

FLAVOUR

A World of Beautiful Food

VICKY BHOGAL

Published in hardback
Hodder & Stoughton 16th April 2009 £20



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‘Vicky’s gorgeous new book is like a warm ray of sun, you can feel her positive energy bursting from every beautiful page. It is a fabulous culinary journey from an immensely generous spirit. The recipes have a tantalising blend of exotic ingredients, that reflect her life and travels. Her book is peppered with delightful pictures and drawings to inspire any jaded cook.’ *Sophie Conran*

‘A sense that the author has been on a similar voyage of discovery to the reader. . . is what makes Vicky’s books so exciting to cook from.’ *The Telegraph*

‘The recipes in this flavourful book are intriguingly inviting. I look forward to uniting some of the wonderful and some lonelier ingredients on my shelves towards these inspiring combinations.’ *Tessa Kiros*

MAKING THE ORDINARY TASTE EXTRAORDINARY...

‘I think, if you love food, you love food, all types, and I don’t conduct a sort-of culinary passport control, checking the origins of a dish or ingredient or flavour before I can stamp it as approved to sit on my plate’

Vicky Bhogal adores food, and in her passion to create the most delicious recipes in her everyday cooking, she effortlessly combines ingredients from all over the globe in imaginative and mouth-watering ways; cooking beyond borders and instead focusing upon the most important ‘F-word’ in cookery – FLAVOUR. She takes ordinary, inexpensive supermarket ingredients to invent unique, sumptuous and exquisitely flavoursome dishes which look as stunning as they taste.

Through her refreshingly original approach, Vicky encourages us to embrace new ingredients with open arms and teaches us how to take full advantage of the contents of our storecupboards. She shows us how to develop and trust our tastebuds to unlock a world of exciting food by marrying flavour combinations with simple recipe techniques that anyone can master. This eagerly-awaited latest release from Vicky reveals the methods, secrets and magic she uses in her own kitchen at home.

Containing over 100 inspiring recipes, including Wafer-sliced Duck Risotto with Spiced Plums and Star Anise, Tiger Prawn and Mandarin Soup, Turkish Delight Chocolate Ice-Cream Drops and White Pears on Black Ice, *Flavour* is an enchanting, warm and beautifully written book for cooks of all abilities who want to try something truly different.

Simply THE face of food to watch in 2009, the exceptionally talented **Vicky Bhogal, 30**, exploded onto the food scene in 2003 to instant acclaim with her first cookbook, the bestselling *Cooking Like Mummyji*, a love letter to the Punjabi Indian food she was brought up on. It won the Jeremy Round award for Best First Book at the Guild of Food Writers Awards and was shortlisted for Best Book at the Glenfiddich Awards. In 2005 she conceived, compiled and edited the celebrity recipe book *A Fair Feast*, which has raised over £100,000 for The Fairtrade Foundation and Oxfam’s Make Trade Fair Campaign. In 2006, she published her third book, *A Year of Cooking like Mummyji*, exploring British Asian styles of cookery against the backdrop of the seasons. Vicky also created her own authentic food range, ‘Just Like Mummyji’s’ exclusively with Tesco 2004-2007, winning her a Grocer Award in 2006. She lives in London and is currently developing her own restaurant venture and new product lines as well as writing her first novel. Find out more at www.vickybhogal.com.

For more information please contact Karen Geary on 020 7873 6179 or email Karen.geary@hodder.co.uk
Or Marissa Cox on 020 7873 6179 or email marissa.cox@hodder.co.uk

