

COOKERY - DRINKS - CRAFTS - PRACTICAL BOOKS

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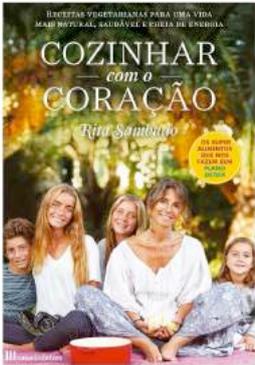
Bestsellers in Portugal, the authors are chefs and experts in their areas.

The Direção-Geral do Livro, dos Arquivos e das Bibliotecas (DGLAB) of the Portuguese Government, has an excellent programme of **grants and support for translation**, which can also be applied to illustrated books from Portugal..

<http://livro.dglab.gov.pt/sites/DGLB/English/livro/divulgacaoEstrangeiro/Pages/EdicaoEstrangeiroNew.aspx>

COZINHAR COM O CORAÇÃO - COOKING FROM THE HEART

Vegetarian recipes for a healthier, more natural life full of energy.



One of the most important matters in energising cookery is the type of food used. We should not only use fresh, organic, seasonal ingredients from the region where we live, but also make sure particular foods are included, as they make the all-important difference in energy terms.

This book explains which are the superfoods that strengthen our wellbeing and energy, and the basic principles and advantages of healthy eating. It includes advice for a detox programme, detailing the most suitable foods.

Cooking from the Heart shows that we can have a more healthy and energising diet with tasty recipes, easy to cook.

200 pages, paperback with flaps, 17x24cm.

Rita Sambado has been cooking since she was a young girl and she believes cookery is a wonderful way to express and liberate oneself. She loves helping people improve their wellbeing, creating new cooking processes and exploring sensations through food. Although she has a degree in Business, Rita felt the need to work in areas where creativity and personal development were key factors, so her professional career is in marketing.



In the past few years, Rita focussed on the study of nutrition and energy through food, as she also turned to homoeopathy and a vegetarian diet, with the aim of helping people to grow, develop and be healthier and happier through food.

Nº 1 on Bestseller lists in PORTUGAL (Cadena Bulhosa)

DA HORTA PARA A MESA - FROM THE ORCHARD TO THE TABLE

BEST VEGETARIAN COOKBOOK 2013 - GOURMAND WORLD COOKBOOK AWARDS

Good life - good food: simple, delicious recipes using seasonal fruits and vegetables.

This book is an excellent introduction to the pleasure of growing, harvesting and cooking our own produce. Discover the joy of fresh, seasonal ingredients and how to create delicious dishes in easy steps and simple recipes. There is no need to grow all the produce, as the recipes are great for all seasonal fruit and vegetables bought at market.



From the Orchard to the Table shows us how to enjoy simple activities at home. The concept is both ancient and modern: a return to a balanced lifestyle without so much waste and being closer to nature.

The main concepts are complementary: growing food and cooking tasty recipes with the results.

Fully illustrated, the explanations are clear and practical and there are over 60 recipes for soups, salads, first and main courses, desserts and hot and cold drinks. y frías.

240 pages, paperback with flaps 17x24cm.



Cláudia Villax was working in financial and leisure magazines when, in 2003, she had the opportunity to join a new team with an innovative project: Blue magazines, starting with Living, Travel and later on, Cooking. Four years later, inspired by her passion as a mother and with two friends, she launched Giggie, for young readers, the first online project for children and families in Portugal. In 2009, she created and launched the brand for a leading Portuguese chef.

Since then, she has focussed on her great passions: family, cookery, creativity and design. She now produces organic olive oil under the Azeitona Verde brand, with her husband; and she directs her own brand Food, People&Design, creating concepts for cookery books. After designing seven book for other authors, *From the Orchard to the Table* is the first book she has written and designed all herself.

<https://www.facebook.com/pages/Da-Horta-para-a-MesaBoa-comida-Boa-Vida/>

<http://www.azeitonaverde.pt/>

HENRIQUE SÁ PESSOA

Henrique Sá Pessoa, one of the most brilliant chefs of new Portuguese cuisine, was born in Oeiras, near Lisbon, in 1976. He discovered his vocation during an exchange programme in the USA, and graduated from the Pennsylvania Institute of Culinary Arts. He worked as a chef in the Sheraton Park Lane Hotel in London for several year, moving to Sydney, Australia, in 1999 to work at Sheraton on the Park. He returned to Portugal on 2002, working at the Lapa Palace Lisbon, part of the Orient Express group. He was taken on as the chef for the new Restaurante Xarope, Cascais, and was also head chef in other restaurants and hotels.

His dream came true in 2009 when he opened his first restaurant in Lisbon, Alma. That same year, he won the award for the Best Restaurant of the Year. In 2013 he opened Cais da Pedra, a younger, urban style, and in 2014, he opened an American-style food stand in Lisbon.

In 2005, Henrique Sá Pessoa was awarded Chef of the Year, the most prestigious professional cookery award in Portugal. In 2007 he won the Horexpo Cup and he published his first book, called *Entre Pratos*, where he collected the recipes from his first television show. In 2008, he won the Chef of the Year award bestowed by the Portuguese Gastronomic Academy and published his second book, *Legume sem Desculpas*.

He is extremely successful with *Ingrediente Secreto (Secret Ingredient)*, his tv show already in its sixth season and shown on national television. To date he has published four books based on the recipes shown, but always with many extra recipes and information. His latest, the fourth, is called *Na Cozinha com Henrique Sá Pessoa*.

HENRIQUE SÁ PESSOA HAS SOLD MORE THAN 70,000 COPIES OF HIS BOOKS IN PORTUGAL

<https://es-es.facebook.com/HenriqueSaPessoa2>

<http://www.ozy.com/rising-stars-and-provocateurs/henrique-s-pessoa-portugals-celebrity-chef/33379>

NA COZINHA COM HENRIQUE SÁ PESSOA - IN THE KITCHEN WITH HENRIQUE SÁ PESSOA

Much more than a book: this is the new symbol of his cookery.



Fouth in the series of Secret Ingredient, the book has 78 simple, tasty recipes to make with selected ingredients that are easy to find in the kitchen store cupboard or to get at the market. This time, the chef has the contributions of various guests - Blaya, Herman José, João Adelino Faria, Luísa Sobral, Mário Augusto, Simão Morgado y Vasco Palmeirim - and he surprises us again with his practical, easy and spectacular cookery.

Before cooking a dish, we have to get the ingredients and in this volume, Henrique Sá Pessoa presents those essential items which should be in all kitchen cupboards, he advises on how to buy the best and freshest meat, fish, fruit and vegetables, he explains the different cuts of meat suitable for each recipe, and gives foolproof tips so that every recipe will be a success.

208 pages, paperback with flaps, 19x27 cm

Booktrailer <https://www.youtube.com/watch?v=9z1ZBJygCw8>

INGREDIENTE SECRETO 3 - SECRET INGREDIENT 3

WINNER BEST CHEF COOKBOOK 2013 GOURMAND WORLD COOKBOOK AWARDS.



In 78 simple, practical recipes, with advice and tips, and based on thirteen varied ingredients such as pork, honey, cauliflower and tomato, Henrique Sá Pessoa creates spectacular, original dishes easy to recreate at home. He combines flavours and textures with amazingly good results turning everyday cookery into a sensory delight.

Complete translation available in English

208 pages, paperback with flaps, 19x27 cm

Booktrailer <https://www.youtube.com/watch?v=ZyEFPiCEizQ>



INGREDIENTE SECRETO 2 - SECRET INGREDIENT 2



With three editions already sold out, many of his readers have learned the spectacular tricks to make succulent meals that Henrique Sá Pessoa shares in this book: 52 new recetas using thirteen key ingredients, that will add sophisticated touches to daily cooking. With his clear, user-friendly style, the chef explains all the steps and tips to make every recipe a triumph.

212 pages, paperback with flaps, 19x27 cm

INGREDIENTE SECRETO - SECRET INGREDIENT

WINNER GOURMAND WORLD COOKBOOK AWARD 2011



The first of Henrique Sá Pessoa's book based on his successful television programme has 78 recipes, using 13 star ingredients. Half the recipes and tips and tricks in the book have never been shown on television and exclusive to the book. The recipes are practical, simple and easy to follow, making creative cooking easy for everyone.

212 pages, paperback with flaps, 19x27 cm

LJUBOMIR STANISIC

Ljubomir Stanisic, born in Sarajevo, arrived in Portugal in 1997 escaping from the war. He opened his first restaurant, 100 Maneiras, in Cascais in 2004, also publishing his first book with the same name. He moved to Lisbon in 2009 to open 100 Maneiras Bairro Alto, then the famous Bistro 100 Maneiras and in 2011, Nacional 100 Maneiras. That year, he was one of the three judges of the first Masterchef Portugal programme. He also has won several awards as chef: Best Chef of 2005 from Revista Nectar, Restaurant of the Year 2005 awarded by Revista de Vinhos, Best Contemporary Cuisine Restaurant 2007 from Revista Veja, the label of «one of the most creative chefs working in Portugal» in 2007, words of the food critic Rafael Santos, and Top 20 in the Time Out Lisboa 2013 Restaurant Guide.

He has published two recent books: *Papá Quilómetros*, on travel and Portuguese cookery, and *Papá Quilómetros Europa*, on travel and European cookery. Both books have won mentions in GOURMAND WORLD COOKBOOKS and the INTERNATIONAL GASTRONOMY ACADEMY.

Follow his amazing journeys: <http://papakms.com/> - <http://papakms.com/?lang=en>

PAPÁ QUILOMETROS - DADDY KILOMETRES, A journey through Portuguese cookery GOURMAND COOKBOOK OF THE YEAR 2012



Undoubtedly, this is a cookbook, and it is so much more: a tribute to all the good things in life, to Portugal and its people, to friends and family, to the journey and to cookery. In 10 chapters, Ljubomir Stanisic, the most Portuguese of Balkan chefs, together with four other guest-chefs, journeys round Portugal and recreates typical recipes, showing not only his passion for and knowledge of Portuguese cookery but his immense creativity and love for life.

Each chapter tells the story of a journey to a region or city, with photos, illustrations, comments by family and friends, and events. There are on average 8 recipes per chapter and the short explanations of the dishes are detailed in full in the recipe notebook at the end.

This is a gastronomical delight of a journey round a fascinating country, which will enthrall anyone with a passion for cookery.

308 pages, paperback with flaps, 17x24cm



PAPA QUILOMETROS EUROPA - DADDY KILOMETRES EUROPE

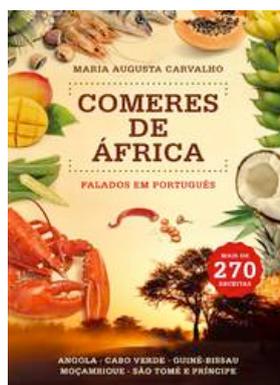


- 1 book, 30 chapters;
- 1 journey;
- 1 family;
- 2 adults, 1 child y 1 baby;
- 1 caravan that carried the people;
- 12 countries visited;
- 14.732 kms travelled by road;
- 6 months travelling;
- 200 days away from home;
- 7234 photos;
- 310 videos;
- 8 international chefs invited to take part.

And with all those ingredients, we made a book where you can learn to cook with what you have (and don't have), in the best and the worst conditions, in good and bad times, with local ingredients and with food in cans, with "noble" and "poor" produce. This book to read, cry, laugh, cry with laughter, drink, eat, love, hate, copy, envy - a book for "travelling". From home to anywhere in the world.

264 pages, paperback with flaps, 17x24cm

COMERES DE ÁFRICA Falados em português - AFRICAN FOOD with a Portuguese accent
BEST AFRICAN CUISINE BOOK 2013 - GOURMAND WORLD COOKBOOK AWARDS



With over 270 recipes, this book gathers the best of African cookery that has come from the mixture of east and west, with the Portuguese contributions to authentic local cuisine and the creativity that came from new ingredients such as potatoes, tomatoes, maize, bell peppers or citrus fruits, after the discovery of the New World. The result is a rich, varied cuisine with spicy, cool, fresh and comforting dishes, to try at home and travel to warm, faraway countries just with a taste.

There are extracts and comments by well-known writers from the various countries, to add an extra spice.

The recipes come from Angola, Cape Verde, Guiné-Bissau, Mozambique and São Tomé e Príncipe.

272 pages, hardback, 17,5x24,5cm, two-colour.

Maria Augusta Carvalho fell in love with cooking and especially African food, when she lived in Bissau as a child. Her neighbour Mrs Berta taught her the first recipes, to which Maria Augusta added through her research and reading and with recipes from friends and family. All the recipes come from Portuguese-speaking countries in Africa, creating in this collection a fascinating journey through countries with deep traditions in the kitchen.

RECEITAS QUE FAZEM SONHAR - RECIPE TO DREAM WITH

15 writers in the kitchen with secrets and flavours to share with that special person.



In 30 recipes from around the world, fifteen writers bring a romantic touch to the table, as they are all authors of romance novels. From a refreshing Jameson cocktail with ginger and mint, to easy tuna wraps, to a sinful chocolate cake, these recipes will add spice and fun to daily cooking. The recipes are easy, simple and delicious, beautifully photographed, and with personal comments from the authors.

Contributors:

Trisha Ashley, Barbara Bretton, Melissa Hill, Michelle Holman, Cheryl Holt, Elizabeth Hoyt, Michelle Jackson, Eloisa James, Nicole Jordan, Cathy Jelly, Anna McPartlin, Teresa Medeiros, Patricia Scanlan, Sherry Thomas and Menna van Praag.

Published by QuintaEssência, paperback, 96 pages, 16,5x23,5cm.



MOMENTOS DOCES - SWEET MOMENTS

BEST PASTRY SWEETS BOOK 2013 - GOURMAND WORLD COOKBOOK AWARDS

Recipes and tips to make dream cakes at home.



All the secrets of the fascinating world of cake design, revealed with passion and simplicity. Even people who think sophisticated cakes are not for them, will find them much easier to create with this wonderful book. Mafalda Matias shows us how, with simple ideas and a lot of imagination, anybody can make surprising, delicious, fun cakes, biscuits and desserts. She explains tips, tricks, and easy solutions so that we can all be great cake designers at home.

The step-by-step instructions are explained in the text and in detailed photos, with chapters dedicated to surprising friends, details that make the difference, special cakes for special occasions, and basic techniques to bake cakes and prepared them for the beautiful decorations.

Mafalda Matias is a young, enthusiastic cake designer with her own store, Bolos da Mafalda. She holds workshops and takes part in demonstrations in different place. She is active on social media. She loves everything sweet and completed a course in Cake Design at Grande Real Villa Italia Hotel & Spa, setting up her own business soon after. Now, at 27, she loves the independence and creativity of her work and enjoys learning new, fascinating things every day. <http://www.bolosdamafalda.com>



IDEAS COM AMOR E LIMA - IDEAS WITH LOVE AND DIY

89 ideas to make yourself: decorate, recycle, make presents, events at home, dream recipes!

This lovely original book will wake the most creative and curious side of all of us, showing us how to turn small ideas into magnificent projects with simple materials and easy techniques. These projects are for ourselves, for the people around us, for our homes, for affectionate gifts and to help us live each day more intensely.



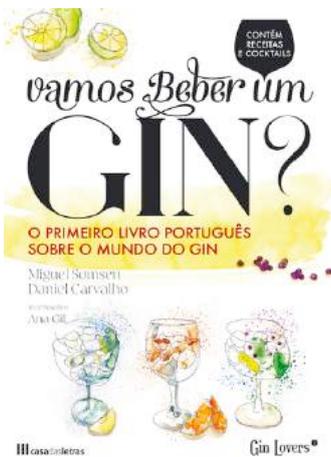
Learn to make special, different presents, how to decorate your home with recycled or old objects, how to create special events at home without having to spend a fortune. There are ideas for delicious recipes for your guests and spectacular flower decorations, as well as imaginative projects for everyone.

272 pages, paperback with flaps, 17cm x 24cm-

Maria de Melo Santos is young, curious and passionate about life. Her curiosity, her passion for the romantic side of things and a constant search for innovation led her to start her project AMOR E LIMA, where she offers tricks, tips, advice and services to create events, and make memorable gifts. She studied brand management and comments that it just goes to show anyone can be creative even if their profession is not: you just have to be curious and open to ideas.

<http://www.amorelima.com/> - [facebook.com/momentosamorelima](https://www.facebook.com/momentosamorelima)

VAMOS BEBER UM GIN? - LET'S HAVE A GIN!



Gin is back in fashion. As well as basic consumption at home, everyone wants to learn how to make cocktails at home, how to flavour special gins and all about the brands and accessories.

As well as the history of gin, this book showcases different varieties, the utensils necessary to prepare cocktails at home, and focusses on 25 essential gins. It also talks about another 25 important brands, and gives 33 basic and creative ways to serve gin at home. There is a chapter on the most eccentric fins, and 10 classic cocktail recipes, as well as information about different types of tonic water. The book has elegant, amusing illustrations to accompany a vibrant text.

The authors say:

“Like most Portuguese who always liked gin but had to drink inferior quality gins for many years, I feel blessed to live in this golden age when gin has become so popular again. It was a revelation for me when I drank decent gin in Taberna Moderna, in Lisbon, a few years ago. Later, I wrote an article about it in Vogue

and I joined Gin Lovers in 2013, launching a web, an app and a magazine with them - Zest by Gin Lovers, which I direct. I have been a journalist for twenty years, working also in Blitz, Independente, Elle, Vogue, Luxwoman, fifteen year in television and a whole life with gin. " **Miguel Somsen**

"«I am not a fan of gin.» I said that as recently as 2012 when a waiter suggested I have a gin-tonic to go with some food. The gin tonic arrived, and I sipped with a mixture of curiosity and scepticism, and it was such a revelation! From then on, a large part of my free time -and the time that I can turn into free time on purpose- in constant investigation, sharing and carrying out a great deal of tests in this unknown world of gin. There were more tests of gintonics in Lisbon restaurants, workshops about gin. The kind invitation to join Gin Lovers accelerated my desire to tell others about gin, always with the aim of leading others to the great sensations - happiness, indeed - that gin can cause. I usually say that I have discovered my mission in this world: converting the heathen to the love of gin." **Daniel Carvalho**