



PENGUIN CANADA

**RIGHTS
CATALOGUE
FALL 2011**

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PEGGY BLAIR

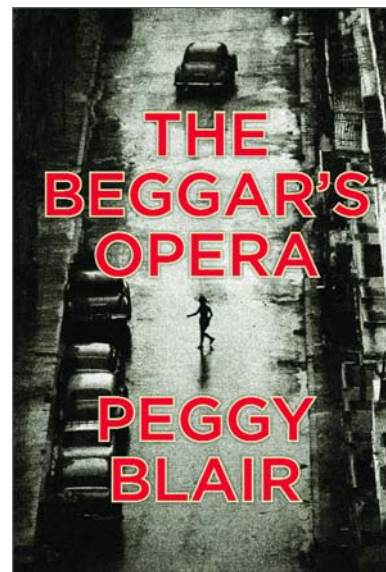
The Beggar's Opera

The first volume in the atmospheric and suspenseful
Inspector Ramirez series

Shortlisted for the 2010 CWA Debut Dagger

In beautiful, crumbling Old Havana, Canadian detective Mike Ellis hopes the sun and sand will help save his troubled marriage. He doesn't yet know that it's dead in the water—much like the little Cuban boy last seen begging the Canadian couple for a few pesos on the world famous Malecon.

For Inspector Ricardo Ramirez, head of the Major Crimes Unit of the Cuban National Revolutionary Police, finding his prime suspect isn't a problem—Cuban law is. He has only seventy-two hours to secure an indictment and prevent a vicious killer from leaving the island. But Ramirez also has his own troubles to worry about. He's dying of the same dementia that killed his grandmother, an incurable disease that makes him see the ghosts of victims of unsolved murders. As he races against time, the dead haunt his every step ...



PEGGY BLAIR has been a lawyer for more than thirty years. A recognized expert in Aboriginal law, she also worked as both a criminal defence lawyer and Crown prosecutor. A former member of the Canadian Human Rights Tribunal, Blair is named in the *Canadian Who's Who*. *The Beggar's Opera* is her first novel.

advanced
praise for }
**THE BEGGAR'S
OPERA**

"I HAVE A PENCHANT FOR SMART, DARK, LITERARY CRIME FICTION, AND *THE BEGGAR'S OPERA* IS ALL OF THAT: AN EXCELLENT BOOK." —Allan Guthrie, author of *Two Way Split*

RANDY BOYAGODA

Beggar's Feast

The epic story of a man who lives in defiance of his fate

Sam Kandy, born to low prospects in a Ceylon village in 1899, dies a hundred years later as the wealthy headman of the same village—a self-made shipping magnate and the father of sixteen who's been married three times and widowed twice.

Told in four parts, this enthralling novel traces Sam's story from his boyhood—when his parents, convinced by his horoscope that he'd be a blight upon the family, abandon him at the gates of a distant temple—through to his dramatic escape from the temple, his daring journey across Ceylon to Australia and Singapore, and his bold return to the Ceylon village he once called home. There, he tries to win recognition for his success in the world—at any cost.

A novel about family, pride, and ambition set on a gorgeous, troubled island caught between tradition and modernity, *Beggar's Feast* establishes Boyagoda as a major voice in international literature.

**praise for
BEGGAR'S
FEAST**

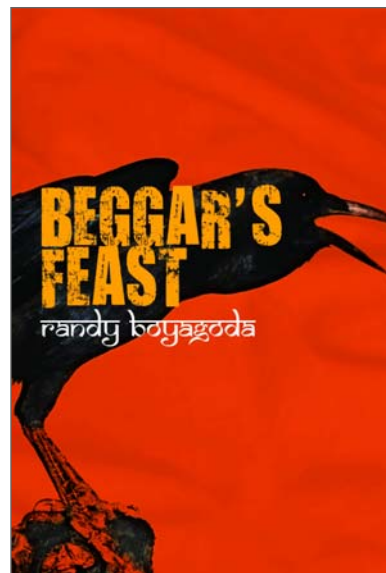
"RAGS-TO-RICHES NARRATIVES SELDOM HAVE MUCH HUMBLER STARTING POINTS THAN THE CEYLON VILLAGE WHERE *BEGGAR'S FEAST'S* PROTAGONIST IS BORN ... HE'S NAIPAUL'S MR. BISWAS AS UNAPOLOGETIC SUCCESS RATHER THAN EMBITTERED FAILURE, RICHLER'S DUDDY KRAVITZ FOLLOWED FAR PAST HIS APPRENTICESHIP. IF YOU'VE FOUND A PLACE IN YOUR HEART FOR EITHER OF THOSE COMPLICATED FIGURES, MAKE WAY FOR SAM KANDY."

—*The Gazette* (Montreal)

"BOYAGODA, A SHARP AND SUBTLE WRITER, SLIPS EASILY INTO MANY DIFFERENT CHARACTERS' HEADS AND THEIR INTERNAL RHYTHMS, AND LYRICAL LINES AROUND ... A SATIRICAL FEAST."

—*The Globe and Mail*

"SAM'S LIFE—BOYAGODA KEEPS US FASCINATED IF NOT ALWAYS SYMPATHETIC—POWERS THE NARRATIVE ... MAGICAL LANGUAGE, RHYTHMIC STORYTELLING AND TELLING GESTURES ... SAM KANDY'S CENTURY BURNS VERY BRIGHTLY INDEED."—*Toronto Star*



Writer, critic, and scholar **RANDY BOYAGODA** is a professor of American Studies at Ryerson University in Toronto. His writing has appeared in publications including *The New York Times*, *Harper's*, *The Walrus*, *National Post*, and *The Globe and Mail*. His first novel, *Governor of the Northern Province*, was published to national acclaim and long-listed for the 2006 Scotiabank Giller Prize.

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ZSUZSI GARTNER

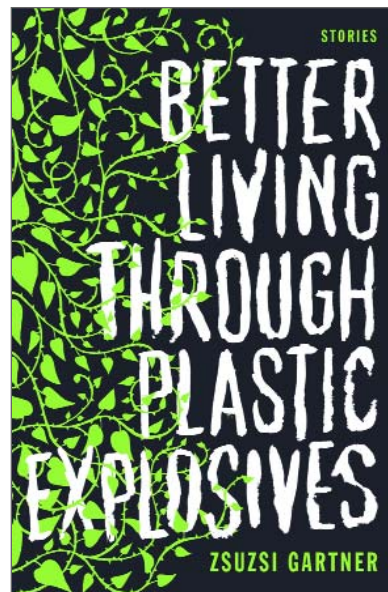
Better Living Through Plastic Explosives

Shortlisted for the 2011 Scotiabank Giller Prize

Whether she takes on evolution and modern manhood, international adoption, real estate, the movie industry, science and faith, art, or terrorism, Gartner fillets the righteous and the ridiculous with dexterity in equal, heartbreaking, and glorious measure.

Angels crash land, lovers speak IKEA, a mountain swallows tony West Coast properties, and a killer stalks the great motivational speakers of North America.

These stories ruthlessly expose our covert fears and fathomless desires and allow us to snort with laughter—while grieving at the grotesque world we'd live in if we all got what we wanted.



ZSUZSI GARTNER is the author of the critically acclaimed and bestselling story collection *All the Anxious Girls on Earth* and editor of *Darwin's Bastards: Astounding Tales from Tomorrow*. She is the winner of a 2007 National Magazine Award for Fiction and the recipient of numerous awards for her magazine journalism.

praise for
**BETTER LIVING
THROUGH PLASTIC
EXPLOSIVES**

"ZSUZSI GARTNER'S WRITING IS DAZZLING, EFFORTLESS, AND CLEAR AS A BELL. SHE'S ABLE TO CRYSTALLIZE A CULTURAL MOMENT IN A WAY ENTIRELY HER OWN THAT IS BOTH INSTANTANEOUS AND ETERNAL. I COULDN'T LET GO OF IT AND READ IT ALL IN ONE GO."—*Douglas Coupland*

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G.B. JOYCE

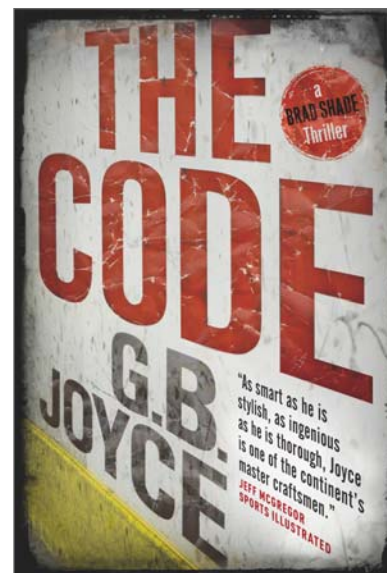
The Code

For fans of Elmore Leonard and Robert B. Parker, meet hockey scout turned private detective Brad Shade, from one of the best sports writers on the continent.

Brad Shade has been just about everywhere hockey is played. He has ridden the buses in the minors, shared dressing rooms with the legends of the game, closed bars with guys destined for the Hall of Fame, and dropped the gloves with journeymen like himself who'll never get near it. Now that he's retired after fourteen years of bouncing around the league, he's living out of a suitcase and scouting for Los Angeles, where someone in management owes him a favour from his playing days.

But when the brutally murdered body of coaching legend Red Hanratty turns up in the parking lot after an old-timers charity game, Shade's job of scouting the local phenomenon starts to overlap with investigating the killing of the kid's grizzled old coach.

From small-town rinks to the draft tables in the big league, G.B. Joyce introduces us to a character with a self-deprecating sense of humour and an oversized will to win—and weaves a story out of strands of resentment, greed, and fear that span generations and build to a surprising, thrilling conclusion.



G.B. JOYCE is the author of six books of sports non-fiction, most recently *The Devil and Bobby Hull*. He has worked for ESPN since 2003 and before that was a sports columnist at *The Globe and Mail*. He lives in Toronto with his partner, Susan Bourette.

NAHLAH AYED

A Thousand Farewells

A reporter's journey from refugee camp to the Arab spring

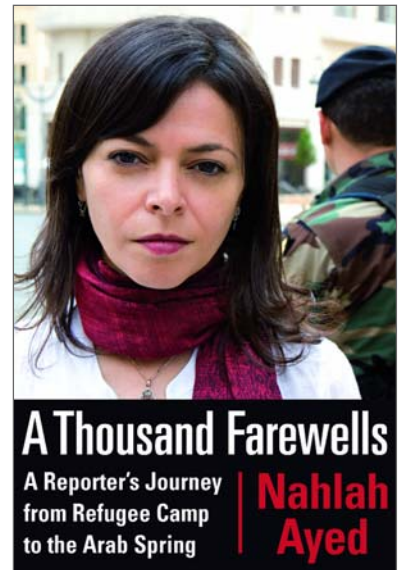
In 1976, Nahlah Ayed's family gave up their comfortable life in Winnipeg for the squalor of a Palestinian refugee camp in Amman, Jordan. The transition was jarring, but it was from this uncomfortable situation that Ayed first observed the people whose heritage she shared. The family returned to Canada when she was thirteen, and Ayed ignored the Middle East for many years. But the first Gulf War and the events of 9/11 reignited her interest. Soon she was reporting from the region full-time, trying to make sense of the wars and upheavals that have affected its people and sent so many of them seeking a better life elsewhere.

In *A Thousand Farewells*, Ayed describes with sympathy and insight the myriad ways in which the Arab people have fought against oppression and loss as seen from her own early days witnessing protests in Amman, and the wars, crackdowns, and uprisings she has reported on in countries across the region.

This is the heartfelt and personal chronicle of a journalist who has devoted much of her career to covering one of the world's most vexing regions.

excerpt from }
**A THOUSAND
FAREWELLS**

We did however know that we had a "home" away from Home; that we had been there on a visit in 1973. None of us kids remembered it of course; the Kodak pictures, cleverly noting the date, created the memory: Pictures in Amman and Kuwait with people we knew we were supposed to love, but didn't know why.



NAHLAH AYED was born in Winnipeg and is of Palestinian descent; she is fluent in Arabic and English. She joined the CBC in 2002 and is currently a CBC correspondent.

RANDY BACHMAN

Randy Bachman's Vinyl Tap Stories

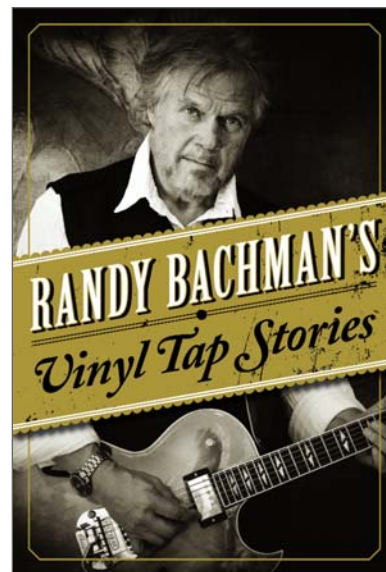
Stories that rock from Canadian guitar legend

Randy Bachman has been rolling out chart-topping songs his whole life—"You Ain't Seen Nothing Yet," "These Eyes," "American Woman," "Taking Care of Business"—and, since 2005, treating fans to a lifetime of rock 'n' roll stories on his hit radio show *Vinyl Tap*.

His approach is always fresh—even the most hardcore music fans will be surprised by what they can learn from Randy. Whether he is touring around the world with Ringo Starr, jamming with Little Richard, or recording with Neil Young, music is his life and his anecdotes put you at the centre of it all. A fifty-year career in music is full of extreme highs and lows. It is also a life filled with some very colourful characters. Randy's stories are candid and always entertaining.

These are his best stories. The most memorable *Vinyl Tap* moments are all here, from Randy's Guitarology 101 to his favourite songs to be played at funerals. *Randy Bachman's Vinyl Tap Stories* opens up a joyous world of rock and popular music.

Despite his success, Randy is "still that kid from Winnipeg" and his enthusiasm for great music is as strong as ever. Funny, raucous and engaging, *Randy Bachman's Vinyl Tap Stories* is irresistible.



RANDY BACHMAN has become a legendary figure in the rock 'n' roll world through his talents as a guitarist, songwriter, performer and producer. Known best for his work in the Guess Who and Bachman-Turner Overdrive, he has earned more than 120 gold and platinum album/singles awards around the world for performing and producing.

GEORGES LARAQUE

Georges Laraque

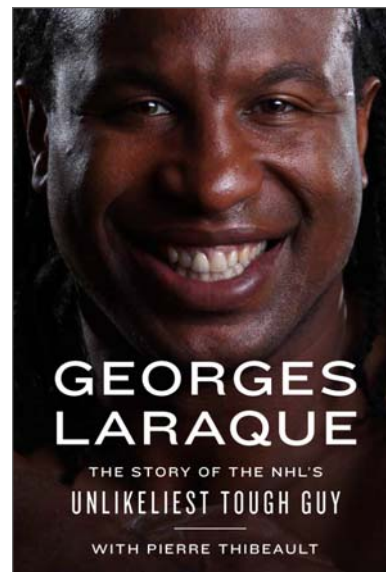
The story of the NHL's unlikeliest tough guy

Known as a player who was unfailingly respectful and gentlemanly even when he was going toe-to-toe with the toughest guys in the toughest league in the world, today Laraque takes that courageous sense of what is fair into fights that are much more important than the outcome of a hockey game.

The son of Haitian immigrants, Laraque campaigns for World Vision to help with Haitian relief. A committed believer in animal rights (and probably the toughest vegan in the world), Laraque is a spokesperson for PETA. A conscientious environmentalist, Laraque stepped up to be the deputy leader of a “green” political party.

In this intimate, often surprising, biography, Laraque tells the story of a hockey player's life that is unlike any other, from a childhood facing racism in the minor hockey league system, to the thrill of the Stanley Cup Finals, and sharing a dressing room with Sidney Crosby—and from dropping the gloves on the ice to refusing to back down from much more serious fights off the ice.

Honest, startling, and brave, this is a portrait of a hockey player unlike any you've seen before.



GEORGES LARAQUE retired from the NHL as a winger for the Montreal Canadiens and the toughest guy in the league. He is now a radio host and deputy leader of the Green Party of Canada. During his NHL career he played for the Edmonton Oilers, Phoenix Coyotes, Pittsburgh Penguins, and Montreal Canadiens. Georges Laraque was born in Montreal, Quebec.

LYNN CRAWFORD

Lynn Crawford's Pitchin' In

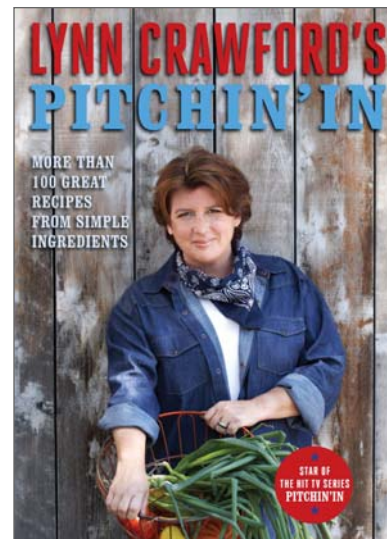
More than 100 great recipes from simple ingredients

Lynn Crawford's Pitchin' In chronicles Chef Lynn Crawford's road trip across North America, describing the people she meets, the land, and—of course—the food. She travels from the Bay of Fundy, where some of the finest lobster in the world is caught, to Vancouver Island to haul in trap after trap of the best Dungeness crab available, to Kansas, where a small group of farmers are reviving heritage turkey, to Perth County in Southwestern Ontario, famous for some of the best pork in Canada and home to one of only a handful of farmers who are raising wild boar.

In *Lynn Crawford's Pitchin' In*, Crawford shares many of the amazing recipes from her adventures and celebrates the local food heroes she meets along the way. She gives us her best food preparation and cooking tips, along with recipes for many of her favourite dishes—which are perfect for sharing with family and friends.

Recipes include:

- Cider-Glazed Pork Chops with Apple Thyme Chutney & Collard Greens
- Salt Crusted Sirloin & Warm Potato Salad
- Hay Roasted Leg of Lamb with Ratatouille & Frites
- Green Tea Poached Pears



LYNN CRAWFORD is an award-winning celebrity chef with a 26-year history of extensive culinary experience. She trained at George Brown College in Toronto and was Executive Chef of the Four Seasons Hotels in Toronto and New York City—the only woman to ever have held both posts. Crawford currently stars in *Pitchin' In*, her own TV series on Food Network Canada, where she travels to far-flung locations and does whatever it takes to get at the best, freshest ingredients in the world—even if it means putting herself at risk. In 2010, Crawford opened her first restaurant in Toronto, Ruby Watchco, which emphasizes positive relationships with local farmers and growers. She lives in Toronto.

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MARK McEWAN

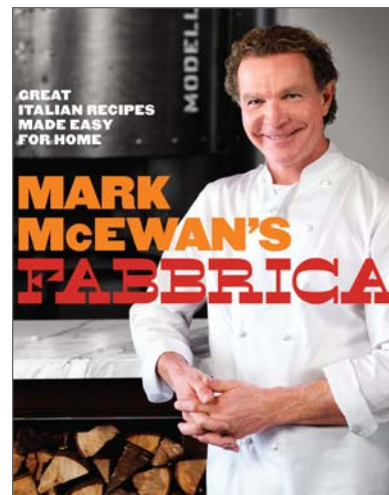
Mark McEwan's Fabbrica

Great Italian recipes made easy for home

When celebrity chef Mark McEwan takes a much-needed holiday from running his restaurant empire, he likes more than anything to head for Italy. His love affair with ingredient-driven Italian cuisine dates back to his earliest days in the business, when his pastas and risottos were a big part of what put him on the culinary map. When McEwan was drawing up plans for a fourth restaurant, Italian food was a clear choice. This book is composed entirely of recipes from that restaurant, Fabbrica.

From dishes perfectly suited to the summer table, like grilled swordfish with fennel and orange, to the robust fall flavours of kale, sausage, and bean soup, to everyday dishes like the famous Fabbrica pizzas, and even a definitive take on the American Italian classic chicken parmigiana, there are dishes here for every occasion. The theme is authenticity. The flavours are large and seductive. All of the recipes are easily manageable for the home cook, and following in the format of McEwan's highly acclaimed first book, *Great Food at Home*, all are highly flexible. The only essential ingredient is passion—both for cooking, and for enjoying its results.

- Dandelion and Radicchio Salad with Olives
- Pizza with Tomato, Basil, and Mozzarella
- Risotto with Mushrooms and Shaved Truffle
- Linguine with Clams, Chilli, and White Wine



MARK McEWAN is a renowned chef, widely recognized for his distinctive style of cooking that captures the essence of classical cuisine with nuances of contemporary flavours. In 1990, McEwan opened the highly acclaimed North 44 in Toronto. Since then he has reached celebrity status with his television show, *The Heat*, coupled with the opening of the restaurants Bymark and One and the gourmet food market McEwan. As of 2011, he is the Head Judge on *Top Chef Canada*. His most recent success is the Italian restaurant Fabbrica.

MICHAEL SMITH

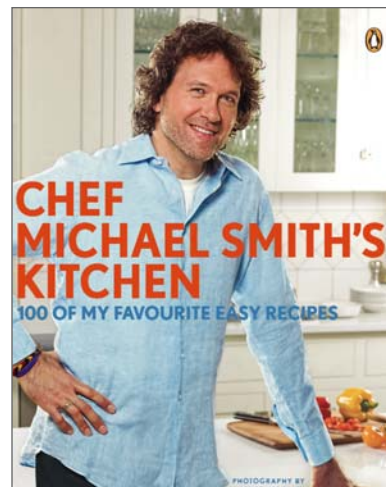
Chef Michael Smith's Kitchen

**Canada's most famous chef is back with
a brand-new cookbook**

Chef Michael Smith is passionate about cooking and sharing great food and flavours. *Chef Michael Smith's Kitchen* is a collection of Chef Michael's all-time favourite recipes, the ones he cooks regularly in his own home kitchen: lots of wonderful, memorable flavours that you'll enjoy with your family and friends.

Chef Michael Smith's Kitchen features over 100 fabulous, easy-to-make recipes, each with a mouth-watering photo. Start your day with French Toast Sandwiches Oatmeal Crusted with Blueberry Stuffing or Apple Pie Pancakes with Caramel Syrup. Enjoy Coconut-Crusted Chicken with Mango Mint Salsa or Honey Mustard Barbecue Baked Baby Back Ribs, or a great seafood dish like Pan-Seared Scallops with House Wine Sauce for a wonderful dinner. You'll also find lots of recipes for delicious vegetables, grains, and side dishes like Nutmeg Roasted Sweet Potatoes with Wilted Baby Spinach or Sausage Sage Bread Pudding. And of course, Michael's Dark Chocolate Peanut Butter Cups and Triple-Treat Creamsicle Marshmallows are sure to become your favourite treats to finish off any meal.

Chef Michael invites you to enjoy cooking his favourite recipes—and to make them yours.



Award-winning celebrity chef and author **MICHAEL SMITH** has been creating distinctive, delicious meals for over twenty years. An honours graduate of the Culinary Institute of America in New York, he has worked in a variety of fine culinary venues: a Michelin 3-star restaurant in London, South America, the Caribbean, and some of Manhattan's best kitchens. Smith stars in several Food Network TV shows including *Chef at Home*, *Chef at Large*, and *Chef Abroad*; he is also the creator and star of *Food Country*, a weekly web series featuring the flavours, people and stories of Prince Edward Island. Michael lives in Prince Edward Island.

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Young **Readers**



CARRIE MAC

The Opposite of Tidy

How do you come clean when your life is a mess?

Fifteen-year-old Junie is barely coping. Her mother has started sleeping in the chair in front of the TV, and the house is so packed with junk, newspapers, cupboard organizers and other helpful items from the Shopping Channel that she can barely get in the front door. Her father is no help, since he's always with That Woman. To top it off, she's failing math.

So when Wade Jaffre, the hot new guy at school, offers her a ride home from school, it seems too good to be true. Junie surprises herself by accepting—and even talking! But as they approach her house, her parents are outside, screaming at each other. Junie doesn't even have to think twice about directing him on to her best friend Tabitha's house, nor about continuing the charade of pretending she lives there.

Tabitha and her mother are understanding—and willing to go along, for the moment. But as the weeks go by, Junie's lies start piling up and the opportunity to tell the truth seems to slip away. Until one day, Junie's world—and her mother's—is literally turned inside out for everyone to see, and Junie and her mother must face the consequences of her mother's illness ... and the lies they both told to hide it.



Award-winning author **CARRIE MAC** is well-known for her adeptness at captivating young adult audiences; she has written nine books for young adults, and won the 2010 Sheila A. Egoff Book Prize for her most recent work, *The Gryphon Project*. When Mac isn't writing, she works as a paramedic. She lives with her family in Vancouver, BC.

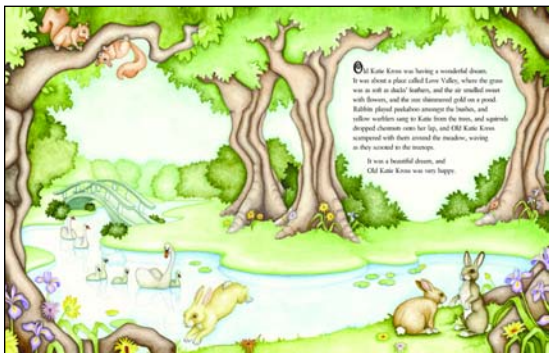
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DONNA MORRISSEY

Cross Katie Cross

Illustrated by Bridgette Morrissey

In this charming children's story from award-winning author Donna Morrissey and her daughter, Bridgette, we meet Katie Cross, a curmudgeonly old woman who hates just about everything. Katie becomes so fed up with life on her farm that she decides to leave her home in search of Love Valley—a beautiful, idyllic place from her dreams—where she can be on her own, away from tedious chores, pestering neighbours, and pesky animals. But Katie's journey leads her to learn that sometimes dreams come true in the most surprising of ways.



DONNA MORRISSEY is the acclaimed author of four adult novels and a screenplay. She is the recipient of the CBA Libris Award, the Winifred Holtby Prize, the American Library Association's Alex Award, a Gemini Award, and the Atlantic Independent Booksellers Choice Award, and is a two-time winner of the Thomas Head Raddall Atlantic Fiction Prize. Morrissey grew up in The Beaches, a small fishing outpost in Newfoundland, and now lives in Halifax.

BRIDGETTE MORRISSEY was born in Edmonton, Alberta, and spent her growing years prowling various shorelines and port towns along the coasts of Newfoundland and Nova Scotia. Bridgette attended the Nova Scotia College of Art and Design to study the language of imagery and graduated with a BFA in 2008. She currently resides in Halifax.

STEVE PITT WITH RAY ZAHAB

Running to Extremes

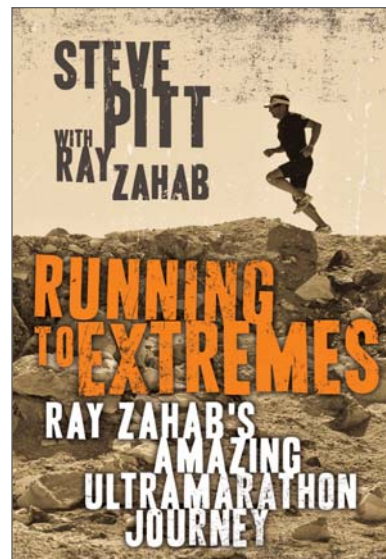
Ray Zahab's Amazing Ultramarathon Journey

"I'm just a regular guy who up until a few years ago totally underestimated what I felt I was capable of. Since then, my experiences have taught me that we are all capable of the extraordinary in our lives."

As a child, Ray Zahab was always the last to be picked for team games. Eventually he quit trying, and as he got older he took up smoking and drinking. But after his grandfather and uncle died and his father suffered a stroke, Ray realized he had to take charge of his life.

Ray gave up his destructive habits and started looking for new challenges. When he read about the Yukon Arctic Ultra, a 160-kilometre ultramarathon, he knew he had to give it a try. Everyone thought he was crazy—Ray had never even run in a regular marathon. But not only did he end up coming in first and winning the race, he also broke the previous year's record!

Ray has since run in ultramarathons around the world, from the Sahara Desert to the Amazon jungle in Brazil. He also combines his love of racing with a passion for inspiring young people to achieve extraordinary things. In setting out to transform his own life, he has helped thousands of others transform theirs, too. His is an incredible story of determination and inspiration.



STEVE PITT is a children's author and magazine writer whose non-fiction book *Rain Tonight: A Tale of Hurricane Hazel* was shortlisted for several Children's Choice awards in Canada, including the Silver Birch Award.

RAY ZAHAB continues to race, as well as speak, around the world. He is a member of the board of directors of Ryan's Well Foundation, the official Athletic Ambassador to the ONExONE organization, a representative of SpreadTheNet, and the founder of Impossible2Possible.

YOUNG ADULT FICTION

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15

ERIC WALTERS WITH RAY ZAHAB

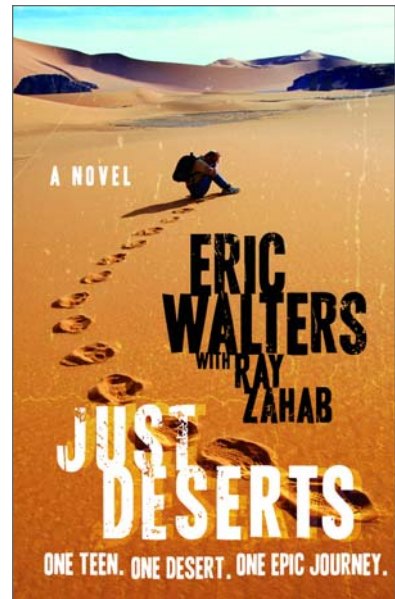
Just Deserts

"Maybe this was all just a bad joke my father was playing on me. He was merely trying to teach me a lesson, and in a couple of minutes somebody would drive up to get me, or maybe the plane would spin around and come pick me up. This was just a bad, misguided, cruel lesson..."

Ethan can barely believe it. Until now, his biggest problems have been trying to stay in one school without getting expelled—and finding his next drink. But after Ethan's drunken imitation of the school's headmaster goes up on YouTube, his father steps in with a shockingly drastic measure. Now Ethan is sprawled in the sand... in the Sahara Desert. Alone.

According to his father's letter, Ethan must trek 200 kilometres across the desert to the city of Tunis, with the help of a guide and three other young people. Confused, hungry, and—if he is truthful—more than a little scared, Ethan has no choice. He will face sandstorms, vipers, and agonizingly painful blisters ... but, most painful of all, he will confront his inner demons and come to a true realization of who he really is.

Inspired by Ray Zahab's story and his non-profit organization Impossible2Possible, *Just Deserts* is an exciting, thought-provoking adventure for young adult readers.



ERIC WALTERS is the bestselling author of more than sixty books, which have won numerous awards across Canada, including eleven children's choice awards.

RAY ZAHAB continues to race, as well as speak, around the world. He is a member of the board of directors of Ryan's Well Foundation, the official Athletic Ambassador to the ONExONE organization, a representative of SpreadTheNet, and the founder of Impossible2Possible.

RIGHTS: WORLD

Backlist **Titles**



EDEET RAVEL

The Last Rain

“Exquisitely formed. Placing the narrative voice at child-level is a brilliant stroke.”—Anne Carson

To six-year-old Dori, everything seems possible. And to her family and their peers—secular, left-leaning North American Jews—the young state of Israel seems to offer the same promise, as the stary-eyed kibbutz movement prepares the ground for their ideals of justice and cooperation to take root and flourish. They settle on Eldar in northern Galilee, determined to create a new utopia—but life is far more complex than any of its inhabitants could have imagined.

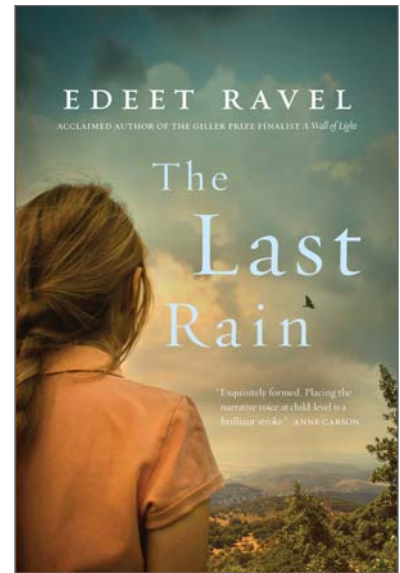
The Last Rain tells the story of Eldar’s emergence as a kibbutz through Dori’s eyes, as well as through documentary fragments that take the reader on a labyrinthine journey through the characters’ collective past. With humour, sensitivity, and a deep love for the land, Ravel portrays the coming of age of a young girl and of a country in the first fraught years of its existence.

praise for }
YOUR SAD EYES AND }
UNFORGETTABLE
MOUTH

“NUANCED, COMPASSIONATE, INSIGHTFUL AND GENTLY HUMOROUS.”—*The Globe and Mail*

“A THOUGHT-PROVOKING COMMENTARY ON THE LEGACY OF THE HOLOCAUST.”—*National Post*

“RAVEL ... NAILS THE HISTORICAL UNDERPINNINGS AND OFFERS A TRULY SENSITIVE READ.”—*Chatelaine*



EDEET RAVEL is the author of a trilogy about the Israeli–Palestinian conflict, *Ten Thousand Lovers* (finalist for the Governor General’s Literary Award), *Look for Me* (winner of the Hugh MacLennan Prize), and *A Wall of Light* (finalist for the Giller Prize and winner of the Canadian Jewish Book Award). Her most recent book was *Your Sad Eyes and Unforgettable Mouth*. She lives in Guelph.

BRENDAN BRAZIER

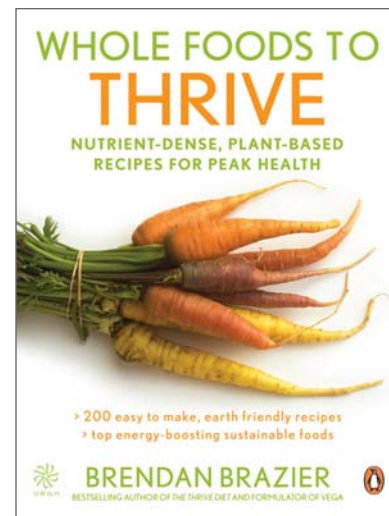
Whole Foods to Thrive

“I am forever grateful to this book and to Brendan ... I have noticed increased energy and more restful sleep. My desire for sugar and salt is waning, and what’s more, I am following these recipes, and loving them.”
—Hugh Jackman

We all know that our food choices significantly impact our health, and we’re becoming increasingly aware of the environmental costs of those choices. We weigh the nutritional value of the food we eat in equal measure with the eco-friendliness of its path to our table. In his newest book, *Whole Foods to Thrive*, Brendan Brazier—professional Ironman triathlete, nutritional performance expert, and creator of an award-winning line of whole food nutritional products—exalts nutrient-dense, plant-based foods as the best choice for your well-being and the sustainability of the planet.

Whole Foods to Thrive builds upon Brendan’s stress-busting, energy-boosting approach to nutrition introduced in his acclaimed bestseller *The Thrive Diet*, featuring 200 delicious and easy-to-make recipes that are all allergen-free, containing no wheat, yeast, gluten, soy, dairy, or corn.

- Quinoa Falafels
- Indian-Spiced Lentil Hemp Burgers
- Maple Crispy Rice Treats
- Kale Chips and Nori Crisps



BRENDAN BRAZIER is one of only a few professional athletes in the world whose diet is 100 percent plant based. In 2006, Brendan was invited to address US Congress on Capitol Hill, where he spoke of the significant social and economic benefits that could be achieved by improving personal health through better diet. Brendan is from North Vancouver, BC and spends most of his time on the road touring.

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MARK McEWAN

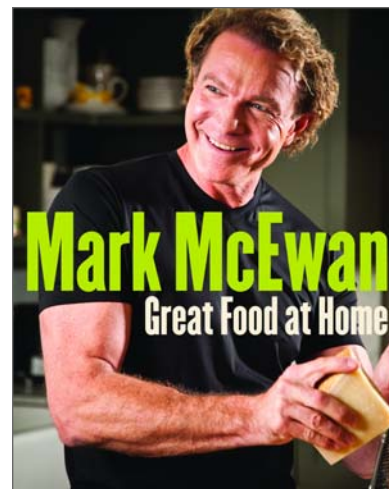
Great Food at Home

“When Mark McEwan puts his name to anything, one expects it to be flawless.”—*Eye Weekly* magazine

Inspired by innovative haute cuisine, *Great Food at Home* is a collection of recipes that home cooks can make with ease. Welcoming food is the foundation upon which Mark McEwan’s superlative establishments are built. The lofty calibre of Mark’s cuisine has earned him enviable honours—his restaurant North 44 was named the best in Toronto by *Gourmet* magazine for three years running—but at heart Mark loves the simple pleasures of comfort food.

Great Food at Home showcases 100 of Mark’s favourite recipes, all of them easy to make and to enjoy with family and friends. Try your hand at these mouth-watering recipes:

- Duck Shepherd’s Pie
- Roast Rack of Pork with Maple-Whisky Glaze and Sautéed Peaches
- Woodland Mushroom Tart with Frisée
- Meatloaf Panini
- Five-Spice Bison Tenderloin with Spiced Apple
- Butternut Squash Ravioli with Braised Oxtail
- Apple Crostata with Caramel Sauce and Sweet Crème Fraîche



MARK McEWAN is a renowned chef, widely recognized for his distinctive style of cooking that captures the essence of classical cuisine with nuances of contemporary flavours. In 1990, McEwan opened the highly acclaimed North 44 in Toronto. Since then he has reached celebrity status with his television show, *The Heat*, coupled with the opening of the restaurants Bymark and One and the gourmet food market McEwan. As of 2011, he is the Head Judge on *Top Chef Canada*. His most recent success is the Italian restaurant Fabbrica.

MICHAEL SMITH

The Best of Chef at Home

There's something deeply satisfying about creating classic comfort food yourself. With Food Network star Chef Michael Smith's laid-back approach, you'll discover home cooking at its best as Chef Michael shares with you the 120 recipes he can't do without. This much-anticipated follow-up cookbook to his bestselling *Chef at Home* is a reflection of his belief that creating healthy, tasty food can be relaxing and easy.

Every recipe is a timeless classic, and each encourages you to stir in your own personality. The basics are all here, and to help you master them, Chef Michael gives suggestions for freestyling every recipe—making alterations and adjustments until each dish is truly your own. With just a bit of inventiveness, you can create memorable masterpieces for your family and friends.

These are the comfort foods that you and your family crave. The recipes are flavourful and easy to prepare, forming the foundation for great cooking that every home kitchen needs.

Recipes include:

- Apple Roast Chicken
- Brown Butter Green Beans with Toasted Almonds
- Triple Chocolate Brownies
- Barley Risotto with Bacon



Award-winning celebrity chef and author **MICHAEL SMITH** has been creating distinctive, delicious meals for over twenty years. An honours graduate of the Culinary Institute of America in New York, he has worked in a variety of fine culinary venues: a Michelin 3-star restaurant in London, South America, the Caribbean, and some of Manhattan's best kitchens. Smith stars in several Food Network TV shows including *Chef at Home*, *Chef at Large*, and *Chef Abroad*; he is also the creator and star of *Food Country*, a weekly web series featuring the flavours, people and stories of Prince Edward Island. Michael lives in Prince Edward Island.

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