

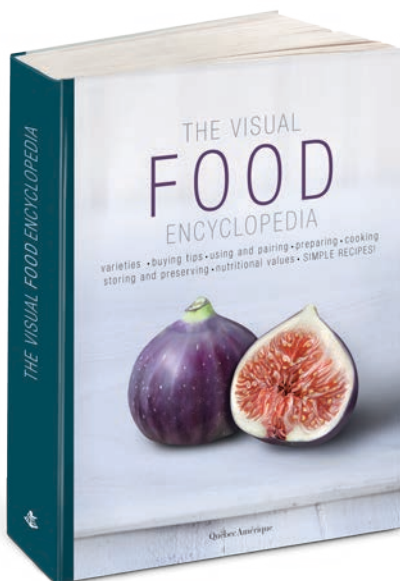
COOKING

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# Québec Amérique | Cardinal

LONDON-BOLOGNA 2018





**PAGES:** 624 pages

**FORMAT:** 203 mm × 273 mm  
(8 in. × 10 3/4 in.)

**TARGET AUDIENCE:** General audience

**SRP:** US\$39.95

## THE VISUAL FOOD ENCYCLOPEDIA

Magnificently illustrated and written in a clear, easy-to-read style, this encyclopedia is a treasure trove of information.

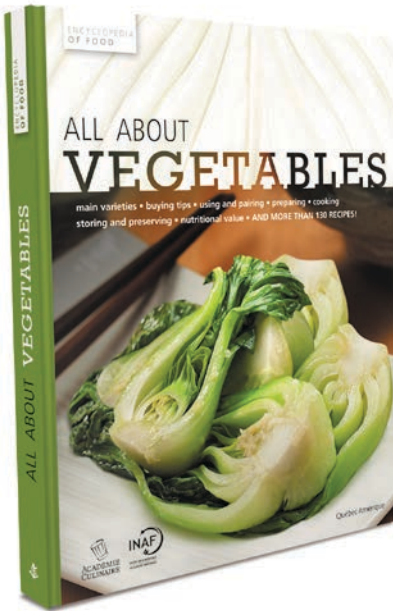
- Origin of each food and detailed description of varieties
- Tips on buying, preparing, cooking and preserving
- Suggestions for using and pairing
- Nutritional values
- Cooking techniques and over 1,000 photos and illustrations
- Nearly 350 simple recipes

FROM THE MARKET TO YOUR TABLE,  
AN ESSENTIAL TOOL  
FOR COOKING AND EATING WELL.

### TOPICS

Vegetables  
Legumes  
Seaweed and mushrooms  
Fruits, nuts and seeds  
Cereals and grains  
Seafood  
Fish  
Poultry and eggs  
Meat  
Deli meats  
Dairy products  
Seasonings and condiments





# ALL ABOUT VEGETABLES

Magnificently illustrated and written in a clear, easy-to-read style, this encyclopedia is a treasure trove of information.

- Origin of each vegetable and detailed description of varieties
- Tips on buying, preparing, cooking and preserving
- Suggestions for using and pairing
- Illustrated cooking techniques
- Nutritional value
- Seasonal calendar
- More than 130 recipes

**“This encyclopedia is a must-have reference tool in all our daily cooking classes at the Académie Culinaire.”**

François Martel  
Director, Académie Culinaire

- 100,000 words
- 400 illustrations

**PAGES:** 216 pages

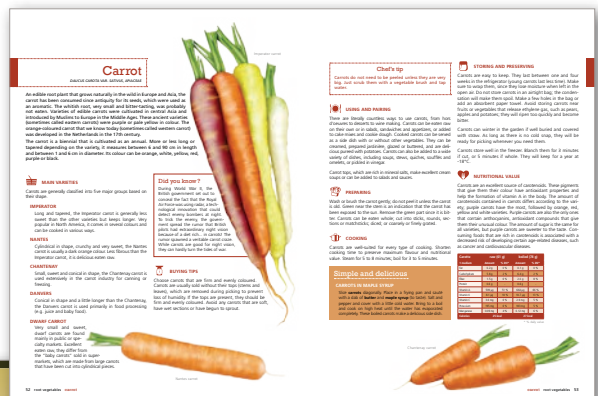
**FORMAT:** 203 mm × 273 mm  
(8 in. × 10 3/4 in.)

**TARGET AUDIENCE:** General audience

**SRP:** US\$24.95

## TOPICS

Bulb Vegetables  
Root Vegetables  
Tuber Vegetables  
Stalk Vegetables  
Leaf Vegetables  
Flower Vegetables  
Fruit Vegetables  
Corn and Legumes





- 125,000 words
- 500 illustrations

**PAGES:** 216 pages

**FORMAT:** 203 mm × 273 mm  
(8 in. × 10 3/4 in.)

**TARGET AUDIENCE:** General audience

**SRP:** US\$24.95

## TOPICS

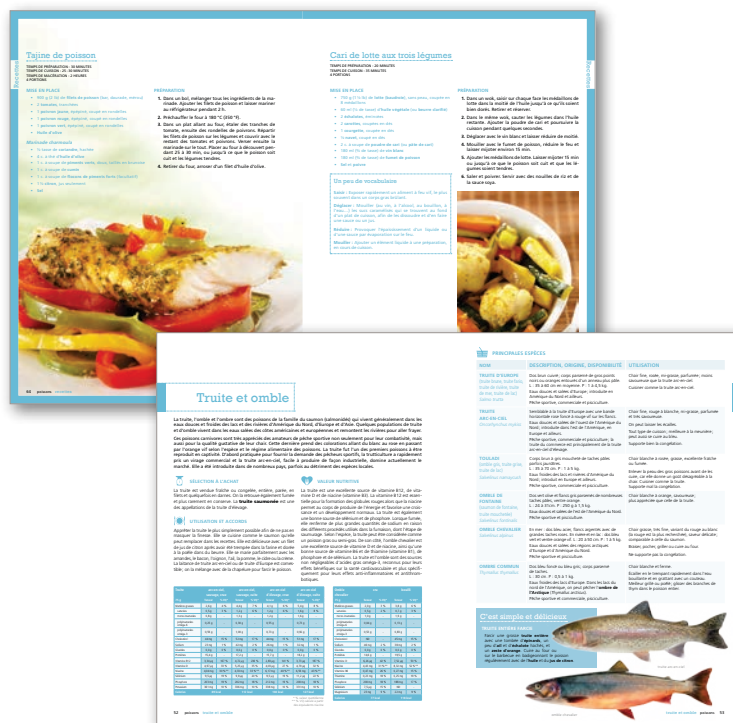
Fish  
Shellfish  
Mollusks and Other Seafood  
Poultry  
Meats  
Cured Meats

# ALL ABOUT MEAT, FISH AND SEAFOOD

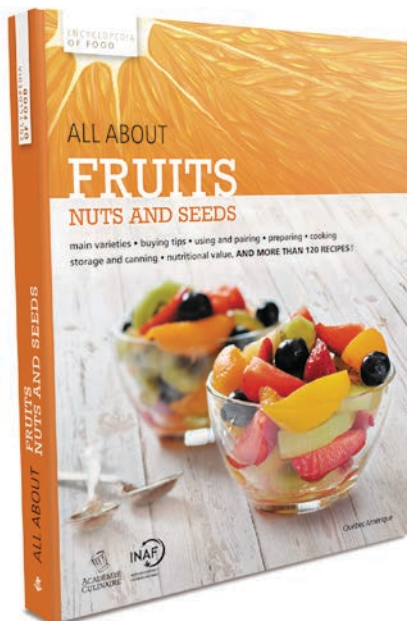
Meat, fish and seafood have always held a special place on our dinner plates and are associated with the sharing of good meals and celebrations. This cookbook demystifies the wide range of products available and the many ways to prepare and serve them.

Cooking aficionados will find in this book:

- A detailed description of each product: its origin, eco-friendly choices, etc.
- The range of species, classifications and cuts
- Suggestions for uses and accompaniments (spices, herbs, fruits and others)
- Tips on buying, preparing, cooking and preserving
- Nutritional information, health benefits
- Cooking techniques
- More than 120 recipes







- 100,000 words
- 400 illustrations

**PAGES:** 216 pages

**FORMAT:** 203 mm × 273 mm  
(8 in. × 10 3/4 in.)

**TARGET AUDIENCE:** General audience

**SRP:** US\$24.95

## TOPICS

Berries  
Fruits with Pits  
Fruits with Seeds  
Melons  
Citrus Fruits  
Tropical Fruits  
Nuts and Seeds

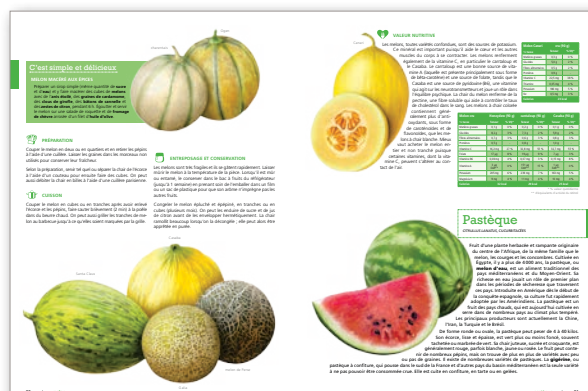
# ALL ABOUT FRUITS, NUTS AND SEEDS

Colourful and packed with flavour, the fruits, nuts and seeds are rich in nutrients. These favourite foods come in an endless array of shapes. Discover new varieties and amazing ways to prepare the classics.

- Origin of each fruit, nut and seed and detailed description of varieties
- Tips on buying, preparing, cooking and preserving
- Suggestions for using and pairing
- Nutritional value
- Seasonal calendar
- More than 120 recipes

**“[...] if you love food as much as I do, you shouldn't pass up this amazing culinary bible. You're sure to consult it several times a week.”**

Marie-Josée Turgeon,  
*Au fil des pages*



**MISE EN PLACE**

- 1 pomme, lavée et coupée en 4
- 1 orange, lavée, épluchée et coupée en 4
- 1/2 kg de sucre blanc, tamisé et mis de côté
- 1/2 kg de sucre brun, tamisé et mis de côté
- 1/2 kg de sucre blanc, tamisé et mis de côté
- 1/2 kg de sucre brun, tamisé et mis de côté
- 1/2 kg de sucre blanc, tamisé et mis de côté
- 1/2 kg de sucre brun, tamisé et mis de côté

**PRÉPARATION**

1. Dans un bol, mélanger le sucre blanc et le sucre brun. Ajouter la pomme et l'orange coupées en 4. Mélanger bien.

2. Dans un bol, mélanger le sucre blanc et le sucre brun. Ajouter la pomme et l'orange coupées en 4. Mélanger bien.

**MISE EN PLACE**

- 1 kg de sucre blanc, tamisé et mis de côté
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# User's guide

Accurate and colourful  
**illustrations** of foods  
and varieties.

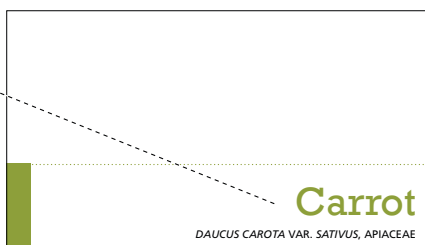
Each theme gives  
detailed information  
about the foods.

**History** and description  
of the food with  
its various names.

Icons make locating  
different headings quick  
and simple.

**Anecdotes** or amazing  
facts about a food.

Description of  
the main varieties.  
When numerous,  
they are displayed  
in a table.



An edible root plant that grows naturally in the wild in Europe and Asia, the carrot has been consumed since antiquity for its seeds, which were used as an aromatic. The whitish root, very small and bitter-tasting, was probably not eaten. Varieties of edible carrots were cultivated in central Asia and introduced by Muslims to Europe in the Middle Ages. These ancient varieties (sometimes called eastern carrots) were purple or pale yellow in colour. The orange-coloured carrot that we know today (sometimes called western carrot) was developed in the Netherlands in the 17th century.

The carrot is a biennial that is cultivated as an annual. More or less long or tapered depending on the variety, it measures between 6 and 90 cm in length and between 1 and 6 cm in diameter. Its colour can be orange, white, yellow, red, purple or black.



## MAIN VARIETIES

Carrots are generally classified into five major groups based on their shape.

### IMPERATOR

Long and tapered, the Emperor carrot is generally less sweet than the other varieties but keeps longer. Very popular in North America, it comes in several colours and can be cooked in various ways.

### NANTES

Cylindrical in shape, crunchy and very sweet, the Nantes carrot is usually a dark orange colour. Less fibrous than the Emperor carrot, it is delicious eaten raw.

### CHANTENAY

Small, sweet and conical in shape, the Chantenay carrot is used extensively in the carrot industry for canning or freezing.

### DANVERS

Conical in shape and a little longer than the Chantenay, the Danvers carrot is used primarily in food processing (e.g. juice and baby food).

### BABY CARROT

Very small and sweet, baby carrots are found mainly in public or specialty markets. Excellent eaten raw, they differ from the "baby-cut carrots" sold in supermarkets, which are made from large carrots that have been cut into cylindrical pieces.

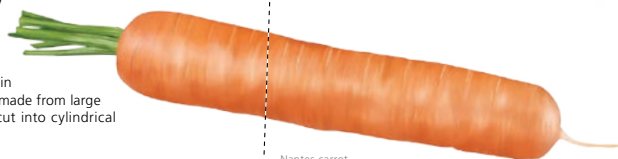
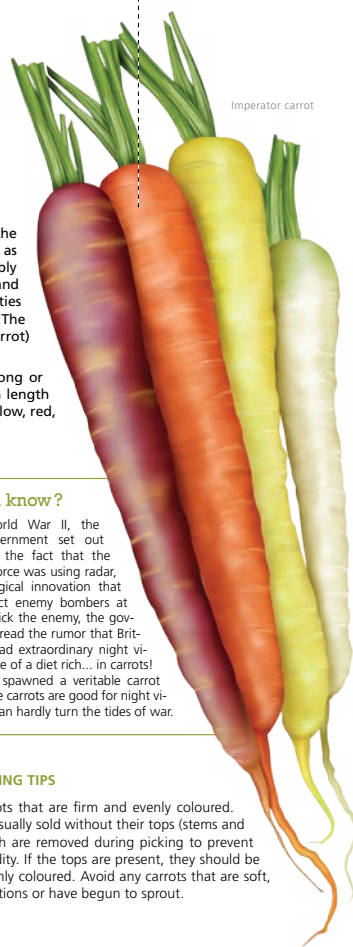
## Did you know?

During World War II, the British government set out to conceal the fact that the Royal Air Force was using radar, a technological innovation that could detect enemy bombers at night. To trick the enemy, the government spread the rumor that British pilots had extraordinary night vision because of a diet rich... in carrots! The rumor spawned a veritable carrot craze. While carrots are good for night vision, they can hardly turn the tides of war.



## BUYING TIPS

Choose carrots that are firm and evenly coloured. Carrots are usually sold without their tops (stems and leaves), which are removed during picking to prevent loss of humidity. If the tops are present, they should be firm and evenly coloured. Avoid any carrots that are soft, have wet sections or have begun to sprout.



46 root vegetables carrot

Theme and subject  
tags make  
searching easy.

Practical **advice**  
for buying fresh  
seasonal produce.

Tips for selecting, using or preparing food.

Suggestions for classic or unusual ways to present each food.

Helpful hints for preparing each food.

Description of how to properly store and preserve food after buying or using.

Chef's tip

Carrots do not need to be peeled unless they are very big. Just scrub them with a vegetable brush and tap water.

USING AND PAIRING

There are literally countless ways to use carrots, from hors d'oeuvres to desserts to wine making. Carrots can be eaten raw on their own or in salads, sandwiches and appetizers, or added to cake mixes and cookie dough. Cooked carrots can be served as a side dish with or without other vegetables. They can be creamed, prepared jardinière, glazed or buttered, and are delicious pureed with potatoes. Carrots can also be added to a wide variety of dishes, including soups, stews, quiches, soufflés and omelets, or pickled in vinegar.

Carrot tops, which are rich in mineral salts, make excellent cream soups or can be added to salads and sauces.

PREPARING

Wash or brush the carrot gently; do not peel it unless the carrot is old. Green near the stem is an indication that the carrot has been exposed to the sun. Remove the green part since it is bitter. Carrots can be eaten whole; cut into sticks, rounds, sections or matchsticks; diced; or coarsely or finely grated.

COOKING

Carrots are well-suited for every type of cooking. Shorten cooking time to preserve maximum flavour and nutritional value. Steam for 5 to 8 minutes; boil for 3 to 5 minutes.

Simple and delicious

CARROTS IN MAPLE SYRUP

Slice carrots diagonally. Place in a frying pan and sauté with a dab of butter and maple syrup (to taste). Salt and pepper and cover with a little cold water. Bring to a boil and cook on high heat until the water has evaporated completely. These boiled carrots make a delicious side dish.



STORING AND PRESERVING

Carrots are easy to keep. They last between one and four weeks in the refrigerator (young carrots last less time). Make sure to wrap them, since they lose moisture when left in the open air. Do not store carrots in an airtight bag; the condensation will make them spoil. Make a few holes in the bag or add an absorbent paper towel. Avoid storing carrots near fruits or vegetables that release ethylene gas, such as pears, apples and potatoes; they will ripen too quickly and become bitter.

Carrots can winter in the garden if well buried and covered with straw. As long as there is no cold snap, they will be ready for picking whenever you need them.

Carrots store well in the freezer. Blanch them for 3 minutes if cut, or 5 minutes if whole. They will keep for a year at -18°C.



NUTRITIONAL VALUE

Carrots are an excellent source of carotenoids. These pigments that give them their colour have antioxidant properties and help the formation of vitamin A in the body. The amount of carotenoids contained in carrots differs according to the variety; purple carrots have the most, followed by orange, red, yellow and white varieties. Purple carrots are also the only ones that contain anthocyanins, antioxidant compounds that give them their unusual colour. The amount of sugar is the same for all varieties, but purple carrots are sweeter to the taste. Consuming foods that are rich in carotenoids is associated with a decreased risk of developing certain age-related diseases, such as cancer and cardiovascular diseases.

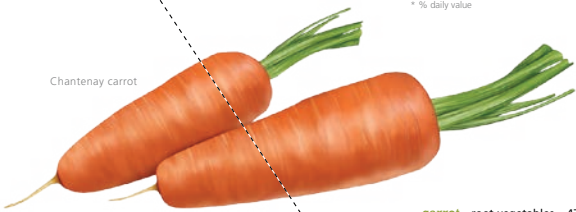
Carrot 1 medium	raw (81 g)		boiled (78 g)	
	Amount	% DV*	Amount	% DV*
Fat	0.2 g	0 %	0.1 g	0 %
Carbohydrate	5.8 g	2 %	6.4 g	2 %
Fiber	1.5 g	6 %	2.0 g	8 %
Protein	0.6 g	-	0.6 g	-
Vitamin A	509 µg	51 %	664 µg	66 %
Vitamin K	8.1 µg	10 %	10.7 µg	13 %
Vitamin C	3.6 mg	6 %	2.9 mg	5 %
Potassium	195 mg	6 %	183 mg	5 %
Manganese	0.09 mg	4 %	0.12 mg	6 %
Calories	25 kcal		27 kcal	

\* % daily value

Heading that lists the nutritional properties, active ingredients and health benefits specific to each food.

Nutritional chart for a specific food serving.

Chantenay carrot



carrot root vegetables 47

Cooking methods to use or to avoid, and practical advice about time, temperature and cookware.

Simple and delicious recipe suggestion to discover or rediscover a food.



**AUTHOR:** Odile Dumais  
**PAGES:** 277 pages  
**FORMAT:** 152.4 mm × 228.6 mm  
 (6 in. × 9 in.)  
**TARGET AUDIENCE:** General audience, outdoor aficionados  
**SRP:** US\$29.95

## OUTDOOR GASTRONOMY

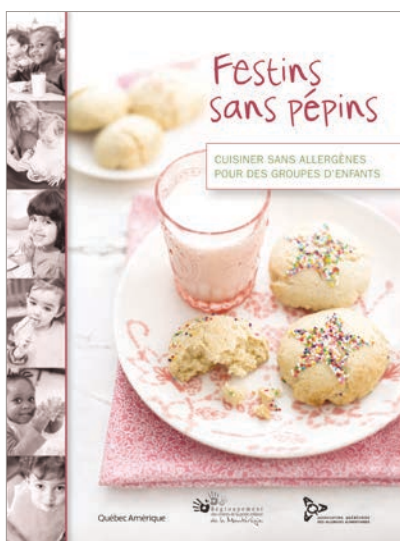
Nutrition, Techniques, Material, Recipes

UPDATED EDITION

First edition sold over 15,000 copies

Includes a collection of nutritious and delicious backpacking recipes for both amateur and seasoned outdoor aficionados.

- Over 30 new recipes, for a total of more than 70 tasty meals easy to prepare for a picnic or an outdoor expedition
- Beautiful colour photos
- Nutritional assessment information based on outdoor activities and conditions
- Practical tools to plan the amount of food and fuel needed for long or short trips
- Detailed instructions on food preservation, with a complete chapter on dehydrating food



• Colour illustrations, colour photos

**PAGES:** 192 pages  
**FORMAT:** 203.2 mm × 273.05 mm  
 (8 in. × 10 3/4 in.)  
**TARGET AUDIENCE:** General audience  
**SRP:** CA\$24.95

## WORRY-FREE DINING

Allergy-friendly Cooking for Children's Groups

This cookbook is designed specifically for use in daycare centres, with a selection of delicious dishes (and allergy-free alternatives) that children love. These great-tasting, nutritionally complete recipes were developed by a chef, in conjunction with daycare professionals, and they have been reviewed by expert nutritionists.

Ingredients are adapted to groups of 10 to 80 children. In addition to catering to the needs of small home-based daycares, this is also an invaluable source of inspiration for families.

- More than 60 original, mouth-watering recipes arranged on a season-by-season basis
- Lists of allergy-free ingredient substitutions
- Tips on introducing new foods, grocery shopping on a budget and maximizing the nutritional value of every meal





- 90 recipes

**AUTHORS:** Marie-Josée Bettez and Christophe Bettez-Thérout

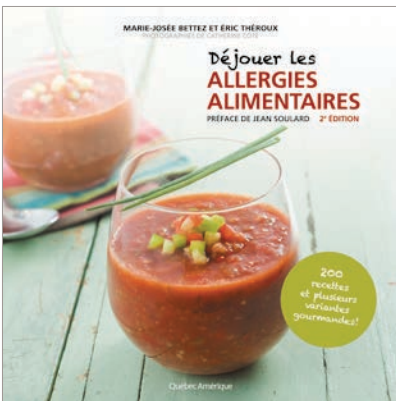
**PAGES:** 288 pages

**FORMAT:** 216 mm × 216 mm (8½ in. × 8½ in.)

**TARGET AUDIENCE:** General audience

**SRP:** CA\$29.95

A must-have guide that will let you focus on food you can eat instead food to avoid



- 200 recipes

**AUTHORS:** Marie-Josée Bettez and Éric Thérout

**PAGES:** 296 pages

**FORMAT:** 216 mm × 216 mm (8½ in. × 8½ in.)

**TARGET AUDIENCE:** General audience

**SRP:** CA\$29.95

## REINVENTED LUNCHES

### (How to Thwart Food Allergies)

More than a collection of simple recipes, the books series brim with information to help you better understand and manage allergies. In *Lunchs réinventés* (*Lunches Reinvented*), Marie-Josée Bettez and her son Christophe serve up a wide selection of appetizing recipes to enjoy outside the home, as well as a wealth of tips on cooking and eating with an easy mind. This work contains:

- Answers to the most frequently asked questions about allergies
- Instructions for decoding food labels
- Recommendations on how to avoid contamination in the kitchen
- Suggestions of substitutes for various food allergies
- The ABCs of planning and preparing allergy-free lunches
- 90 delicious recipes and several variations (including five recipes from chefs specializing in “allergy-free” cuisine)
- Some 30 complete menus and snacking ideas
- A recipe chart by allergens

## HOW TO THWART FOOD ALLERGIES

### 2nd Edition

Heralded as a “must-have tool,” “a culinary masterpiece” and even a “bible,” the first edition of *How to Thwart Food Allergies* was a resounding success in Quebec, where it quickly became a best-seller. This second edition, beautifully illustrated and more expansive than the first, includes 200 tasty and easy-to-make recipes, as well as several gourmet variations. The authors show that it is possible to prepare lasagna without cheese, mayonnaise without eggs or mustard, mousses and ices with coconut milk and (very moist) cakes without eggs or milk.

Much more than a simple recipe book, this work teems with information, tricks of the trade and advice on how to understand food allergies and manage them better. The substitution chart alone is worth a look. Extremely complete, it helps you adapt your own recipes by eliminating problem ingredients. Now you can take real pleasure in food again by focusing on what you are allowed to eat instead of what you are not!



• Colour photos

**PAGES:** 144 pages

**FORMAT:** 152.4 mm × 152.4 mm  
(6 in. × 6 in.)

**TARGET AUDIENCE:** General audience

**SRP:** CA\$19.95

# THE BARISTA'S GUIDE

## The Essentials for tasting the best coffees at home

The Café Barista team reveals everything about preparing coffee like a professional. From extracting espresso to creating latte art, and learning about multiple infusion systems along the way, this guide is a collection of everything you need to know to enjoy little coffee masterpieces at home.

The pages brim with words and pictures of...

- The ABCs of coffee, from tree to cup
- Techniques for preparing and enjoying the perfect espresso
- Features of different infusion systems
- Everything about microfoam and techniques for creating latte art
- A dozen coffee-based recipes, including vanilla latte shake, stout and coffee floater, and coffee gin tonic

And as a bonus: complementary videos online with even more content!

*Co-founded by Alex Sereno and Enrico Sereno in 2004, Café Barista is an artisanal coffee roasting house that prepares its coffee blends in the Italian tradition and offers classes to professional baristas and coffee lovers alike in the art of brewing and tasting coffee.*





**AUTHOR:** Jean-Philippe Cyr

**PAGES:** 216 pages

**FORMAT:** 212.7 mm × 276.2 mm  
(8 3/8 in. × 10 7/8 in.)

**COVER:** Soft

**SRP:** CA\$29.95

**RIGHTS SOLD:** French Europe

# JEAN-PHILIPPE'S KITCHEN

## His 100 best vegan recipes

After a career in the restaurant industry, chef Jean-Philippe Cyr now shares his love of vegan cuisine with hundreds of thousands of online fans.

In his first book, Jean-Philippe Cyr conveys his philosophy through more than 80 simple and tasty vegan recipes. . . for the love of the planet, but also because they're just so good!

An impressive following on social media: more than 80,000 French-speaking Facebook fans, 500,000 English-speaking Facebook fans and 28,000 subscribers on Instagram!

Vegan cooking that's simple and tasty.



### BLT

100 g de pain rond / 3 à 5 SANDWICHES  
10 min

#### RACON DE TOFU

1 c. à soupe (30 ml) huile d'olive  
1 c. à soupe (30 ml) beurre aromatisé  
2 c. à soupe (30 ml) sauce soja  
1 c. à soupe (30 ml) vinaigre de riz  
1 c. à soupe (30 ml) huile végétale  
1 c. à soupe (30 ml) sauce soja  
1 c. à soupe (30 ml) sauce soja  
1 c. à soupe (30 ml) sauce soja  
1 c. à soupe (30 ml) sauce soja

#### DRESSER LES SANDWICHES

1. Couper le pain en deux et le laisser sécher à l'air libre.  
2. Ajouter les ingrédients dans l'ordre indiqué.

Portions: 100 g  
Moyennement végétal  
C'est une recette de 2000, pour servir  
Quelques tranches de tomates  
Quelques feuilles de laitue, pour garnir



### Biscuits au beurre d'arachide

100 g de pain / 12 BISCUITS  
10 min

#### INGRÉDIENTS

1 c. à soupe (30 ml) huile  
1 c. à soupe (30 ml) beurre  
1 c. à soupe (30 ml) beurre  
1 c. à soupe (30 ml) beurre  
1 c. à soupe (30 ml) beurre  
1 c. à soupe (30 ml) beurre  
1 c. à soupe (30 ml) beurre  
1 c. à soupe (30 ml) beurre  
1 c. à soupe (30 ml) beurre  
1 c. à soupe (30 ml) beurre

#### PRÉPARATION

1. Préchauffer le four à 375 °F (190 °C).  
2. Dans un grand bol, mélanger la farine, le sel et le bicarbonate de soude.  
3. Dans un autre bol, battre le beurre avec les ingrédients secs.  
4. Incorporer les ingrédients secs aux ingrédients liquides.  
5. Former des boules à l'aide d'une cuillère à crème glacée et les déposer sur une plaque à pâtisserie.  
6. Cuire au four de 10 à 12 minutes, jusqu'à ce que les biscuits soient dorés.

### Biscuits double chocolat

100 g de pain / 12 BISCUITS  
10 min

#### INGRÉDIENTS

1 c. à soupe (30 ml) huile  
1 c. à soupe (30 ml) beurre  
1 c. à soupe (30 ml) beurre  
1 c. à soupe (30 ml) beurre  
1 c. à soupe (30 ml) beurre  
1 c. à soupe (30 ml) beurre  
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6. Cuire au four de 10 à 12 minutes, jusqu'à ce que les biscuits soient dorés.







- 110 New recipes
- The perfect present

**RIGHTS SOLD:** English Canada

**AUTHORS:** Marilou & Alexandre Champagne

**PAGES:** 320 pages

**FORMAT:** 212.7 mm × 276.2 mm  
(8 3/8 in. × 10 7/8 in.)

**COVER:** Hard

**SRP:** CA\$34.95

## THREE TIMES A DAY VOLUME TWO

After the immense success of their first book published in 2014 (with more than 200,000 copies sold only in Quebec), and after publications in the United States, in English Canada and in France, Marilou and Alexandre Champagne are back on September 14 with *Trois fois par jour: deuxième tome*. The most awaited book of fall 2016 features more than 110 exclusive recipes accompanied by stunning photographs, all wrapped in a warm and elegant design. The reader will discover an exceptional 320 pages organized in practical categories (gift, small budget, food lover, to host, quickly ready, gluten free, lactose free, vegetarian and Alex's choice).

OVER 100,000 COPIES SOLD



- 110 New recipes
- The perfect present

**RIGHTS SOLD:** English Canada, France, Germany, USA

**AUTHORS:** Marilou & Alexandre Champagne

**PAGES:** 256 pages

**FORMAT:** 212.7 mm × 276.2 mm  
(8 3/8 in. × 10 7/8 in.)

**COVER:** Hard

**SRP:** CA\$34.95

## THREE TIMES A DAY VOLUME ONE

*Trois fois par jour* is a merging of two lovers' passions: Marilou's talent for cooking and presentation, and Alexandre Champagne's for photography.

In their debut book, they share 99 new, easy and delicious recipes. Stunningly photographed, the cookbook will immerse you in the couple's lovely universe filled with flavour, colour and beauty.

OVER 200,000 COPIES SOLD







# OUR BEST CHOCOLATE-FLAVOURED RECIPES

Long-time Quebec artisanal chocolate maker Chocolats Favoris is unmatched in the culinary art of chocolate in Quebec and Canada, with more than 26 shops to its name. *Nos meilleures recettes chocolatées* is their first cookbook of favourite chocolate recipes.

With 50 perfectly decadent and simple recipes and 10 tasty DIY projects to do with children, this 100% chocolate lovers' guide suggests making every minute of the day magical. From breakfast and snacks to special occasions and impromptu get-togethers, this cookbook provides all the inspiration you need to create memorable times for family and friends.

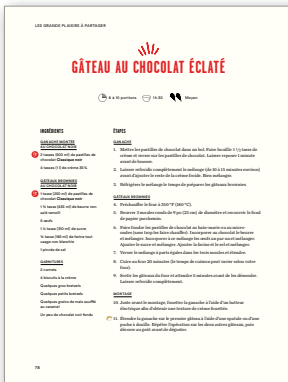
**AUTHOR:** Chocolats Favoris

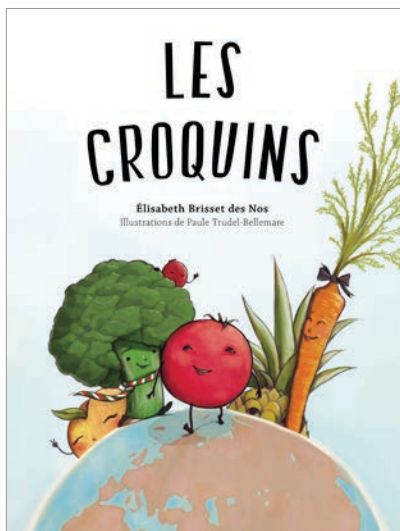
**PAGES:** 192 pages

**FORMAT:** 222.3 mm × 276.2 mm  
(8 3/4 in. × 10 7/8 in.)

**COVER:** Hard

**SRP:** CA\$34.95





**AUTHOR:** Élisabeth Brisset des Nos  
**ILLUSTRATOR:** Paule Trudel-Bellemare

**PAGES:** 80 pages

**FORMAT:** 177 mm × 238.1 mm  
 (7 in. × 9 3/8 in.)

**COVER:** Hard

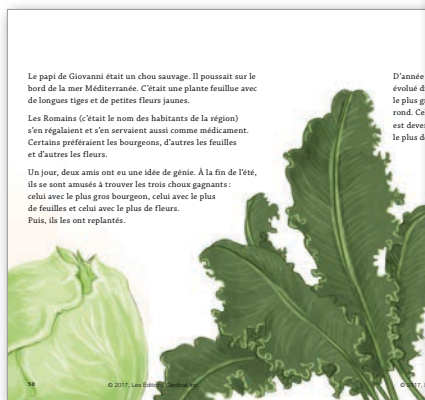
**SRP:** CA\$24.95

## LES CROQUINS

This richly illustrated book with 10 short stories features 10 fruit and vegetable characters. Native to Mexico, Algeria, Canada or Italy, Giovanni Broccoli, Henri Kiwi, Mei Peach and company playfully recount the flavourful stories of their lives: where they come from, their nutritional facts and how they grow. Also included is a booklet of 10 simple recipes that children can make. A unique look at the culinary literary landscape, *Les Croquins* seeks to expand children's knowledge and positive feelings about fruits, vegetables and cooking at home.

*Élisabeth holds a master's degree in communications. She has worked as a researcher, copywriter and publicist, most notably in the health field. An outstanding cook and inveterate traveller, she is driven by the conviction that education is the key to healthy eating.*

*Paule studied cartoon illustration and then fashion illustration in New York City. She now works for fashion and youth publications. Her illustrations appear in, among other places, textbooks, fabric, children's books, magazines and fashion and decorating blogs.*

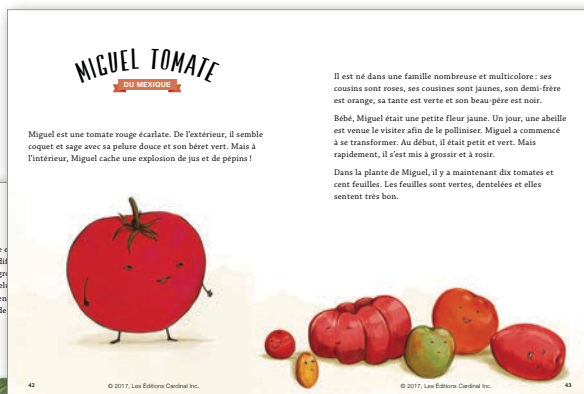


Le papi de Giovanni était un chou sauvage. Il poussait sur le bord de la mer Méditerranée. C'était une plante feuillue avec de longues tiges et de petites fleurs jaunes.

Les Romains (c'était le nom des habitants de la région) s'en régalaient et s'en servaient aussi comme médicament. Certains préféraient les bourgeons, d'autres les feuilles et d'autres les fleurs.

Un jour, deux amis ont eu une idée de génie. À la fin de l'été, ils se sont amusés à trouver les trois choux gagnants : celui avec le plus gros bourgeon, celui avec le plus de feuilles et celui avec le plus de fleurs. Puis, ils les ont replantés.

D'année en année, il évoluait de plus en plus grand. C'était devenu le plus de



### MIGUEL TOMATE

DU MEXIQUE

Miguel est une tomate rouge écarlate. De l'extérieur, il semble coquet et sage avec sa pelure douce et son bétet vert. Mais à l'intérieur, Miguel cache une explosion de jus et de pépins !

Il est né dans une famille nombreuse et multicolore : ses cousins sont roses, ses cousines sont jaunes, son demi-frère est orange, sa tante est verte et son beau-père est noir.

Bébé, Miguel était une petite fleur jaune. Un jour, une abeille est venue le visiter afin de le polliniser. Miguel a commencé à se transformer. Au début, il était petit et vert. Mais rapidement, il s'est mis à grossir et à rosir.

Dans la plante de Miguel, il y a maintenant dix tomates et cent feuilles. Les feuilles sont vertes, dentelées et elles sentent très bon.

42

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43



### LA PÊCHE MELBA DE MEI

DESSERT AUX PÊCHES, AUX FRAIMBOISES ET À LA CRÈME GLACÉE À LA VANILLE

Il y a plusieurs années, un célèbre cuisinier nommé Escoffier a voulu préparer un dessert particulier pour sa cliente préférée. C'était pour Melba, une grande chanteuse d'opéra. Il a tenté de reproduire un cigno avec de la crème glacée à la vanille, des pêches et du coulis de fraimboises... et la pêche Melba est née !

Donne 2 portions

#### INGRÉDIENTS

4 cuillères à soupe de crème glacée à la vanille  
 1 pêche, coupée en deux  
 4 cuillères à thé de confiture ou de coulis de fraimboises  
 Quelques fraimboises

#### ÉTAPES

1. Prends deux bols et mets deux grosses cuillères de crème glacée à la vanille dans chacun.
2. Pose les morceaux de pêche sur la crème glacée.
3. Rajoute deux cuillères de confiture de fraimboises dans chaque bol, sur les pêches.
4. Mets une fraimboise sur le dessus. Tu peux aussi en mettre ailleurs dans le bol pour ajouter de la couleur.

### LES YEUX DE ZOMBIE DE HENRI

BONBONS GLACÉS AU KIVI ET À LA FRAISE

Ces bonbons glacés sont parfaits pour la collation. En plus d'être rigolos, ces yeux de zombies te permettent de calmer ton appétit.

Donne 8 yeux

#### INGRÉDIENTS

1 petit pot de yogourt grec aux fraises  
 1 kivi

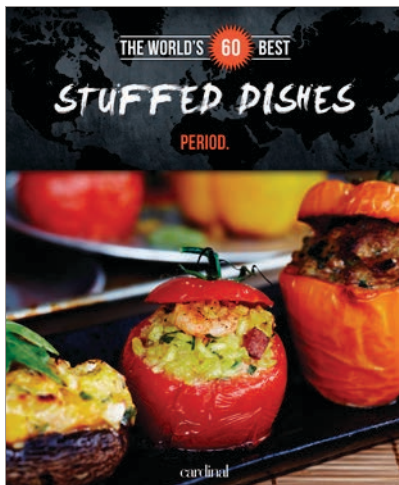
#### ÉTAPES

1. Épluche le kivi et tranches-le en huit rondelles. Tu peux aussi garder sa pelure, mais il faut la rincer à l'eau et bien la frotter.
2. Dispose les rondelles de kivi dans une assiette.
3. Ouvre le pot de yogourt et remue-le, à l'aide d'une cuillère.
4. Tartine les tranches de kivi de yogourt, à l'aide d'une cuillère ou d'un petit couteau.
5. Mets l'assiette au congélateur pendant 2 heures.
6. Une fois que les yeux sont bien gelés, sors-les du congélateur et mange-les rapidement, avant qu'ils ne fondent ! Si tu n'as plus faim, conserve ceux qui restent au congélateur, dans un contenant hermétique.

70

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71



**AUTHOR:** Véronique Paradis  
**PAGES:** 192 pages  
**FORMAT:** 228.6 mm × 276.2 mm  
 (9 in. × 10 7/8 in.)  
**COVER:** Soft  
**SRP:** CA\$9.95

## THE WORLD'S 60 BEST... PERIOD

These days, we're faced with a mountain of choices when it comes to finding ideas for delicious, original dishes that break the everyday routine. We look for inspiration from the Internet, cookbooks, television, friends, and colleagues, but it's easy to become overwhelmed by so many suggestions. . . both the good and the bad.

Our team of chefs and researchers consulted dozens of foodies and kitchen-tested hundreds of different ingredient combinations to create this collection of the world's 60 best smoothies. Why 60? Because the 60 we've selected are the crème de la crème. . . de la crème!

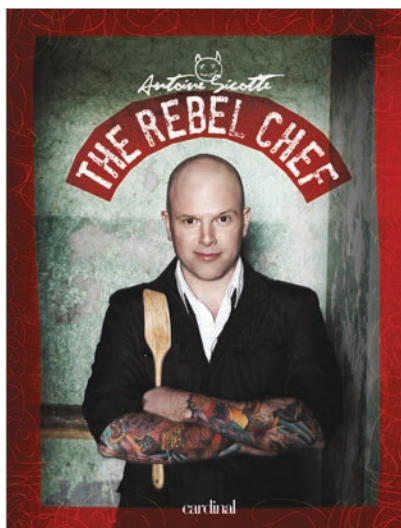
So get cooking and see for yourself—these are the best smoothies ever.

Period.

16 TITLES AVAILABLE







## THE REBEL CHEF

The Rebel Chef offers dishes from the four corners of the world, revisiting timeless classics with a twist from Antoine Sicotte's signature rock 'n' roll touch and "less is more" attitude. Each page is stamped with the chef's trademark rebellious style with drawings, tips and tricks, jokes, quotes, and personal anecdotes and photos, adding to the originality and artistry of this visually stunning oeuvre. Starting with a morning menu, the book glides into brunch, and then eases into lunch and dinner, ending with Antoine's favorite late-night nosh, all perfect for sharing with friends and family!

The book's exceptional design, with over 300 photos, and everything from "haute cuisine"-type dishes to family-style, pass-around-the-table platters of pure comfort, reflect the personality of its author: colorful, vibrant, and unabashedly creative.

*Rebel, rocker, and family man, passionate about vintage guitars and seriously good times: Antoine Sicotte channels his love of life into his food. But Antoine isn't just a chef; he's a self-taught food explorer whose kitchen is his playground, who dives right in and indulges his curiosity, experimenting with avors that thrill and inspire him. With his successful collection of books and a brand new barbecue book in the works, a flourishing photography and television career, and a number one show on Canada's food network, things are seriously heating up right now for Antoine Sicotte!*

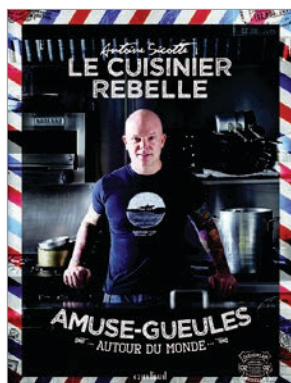
**AUTHOR:** Antoine Sicotte

**PAGES:** 176 pages

**FORMAT:** 228.6 mm × 304.8 mm  
(9 in. × 12 in.)

**COVER:** Hard

**SRP:** CA\$34.95



THE REBEL CHEF  
**BITES**

**PAGES:** 176 pages

**FORMAT:** 228.6 mm ×  
304.8 mm

(9 in. × 12 in.)

**COVER:** Hard

**SRP:** CA\$34.95



THE REBEL CHEF  
**ROAD TRIP BBQ**

**PAGES:** 224 pages

**FORMAT:** 228.6 mm ×  
304.8 mm

(9 in. × 12 in.)

**COVER:** Hard

**SRP:** CA\$34.95



THE REBEL CHEF  
**FIRED UP**

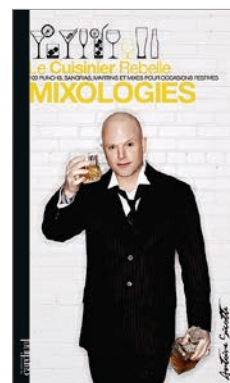
**PAGES:** 208 pages

**FORMAT:** 228.6 mm ×  
304.8 mm

(9 in. × 12 in.)

**COVER:** Hard

**SRP:** CA\$34.95



THE REBEL CHEF  
**MIXOLOGY**

**PAGES:** 144 pages

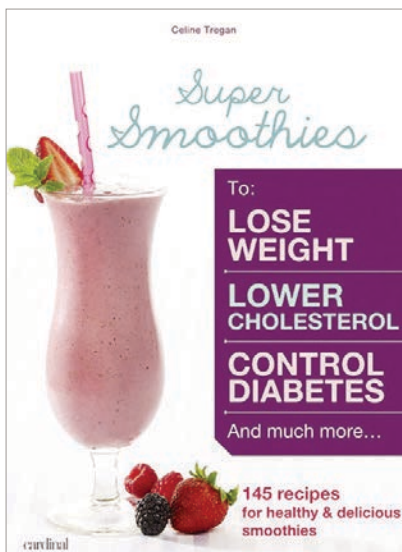
**FORMAT:** 165.1 mm ×  
276.2 mm

(6.5 in. × 10.8 in.)

**COVER:** Soft

**SRP:** CA\$9.95





**AUTHOR:** Céline Trégan

**PAGES:** 296 pages

**FORMAT:** 228.6 mm × 276.2 mm  
(9 in. × 10 7/8 in.)

**COVER:** Soft

**SRP:** CA\$14.95

## SUPER SMOOTHIES

People these days are growing more and more health conscious, turning to smoothies for a fresh, fast nutritional boost. And for good reason—smoothies are versatile, colorful, and delicious, creating a harmony of nature's divine flavors and health-giving goodness in one decadent drink. But the benefits of smoothies don't stop there: they also provide energy and help prevent illness. The Very Best Healing Smoothies offers over one hundred revitalizing recipes that will supercharge your health and help fight cancer, arthritis, heart disease, headaches, wrinkles, and sleep disorders, and promote longevity, stimulate memory and the immune system, and maintain healthy digestive and nervous systems.



**AUTHOR:** Céline Trégan

**PAGES:** 214 pages

**FORMAT:** 187.3 mm × 254 mm  
(7 3/8 in. × 10 in.)

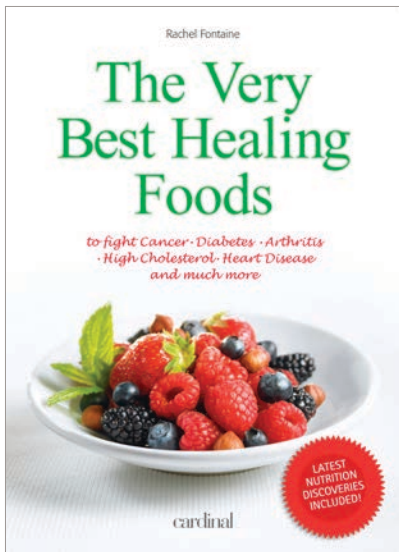
**COVER:** Soft

**SRP:** CA\$19.95

## VINEGAR: THE MIRACLE FOOD

For those who care about their health and want to use natural remedies to maintain it, mix up healing solutions with vinegar in no time to help treat many common ailments including acne, arthritis, skin irritations, excessive sweating, itching due to insect bites, high cholesterol, diabetes, nausea, insomnia, headaches, constipation, digestive problems, obesity and more.

This book shows how to make simple, inexpensive creams and lotions to moisturize dry skin, reduce fine lines and wrinkles, tighten skin, fade age spots, get rid of cellulite, fight dandruff, restore the skin's natural balance, strengthen weak hair and more! It's also an inexpensive, 100 % natural, environmentally friendly and effective alternative to commercial cleaners to disinfect, deodorize, remove stains, clean windows, kill bacteria and mold, clean pots and pans, the oven, and the barbecue, and protect plants against ants and other harmful insects. Vinegar is truly nature's secret weapon!



**AUTHOR:** Rachel Fontaine

**PAGES:** 276 pages

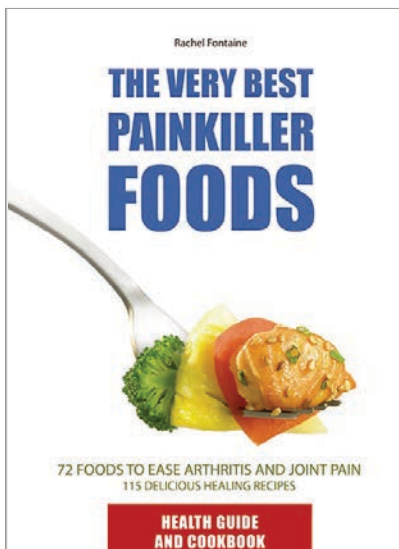
**FORMAT:** 187.9 mm × 254 mm  
(9.4 in. × 10 in.)

**COVER:** Soft

**SRP:** CA\$29.95

## THE VERY BEST HEALING FOODS

To improve and maintain great health, look no further than your local grocery store! The Very Best Healing Foods is the perfect guide to the healing properties of more than 85 foods to help fight cancer, arthritis, diabetes, and more; control your weight, cholesterol levels, and blood pressure; reduce pain, heartburn, symptoms of asthma, and allergies; and improve digestion, general health, dental health, and so much more! Each ingredient has been carefully researched and described in detail, with a wealth of information including health benefits, cautions, culinary uses, food combinations, healthful hints, advice on selecting and storing, and other helpful tips and facts. This is also the perfect cookbook to learn how to use healing foods in your diet. Enjoy 125 delicious, healthy, and healing recipes including breakfasts, appetizers, soups and side dishes, and main courses, as well as healing beverages and tasty desserts.



**AUTHOR:** Rachel Fontaine

**PAGES:** 200 pages

**FORMAT:** 187.9 mm × 254 mm  
(7.4 in. × 10 in.)

**COVER:** Hard

**SRP:** CA\$29.95

## THE VERY BEST PAINKILLER FOODS

Discover the 72 foods to include in your diet to reduce the pain and discomfort caused by inflammation, along with 115 delicious recipes. Plus, learn about the foods that trigger arthritis and joint pain and should be avoided. Maintaining a healthy diet by eating the right foods like certain kinds of fish, oil, herbs, grains, and a wide variety of fresh fruits and vegetables can help fight and even cure some articular and inflammatory conditions. Learn about these foods and how to take full advantage of their long-term healing effects. In addition, this book features 115 recipes that were specially formulated to treat your joint pain and kitchen-tested to satisfy your taste buds. These recipes are not only good for you—they're also mouth-wateringly scrumptious, easy to prepare, and will delight any discriminating palate. You can even indulge in succulent desserts. Healthy eating never tasted so good!



**AUTHOR:** Céline Trégan

**PAGES:** 256 pages

**FORMAT:** 187.3 mm × 254 mm  
(7 3/8 in. × 10 in.)

**COVER:** Soft

**SRP:** CA\$19.95

## SHOPPING HEALTHFULLY

This is a useful guide designed to help you make wise choices at grocery store. Learn how to save money, more efficiently use what's in your refrigerator or freezer, benefit from healthy eating tips and tricks, and discover the basics of stocking a pantry. With the help of this book, you will know all about buying smarter, storing food better, selecting the best grocery products and reading labels in a flash. Shopping healthfully is a daily and weekly shopping guide that will help you take advantage of seasonal deals, plan your meals, lunches and snacks, and be healthier.



**AUTHOR:** Catherine Lefebvre

**PAGES:** 176 pages

**FORMAT:** 238.1 mm × 228.6 mm  
(9 3/8 in. × 9 in.)

**COVER:** Hard

**SRP:** CA\$26.95

## LES CARNIVORES INFIDÈLES BYE, BYE, BUTCHER: 60 VEGETARIAN RECIPES

This guide was made for curious non-vegetarians looking to explore delicious and flavourful alternatives to reduce their meat consumption and make their meals healthier. It contains tons of mouth-watering recipes, humorous and zany nutrition facts, and amazing photographs taken by Albert Elbilila. Experience meatless burgers, “wannabe” fish and chips, vegetarian lasagna, General Tao tofu, and various protein smoothies, as well as try ideas for creative salads and incredible desserts. The 60 recipes were specifically created for this book by part-time vegetarian contributors (friends, bloggers, journalists, dads and others) who wanted to prove that eating vegetarian can be delicious. You, too, can let yourself be tempted by the satisfaction that comes from going meatless a couple nights a week.



*Author Catherine Lefebvre is a nutritionist, lecturer, and blogger. Her book will put you at ease and take you on a fun journey into the world of vegetarianism—a type of cuisine that allows you to take control of your health while discovering gourmet pleasures from around the world.*





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