

PRACTICAL GOURMET

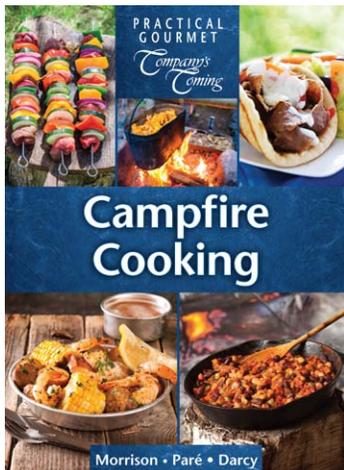
2018 Catalogue



Campfire Cooking

by Jeff Morrison, Jean Paré & James Darcy

Everything cooked over a campfire and eaten outdoors always tastes better it seems. But when faced with the challenge of cooking something other than hot dogs or hamburgers, many of us are stymied. In this handy guide to campfire cooking, you will find lots of easy-to-prepare recipes as well as tips and tricks to make the planning and executing of interesting meals and snacks made over a campfire not only easy but also fun.



Softcover, semi-concealed wire • 6" x 9" • 160 pages • Full colour throughout • Price: \$19.99 / ePUB: \$13.99 • Code: CAMP • ISBN: 978-1-988133-38-6 • ePUB ISBN: 978-1-988133-39-3 • UPC: 0-65215-01115-9

Celebrating 150 Years of Canadian Cuisine

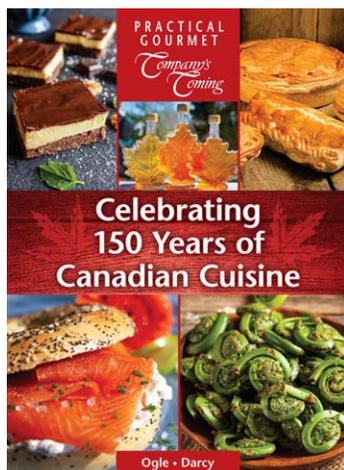
by Jennifer Ogle & James Darcy

Canadian Classics with Innovative Twists

Canadian cooking is defined by its diversity. It recognizes that the country's geography is as diverse as its people. Canadian food is a celebration of Old World dishes and methods enhanced by New World ingredients—recipes that have been passed on through the generations but incorporate today's fresh, exciting ingredients that would not have been available to our ancestors. We have reacquainted ourselves with First Nations cuisine and are more than ever embracing the traditional foods that Canada's first settlers brought with them.

Included in this book are many traditional recipes as well as some that are developed with innovative twists. These tasty dishes will please the palate as they reconnect you to your family's and the nation's roots.

So celebrate Canada's 150th birthday with this collection of recipes because each dish is a celebration of the country and its heritage.



Softcover, semi-concealed wire • 6" x 9" • 160 pages Full colour throughout • Price: \$19.99 / ePUB: \$13.99 • Code: C150 ISBN: 978-1-988133-46-1 ePUB ISBN: 978-1-988133-47-8 UPC: 0-65215-01117-3

Main Course Favourites

by Jean Paré & James Darcy

Our most popular main course classics, all in one book! *Main Course Favourites* features recipes hand-picked from Company's Coming cookbooks. Discover our recent hits alongside your cherished favourites. Every recipe is kitchen-tested and beautifully photographed, and includes some handy tips we've learned along the way.

Softcover, semi-concealed wire • 6" x 9" • 160 pages • Full colour throughout • Price: \$19.99 / ePUB: \$13.99 • Code: MCF • ISBN: 978-1-988133-36-2 ePUB ISBN: 978-1-988133-37-9 UPC: 0-65215-01118-0

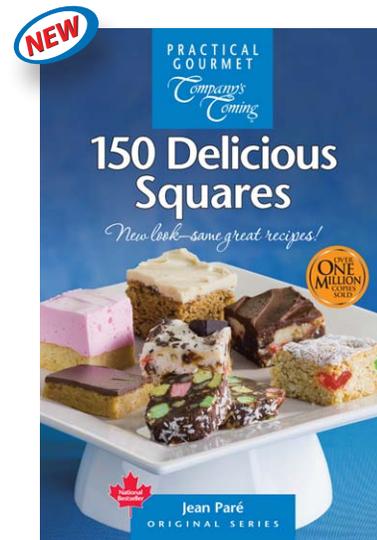


150 Delicious Squares

by Jean Paré

Next time you entertain family or friends, offer an assortment of squares—and share in this delicious legacy. Don't be surprised if you're asked for the recipes!

Softcover, semi-concealed wire • 6" x 9" • 160 pages • Full colour throughout • Price: \$16.99 / ePUB: \$11.99 • Code: PGSQ ISBN: 978-1-988133-74-4 ePUB ISBN: 978-1-988133-75-1 UPC: 0-65215-10023-4



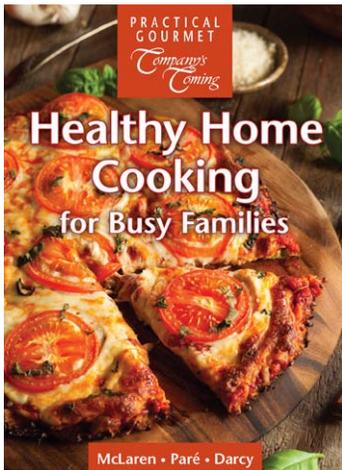
Cookies

by Jean Paré

There are over 200 different kinds of cookies pictured in the book. Drop cookies, rolled cookies, pressed, shaped and no-bake cookies will delight cookie lovers of all ages. Choose from delicate fancy cookies to the robust cookie jar type. Every recipe is quick and easy and requires everyday ingredients. For the kid in all of us...any time is cookie time!

Softcover, semi-concealed wire • 6" x 9" • 160 pages • Full colour throughout • Price: \$16.99 / ePUB: \$11.99 • Code: PGCO ISBN: 978-1-988133-76-8 ePUB ISBN: 978-1-988133-77-5 UPC: 0-65215-01122-7





Healthy Home Cooking for Busy Families

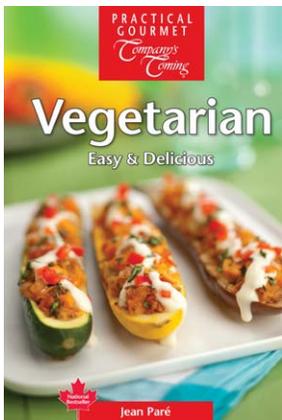
by Sheridan McLaren, Jean Paré & James Darcy

One of the biggest challenges in any busy day is finding the time to prepare healthy meals for your family. Pre-packaged foods may be more convenient, but they lack the nutritional punch and comfort factor of homemade food.

Healthy Home Cooking is a collection of family-friendly recipes created with

today's busy lifestyle in mind. Most recipes can be prepared quickly and are simple enough that even the kids can get involved. From classic comfort foods with a healthy twist to innovative cuisine, the recipes in this book are bound to become family favourites.

Softcover, semi-concealed wiro • 6" x 9" • 160 pages • Full colour throughout • Nutritional information for every recipe • Price: \$19.99 / ePUB: \$13.99 • Code: HHC • ISBN: 978-1-988133-26-3 • ePUB ISBN: 978-1-988133-27-0 • UPC: 0-65215-01114-2



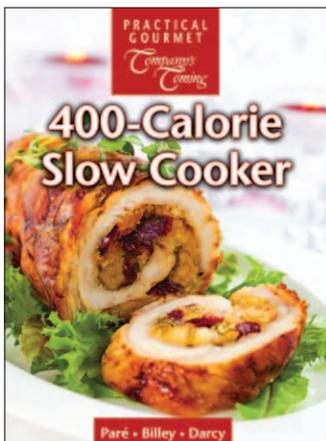
Vegetarian

by Jean Paré

Experts suggest that people should eat meals that feature less meat and more vegetables. Even eating one or two vegetarian meals a week can be a good way to meet health goals, and reduce fat and cholesterol in your diet. Vegetarian meals today are more than just salads and tofu. They are satisfying and filling, even without meat! This new cookbook features a full range of all-new recipes that show how healthy food can simply taste great:

Softcover, Lay-flat comb binding 6" x 9" • 160 pages • Nutritional information for

every recipe • Price: \$16.99 / ePUB: \$11.99 • Code: PGVGT
ISBN: 978-1-988133-30-0 • ePUB ISBN: 978-1-988133-31-7
UPC: 0-65215-01112-8



400-Calorie Slow Cooker

by Jean Paré, Ashley Billey & James Darcy

Delicious kitchen-tested recipes with healthy, fresh additions to accent your family meals. Includes main courses, appetizers, sides, soups, breads and desserts.

Softcover, semi-concealed wiro 6" x 9" • 160 pages • Full colour throughout • Nutritional information for every recipe • Price: \$19.99
Code: FCSC • ISBN: 978-1-988133-04-1 • UPC: 0-65215-01104-3

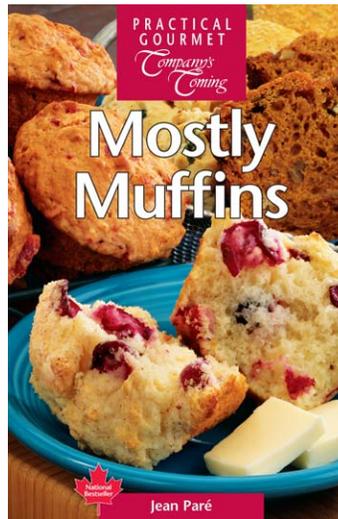


5-Ingredient Slow Cooker Recipes

by Jean Paré

Do you wish you could slow down and simplify your life? Let *5-Ingredient Slow Cooker Recipes* help, with a full range of recipes—from beverages to entrees to desserts. Start something hot and delicious with just five ingredients and a little prep time. All that's left to do is set the table!

Softcover, Lay-flat comb binding 6" x 9" • 160 pages • Nutritional information for every recipe
Price: \$16.99 / ePUB: \$11.99
Code: PGFVSC
ISBN: 978-1-988133-05-8
ePUB ISBN: 978-1-988133-70-6
UPC: 0-65215-01105-0

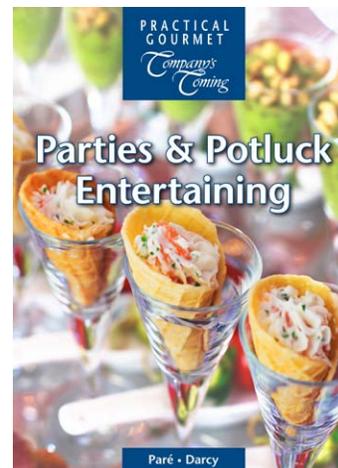


Mostly Muffins

by Jean Paré

Revel in the welcoming aroma of fresh baking! *Mostly Muffins* offers more than 120 all-new recipes, perfect for fast breakfasts, delicious coffee breaks and tasty supper sides. Whip up these easy quick breads—from muffins and loaves to biscuits and scones—tonight!

Softcover, Lay-flat comb binding 6" x 9" • 160 pages • Nutritional information for every recipe
Price: \$16.99 • Code: PGMM
ISBN: 978-1-988133-32-4
ePUB ISBN: 978-1-988133-33-1
UPC: 0-65215-01113-5



Parties & Potluck Entertaining

by Jean Paré & James Darcy

Does the thought of entertaining or making a dish for a crowd make you want to run screaming into the night? Well, here are some easy and even fun recipes to try that will simplify your preparation so that you have more time to enjoy with your guests.

Softcover, semi-concealed wiro 6" x 9" • 160 pages • Full colour throughout • Price: \$19.99 / ePUB: \$13.99 • Code: PPE
ISBN: 978-1-988133-42-3
ePUB ISBN: 978-1-988133-43-0
UPC: 0-65215-01119-7

More from Practical Gourmet...



Summer Entertaining

by Jean Paré, Ashley Billey & James Darcy

Throwing a summer party or potluck? From backyard barbecues and pool parties to bonfires and birthdays, make it a bash to remember with these recipes for appetizers, drinks, salads, grilled main dishes and more in this collection of summer entertaining ideas.

Softcover, semi-concealed wire • 6" x 9" • 176 pages • Full colour throughout • Nutritional

information for every recipe • Price: \$21.99 • Code: SUE • ISBN: 978-1-988133-09-6 • UPC: 0-65215-01110-4



Superfood Juicing & Smoothies

by Wendy Pirk, Tamara Eder & James Darcy

Superfood Juicing & Smoothies is full of recipes for fresh juices, fruit smoothies, vegetable smoothies and indulgent smoothies that are as good for you as they are delicious.

A healthy diet is one rich in fruits and vegetables, and there is no easier way to get your recommended daily servings of each than in a smoothie or fresh-pressed juice. Fresh juices deliver

a shot of vital nutrients directly to the body, while smoothies provide protein and fibre to keep you fuller for longer and keep your body strong.

This book also contains detailed information about ingredients and the health benefits they offer.

Softcover, semi-concealed wire • 6" x 9" • 160 pages • Full colour throughout • Nutritional information for every recipe • Price: \$19.99
Code: SJS • ISBN: 978-1-988133-07-2 • UPC: 0-65215-01106-7

NEW EPUBS

Kids Lunches
ePUB ISBN: 978-1-988133-65-2
\$11.99

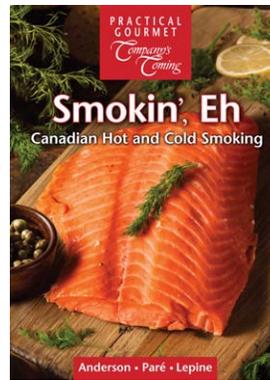
Kids Do Snacks
ePUB ISBN: 978-1-988133-66-9
\$11.99

New Make Ahead Meals
ePUB ISBN: 978-1-988133-67-6
\$13.99

Breakfasts on the Go
ePUB ISBN: 978-1-988133-69-0
\$13.99

30-Minute Weekday Meals
ePUB ISBN: 978-1-988133-71-3
\$11.99

Delicious Desserts
ePUB ISBN: 978-1-988133-82-9
\$11.99



Smokin', Eh

by Ted Anderson, Jean Paré & Gregory Lepine

Chef Ted Anderson knows smokers. He loves smokin', eh. This cookbook combines his thorough knowledge of techniques with his fantastic repertoire of recipes that reflect taste and sophistication but are easily accomplished. Step-by-step photos show every stage of the process along with the finished recipe, so that you will know how each recipe comes together. Includes meats, side

dishes and desserts.

Softcover, semi-concealed wire • 6" x 9" • 160 pages • Full colour throughout • Nutritional information for every recipe • Price: \$19.99 • Code: SE • ISBN: 978-1-988133-06-5 • UPC: 0-65215-01109-8



Gluten-free Cooking

by Ted Wolff

With more people now being diagnosed with wheat or gluten digestive difficulties, many are choosing to eat gluten-free products to improve the healthier aspects of their diets.

This cookbook features your favourite foods: pastas, soups and even chicken fingers! *Gluten-free Cooking* offers the everyday, no-fuss recipes that our readers love—and makes living without wheat and gluten

easier than ever.

Softcover, semi-concealed wire • 6" x 9" • 160 pages • Full colour throughout • New nutritional information for every recipe
Price: \$19.99 / PUB \$13.99 • Code: CCGFC • ISBN: 978-1-988133-01-0 / ePUB ISBN: 978-1-988133-50-8 • UPC: 0-65215-01103-6



Gluten-free Baking

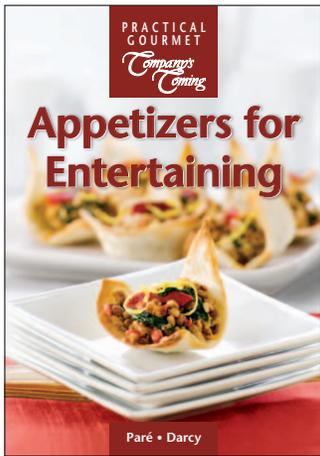
by Ted Wolff

Ted Wolff is living proof that living gluten-free isn't as hard as you think. The founder of Kinnikinnick Foods, the largest developer and distributor of gluten-free products in the world, reveals his secrets in this book.

Using alternatives such as rice flour, pea starches and almond flour, you can embrace dozens of tasty alternatives in making breads and buns, pizzas, muffins and cakes, pies,

bagels and doughnuts, cookies and shortbread, pancakes, English muffins and more. This previously published book has been recreated for a new audience.

Softcover, semi-concealed wire • 6" x 9" • 160 pages • Full colour throughout • New nutritional information for every recipe
Price: \$19.99 • Code: CCGFB • ISBN: 978-1-988133-02-7
UPC: 0-65215-01102-9



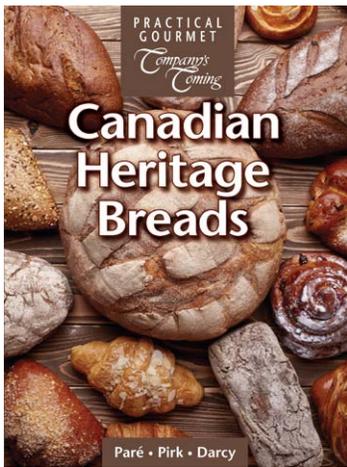
Appetizers for Entertaining

by Jean Paré

An evening with friends and family becomes a memorable event with an attractive and tasty array of starters, tapas or appetizers. *Appetizers for Entertaining* is designed to help you plan and cook fabulous food for the people you love. With how-to pictures, tips and sidebars and beautiful full-colour photos of every recipe, this stylish guide to delicious starters is all you need. These easy-to-follow recipes use readily available ingredients and make creating

elegant, pleasing dishes fun. This previously published book has been recreated for a new audience.

Softcover, semi-concealed wire • 6" x 9" • 176 pages • Full colour throughout • Nutritional information for every recipe • Price: \$21.99
Code: APE • ISBN: 978-1-988133-00-3 • UPC: 0-65215-01111-1



Canadian Heritage Breads

by Jean Paré, Wendy Pirk
& James Darcy

Canada is a blend of First Peoples and the immigrants who came to this land, bringing with them their culture along with their customs and traditions. One of the great emblems of those inherited traditions is the bread we make that mirrors the unique styles and tastes of our distinct heritage homelands. Many of those breads have changed and been honed by our evolving culture and the addition of the unique wheat grown here in Canada.

Canadian wheat enjoys worldwide esteem for its quality and high protein content. All-purpose flour made from this wheat has much higher protein levels than flour made in the U.S. or the U.K. As such, recipes from those nations do not yield good results in Canada. The recipes in this book have been created and tested with our Canadian flour in mind. They include breads that are uniquely Canadian as well as those we have adopted as our own.

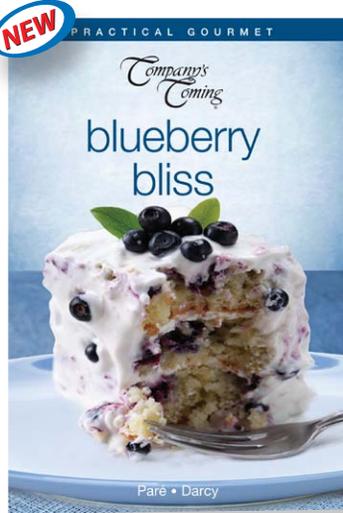
Softcover, semi-concealed wire • 6" x 9" • 160 pages • Full colour throughout • Nutritional information for every recipe • Price: \$19.99
Code: CBHR • ISBN: 978-1-988133-03-4 / ePUB ISBN: 978-1-988133-48-5 • UPC 0-65215-04024-1



Focus Titles

by Jean Paré

Softcover • 5.5" x 7.75" • 64 pages
Every recipe pictured in full colour
Price: \$4.99 / ePUB \$3.99



Blueberry Bliss

by Jean Paré & James Darcy

Crisp and sweet, blueberries are a bundle of nutrition in a tasty little package. They are as good for you as they are delicious. A few blueberries in the mix can really liven up a dish. Sure, they taste great in muffins, pancakes and pie, but there is so much more you can do with this amazing little fruit. This book is here to help you expand your blueberry horizons. Try the innovative Blueberry Turkey Meatballs or Lamb Chops with Blueberry Sauce and finish the meal with a bowl of homemade Blueberry Ice Cream. Delish!

Code: BBL
ISBN: 978-1-988133-59-1
ePUB ISBN: 978-1-988133-60-7
UPC: 0-65215-08073-5

Avocado Accents

Code: PGAVO
ISBN: 978-1-988133-13-3
ePUB ISBN: 978-1-988133-49-2
UPC 0-65215-08856-4

Better With Bacon

Code: PGBAC
ISBN: 978-1-988133-14-0
UPC: 0-65215-08857-1

Blender Drinks

Code: PGBLD
ISBN: 978-1-988133-21-8
UPC: 0-65215-08863-2

Cookie Jar Classics

Code: PGCOO
ISBN: 978-1-988133-15-7
UPC 0-65215-08858-8

Cooking With Beer

Code: PGBEE
ISBN: 978-1-988133-16-4
UPC: 0-65215-08859-5

Eggceptional Eggs

Code: PEGEG
ISBN: 978-1-988133-17-1
UPC: 0-65215-08860-1

Going Bananas

Code: PGBAN
ISBN: 978-1-988133-18-8
UPC: 0-65215-08861-8

Meat Marinades

Code: PGMEM
ISBN: 978-1-988133-19-5
UPC: 0-65215-08862-5

Splendid Spuds

Code: PGSPU
ISBN: 978-1-988133-24-9
UPC: 0-65215-08066-7

Zucchini Zone

Code: PGZZ
ISBN: 978-1-988133-25-6
UPC: 0-65215-08065-0

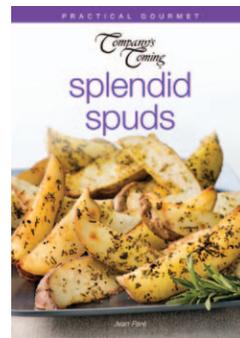
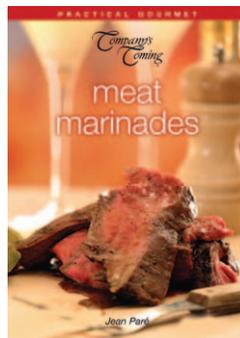
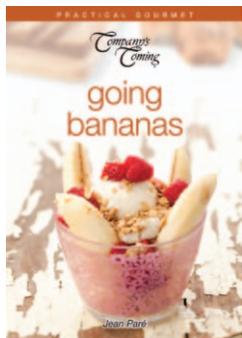
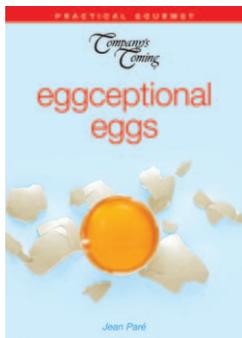
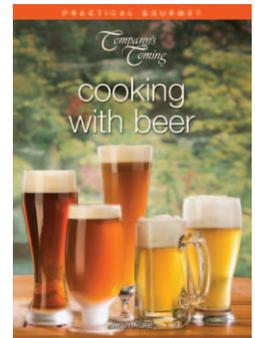
MORE FOCUS EPUBS:

Hearty Soups
ePUB ISBN:
978-1-988133-63-8

Pizza Pizzaz
ePUB ISBN:
978-1-988133-56-0

That's a Wrap
ePUB ISBN:
978-1-988133-64-5

Charming Cupcakes
ePUB ISBN:
978-1-988133-52-2



**PRACTICAL
GOURMET**

Practical Gourmet is an imprint of
Éditions de la Montagne Verte

Practical Gourmet books are distributed
by BookLogic.

We acknowledge the financial support of
the Government of Canada.
Nous remercions l'appui financier du
gouvernement du Canada.

Funded by the Government of Canada
Financé par le gouvernement du Canada

Canada

Distribution Office:
BookLogic
11414 - 119 Street
Edmonton, AB T5G 2X6