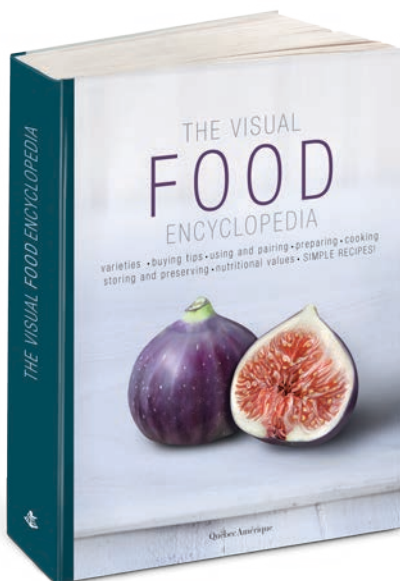


COOKING

Québec Amérique | Cardinal

SPRING 2019





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

PAGES: 624 pages

FORMAT: 203 mm x 273 mm
(8 in. x 10³/₄ in.)

TARGET AUDIENCE: General audience

SRP: CA\$39.95

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



**QA INTERNATIONAL
LES ÉDITIONS CARDINAL**

7240, rue Saint-Hubert
Montréal (Québec) Canada H2R 2N1
Tel: +1 [514] 499-3000
Fax: +1 [514] 499-3010

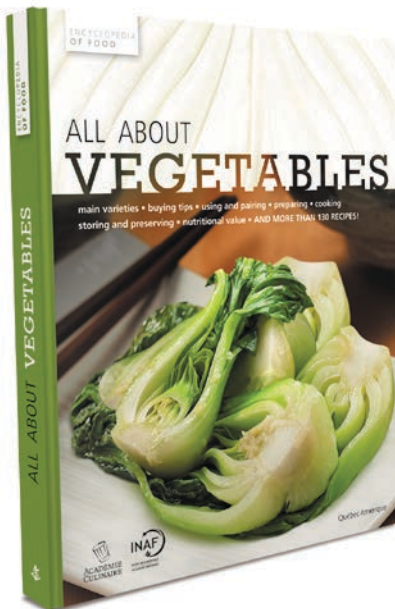
qa-international.com

quebec-amerique.com
ikonet.com
editions-cardinal.ca

RIGHTS QUERIES

Please contact our Sales Department.

sales@qa-international.com



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 x 273 mm
(8 in. x 10 3/4 in.)

TARGET AUDIENCE: General audience

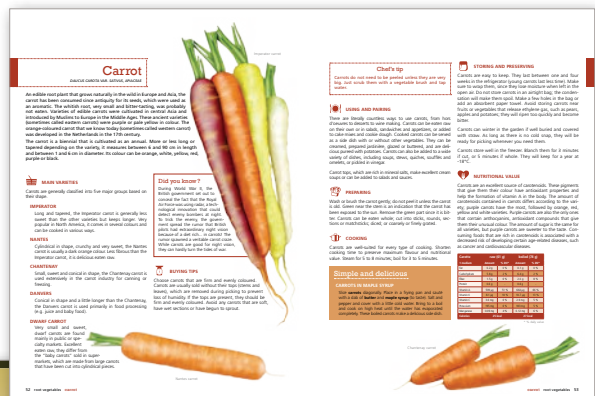
SRP: CA\$24.95

“The bible of vegetables.”

Chatelaine Magazine

TOPICS

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





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

- 125,000 words
- 500 illustrations

PAGES: 216 pages

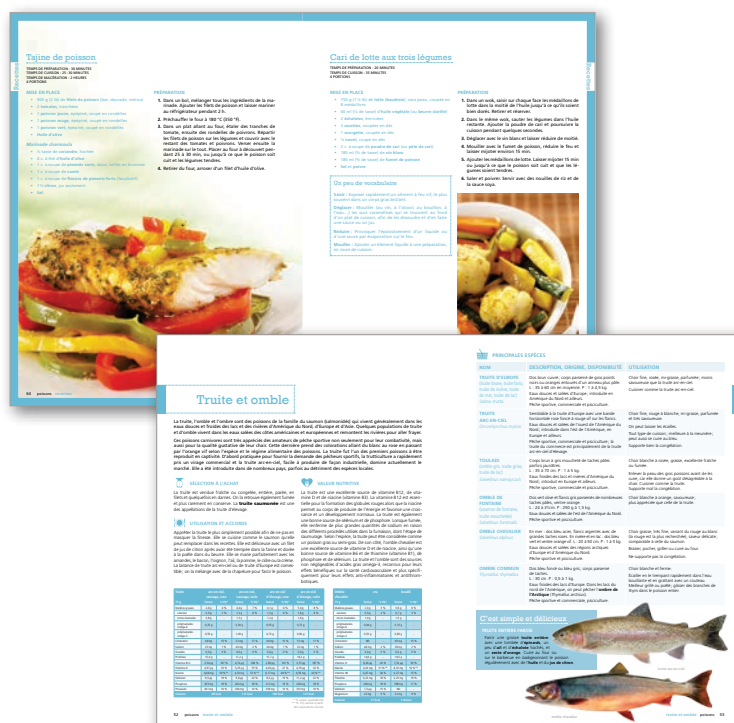
FORMAT: 203 mm x 273 mm
(8 in. x 10³/₄ in.)

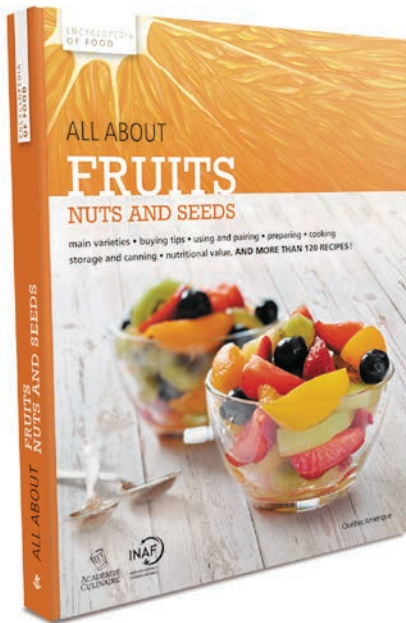
TARGET AUDIENCE: General audience

SRP: CA\$24.95

TOPICS

Fish
Shellfish
Mollusks and Other Seafood
Poultry
Meats
Cured Meats





- 100,000 words
- 400 illustrations

PAGES: 216 pages

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

TARGET AUDIENCE: General audience

SRP: CA\$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



User's guide

Accurate and colourful
illustrations of foods
and varieties.

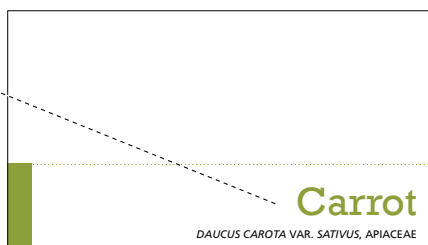
Each theme gives
detailed information
about the foods.

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.

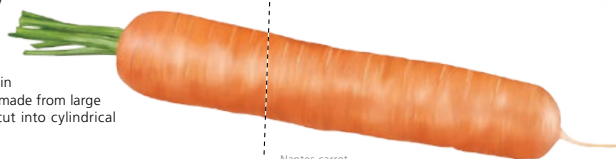
Did you know?

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.

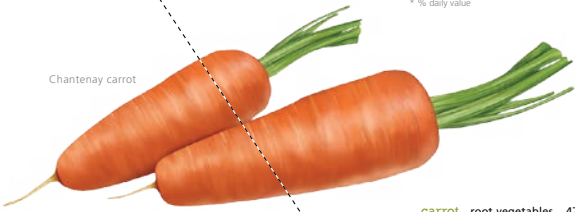
Carrot 1 medium	raw (81 g)		boiled (78 g)	
	Amount	% DV*	Amount	% DV*
Fat	0.2 g	0 %	0.1 g	0 %
Carbohydrate	5.8 g	2 %	6.4 g	2 %
Fiber	1.5 g	6 %	2.0 g	8 %
Protein	0.6 g	-	0.6 g	-
Vitamin A	509 µg	51 %	664 µg	66 %
Vitamin K	8.1 µg	10 %	10.7 µg	13 %
Vitamin C	3.6 mg	6 %	2.9 mg	5 %
Potassium	195 mg	6 %	183 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: 280 pages

FORMAT: 152.4 mm x 228.6 mm
(6 in. x 9 in.)

TARGET AUDIENCE: General audience, outdoor aficionados

SRP: CA\$29.95

RIGHTS SOLD: French Europe

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 mm x 273 mm
(8 in. x 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 & Christophe Bettez-Thérour

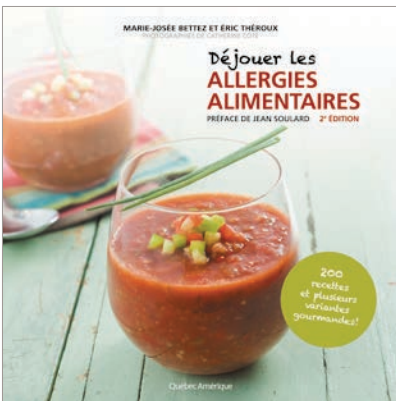
PAGES: 288 pages

FORMAT: 216 mm x 216 mm
(8½ in. x 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 & Éric Thérour

PAGES: 296 pages

FORMAT: 216 mm x 216 mm
(8½ in. x 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

AUTHOR: Café Barista

PAGES: 144 pages

FORMAT: 152.4 mm x 152.4 mm
(6 in. x 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.

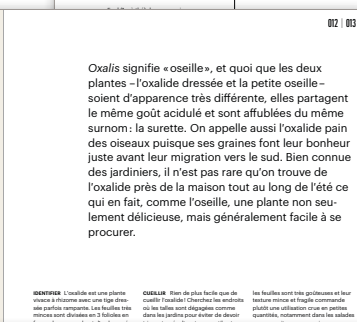
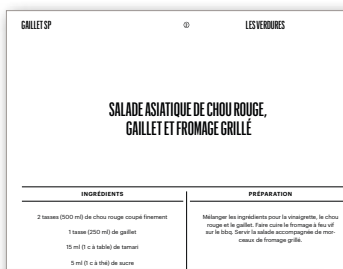


FOREST-TO-TABLE

These days everyone seems to be talking about eating local, and farm-to-table restaurants are all the rage. But we're still woefully ignorant about the riches of the boreal forests in our own backyard. Two years ago, journalist Ariane Paré-Le Gal left the city with her family to start a new life in the country and join Gourmet Sauvage, the company founded by her father, Gérald Le Gal. Together, the pair makes gourmet delights from the bounty of the forest, gives foraging and cooking workshops, and uses the media to spread the word and educate the public about the wonders of foraging. At once practical guide and poetic meditation, this "Bible" of wild edible plants contains over 150 illustrated references, photos inviting you to immerse yourself in the forest, a harvest calendar, and vital reflections on our relationships with food and nature.

PROVISIONAL
COVER

AUTHOR: Ariane Paré-Le Gal
ILLUSTRATOR: Bess Callard
PHOTOGRAPHER: Xavier Girard
 Lachaine
PAGES: 300 pages
FORMAT: 215,9 mm x 279,4 mm
 (8½ in. x 11 in.)
COVER: Hard
SRP: CA\$39.95





- 110 new recipes
- The perfect present

RIGHTS SOLD: English Canada, France, Germany, USA

AUTHORS: Marilou & Alexandre Champagne

PAGES: 256 pages

FORMAT: 212.7 mm x 276.2 mm (8 3/8 in. x 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 lled with avour, colour and beauty.

OVER 200,000 COPIES SOLD



THREE TIMES A DAY VOLUME TWO

After the immense success of their first book published in 2014 and after publications in the United States, in English Canada and in France, Marilou and Alexandre Champagne are back 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

AUTHORS: Marilou & Alexandre Champagne

PAGES: 320 pages

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

COVER: Hard

SRP: CA\$34.95



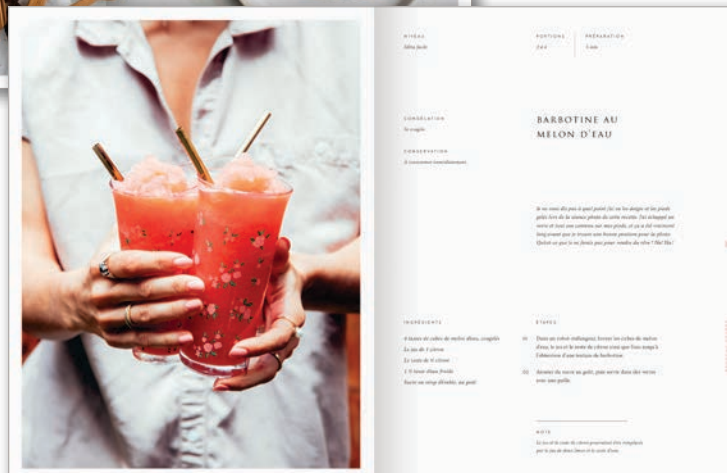
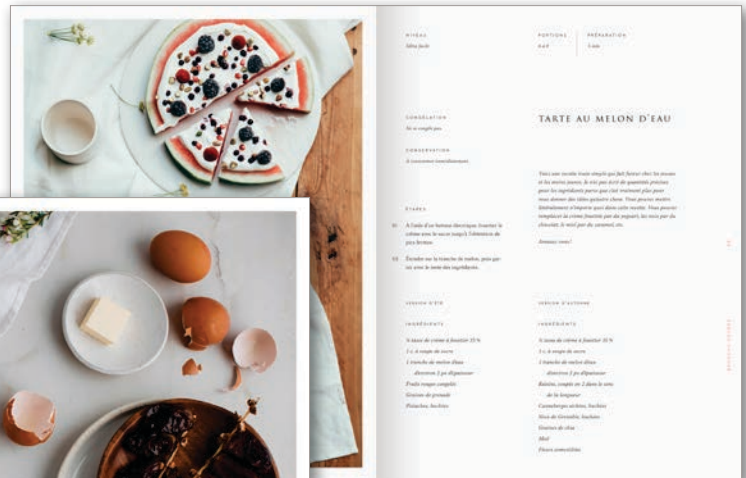


AUTHORS: Marilou & Alexandre Champagne
PAGES: 288 pages
FORMAT: 212.7 mm x 276.2 mm
 (8 3/8 in. x 10 7/8 in.)
COVER: Hard
SRP: CA\$34.95

THREE TIMES A DAY DESSERTS

From mesmerizing cakes, chic and easy brunch ideas, fruit desserts, mouth-watering creations featuring vegetables and pulses, original snacks and bars: Marilou shares her love for sweet treats through more than 100 delicious and healthy recipes to wow the whole family. Indulge your sweet tooth with the chocolate marshmallow brownie, the vegan caramel, the best chocolate chip cookies and the chocolate bark made with . . . Miss Vickie's chips!

In response to her audience's enthusiasm for her dessert recipes, Marilou's third book only features desserts. This volume boasts beautiful photos taken by Alexandre Champagne and offers 288 pages of delicious, exclusive desserts.





AUTHOR: Jean-Philippe Cyr

PAGES: 208 pages

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

COVER: Soft

SRP: CA\$29.95

RIGHTS SOLD: French Europe, USA

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 157,000 French-speaking Facebook fans, 675,000 English-speaking Facebook fans and 43,000 subscribers on Instagram!

Vegan cooking that's simple and tasty.



BLT

⌚ 20 à 25 min / 3 à 4 sandwiches
🍴 16 pers.

BACON DE TOFU

1. À l'aide d'un couteau d'ongles
2. À l'aide d'un couteau d'ongles
3. À l'aide d'un couteau d'ongles
4. À l'aide d'un couteau d'ongles
5. À l'aide d'un couteau d'ongles

DRESSER LES SANDWICHES

1. Garnir les sandwiches de toutes les ingrédients
2. Garnir les sandwiches de toutes les ingrédients

Pour servir
Régime alimentaire végétalien
Cuisine végétarienne (sans viande)
Quatre ingrédients de base
Quatre ingrédients de base



Saucisses

⌚ 20 à 25 min / 10 saucisses
🍴 16 pers.

INGRÉDIENTS

1. À l'aide d'un couteau d'ongles
2. À l'aide d'un couteau d'ongles
3. À l'aide d'un couteau d'ongles
4. À l'aide d'un couteau d'ongles
5. À l'aide d'un couteau d'ongles

PRÉPARATION

1. Garnir les saucisses de toutes les ingrédients
2. Garnir les saucisses de toutes les ingrédients

Biscuits au beurre d'arachide

⌚ 20 à 25 min / 12 biscuits
🍴 16 pers.

INGRÉDIENTS

1. À l'aide d'un couteau d'ongles
2. À l'aide d'un couteau d'ongles
3. À l'aide d'un couteau d'ongles
4. À l'aide d'un couteau d'ongles
5. À l'aide d'un couteau d'ongles

PRÉPARATION

1. Garnir les biscuits de toutes les ingrédients
2. Garnir les biscuits de toutes les ingrédients

Biscuits double chocolat

⌚ 20 à 25 min / 12 biscuits
🍴 16 pers.

INGRÉDIENTS

1. À l'aide d'un couteau d'ongles
2. À l'aide d'un couteau d'ongles
3. À l'aide d'un couteau d'ongles
4. À l'aide d'un couteau d'ongles
5. À l'aide d'un couteau d'ongles

PRÉPARATION

1. Garnir les biscuits de toutes les ingrédients
2. Garnir les biscuits de toutes les ingrédients





AUTHORS: Christian Bégin & Nathalie Béland
PAGES: 240 pages
FORMAT: 203 mm x 254 mm
 (8 in. x 10 in.)
COVER: Hard
SRP: CA\$39.95

CURIEUX BÉGIN

10 ans de cuisine, plaisir et vino

Celebrating 10 years of culinary exploration and delicious moments!

What's better than an anniversary book for this very special occasion?

In this fabulously festive work, Christian Bégin recounts some touching, inspiring meetings and has selected 75 lovely recipes by the *Curieux Bégin* TV show favourites. Feast on the delicious lemon chicken, Gilbert's tapenade and the love salad! Satisfy your sweet tooth with Janette's mini maple tarts or try the famous grilled octopus! As a bonus, find out the top 10 fan-picked recipes! Sit back, sip a glass of wine and immerse yourselves in the friendly ambiance of *Curieux Bégin* for some chuckles.



AUTHOR: Antoine Sicotte
PAGES: 176 pages
FORMAT: 228.6 mm x 304.8 mm
 (9 in. x 12 in.)
COVER: Hard
SRP: CA\$34.95

PAPA POPOTE

With the success of his first four books (50,000 copies sold), *Le Cuisinier Rebelle* comes to the rescue of fathers with quick and easy recipes to please the whole family. The king of grills and no-fuss cooking proposes more than 60 delicious recipes that are easy to prepare, presented in a playful illustrated format. There's something for everyone whether you're a meat-eater, pescatarian or vegetarian. *Papa popote* gives you new tools to help you improve your go-to dishes and new ideas to impress the whole family.



THE REBEL
CHEF



THE REBEL CHEF
BITES



THE REBEL CHEF
ROAD TRIP
BBQ



THE REBEL CHEF
FIRED UP



THE REBEL
CHEF
MIXOLOGY

LES REDOUTABLES CROQUINS

Have the little readers in your life gone nuts for the popular picture book *Les Croquins*? You'll be happy to know that this spring marks the long-anticipated return of Giovanni the broccoli flower! Every kid's favourite veggie sets off on an adventure around the world to meet the other formidable Croquins: scrumptious fruits and veggies, unjustly feared by young gourmets the world over! From Omar the onion to Mehdi the spinach, get ready for a hop around the globe, from Mexico to Iran to Italy, where our hero soon discovers that certain vegetables and fruits with an undeserved bad reputation actually have a heart of gold: they're healthy and, when properly prepared, positively delicious! A hilarious, action-packed story that teaches kids to love eating their veggies!

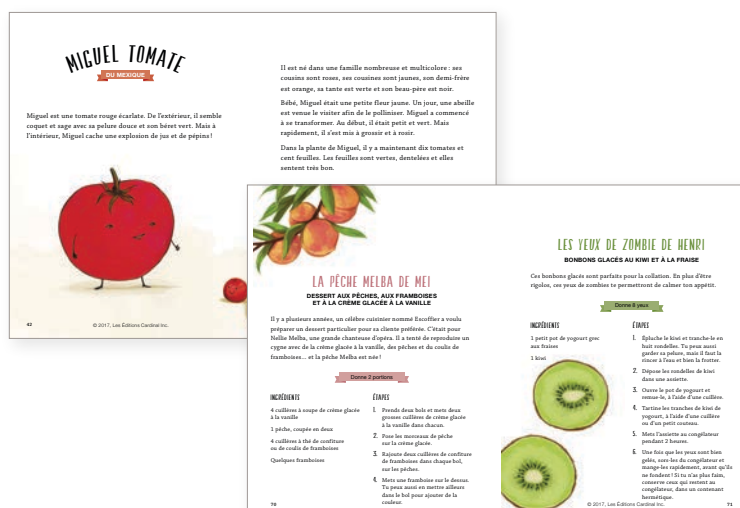
PROVISIONAL
COVER

AUTHOR: Élisabeth Brisset des Nos
ILLUSTRATOR: Paule Trudel-Bellemare
PAGES: 64 pages
FORMAT: 177 mm x 238.1 mm
 (7 in. x 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.

AUTHOR: Élisabeth Brisset des Nos
ILLUSTRATOR: Paule Trudel-Bellemare
PAGES: 80 pages
FORMAT: 177 mm x 238.1 mm
 (7 in. x 9 3/8 in.)
COVER: Hard
SRP: CA\$24.95



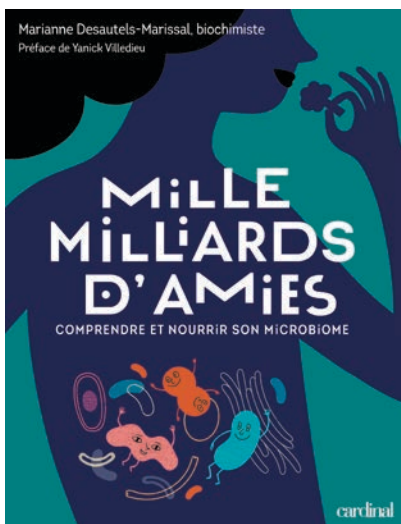


AUTHOR: Chocolats Favoris
PAGES: 192 pages
FORMAT: 222.3 mm x 276.2 mm
 (8¾ in. x 10⅞ in.)
COVER: Hard
SRP: CA\$34.95

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.



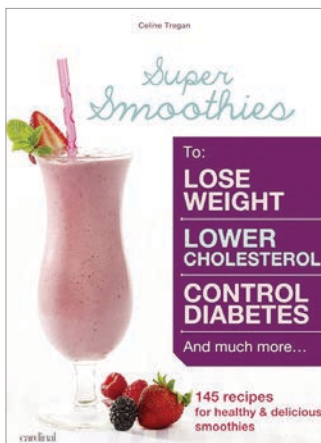
RIGHTS SOLD: Italy
 (Gruppo Giunti Editore)

AUTHOR: Marianne Desautels-Marissal
PAGES: 216 pages
FORMAT: 190.5 mm x 247.7 mm
 (7½ in. x 9¾ in.)
COVER: Soft
SRP: CA\$32.95

A TRILLION FRIENDS UNDERSTANDING YOUR MICROBIOME AND HOW TO NOURISH IT

The microbiome is this unique environment of billions of precious bacteria living in each and every one of us. All recent scientific research points in the same direction: a diversified microbiome is a token of good health. Understanding and feeding this microbiome better can therefore contribute to one's global health. In this playful popular science book, the biochemist and scientific journalist Marianne Desautels-Marissal helps you better understand and finally love your bacteria. The book even offers 40 recipe ideas to give them a treat!





SUPER SMOOTHIES

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: 224 pages

FORMAT: 228.6 mm x 276.2 mm
 (9 in. x 10 7/8 in.)
COVER: Soft
SRP: CA\$14.95

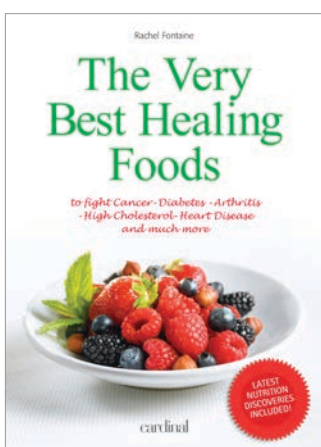


VINEGAR: THE MIRACLE FOOD

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: Céline Trégan
PAGES: 214 pages

FORMAT: 187.3 mm x 254 mm
 (7 3/8 in. x 10 in.)
COVER: Soft
SRP: CA\$19.95

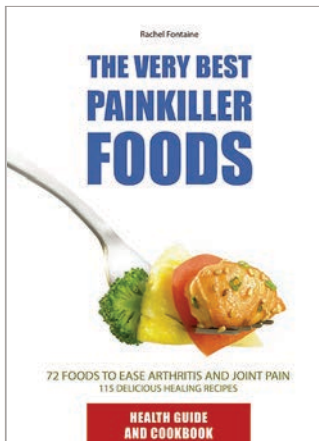


THE VERY BEST HEALING FOODS

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.

AUTHOR: Rachel Fontaine
PAGES: 276 pages

FORMAT: 187.9 mm x 254 mm
 (7 1/3 in. x 10 in.)
COVER: Soft
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. In addition, this book features 115 recipes that were specially formulated to treat your joint pain and kitchen-tested to satisfy your taste buds. Healthy eating never tasted so good!

AUTHOR: Rachel Fontaine
PAGES: 200 pages

FORMAT: 187.9 mm x 254 mm
(7 1/3 in. x 10 in.)
COVER: Hard
SRP: CA\$29.95



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: Céline Trégan
PAGES: 256 pages

FORMAT: 187.3 mm x 254 mm
(7 3/8 in. x 10 in.)
COVER: Soft
SRP: CA\$19.95



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 who wanted to prove that eating vegetarian can be delicious.

AUTHOR: Catherine Lefebvre
PAGES: 176 pages

FORMAT: 238.1 mm x 228.6 mm
(9 3/8 in. x 9 in.)
COVER: Hard
SRP: CA\$26.95

NEW



MONTRÉAL L'HIVER

From November's first frosts to the final snowfall before spring, when the city slumbers and the evenings seem to stretch on for ever, it's time to take out the old-fashioned cast-iron skillets and cook up healthful meals to enjoy with family and friends in the warmth of your cocoon. Bring on the comfort food, slow cookers, roasts, gratins, and other delicacies that fill the house with steamy, fragrant aromas.

Montréal l'hiver is a poetic exploration of flavour, scent, and texture, a feast for the senses at that time of year when we actually have time to indulge them. Treat yourself to 80 hearty recipes inspired by a range of cuisines and cultures, just like the cosmopolitan city we all love. It's the perfect cookbook to warm your soul, teach you to love winter veggies, introduce you to new flavours, and inspire magic moments shared with loved ones.

AUTHORS: Susan Semanak and Cindy Boyce

PAGES: 272 pages

FORMAT: 215,9 mm x 279,4 mm
(8 1/2 in. x 10 7/8 in.)

COVER: Soft

SRP: CA\$34.95

COCKTAIL DE BIENVENUE

Chaudelle de lune, vitres décorées par le givre, arbres enneigés. L'hiver est là! Souhaitons-lui la bienvenue avec un cocktail infusé au pin, notre seule touche de verdure pour les longs mois à venir. Une caudle de parties bouchées fines lors de vos balades et je lui fais réaction dans du gin ou de la vodka. Le résultat est aussi frais et vif que la saison qui nous attend.

Ingredients

1 BOUTEILLE DE VIN BLANC DE SEC
OU DE VODKA
JUS DE CITRUS, PRÉLÉVÉ DE
2 À 3 CITRUS RASÉS LA PEAU BLANCHE
1 MEL, 1 C. À THE DE SAISON
DE BOURBON
1 BOUTEILLE DE VIN

Préparation

01 Verser l'alcool dans un pot Mason de 1 l (4 litres). Ajouter le jus de citron, les baies de goyavier et les copeaux de pin. Laisser le pot, bien boucher et laisser macérer 2 semaines au moins. Le temps que les copeaux de pin se dissolvent dans le vin. Filtrer dans une bouteille en verre. L'ajouter avec du miel, du jus de citron, du gin ou de la vodka. Le résultat est aussi frais et vif que la saison qui nous attend.

SIROP DE PIN

Une version non alcoolisée, à déguster dans de l'eau gazeuse ou dans un cocktail de votre choix.

Ingredients

100 ML (1 TASSE) DE SIROP
100 ML (1 TASSE) DE SIROP
JUS DE CITRUS, PRÉLÉVÉ DE
2 À 3 CITRUS RASÉS LA PEAU BLANCHE
1 MEL, 1 C. À THE DE SAISON
DE BOURBON

Préparation

01 Mélanger tous les ingrédients dans une casserole. Chauffer à feu moyen le sirop en remuant, jusqu'à dissolution du sucre. Retirer du feu et laisser macérer 2 heures au minimum, ou toute une nuit, en remuant de temps en temps. Filtrer dans une bouteille en verre. Les copeaux de pin se dissolvent dans le vin.

RADIS RÔTIS AU SÉSAME

Qui aurait dit qu'on pouvait rôti les radis? Ils sortent du four translucides — comme du vitrail — et leur piquant fait place à un goût subtil de roquette. Délicieux dans des salades asiatiques et avec le poisson, qu'il soit vapeur, au four ou grillé.

INGRÉDIENTS

20 radis
1 C. À THE DE SAISON
DE BOURBON

Préparation

01 Préchauffer le four à 200°C (400°F).
02 Couper les radis en deux dans la sens de la longueur en un quart. Les radis sont très fragiles. Les couper grand-père avant de les cuire pour éviter qu'ils se cassent. Les radis sont très fragiles. Les couper grand-père avant de les cuire pour éviter qu'ils se cassent. Les radis sont très fragiles. Les couper grand-père avant de les cuire pour éviter qu'ils se cassent.

