting Diet).
- **DISCOVER** how to maximize the brain benefit of your chosen diet plan by selective food combinations and preparation. An approach not previously published.
- **UNDERSTAND** the role of supplements in a brain-healthy diet and choose those that are worth taking.
- **FIND** tidbits of interesting information interspersed throughout the text as well as "Dr. Ed Says" notes on the brain nutrition value of each of the recipes, like:
 - Our human hunter gatherer ancestors of 10,000 years ago had better nutrition

Contributor Bio

Norene Gilletz

Norene is the leading author of kosher cookbooks in Canada and the owner of Gourmania Inc. Norene was born and raised in Winnipeg, raised her family in Montreal and now lives in Toronto, Canada. She has three children and five grandchildren.

Visit Norene's web site at www.gourmania.com

Dr. Edward Wein

Dr. Wein obtained his Ph.D. in biochemical engineering from the University of Toronto. In a career spanning more than thirty years as a senior food research scientist, he developed many healthy and unique nutritional foods and supplements for both mind and body. These included the world's first full nutrition meal replacement product and a ground-breaking nutrition bar to maintain memory and cognitive health. Dr. Wein has also served as adjunct professor at the University of Guelph in Canada, was on the advisory board of Ryerson University Dept. of Chemical Engineering, and is a past member of the Canada Expert Committee on Food Biotechnology. He was the contributing author of the nutrition chapter to Dr. Paul Bendheim MD's book, *The Brain*



Reviews

"Packed with over 150 recipes provided by cookbook author Norene Gilletz and including insightful commentary on each one from Dr. Edward Wein...This is an illustrated health cookbook that is loaded with solid health and nutritional advice."
— *Midwest Book Review*

"Just what the doctor ordered! This much needed science-based resource offers fast, fantastic, family recipes to boost brain health. It's tip-packed and nutrition-packed, with helpful hacks for the busy cook. This comprehensive guide uses readily available ingredients, with many vegetarian, dairy-free, Passover, and gluten-free options. An essential addition to your cookbook collection."
— *Jamie Geller*, six-time best-selling cookbook author, founder and CEO of JamieGeller.com of Kosher Network International

"*The Brain Boosting Diet* is a terrific, eye-opening gem of a book. This