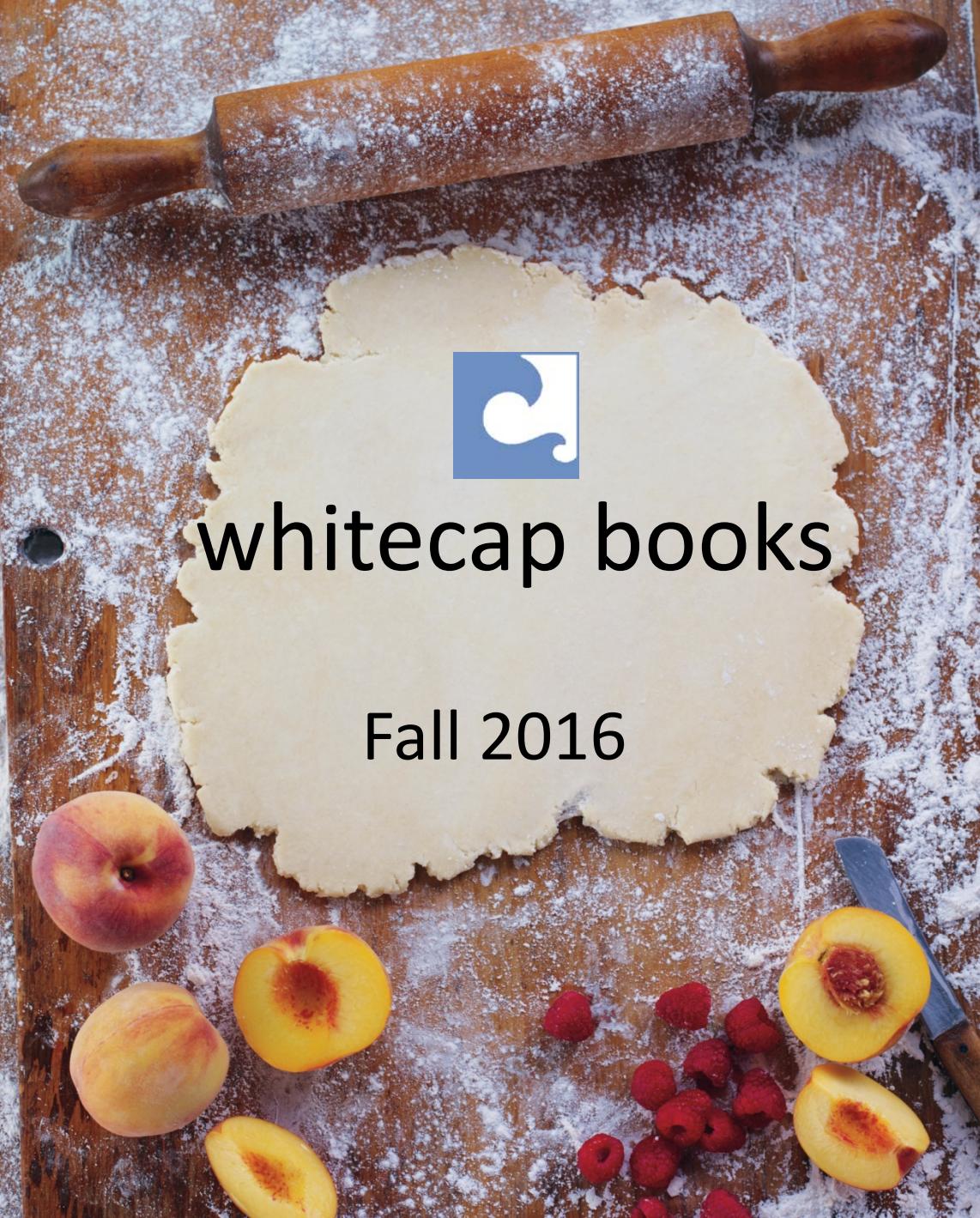


whitecap books

Fall 2016



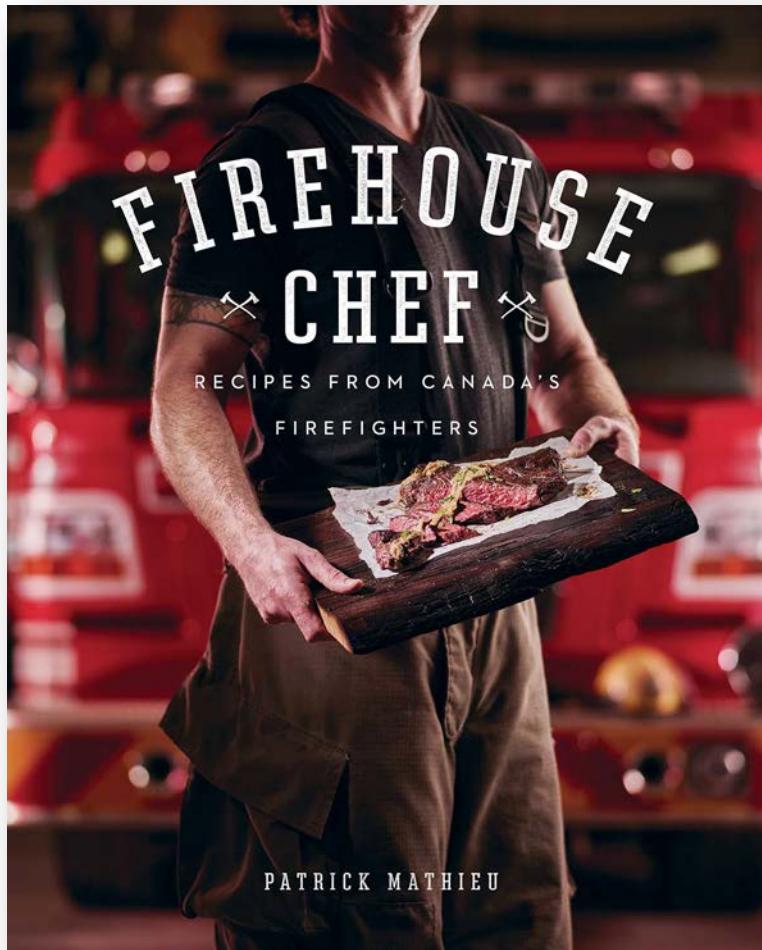


What's cooking
this season?

The Firehouse Chef:

Favourite Recipes from Canada's Firefighters

by Patrick Mathieu



- *The Firehouse Chef* is an account of Mathieu's culinary experience as a Canadian firefighter, preparing meals for his fellow firemen that have kept them well—nourished for over 15 years.
- Contributions by chefs from firehouses stretching across Canada
- Author Patrick Mathieu was a finalist on Season 2 of *Chopped Canada!*

ISBN: 9781770503069
\$34.95 US
NOVEMBER 15 2016

If you can't take the heat, stay out of the kitchen!



The Baker in Me

by Daphna Rabinovitch



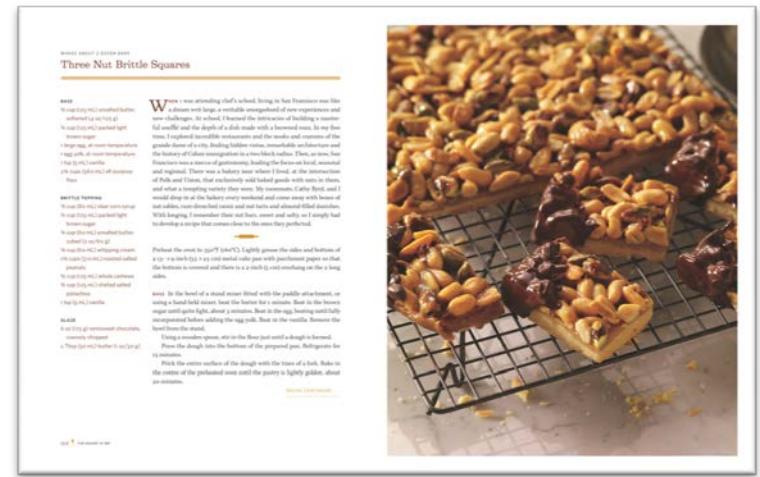
ISBN: 9781770502420

\$45.00 US

Available now

- The quintessential cookbook for every baker .
- Chapters on cookies, cakes, chocolate and more!
- Daphna has worked as a personal chef, a senior pastry chef at the prestigious David Wood Food Shop. She is the co-author of two cookbooks, and a graduate of Tante Marie's cooking School and a baking apprenticeship in Tuscany.

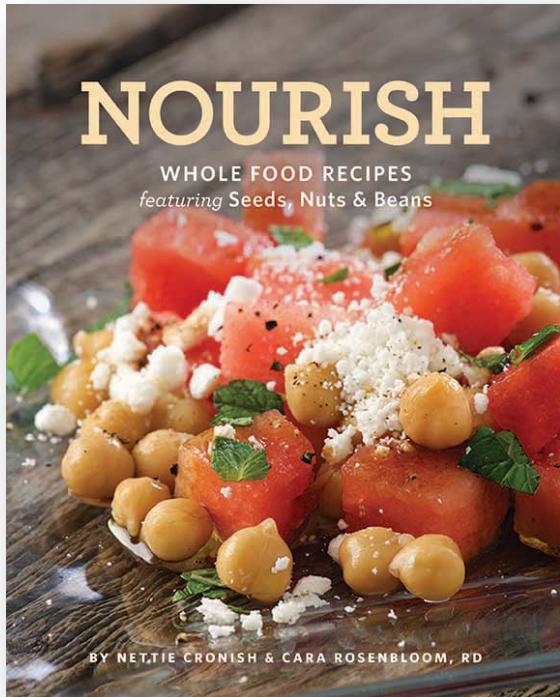
Sugar and spice, and everything nice!



Nourish:

Whole Food Recipes Featuring Seeds, Nuts and Beans

by Nettie Cronish and Cara Rosenbloom



- Vegetarian chef Nettie Cronish and registered dietitian Cara Rosenbloom come together to create *Nourish*, a pulse-themed cookbook.
- 2016 marks the International Year of the Pulses
- This book provides dozens of delicious, approachable recipes made with wholesome beans, nuts, seeds and lentils.

ISBN: 9781770502437

\$29.95 US

Available now



(right: Cara and Nettie, the authors)



Chili-Lime Shrimp on Millet

If you've never had shrimp made on the barbecue, this recipe is a must-try. Shrimp are simply transformed by barbecue heat, and take on an outer crust with a tender middle. The chili and lime marinade is the perfect combination of spicy and tart, and the fresh cilantro marries all of the ingredients into one cohesive plate. During recipe testing, this dish was my husband, Scott's, favorite. —Cara

SERVES 6

- 1 In a medium-sized bowl, combine the chili flakes, lime zest, 1 Tbsp (15 mL) olive oil. Add the shrimp and stir to coat. Cover with plastic wrap and refrigerate for 1 hour.
- 2 Heat a medium-sized pot over medium-high heat; add the millet and cook, stirring constantly for 3 minutes until toasted and fragrant.
- 3 Add the cilantro to pot. Reduce the heat to low, cover, and simmer for 20–25 minutes or until the water is absorbed. Remove from the heat and set aside for 10 minutes. Fluff with a fork and refrigerate until cold.
- 4 Brush the asparagus with remaining 2 Tbsp (30 mL) oil.
- 5 Heat a large grill pan or barbecue over high heat. Cook the shrimp for 2 minutes each side or until just cooked through. Set aside.
- 6 In a large bowl, cook the asparagus for 5 minutes or until tender-crisp. Slice into 5-inch (2.5-cm) pieces. Add to millet.
- 7 Add corn, avocado, cilantro and salt to millet. Stir to combine.
- 8 In a small bowl, whisk together lime juice, oil, chili pepper and sugar. Add to the millet vegetable mixture and toss gently to combine.
- 9 Divide the millet among serving plates, top with the charred shrimp and serve with lime wedges.

NUTRIENTS PER SERVING SERVING SIZE: 1/6 RECIPE

291 calories, 27 g fat, 2 g saturated fat, 282 mg sodium, 39 g carbohydrates, 7 g fibre, 3 g sugars, 14 g protein. Very high in fibre. Excellent source of vitamins C, vitamin E, vitamin B6, calcium, folate and magnesium. Good source of phosphorus, riboflavin, vitamin B₁, iron and zinc.

Dressing

- 2 Tbsp (30 mL) fresh lime juice
- 3 Tbsp (45 mL) extra virgin olive oil
- 1 medium red chili pepper, seeded and finely chopped
- 1/4 tsp (1 mL) sea salt
- 6 lime wedges, to serve

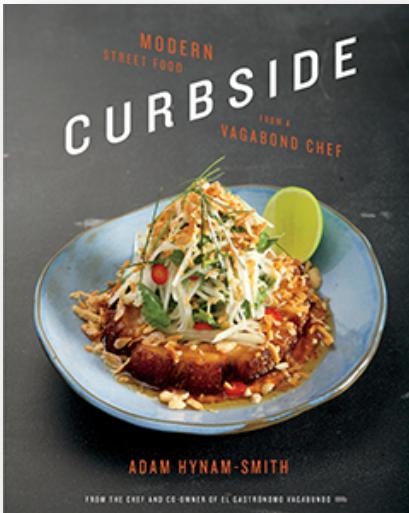
CHAPTER 7: Entrees 165





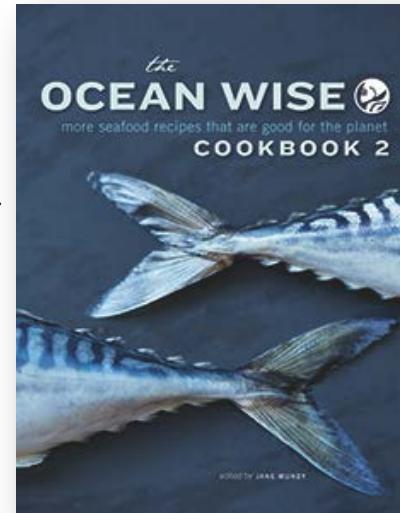
Taste Canada Awards

-Shortlist Nominees-



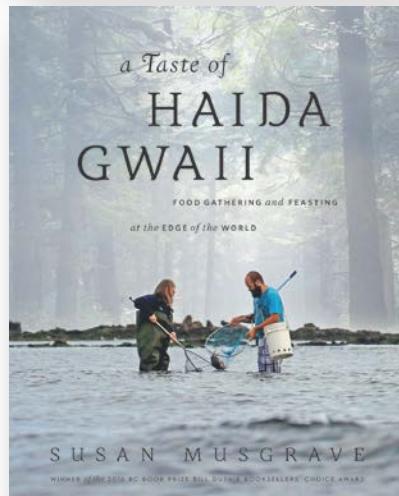
'Single-Subject Cookbook' category:

Curbside: Modern Street Food From a Vagabond Chef
(ISBN: 9781770502239)



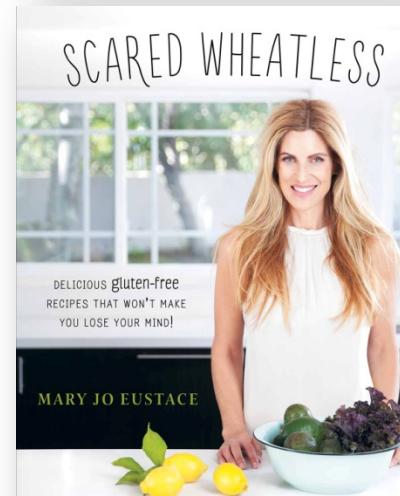
'Single-Subject Cookbook' category:

The Ocean Wise Cookbook 2: More Seafood Recipes That Are Good for the Planet
(ISBN: 9781770502383)



'Regional/Cultural Cookbook' category:

A Taste of Haida Gwaii: Food Gathering and Feasting at the Edge of the World
(ISBN: 9781770502161)

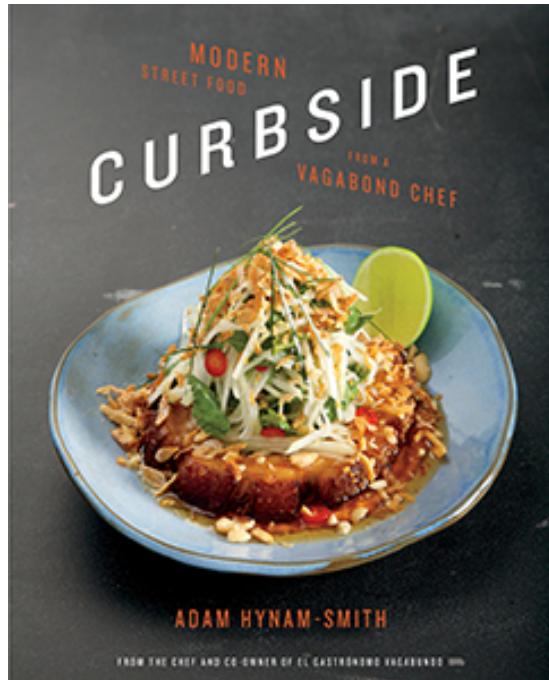


'Health and Special Diet Cookbook' category:

Scared Wheatless: Delicious Gluten-Free Recipes That Won't Make You Lose Your Mind
(ISBN: 9781770502444)

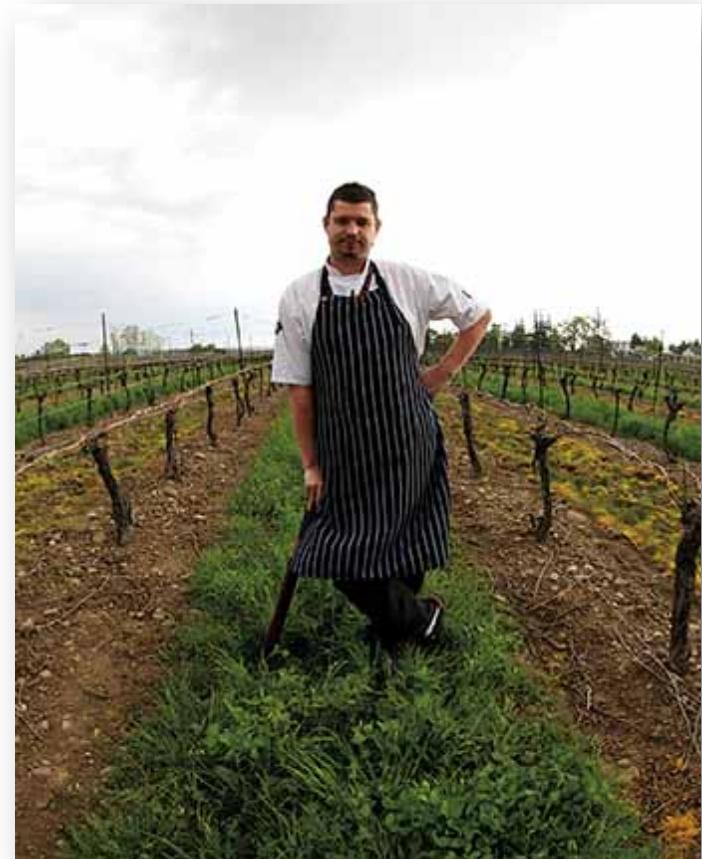
Curbside: *Modern Street Food From a Vagabond Chef*

By Adam Hynam-Smith



ISBN: 9781770502239
\$32.95 US
Available now

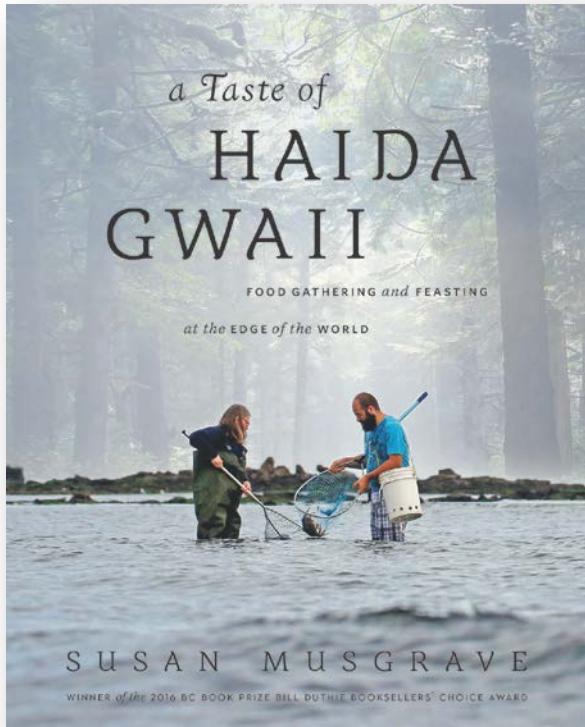
- Modern street food adapted for the home, Adam's fusion inspired recipes are a mouth-watering explosion for the taste buds.
- Adam Hynam-Smith is chef and co-owner of El Gastrónomo Vagabundo, a first gourmet street food truck in Canada.
- According to Acquired Taste Magazine, "what Momofuku master chef David Chang is to New York, El Gastrónomo Vagabundo is to Toronto's food truck culture".



(above: the author)

A Taste of Haida Gwaii: Food Gathering and Feasting at the Edge of the World

by Susan Musgrave



ISBN: 9781770502161

\$34.95 US

Available now

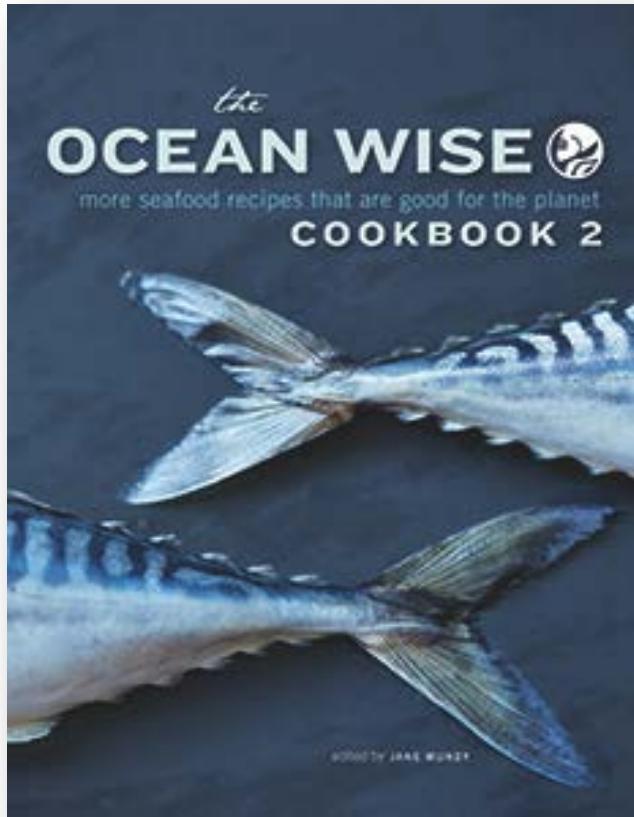
- Written by Governor General's Award winning writer and poet Susan Musgrave
- Part food memoir, part cookbook, Musgrave's wit and sarcasm will have you laughing and attempt foraging through your own backyard.
- Winner of the 2016 BC Book Prize: Bill Duthie Booksellers' Choice Award
- Shortlisted for upcoming Taste Canada Awards in the 'Regional/Cultural Cookbooks' category

*On the edge of the
world...*



The Ocean Wise Cookbook 2: More Seafood Recipes that are Good for the Planet

by Jane Mundy



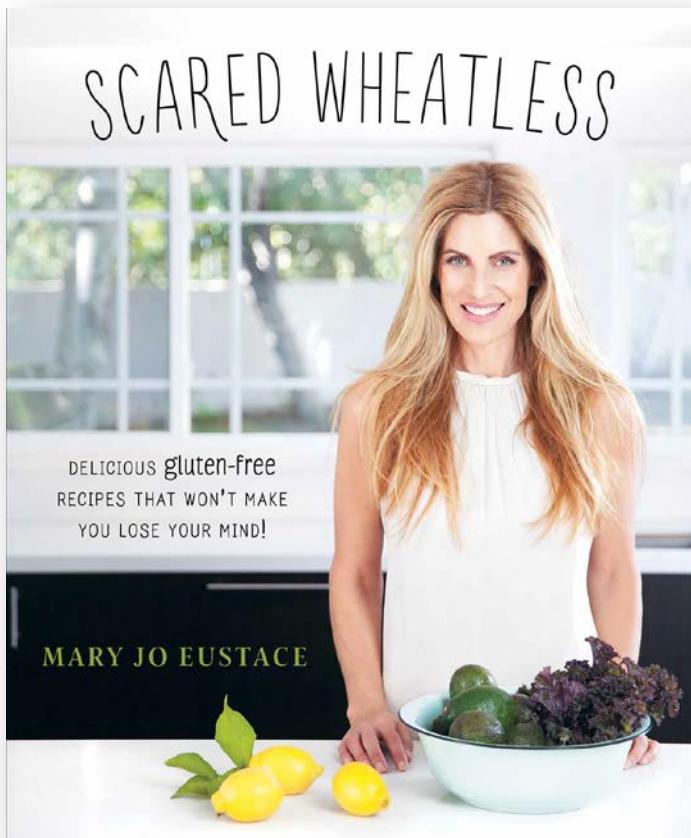
- A sequel to the best-selling *The Ocean Wise Cookbook*
- All-new collection of recipes for sustainable seafood.
- Made with the help of the world-renowned Vancouver Aquarium, this book contains updated information on how an environmentally conscious consumer can make ocean-friendly buying choices and turn them into delicious meals.

ISBN: 9781770502383

\$34.95 US

Available now

Scared Wheatless: Delicious Gluten-Free Recipes That Won't Make You Lose Your Mind



ISBN: 9781770502444
\$29.95 US
Available now

- *Scared Wheatless* is a humorous book of recipes on the serious subject of healthy eating.
- Tips, twists and experiments offer plenty of substitutions for different tastes and different dietary restrictions.
- The author, Mary Jo Eustace, has been in the culinary world for over 20 years.
- Mary Jo has been a TV host, a chef, the author of multiple cookbooks and a memoir on her very public divorce with Dean McDermott.



ONE POT MIRACLE

This is a great easy meal that is especially cozy on a chilly fall night. It's also good when you're pressed for time or having people over at the last minute. This is a basic recipe but you can always substitute, throwing in some of your own personal favorites. Open a nice bottle of wine and enjoy.

4 chicken breasts, skin-on, bone-in
2 Tbsp (30 mL) olive oil
1 red pepper, julienned
½ cup (60 mL) sundried tomatoes, chopped
1½ cups (375 mL) uncooked rice (arborio rice works best)

1. In a large heavy-bottom pot, brown the chicken in the olive oil (remember, this is a "free" ingredient) over medium-high heat, about 2 to 3 minutes per side, seasoning both sides with salt and pepper. You want the chicken to be a nice golden brown color.
2. Add the red pepper and sauté until it starts to soften, about 1 to 2 minutes.
3. Add the sundried tomatoes and rice and combine with the other ingredients, browning the rice slightly.
4. Add the chicken back to the pot (preferably in the same pot), then reduce to medium-low heat and continue cooking until the rice and chicken are cooked, approx. 25 to 35 minutes, checking occasionally and stirring the rice so it does not stick.
5. Serve straight out of the pot or on a platter. Garnish with the fresh parsley and lots of salt and cracked black pepper.

MAKES 4 SERVINGS



HIGH FIVES 68 43



THANK YOU!

For more books and information: www.whitecap.ca

