



Mmm, tasty

Cha Dao: *The Way of Tea, Tea as a Way of Life* (Solala Towler, Jessica Kingsley, April) takes us on a journey through the Way of Tea, from the sacred mountains and temples of ancient China, to today—with quotes, stories, and the health benefits of tea explored.

Hardie Grant is calling *Gran's Kitchen* (Natalie Oldfield & Dulcie May Booker, April) 'practical nostalgia'—it's the tried-and-true recipes of 95-year-old Booker (Oldfield is her granddaughter, and a talented 'foodie'), complete with gorgeous images.

Luciana Sampogna celebrates food and the rites of passage of the Italian woman with recipes, photography and illustrations in *Light of Lucia* (Murdoch Books, April); do more with less with *The Thrifty Cook* (Penguin, May); Juanita Phillips shares the key to preparing healthy daily meals in *A Pressure Cooker Saved My life* (ABC Books, April); and aimed at time-poor families who are on a budget is *Super Food Ideas: One-Pot Cooking* (ed. Rebecca Cox, HarperCollins, April).

Masterchef winner Julie Goodwin has been busy cooking, testing and writing for her cookbook *Our Family Table* (Ebury, April) which also features some of her highlights from the show like her lemon diva cupcakes; Gary Mehigan will also satisfy tummies with *Comfort Food* (Lantern, April); and stories and recipes from Australia's country chefs are collected in *Country Style: Country Chefs* (Lantern, April).

Dave Myers and Si King search through Britain for forgotten gems from all kinds of kitchens in *Mums Know Best: The Hairy Bikers' Family Cookbook* (Weidenfeld & Nicholson, Orion, April); or travel with your tastebuds with *Middle Eastern Bible* (Fiona Hammond, Penguin, May).

Dany Chouet helped shape French cuisine in Australia in the 1970s and 1980s, and now collects 60 classic and authentic French recipes in *So French* (Murdoch Books, May); and indulge with Alison Thompson's *Macaron* (Penguin, May). Or start from scratch with the incredibly detailed *The Australian Women's Weekly Cooking School* (ACP, April).

Also, see our review pages for *Sunday's Kitchen* (Lesley Harding & Kendrah Morgan, Miegunyah, April) and *High Tea* (AWW staff, ACP Books, April), from page 34.

