



RIGHTS LIST AUTUMN 2024

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About us

We are a literary agency based in Stockholm, specialising in books on food, craft, gardening and general lifestyle.

Bennet Agency
Natur & Kultur Media AB
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SE-104 50 Stockholm
Sweden

CRAFT & HOBBIES

TRADITIONAL



Contents

- Foreword
- Takao "Momi" Momiyama
- Kerstin Neumüller
- Glossary
- The Sashiko Diary
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Mending with Sashiko

Kerstin Neumüller & Momiyama Takao

The Japanese sewing technique sashiko is based on simple stitches and is used to make clothes and textiles in both simple and advanced patterns. Takao 'Momi' Momiyama, a world-renowned champion in the martial art of iaido, embarked on a transformative journey when he needed to mend his training socks, tabi, in the 1980s. Today, he is equally celebrated for his artful mendings, a testament to the power of passion and dedication.

In *Mending with Sashiko*, you are welcomed into Momi's workshop, where he generously shares his best tips and tricks. You will not only master the different techniques of hitomezashi, moyozashi, and koginsashi but also receive comprehensive instructions on making shirts, jeans, and socks. The book also guides you through slightly larger projects such as patchwork.

We also delve deep into Momi's archives and closely examine garments he has continuously worked on for 40 years. The garments testify to an ongoing cycle of wear and repair, showing that mending can be simple and functional or become a beautiful decoration.

About the authors



Takao Momiyama has received much attention for his work with sashiko, which has been shown in several acclaimed exhibitions at Vandatorum, Fiberspace Gallery, and Helsinki Design Museum, among others. He keeps a sashiko diary from his home in Scania's Glimminge daily, which he shares on his popular Instagram account @momiyamatakao. This is Momi's debut book.

Kerstin Neumüller, a passionate crafter, brings her personal touch to *Mending with Sashiko*. She is responsible for the narration but also contributes with practical tips, creating a book that feels like a conversation with a friend. Her previous books are *Indigo* (2016), *Patch & Mend* (2018), *Simple Weave* (2021), and *Everyday Craft* (2023).

Laga med sashiko
180x240, 144pp
Natur & Kultur, 2024

Rights sold: WE

EMBROIDERY

Embroidered Mittens

Lina Odell

Embroidered Mittens is a unique mitten book, distinct from others in its genre by its complete absence of knitting. Author Lina Odell guides you through creating sewn mittens, either from traditional templates or from your own imaginative designs, all rooted in Sweden's vibrant textile tradition. The book features mitten patterns for every season, catering to both beginners and experienced crafters. Whether you prefer a classic design or a more modern twist, this book has something for everyone.

In the book, you will learn older sewing techniques, embroidery stitches, pattern transfer, and how to create your own pattern. Some mitten models are best suited for hand sewing, while others work well for sewing on a sewing machine. In total, the book contains 18 patterns and embroideries, all of which are designed to be practical and functional in your everyday life.

Mittens are the perfect start if you are curious about folk costumes and traditional patterns. These mittens can be used with regular clothes for everyday life, parties, and work, as well as worn jeans and a fine coat. Here, you get tips on which materials you can look for at flea markets if you don't want to buy more expensive materials in stores.

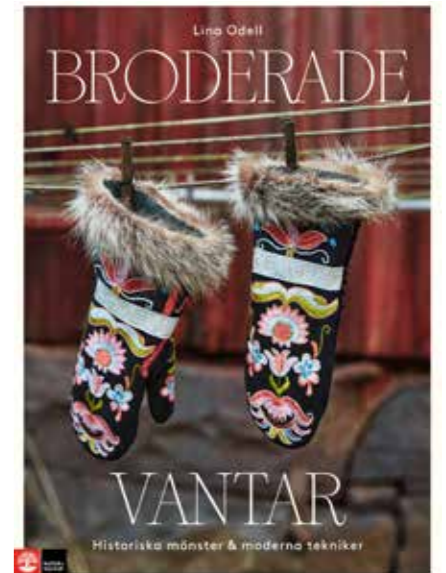
Brighten up your wardrobe with a pair of brightly coloured embroidered gloves. The only tools you need are a needle, thread, and scissors.

About the author

Lina Odell is a professional in sewing and tailoring with a comprehensive understanding of modern and folk techniques. She is the founder of KRUSA, a renowned company in the field, and also serves as a textile teacher at Blekinge Folkhögskola. Her expertise is further recognised through her frequent engagements as a lecturer and course leader. In 2021, she made history by becoming the first person in Sweden to earn a certificate in dressmaking. Her creations blend art, traditional crafts, and innovation rooted in Sweden's rich textile folk tradition.



Broderade vantar
200x240, 128pp
Natur & Kultur, 2024



Contents

- Introduction
- Material & embroidery
- Mittens
- Patterns

SEW YOUR OWN



Contents

- Introduction
- Design overview
- How to use this book
- Sewing equipment, fabric and measurement
- Basic pattern for knitted fabric
- Sewing guide basic T-shirt
- Tight fit
- Loose fit
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- Pants with pockets
- Word list

Sew Your Favourite Clothes

Signe Eriksen

Everyone has the right to clothes that fit. Fit is one of the most critical factors when choosing clothes to wear. A good fit allows you to wear the clothes longer and helps reduce overuse and clothing waste, which is essential today.

The book guides you through the same process professional tailors use, enabling you to create perfectly fit clothes. You'll learn to take your measurements accurately, draw sewing patterns from scratch, and customise the designs of blouses, t-shirts, tops, skirts, and trousers. This allows you to add your personal touch to your clothes and create the wardrobe of your dreams.

No sewing patterns are included, so you can make them yourself from scratch by following the clear step-by-step instructions. The design details of the book can be varied endlessly, and it is an easy way to achieve completely new and unique expressions in your clothes. You also learn to choose fabrics that add extra personality to your clothes and to sew your new favourite clothes with professional sewing techniques. You don't need to have experience with pattern construction to enjoy the book - if you can draw a straight line following a ruler, you're ready to make your sewing patterns and sew your favourite clothes that fit you exactly.

About the author



Signe Eriksen is a trained women's tailor from Århus Tailor School and a model designer from VIA University College. In the past, Signe has had a tailoring shop, been co-owner of a clothing store, worked as a freelance designer and seamstress for Danish designers and as a designer in the fashion industry. Today, she combines her knowledge from tailoring and the sector in easy-to-understand and educational online sewing courses via her website synoter.dk.

Sy yndlingstøj
217x288, 240pp
Bogoo Books, 2024

WARDROBE

Sewing Book for Impatient People

Stine Højland

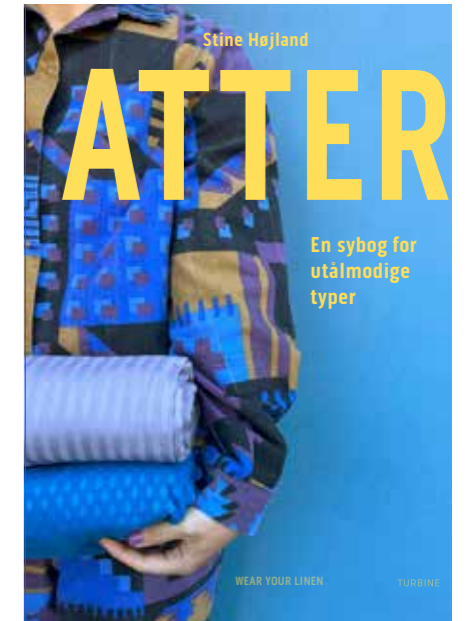
In this book, there are two sewing patterns – the ATTER top pattern and the ATTER trousers pattern in sizes 34-56. Both patterns can be used for several simple and innovative models: trousers, blouses, dresses, vests, shorts, jackets with lining, trousers with pockets, and much more. The same is true for all the book models: they are based on one of the two sewing patterns, thorough instructions are followed, and step-by-step pictures are included.

The book's first part describes a showdown with the clothing industry and the company's start-up ATTER. This is followed by a review of sewing equipment and materials, sewing machines, stitch types, and good tricks. In the second part, there is a focus on sewing itself, and at the back of the book, you will find a sewing dictionary so that you are well dressed—regardless of whether you are a beginner or experienced.

Learn to create new clothes from old bedding and other textiles in thrift stores, promoting sustainability and creativity in your sewing projects.

About the author

Stine Højland is a trained primary school teacher and mother of three. In 2018, she decided – as a modest contribution to the climate fight – to stop buying newly produced clothes. Soon after, she started the popular Instagram profile [@atter.wearyourlinen](https://www.instagram.com/atter.wearyourlinen) and the company ATTER. She also teaches Circular Clothing at Silkeborg High School.



Contents

- Foreword
- Before you start
- Now for the sewing
- Patterns
- Adjustments
- Quick sewing projects without a sewing pattern
- Dictionary
- Your notes

ATTER - En sybog for utålmodige typer
220x270, 218pp
Turbine forlaget, 2024

KNITS FROM SAPMI



From the contents

Arbevierru - Tradition:
Introduction
Beaivi - The sun
Gáfestallan - Coffee break
Gárasavvon - Karesuando
Noaidi - Shaman
Saivugazzi - Companion
Ullobáidi - Woollen sweater
Sami mitten knits
Buried treasures
One mitten-8 traditional possibilities
One sock - 8 traditional possibilities
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Inspirašuvdna - Inspiration
Introduction
Flávda - The flag
Čáhppesmuorji - Gooseberries
The small village by the river
Guovssahas - Northern lights
Gabba - White reindeer
In the interior of the Earth beats
the heart of hope - a Sami story of
creation

Knitting from Sápmi

Siv Romsdal

Siv Romsdal comes from Nordkapp in Finnmark, with ancestry in Porsanger. Only in adulthood has she become aware of her own Sea Sami identity on her mother's side. As in so many families, this part of history has been stowed away and partially forgotten in the wake of the Norwegianization policy.

But in many places, you can find traces of Sami craft traditions in old garments or older photographs. Siv takes her point of departure from the work women before her have put in to preserve and pass on the legacy of their foremothers. On her journey in yarn and colours, she has developed knitted garments that incorporate details from old Sami patterns. She has been inspired by nature and the culture she grew up in to create new knitting designs. The journey goes through dark times and aurora borealis, moors and summer expanses to Karesuando, Máze, Varanger, Jukkasjärvi, Billefjord and Kautokeino.

The result is a feast of colours and patterns that suit the plains and the city. In *Knitting from Sápmi*, you can find jumpers, cardigans, socks and mittens.

About the author



Siv Romsdal is a knitting designer interested in Sami and Nordic-inspired design. She grew up in Gjesvær, a small fishing village in Nordkapp municipality, but has lived in Ski for 23 years with Rune and her daughter Lillian. Siv has many years as a textile worker behind her, but she is now living out her dream of being a full-time knitting designer. When she's not knitting, Siv likes to read and go on walks, preferably by the sea, where she thrives best.

KNIT A WARDROBE

Stitch by Stitch

Create a knitted wardrobe

Elin Berlin

Elin Berlin: »Knitting, for me, is a profound embodiment of slow fashion – a powerful counter to the frenzied ideals of consumption and trends perpetuated by fashion giants. It's my creative outlet within the industry, a way to empower the wearers by placing the production process in their hands.«

Stitch by stitch, a versatile hand-knitted wardrobe, is born. Inspired by the concept of a capsule wardrobe, Elin has created 14 unique garments and accessories that can be mixed and matched to create countless stylish creations. The options are limitless, from timeless classics like a white shirt and the little black dress to jackets, trousers, skirts, sweaters, dresses, t-shirts, and caps.

Elin's fashion design and pattern construction background permeates the book and blurs the line between knitted and tailored. She draws on traditional craft techniques and combines them with modern cuts. You get tips and advice on adapting the clothes to suit your style and body. Start with yourself when choosing colours and materials for your projects. Create garments you love, want to care for, and can use for a long time!

About the author

Elin Berlin holds a bachelor's degree (B.A.) in fashion design from the Royal Danish Academy of Fine Arts in Copenhagen. She works as a pattern designer and designer in her company, Wool & Beyond, in Malmö. She sells digital knitting patterns to customers in Scandinavia, the USA, and Asia and spreads knowledge and inspiration through Instagram, TikTok, and YouTube.



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The dream of a hand-knitted wardrobe
Stitch descriptions
Dimensions and sizes
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The shirt
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 Tips & Tricks
 Afterword
 Thanks

Stickning - en värmande kärlekshistoria
 185x250, 208 pp
 L.B Förlag, 2024

Knitting

A warming love story
 Sofia Karlsson

Stitch by stitch, round after round, the yarn runs between the fingers. Beautiful and warming garments emerge with a rhythm similar to the beating of the heart, but for Sofia Karlsson, knitting is so much more than the finished garment.

Through the work of our hands, our thoughts, feelings and dreams are manifested and we manage the valuable knowledge that has been passed down through generations. This book includes knitting patterns for socks, mittens, hats, sweaters, shawls, cardigans, and more. Step into Sofia's creative world filled with colour and shape, where knitting invites encounters across generations and cultures. Accompanied by a sincere belief that together we can make the world a warmer and more peaceful place, life becomes a little smoother, one stitch at a time.

Knitting - a warming love story is more than an ordinary knitting book. It is a book that sparks introspection and broadens our perspectives to see the greatness in the simple and small.

About the author



Sofia Karlsson is a trained art historian, photographer and teacher but has been working as a knitting designer for ten years. Through her Instagram account @sofiastales and YouTube channel Sofia's Tales, she inspires thousands of people to knit and sells her patterns worldwide. Sofia also lectures and organises retreats in Sweden and abroad.

Knitted Sweaters

Niina Laitinen

Niina Laitinen, known for her wool socks books, answers readers' wishes with her first sweater book. The patterns can be done with embroidery and various types of surface knitting. The blouses and woollen cardigans echo Niina's most popular sock models and there are also many brand-new designs. Most designs are made with 4–4.5 mm needles, but there are also projects for thinner yarn.

About the author

Niina Laitinen is one of Finland's most popular knitwear designers, and all her books have been sales successes in Finland and many other countries. Although Niina is best known for her sock books, knitters can now also enjoy the instructions for sweaters.



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Muuttolintuja ja tuulenpesiä
 210x255, 144pp
 Moreeni, 2024



KNITTED CARDIGANS



From the contents

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Sunshine
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To match
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Striped cardigan
Forest camp
Judith
Kerrtu
Fanny
Lumi
Helmi
Horizon

Knit a Cardigan

Anna Johanna, Tiia Reho, Merja Ojanperä,
Outi Markkanen & Pirjo Ilvonen

A cardigan is a versatile piece of clothing: by changing the yarn and patterns, everyday warmth can be transformed into a plush, showy outer jacket or sophisticated party accessory. Five Finnish knitting designers have created about 20 different styles of cardigans here.

Whether you want your cardigan to have a short or long hem, a smooth or rough surface, or a single or multi-coloured pattern, you will find the suitable model and the details you like. The knitwear sizing is standard, and the size range is wide.

About the authors

Merja Ojanperä and **Pirjo Ilvonen** have many years of experience as writers for Moreeni, and **Tiia Reho** has previously been involved in the Kaverille Kans knitting book. **Anna Johanna** has published a knitting book, and **Outi Markkanen** has had a long career as a designer at Noon Knit company.

Neulo takki!
210x255, 160pp
Moreeni, 2024

AND SWEATERS

Fishermen's Sweaters

Modern knitwear inspired by historical patterns
Lotte Rahbek & Gitte Verner Jensen

Fishermen's Sweaters, a knitting book by Danish designers Gitte Verner and Lotte Rahbek, is a captivating journey into the past. Inspired by the intricate patterns and designs of the sweaters that sailors and fishermen once donned, this book is a testament to the rich history of knitwear. The instructions, meticulously crafted from historical photos found in the archive of the Maritime Museum in Helsingør, offer a unique opportunity to recreate these timeless designs.

The book contains instructions for stylish sweaters, hats, and other accessories for adults and children of all genders and ages. The colours used in the instructions refer to history and the sea.

All designs are made so that you can build on them yourself. The instructions are easy to follow and suitable for both beginners and experts. The models are designed to be gender- and age-neutral so that all the family can use the sailor's knitwear.

About the author

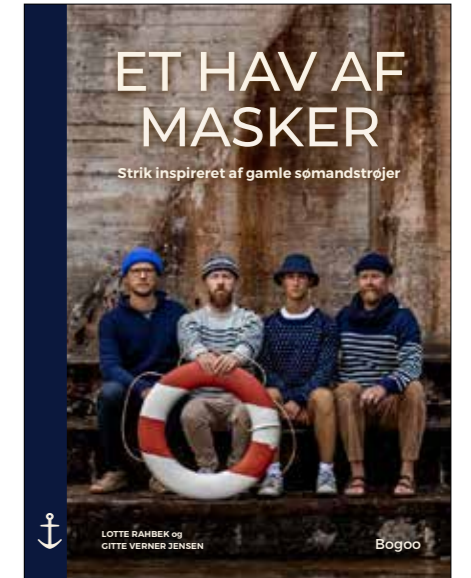
Lotte Rahbek graduated from the University of Copenhagen with computer science and information psychology degrees. In 2017, she started designing knitwear for her children, and since 2020, she has been knitting under the name Apple of My Eye. In 2022, she published her first knitting book, *Du er min øjesten*. Lotte's style is simple, with fine details and fun colours.



Gitte Verner Jensen was educated in textile design at Kolding Design School and computer design at Copenhagen Business Academy. She has worked as a designer for several Danish and foreign brands for many years - always with knitting as one of her areas of responsibility. She is currently employed by the Louisiana Museum of Modern Art.

Et hav av masker
217x288, 272 pp
Bogoo Books, 2023

Sold to: WE, DE, IC, SWE, NO



Contents

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Abbreviations
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Historical archive photos from M/S
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Jacquard and iconic twists
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and sailor collars
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Classic stripes in familiar and
new interpretations
Partners
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COLOURFUL SOCKS



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- Information on the number of stitches and sizes
- Tips for caring for socks and gloves
- Colourful socks
- Knitting jacquard patterns
- Funny gloves
- General information and techniques used
- The author

Knit Colourful Socks and Funny Mittens

Andrea Hoedt-Konken

Nothing beats warm mittens and cosy socks when the weather turns cold and wet.

Author Andrea Hoedt-Konken presents 18 delightful designs that bring joy to knitting.

From playful penguins, cats looking over your thumb or colourful paper boats, these motifs are designed to be both easy to knit for beginners and challenging for advanced knitters, offering a variety of options for everyone. With a range of vibrant or muted colours, there's something for everyone.

Ambitious beginners can also dive in with the included knitting tutorials.

About the author



Andrea Hoedt-Konken, born in 1979 in Norden, learned to knit from her mother at nine and has never stopped since. Today, she mainly knits multicoloured and large patterned socks and gloves. She aims to give knitting a fresh image. Whenever people claim that knitting is dull, she sees it as additional motivation to design and knit modern, fun and exciting patterns. Andrea has been sharing her knitting patterns on Instagram and Etsy under the synonym "Nachbenwirkung" for several years and is happy to share her passion for knitting with others.

She works full-time as a media designer and lives with her husband and two children in the beautiful Ammerland region of northern Germany.

Bunte Socken und witzige Handschuhe stricken
210x260, 144pp
Stiebner Verlag, 2024

KNITS FOR KIDS

Fabulous Knitting for Kids

Thea Rytter

Knit a fabulously colourful wardrobe for your children.

Children love colours and unicorns - and go for it. In Thea Rytter's new knitting book for children, you will find it all. *Fabulous Knitting for Kids* is a playful, colourful, and fun knitting book with patterns for children aged 2-10 years. The primary goal is to make the process of knitting and wearing the clothes enjoyable. Here, the colour palette and the imagination run wild because what child doesn't dream of a sweater with a unicorn on the arm or a cherry sweater?

With the colourful and adventurous design, you get a lot of embroidery techniques so you can make unique and different clothes for the children you care about. The book contains more than 15 instructions, and there is something for both new and experienced knitters.

About the author

Thea Rytter is behind the popular Instagram profile @thea.rytter, with over 31,000 followers. She has published many books and works daily in the media industry. Other books: *Sew* (Turbine 2021), *Knitted Halloween* (Turbine 2021), *Knitted Easter Decorations* (Turbine 2021), *Knitted Christmas Decorations* (Turbine 2020).



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Fabelagtig børnestrik
190x260, 150pp
Turbine forlaget, 2024

HALLOWEEN



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- Small pumpkins
- Big pumpkins
- Pumpkin with buds
- Garter stitched pumpkin with reversal masks
- Pumpkin leaves
- Apple
- Oak leaves
- Skeleton head
- Skeleton
- Snake
- Spider
- Frog
- Using leftovers
- Thanks

Knitted Halloween

Thea Rytter

Immerse yourself in the autumn spirit by creating knitted pumpkins, woollen leaves, and enchanting wreaths. And for a touch of Halloween fright, knit your way to a collection of spooky creatures, including crawling spiders, eerie bats, and floating skulls that will send shivers down your spine.

When the rain pours down the window, all you can do is place yourself in your favourite armchair with a cup of tea and knit decorations for the upcoming Halloween. In *Knitted Halloween*, you will discover a collection of 12 unique and easy-to-follow knitting patterns, each designed to add a touch of spookiness to your Halloween decor.

About the author



Thea Rytter is behind the popular Instagram profile @thea.rytter, with over 31,000 followers. She has published many books and works daily in the media industry. Other books: *Sew* (Turbine 2021), *Fabulous Knitting for Kids* (Turbine 2024), *Knitted Easter Decorations* (Turbine 2021), *Knitted Christmas Decorations* (Turbine 2020).

KNITS & NATURAL DYEING

Knitting & Natural Dyeing

Signe Siemsen

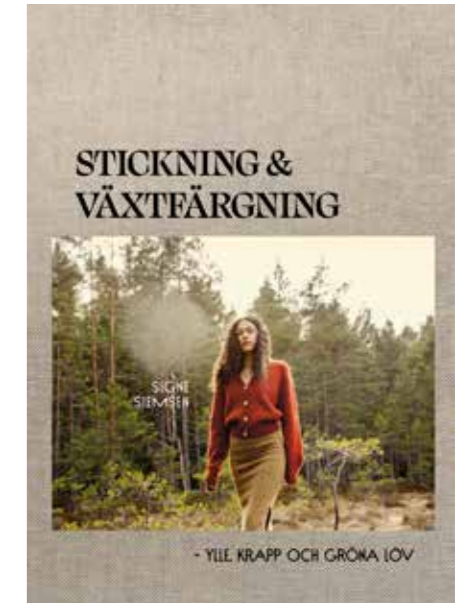
Have you ever fantasised about knitting your clothes? Does making your plant dyes sound exciting to you? This book will help you along—whether you are an experienced knitter of simple garments, a beginner, or already immersed in the art of dying with plants.

Imagine the joy of wearing your handmade hat or sweater or the thrill of lifting a beautifully dyed ball of yarn out of a pot on your stove at home. But the real magic lies in the journey: collecting expired onionskin over time, venturing into nature to pick plants to dye with, and seeing a sweater take shape slowly, stitch by stitch. Signe Siemsen aims to ignite your passion for the gradual process, encourage you to play and experiment and inspire you to complete your textile crafts with joy and fulfilment.

This book is a treasure trove of ten knitting patterns for simple yet beautiful garments and ten plant-dye recipes. Whether you buy pre-dyed yarn or embark on the adventure of dyeing your own, this book guarantees to open your eyes to the potential of everyday items like acorns, avocado peels, and birch leaves. You won't want to miss a journey of discovery and creativity.

About the author

Signe Siemsen has a deep passion for nature and textile crafts. The first time she tried carding wool and spinning yarn on a wheel was a magical experience. Both interests united when she later studied at art schools, and she began naturally dyeing textiles to sculpt with them. While expecting her first child, Siemsen took out her old knitting needles and knitted a baby beanie. Since then, she has not been able to stop knitting.



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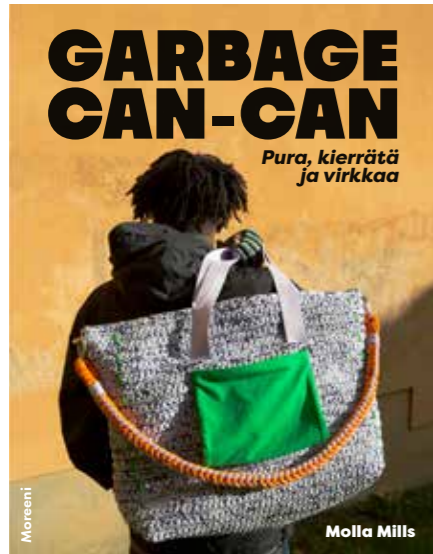
Strikket halloween
225x225, 80pp
Turbine forlaget, 2021



Stickning & växtfärgning
180 x 250, 160 pp
Natur & Kultur, 2021

Rights sold: NO, DK

CREATIVE CROCHET



From the contents

Garbage - yay!
Tips for crocheters
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ACCESSORIES
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Bike bag
Wallet

Garbage Can-Can

Crochet recycling
Molla Mills

In *Garbage Can-Can*, everyday items are made from recycled textiles: bags, accessories and decorative interior design products. The book offers fresh, sustainable and personal alternatives to fast fashion.

Colourful craft ideas inspire you to find materials at home and flea markets and make them yourself instead of buying them. Strip stretched sweaters into threads, cut old T-shirts into strips, grab a crochet hook and let your creativity blossom!

About the author



Molla Mills, who conquered the world with her crochet books, is an art master from Kurikka, for whom crocheting is both a job and a way of life. She gets her inspiration from materials and colours and eagerly throws herself into new experiments in search of the perfect shape and patterns. Her previous titles have been sold to many countries.

Garbage can-can
185x240, 192 pp
Moreeni, 2024

Rights sold: SP, DE

CUTE CROCHET

Naomi's Friends

15 irresistible crochet toys
Christine Maria Sonnenschein

Christine Maria Sonnenschein has once again created a fantastic crochet book with 15 irresistible crocheted animals that all children will love.

First, you meet Naomi, the sweet little sister of Frida from the popular debut book *Frida's Friends* – 15 adorable crocheted animals. Afterwards, all of Naomi's wonderful friends follow, including the magical dragon Samuel, the curious mouse Josefina and the sweet hedgehog Pilou.

The book's projects contain thorough step-by-step instructions and picture guides, and they can quickly be adapted to different colours and combinations.

Whether you are a beginner or an experienced crocheter, you'll soon create unique designs. Crocheted animals look forward to entering a world filled with creativity, play, and magic.

About the author

Christine Maria Sonnenschein is a mother of three, crochet designer, and nurse. She is also the woman behind the popular Instagram profile @bysonnenschein. All her crocheted creations are made with love, care, precision, and attention to detail.



Naomi og vennerne
210x225, 140pp
Turbine forlaget, 2024



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Olivia, the flamingo
Benjamin, the monkey
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- Mini Christmas socks
- Nutcracker
- Gift bags
- Thanks
- About the authors

Crocheted Christmas Decorations vol. 2

Heidi B. Johannesen & Pia H. H. Johannesen

With *Crocheted Christmas Decorations 2*, you will find even more beautiful and traditional Christmas decorations—perfect for the Christmas tree, as a window decoration, or for lovely arrangements in the Christmas home.

Sisters Pia H.H. Johannesen and Heidi B. Johannesen share new crochet instructions for traditional and classic Christmas decorations in another beautiful and inviting book. Here, you will find instructions for the cutest little house with decorations, a sparkling nutcracker, and fine drums, which may contain a surprise. You can crochet beautiful bows and napkin rings of the mini mistletoe for the Christmas table.

The book also contains instructions for gift bags with lovely Christmas motifs, such as Christmas balls, hearts, and other decorations for the Christmas tree.

Crocheted Christmas Decorations 2 contains crochet patterns for both new and experienced crocheters, and the reader can continuously scan relevant technical videos and thus get excellent help along the way.

About the authors



Heidi B. Johannesen & Pia H. H. Johannesen are behind the success of Krea Deluxe – a company that designs and develops yarn, patterns, kits for interior design, toys for children and the children’s room, accessories and “when homemade gifts need to be made”.



Hæklet klassisk julepynt 2
210x280, 200pp
Turbine forlaget, 2024

Magical Christmas Stitches

22 sewing patterns for modern and colourful Christmas decorations

Lisbeth Beck Mortensen

This fully illustrated sewing book offers a unique collection of soft and aesthetic Christmas decorations, all sewn from simple materials. Complete with templates, step-by-step instructions, sewing by machine and hand, an embroidery guide, beading, and valuable tips, this book is a treasure trove for craft enthusiasts.

Containing 22 versatile Christmas decoration sewing patterns, this book caters to both hand and machine sewers. With modern and colourful renditions of classic Christmas motifs, you can experiment with small, simple embroideries and pearl decorations, and learn to play with new colours and proportions.

The sewing patterns include chunky roses, Christmas windows, snowy hearts, bows, peddlers’ houses, snow globes, and more. Each pattern includes clear templates, thorough step-by-step instructions, pictures, and helpful tips. This means that everyone can join in and soon impress with personal and unique Christmas decorations.

About the author

Lisbeth Beck Mortensen loves Christmas and Christmas decorations, which she makes all year round. She is behind the popular Instagram accounts @lisbethbeckmortensen and @lisbethbeckdeko and the webshop Lisbethbeck.com. *Magical Christmas Stitches—22 sewing patterns for modern and colourful Christmas decorations* is the sequel to the Christmas book *Stitch by Stitch*.

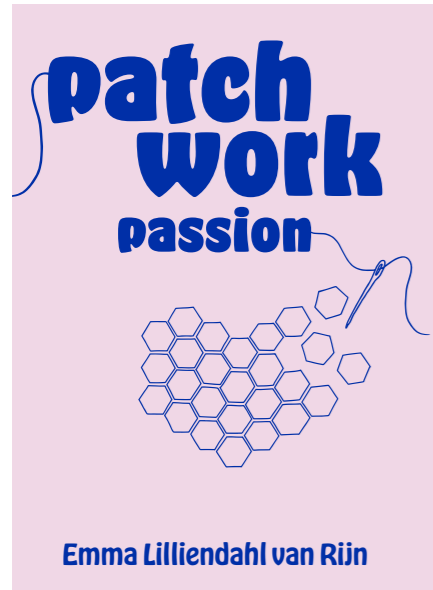


Contents

- Foreword
- Materials
- Vocabulary
- Colours
- Vlieseline
- Sew by hand
- Embroidery Guide
- Christmas embroidery
- Sewing patterns

Magiske julesting
195x250, 180pp
Turbine forlaget, 2024

PATCHWORK



Patchwork Passion

Emma Lilliendahl van Rijn

This patchwork book is a testament to the boundless creativity of a young designer. It presents a fresh and unique perspective on a traditional craft, brought to life by a self-taught prodigy who is a mere 16 years old. Her passion for high-end slow fashion, reimagined uniquely, will inspire fashion enthusiasts and DIY crafters alike.

This book is a guide and a practical tool for starting your own patchwork designs. It contains 15 instructions in different degrees of difficulty, from hair clips to bags and dresses. The patterns are trendy and sustainable, empowering you to sew from scratch and upgrade your old clothes. The book even suggests you take your creative project "on the go."

Contents

- Foreword
- My story
- Patchwork equipment
- Guide to Textile consumption
- Basic technique for making the hexagons
- Templates for you
- Techniques for using patchwork hexagons
- Measuring guide for edges of clothes
- Instructions - easy
- Patchwork through time
- My reinterpretation of patchwork
- Instructions - medium
- Patchwork and recycling
- Colours and textiles
- Instructions - difficult
- Test patchworks
- Inspiration and good tips
- Make a scrapbook
- Tips for good shops, etc.
- Thanks
- Sewing dictionary for beginners

About the author



dreams of spreading the knowledge of hand-sewn patchwork, which, in her eyes, is the coolest thing.

Emma Lilliendahl van Rijn is 16 years old and lives and breathes reinterpreting patchwork. She is fascinated by sewing and the whole design, fashion and sustainability process. Emma has been sewing since she was 12 but started making jewellery out of pearls, silver, and jewellery pliers from her mother's stash when she was 8-9 years old. As a 15-year-old, Emma was in the first season of Denmark's Next Clothes Designer on DR and

Patchworkpassion
200x260, 180pp
Muusmann forlag, 2024

WEAVING

Weaving for You and Your Home

Vibe Munck

Weaving for You and Your Home is a comprehensive guide by Vibe Munck that takes you on a journey into the world of frame loom weaving. From understanding the basics of a frame loom to setting it up and using it, this book leaves no stone unturned. It also provides a wealth of design ideas and inspiration for projects that can enhance your home or reflect your style.

The book contains 20 modern projects divided into eight techniques/methods, ranging from beautiful scarves and bags to pillows and throws to placemats and cushions. Once you have completed a project in the book or taken inspiration from one to design your own, you can immediately enjoy using your creation in your everyday life.

About the author

Vibe Munck is a trained ladies' tailor and needlework teacher. Weaving is her main subject. She has been weaving for almost 30 years and took over the shop Spindelvæven in 2003, where she holds workshops in various textile crafts.



Contents

- Foreword
- Canvas binding
- The frame loom
- The weaving comb
- Tools and equipment
- Yarn
- Technical term
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- Template for recipe
- Setup
- This is how you weave
- Tips & Tricks
- Projects
- Basis
- Stripes
- Checkers
- Rep
- Colour effect
- Structure
- Clasped weft
- Effect yarn

Rammevævning
205x270, 112pp
Bogoo Books, 2024

NATURAL DYEING



Contents

- Introduction
- Textile fibers
- Dyeing with wool dyes
- Chemistry
- The colour kitchen as a workplace
- The process
- Colour samples
- Fixation methods
- Rinsing the yarn
- Quick guide
- Templates for colour recipes
- Troubleshooting
- Assortment

Dye Your Own Yarn

Kirsten Nyboe

The interest in mastering the art of dyeing yarn is increasing. With this book, you will be guided step by step through the entire yarn dyeing process. It covers everything from handling and preparing the yarn for advanced dyeing techniques such as speckled, mottled, and multicoloured styles to upcycling. Learn effective fixing methods such as oven, steam and pan processing, and hone your skills with finishing tips.

But that's not all. *Dye Your Own Yarn* also equips you with in-depth knowledge of textile fibres, focusing on fibres like wool and silk and the synthetic polyamide material. Presented sustainably, this book allows you to dye with a clear conscience. It's not just a guide; it's a treasure trove of information about the vibrant yarn world you can refer to for years. Whether a novice or an experienced yarn dyer, this book will enrich your creativity and inspire you to create something unique.

About the author



Kirsten Nyboe, the author of this book, is a textile designer trained at the Design School in Kolding. Her passion for yarn dyeing and design is evident in her ten years of full-time teaching and pattern designing. With her professional approach, she can effectively convey her excellent knowledge and passion for fibres, colours, design, and processes.

Farv dit eget garn
170x280, 192pp
Turbine forlaget, 2024

COLLECTION OF PATTERNS

The Book of Patterns

Anna Bauer

In *The Book of Patterns*, Anna Bauer offers many old and new patterns for knitting, crocheting, and embroidering. There are traditional and well-known patterns as well as new, more modern ones.

The book is something as unusual as a modern "märkbok". "Märkböcker" were the booklets published in Sweden from the 19th century onwards, with patterns for embroidery that could decorate pillows, sheets, towels, handkerchiefs and clothes. Today, "märkböckerna" from the 1930s, 40s and 50s are highly valued on the second-hand market.

Here, Anna Bauer shows how to compose a pattern and how to colour your knitting pattern to make it stand out.

Let yourself be inspired and knit a shirt, put a mosaic on a tabletop and embroider your clothes!

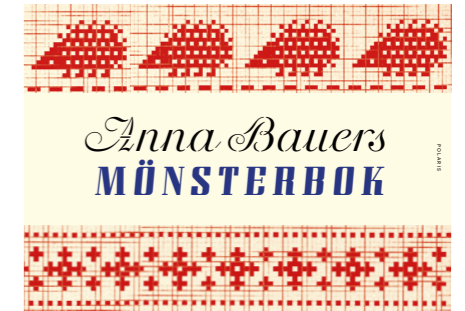
About the author

Anna Bauer has a master's degree in textile art from the University of Design and Arts and Crafts (HDK) in Gothenburg. She has also studied fashion design, pattern construction and sewing. Anna's work often appears in exhibitions, and she regularly holds courses and workshops. She has previously published the books *Hönsestrik, a love story*, *Hönsestrik Forever*, *Dyeing Yarn & Knit* (together with Eva Zethraeus) and *Cardigan & Dress*.



Anna Bauers mönsterbok
190x260, 150pp
Polaris, 2023

Right sold: DK, DE



Contents

- Lots of patterns!
- I see a pattern!
- Composition: putting patterns together
- A short colour theory for knitters
- A more extended dyeing practice for knitters
- How the patterns can be used
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- Single patterns
- Surface pattern
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- More on patterns
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- Thanks
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FANTASTIC FLOWERS



Contents

To come

Paper Flowers

Sofia Vusir Jansson

This book is an inspiring and practical guide to making paper flowers. It is aimed at those who have never made a paper flower before and want to develop their flower-making skills. Sofia Vusir Jansson explains basic techniques and how to transform paper into organic forms, build flowers according to botanical theory, create details such as pistils, and work with different structures and colours.

There are patterns for various flowers in clear step-by-step descriptions, from the simplest beginner flower you can create in a few minutes to the more advanced and time-consuming.

Folk art, folk traditions, and historical crafts are the sources of inspiration for Sofia. She appreciates the crooked and unexpected, the idea that the hand can leave traces, and that each flower creator can find their unique expression. This personal touch and unique perspective make her book not just a guide, but a journey of discovery and self-expression.

About the author



Sofia Vusir Jansson, an artist, designer, and writer, is a seasoned expert in the art of paper flower making. Her journey began over ten years ago when she created her very first paper flower in large format. Since then, paper flowers have become her signature. Her dedication and love for this craft are evident in the thousands of paper flowers she has created for various collections and exhibitions, inspiring and motivating others to explore their creativity in this art form.

INSPIRATIONAL PATTERNS

Patterns

Evelina Kroon

The square works as a structure and tool for understanding what needs to be understood, for putting together colour compositions, and as a pattern report. It takes over and goes on forever if you want. Therefore, having the square as an approach is excellent if you like repetition, accessibility, scale, and consistency.

The artist and designer Evelina Kroon has devoted herself entirely to the square as a form of expression. Through painting, colour theory, and her unique tape technique, she creates a strict graphic pattern that can be used in interior design, cooking, crafts, clothing, and painting.

This book offers a comprehensive journey into Evelina's artistic world. It provides a glimpse into her studio, her creative process at home, and her public installations. The book is not just about art but also about practicality. It includes short stories and practical instructions on creating a checkered table, painting a floor, or making a checkered cake base. Additionally, it offers ready-made colour schemes and material tips, making it a valuable resource for art enthusiasts, interior designers, and artists.

About the author

Evelina Kroon is an artist and designer who was educated at Konstfack. She has collaborated with Svenskt Tenn, the carpet company Layered, Arket, Tonn Furniture, WaterAid, and the wine importer Fria Viner. Evelina has had solo exhibitions and participated in several group exhibitions. In 2023, she made a public decoration on Sergel's square.



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- A squared egg
- A floor
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- A cake
- Cake base instruction
- About grid patterns
- A wall
- Instruction wall pattern
- A table
- Instruction table top
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- Instruction file pattern
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MAKING SOAP



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- A dirty story
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- What you need
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- Lye & safety
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- Colouring
- Practice
- Creating a recipe
- Step-by-step
- Recipes
- Troubleshooting & actions
- The law
- Literature, homepages, apps
- Index

Making Soap

Natural oils, scents & colours

Agnes Stuber

It is perfectly possible to make soap at home – from the most straightforward everyday soap to a fragrant masterpiece. Additionally, craft soaps are better for the skin than synthetic soaps available in stores. Making soap is an equal part of chemistry and art. You handle lye, pH values, and chemical processes while your creativity blossoms in colour, shape, scent, and execution.

Making Soap is not just a guide; it's a treasure trove of practical knowledge that empowers you to create your own soap. It describes what cold-stirred craft soap is, why it works, what you need and how to make it. You will learn how to make soap from ingredients you already have at home, as well as more advanced recipes with suggestions for additives. Read about fatty acids, essential oils, natural dyes, and other materials that give the soap their properties.

Recipes are available for scrubbing poppy soap, fragrant facial soap with activated carbon, dish soap on coconut oil and mild soap with red clay. But the natural beauty of soap-making lies in the freedom to experiment and develop your own recipes. Grease, tracking, gel phase and soap ash are some of the variations you will learn about, inspiring you to unleash your creativity and create your own unique soap.

Welcome to the world of soap!

About the author



Agnes Stuber has previously published *Houseplants for Everyone* and founded the Plant Community Plant Beris. With an apparent DIY attitude, she has entered the world of soap. She develops her own recipes and is constantly testing new ingredients. Agnes Stuber is also a photographer.

& CANDLES

Making Candles

Dipping, moulding, shaping & colouring

Anna Dykhoff

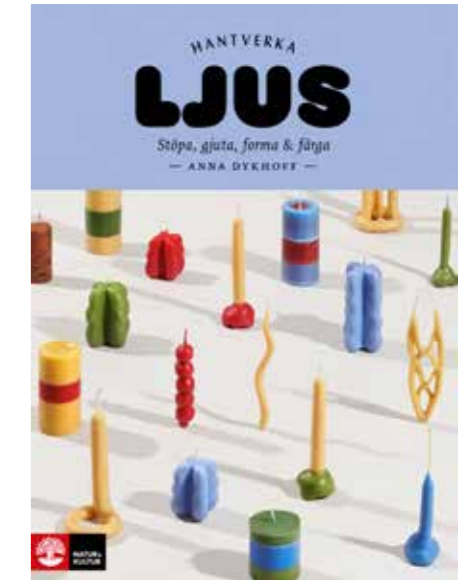
The candle has gone from a necessity in people's everyday lives to something that instead enhances it. In addition to the glow it gives, the light itself can have a different shape and colour - from the beginning, the expression resulted from the available material and the function sought - today's candle craft opens up for creativity. For Anna Dykhoff, the candles are more of a process than a final form.

Making your candles makes all colours and shapes available; the result is more than a store-bought decor item. Along the way, you get to know a sensuous material that can carry a fragrance and spread heat and which, when extinguished, solidifies in a spontaneous and unpredictable form.

In this book, the wax is presented as a material. In addition to learning the basics of casting, moulding and working with beeswax, you are encouraged to experiment and combine the techniques. Wax is easy to shape, and there are endless possibilities to create something unique. Of the book's 15 projects, some are simple and take less than 10 minutes to complete, while others are more advanced. In addition to being able to design your candles yourself, it is also valuable to learn about the materials and their impact on your home environment and the climate.

About the author

Anna Dykhoff is an interior designer. She designs and manufactures candles in beeswax and candle wax, which started as an experimental workshop in the kitchen but has now been moved to a small workshop in the garage. In 2020, Anna completed her bachelor's degree in interior architecture and furniture design at Stockholm School of Art. Since then, she has mainly worked with scenography and props for film, television, and performing arts.



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- Foreword
- Materials
- Tool
- Melt wax
- Pour
- Projects
- Build & shape
- Projects
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- Colour
- Projects
- Ideas & experiment
- Projects

Tvål
170x230, 128pp
Natur & Kultur, 2022

Right sold: WE, DE

Ljus
170x230, 128pp
Natur & Kultur, 2023

Rights sold: WE

CUTE



Kawaii Beading

Thea Rytter

In *Kawaii Beading*, you get over 20 patterns of beading designs in the "kawaii" style. Kawaii means cute in Japanese, and that's precisely what all these designs are: cute dogs, fluffy cats, smiling cacti, and happy fruits.

There are easy and more complicated designs that require several plates and will take longer to finalise.

There are also many ideas for making mini-beading designs perfect for decorating the school bag or putting up on the wall.

Thea Rytter made the book in collaboration with her six-year-old daughter Kajsa. Together, they selected which patterns to include in the book—only the cutest things are cute enough to be kawaii.

Contents

- Welcome to a world of cute beading designs
- How to use this book
- Fruit
- Hamburger and fries
- Sushi
- Tea time
- In the ocean
- Shiba
- Sloth
- Mini designs

About the author



Thea Rytter is the artist behind VaskavullaKnit, where she posts original knitting patterns that anyone can use. She spreads creative joy through her Instagram account and her innovative workshops. Thea works as an editor for Marie's Ideas magazine. She has also published *Super Cool Beading* and *Beading Cute Cats* (2022), *Sewing for Kids* (2022), *Sew* (2022), *Knitted Food* (2022), *Knitted Halloween* (2021), *Knitted Easter Decorations* (2021), *Knitted Christmas Decorations* (2020), all sold to several countries.

Perlestunder med kawaii
170x240, 80pp
Turbine forlaget, 2022

Rights sold: NO

BEADING

Beading Cute Cats

Thea Rytter

Welcome to the world of cats. Cute cats. Soft cats. Naughty cats. Dangerous cats. *Beading Cute Cats* is the book for you who can't get enough of cute and playful cats. Make beading plates for the room and the school bag, and not least – make fine jewellery and cute 3D bead sets. The book is suitable from approx. 5 years+.

Thea Rytter wrote the book in collaboration with her seven-year-old daughter Kajsa. Together, they chose which patterns to include in the book—because only the cutest cats are cute enough.

About the author

Thea Rytter is the artist behind VaskavullaKnit, where she posts original knitting patterns that anyone can use. She spreads creative joy through her Instagram account and her innovative workshops. Thea works as an editor for Marie's Ideas magazine. She has also published *Super Cool Beading* and *Kawaii Beading* (2022), *Sewing for Kids* (2022), *Sew* (2022), *Knitted Food* (2022), *Knitted Halloween* (2021), *Knitted Easter Decorations* (2021), *Knitted Christmas Decorations* (2020), all sold to several countries.



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- Welcome to the cutest book ever
- How to use this book
- Cats

Perlestunder med nuttede katte
170x240, 80pp
Turbine forlaget, 2023

**FOOD
&
DRINK**



ASIAN



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Stews and soups
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Japanese Comfort Food

Saori Ichihara

Japanese Comfort Food contains the very best dishes, such as tonkatsu, teriyaki, karaage, instant ramen, and various donburi—rice with toppings—food that is easy to prepare at home, with ingredients that are easy to obtain and that can be prepared quickly both weekdays and weekends. Even though the dishes are simple, the recipe's finish makes the flavours authentic and very good.

Japanese chef Saori Ichihara moved to Sweden several years ago, and when she feels homesick, she cooks Japanese food, preferably comfort food. In Japan, people often cook their home versions of restaurant food—this is Saoris.

In the book, you'll find a treasure trove of about 50 recipes, each a culinary delight in its own right. These recipes are thoughtfully categorised into noodles, fried, stews, rice, pantry, and bento, making finding the perfect dish for any occasion effortless. Saori's expertise shines through as she shares tips on handling common cooking mistakes and reveals tricks that will elevate your cooking technique without overwhelming you with complexity. While many recipes feature meat and fish, most of the sauces are vegetarian, making it a breeze to create delicious vegetable variations.

This book is for those curious about Japanese cuisine who want to eat it more often.

About the author



Saori Ichihara was born and raised in Japan and moved to Sweden eleven years ago. She worked as a chef in Japan at various restaurants in Kyoto, Osaka, and Tokyo. In Sweden, she worked at the acclaimed restaurants Espe-ranto, Shibumi, and Oaxen Krog before becoming a chef at her restaurant, Ichi, which focused on Nordic Japanese food. In 2015, she came third in Chef of the Year. Today, Saori freelances and has, among other things, various pop-up restaurants.

Japansk comfort food
180x240, 160pp
Natur & Kultur, 2024

Rights sold: DK

COMFORT FOOD

Curry

Jimmy Guo

What is the secret behind a well-made massaman? Answer: You boil the coconut milk down until it cracks! And how do you achieve a harmonious balance in a dish with twelve different spices? Well, by adding them in the correct order.

Curry is a treasure trove of around 50 recipes, offering a culinary adventure from easy-to-cook and familiar classics such as chicken tikka masala and dal to exotic feasts such as rendang and Sri Lankan crab curry. Each recipe is a gateway to a new world of flavours and culinary experiences, promising a thrilling journey for adventurous food enthusiasts.

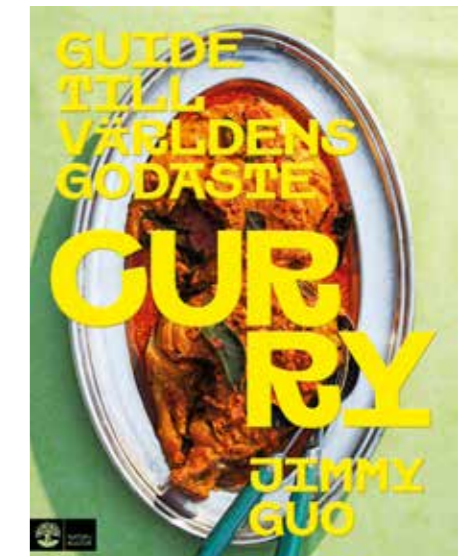
Curry is much more than the yellow spice mix we Swedes grew up with. This book explores the colourful world of curries and their profound cultural importance worldwide. In curry recipes from India, Sri Lanka, Indonesia, Thailand and Japan, we follow humanity's ancient fascination with the spices and flavours that shaped the world through trade routes, wars and politics.

You will gain basic and detailed knowledge of the ingredients and techniques to prepare curries. The recipes are delicious and give you an insight into how local ingredients form diverse flavours.

Join us on a journey of discovery that, step by step, one ingredient at a time, guides you through some of the world's most ancient food cultures and their seductively intense flavours, colours and aromas.

About the author

Jimmy Guo, a chef and food creator, is the author of the previously published book *My Chinese Pantry – a guide with recipes* (2022). With a deep-seated curiosity and a burning passion for the origins of food cultures, he embarks on a journey to demystify and simplify the complex world of food. He delves into the important nuances and details that make all the difference in the final result, ensuring his readers a genuinely enriching culinary experience.



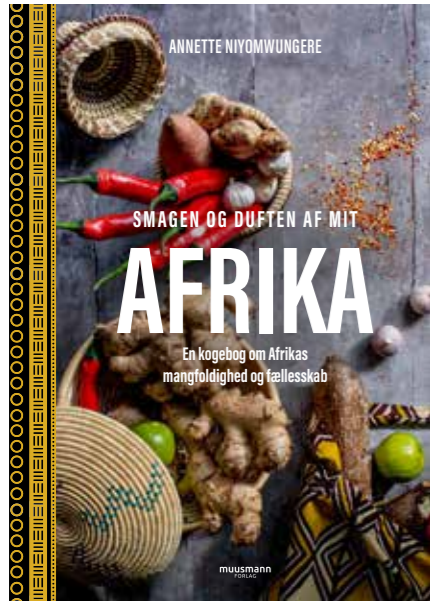
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Curry
200x250, 160pp
Natur & Kultur, 2024

Rights sold: DK

AFRICAN COOKING



Contents

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- The structure of the book
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- Authentic food tradition
- Respect for the raw ingredients
- Altruism
- Similarities and differences in Africa
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- Gastronomic community
- Edible colourfulness
- African food in the world
- Culinary diversity
- Close to nature
- Thanks
- About the author

The Taste and Scent of My Africa

Annette Niyomwungere

In this book, the reader gets a collection of recipes from the African continent. At the same time, the book gives an insight into the pan-African culture and mentality through the food and the culture around it. For good reasons, African cuisine cannot be defined as one food culture, as the continent consists of 54 countries, each with distinctive dishes, preparation techniques and consumption rules. This is precisely why diversity is a characteristic of African cuisine – and this also applies to the 40 recipes in the book, which range from East African pilau to West African jollof.

The recipes are accompanied by evocative memories and experiences from the author's travels on the African continent. The book aims to inspire readers to expand their food horizons with the different and flavorful African food universe.

About the author



Annette Niyomwungere is a trained chef who, with her experience and creativity, has combined African and Nordic cuisine into unique taste experiences, both in Denmark and abroad. In the late 1990s, Annette came to Denmark from the civil war in Burundi. Her passion for food and strong connection to her roots have given rise to a remarkable life journey – from a young East African girl on the run to an established chef.

Smagen og duften af mit Afrika
170x240, 150pp
Muusmann forlag, 2024

VIETNAMESE TASTES

The Vietnamese Cookbook

Nina Mihn

In Vietnamese, there is an expression called "cơm gia đình." Directly translated, it means rice for the whole family, and the term is used for the food that the family gathers around every day: a table with tiny, colourful, and tasty dishes served with a bowl of rice. And that is precisely what this book contains: classic Vietnamese everyday food—family style. Here are lots of delicious recipes and, not least, stories and pictures that ooze my love for Vietnamese cuisine.

Nina Mihn is behind the "Where I Come From" food universe and has been collecting her family's recipes for many years. She does this to preserve the food culture her parents brought with them when they came to Denmark as boat refugees in 1980 and to pass it on. According to Nina, Vietnamese cuisine is not only among the best in the world, but it is also one of the easiest.

The book includes everything from classic spring rolls and dumplings to the family's signature dish, caramelised neck chops with cucumber salad, and popular recipes such as fried aubergines and mother's chilli sauce with lemongrass.

About the author

Nina Mihn is behind the popular food universe "Where I Come From." Her parents fled Vietnam to Denmark in 1980, and Nina grew up in Randers and lives today in Aarhus.



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- Foreword
- Beef, pork, chicken and fish
- Egg, tofu and greens
- Soups and sauces
- Snacks
- Drinks
- Index

Spis ris til
198x272, 232pp
Lindhardt & Ringhof, 2024

SOUTHERN EUROPEAN



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Dimitris Geronikolas, farmer
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Greek Food

Sara Berg

A chef at a restaurant in Athens described Greek cuisine as gastronomy's answer to minimalist architecture. It is not known for advanced technology but for suitable raw materials. "It's like a small, white-painted church on a rocky island. It's magical; it doesn't need more."

He's right: Greece has everything from olives and vegetables to fish, shellfish and cheeses. Most of it can be bought sparkling fresh from the market in the morning or from a small-scale producer nearby.

Therefore, the problem was not the quality of the raw materials; they were not always prepared well. But in recent years, something has happened. Today, a new generation of chefs prepares simple and beautiful dishes with greater awareness and without losing the Greek identity.

This book naturally contains classics such as Greek salad, stifado, and dishes not particularly well-known outside of Greece. Like the cheese-filled, velvety flatbread pie from Sfakia, the chocolatiest of chocolate cakes and a favourite are giouvetsi, a stew of meat and the tiny rice-shaped pasta orzo. You may have eaten food during some holiday in the country and missed it since then.

About the author



Sara Berg is a freelance journalist and barista based in Malmö. She primarily writes about food and culture for newspapers such as Sydsvenskan, Expressen, Gourmet and Svenska Dagbladet. She and photographer Miriam Preis have previously published *Pasta in Italian* and *Berlin for Foodies*.

KITCHENS

Tapas de Verduras

Green tapas
Jonas Björkman

Tapas de Verduras is a veggie cookbook inspired by the Spanish tapas culture. It contains recipes for Spanish classics, such as calcots with romesco sauce and tortilla española, but Johan has created many dishes based on what he thinks would be tasty. Several popular tapas dishes typically contain meat, fish or shellfish but are replaced by suitable vegetables.

In the last twenty years, Johan Björkman has spent much time in Spain, mainly in Barcelona. During his travels, he noted that there are few vegetable tapas—which should not be the case given the favourable climate and the fact that the country grows a lot of vegetables.

The book contains approximately 90 recipes, divided into snacks, salads, fried foods, stews, fried and grilled foods, and bread.

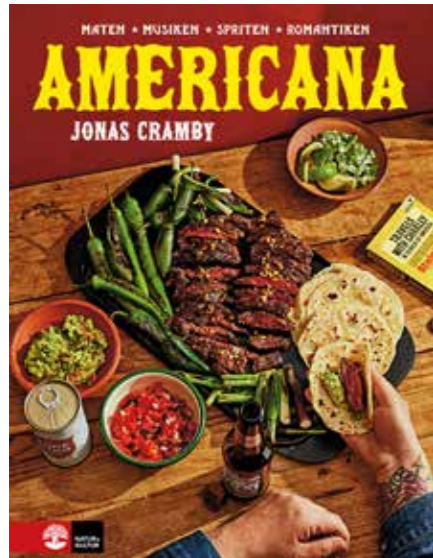
About the author

Johan Björkman is the dishwasher from Trollhättan. He was head chef at the one-star restaurant Koka in Gothenburg for many years, focusing on modern West Swedish gastronomy and ingredients. Since a year ago, he has been responsible for the food at Poppel's City Brewery. Johan's first book, *The Nordic Pantry*, was released in 2019.



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Places to visit in Barcelona



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Americana

Jonas Cramby

Have you dreamed of Grandma Duck's perfect apple pie since you were a kid and watched the Sopranos mainly because of Carmela's ziti gratins? Do you regularly rewatch the best restaurant scenes from Mad Men on YouTube, and have you ever googled Dolly Parton's best casserole recipe?

Then *Americana* is the book for you.

Americana is not necessarily about the real USA but more about our shared dream of the country. It's a book for you who constantly walk around with a low-intensity craving for buffalo wings and aren't ashamed that you prefer mac & cheese to cacio e pepe.

In about 70 recipes, you'll learn to cook everything from authentic Houston fajitas to Louisiana's mysterious, magical gumbo. You will also learn why you should always order your pie "à la mode," how to get both wavy and completely straight, crispy bacon slices, and why the freezer is the best tool for those who like home cocktails such as Manhattan, dry martini, and sazerac.

You'll also learn about the dark history of breakfast granola, that nachos are a dish and not a type of chip, and why every cookbook in the history of cookbooks has been wrong when they photographed American pancakes.

About the author



Jonas Cramby is a cookbook author and journalist. *Americana* is the result of ten years' work and a lifetime's obsession with rusty old gas station signs, George Jones, STAX soul, beer koozies, Louvin' brother's sibling rivalry, San Antonio's chilli queens, pickled eggs and how to eat hot dogs in lawyer comics (from the side). Jonas has previously published seven acclaimed cookbooks: *Texmex from Scratch*, *Texas BBQ*, *Taco Loco!*, *Sandwiches*, *Japanese Grilling*, *Korean BBQ* and *Chinese Food Every Day*.

Americana
200x260, 192 pp
Natur & Kultur, 2023

Rights sold: DE

Roots

Jamaican food and culture

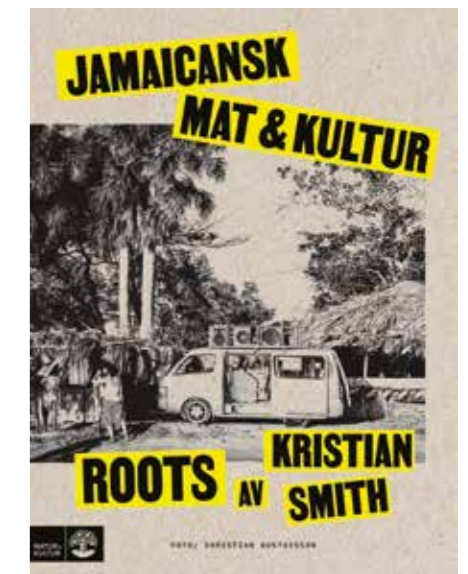
Kristian Smith

“Twenty years ago, I was a novice in the restaurant kitchen, a guy who had just left chef school in London. That was the first time my Jamaican dad took the whole family to the island. Once there, we didn't just stick to the exclusive hotels of the Jamaican tourism industry – Dad showed us the real Jamaica. Living and eating with the local population meant that I began to delve seriously into my Jamaican roots. The smoky aroma of pimento wood in grills packed with jerk chicken, the spicy fish dishes down on the beach, and the pride and pleasure of making this food are all things I want to share with you in this book. Jamaican food culture results from the island's fascinating history, and I've given myself the task of spreading the knowledge I've been lucky enough to gain.”

Kristian Smith

About the author

Kristian Smith moved to Sweden from London in 2010 and has since worked at Street Gastronomy and Hobo Hotel in Stockholm. In *Roots*, he reveals the secret of cooking authentic Jamaican food without taking shortcuts.



Contents

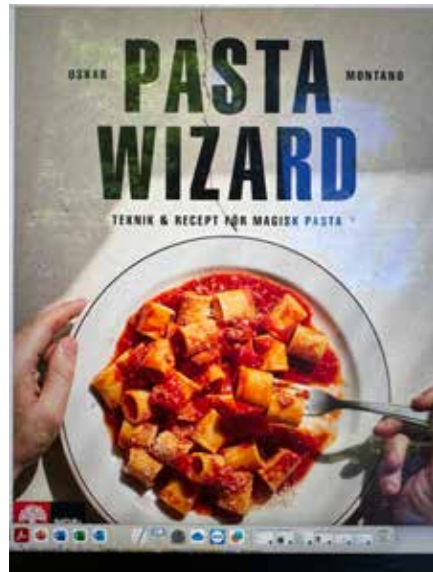
- Foreword
- Ingredients
- Jerk
- Fish
- Meat
- Patties
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Roots
180x240, 160 pp
Natur & Kultur, 2020

Rights sold: WE, DE

Sample translation available

PASTA



Contents

- Foreword
- Pasta in Italy
- Pasta secca, dried pasta
- Pasta fresca, fresh pasta
- Mixing pasta dough
- Past doughs
- Mold pasta doughs
- Sorts of pasta
- Pasta recipes
- Ragù
- Classics
- Everyday recipes
- Pasta ripena, filled pasta
- Minestra, pasta soup
- Index

Pasta Wizard

Oskar Montano

For several years, Oskar Montano, a seasoned pasta connoisseur, has embarked on a culinary journey across Italy and the globe in search of the most delectable pasta dishes. Oskar's passion for pasta was kindled in his early years, with his Italian grandfather's oxtail ragu being a weekly delight. After a decade of immersing himself in pizza making, as evidenced by his book *Pizza Wizard*, Oskar now turns his attention to pasta, exploring the unique qualities that make it the ultimate comfort food.

Thousands of tests with different flours and mixes have been kneaded to find the ultimate pasta dough and the best recipes for fresh and dried pasta. Follow Oskar's hunt, where he offers his favourite pasta dishes from different places in Italy.

Pasta Wizard is a manual for making perfect handmade pasta. Learn to mix flour, water and eggs into miniature works of art. The book contains seven different basic doughs on everything from silky egg pasta and dough without eggs with a bit of chewing resistance to airy gnocchi dough, and suggestions for about 15 fresh types of pasta you can make from the dough. In addition, the book contains about 40 pasta dishes that work just as well with fresh and dried pasta – ragouts, classics, stuffed pasta and minestra (pasta in soup). Finally, there is a small chapter with dolce and sweets, which are especially good after a pasta dinner.

About the author



Oskar Montano is the co-owner and founder of the pizzerias 800 Grader and 800 Grader Slice in Stockholm. He has strong ties to Rome and was raised on Italian food.

Pasta wizard
180 x 230, 176 pp
Natur & Kultur, 2024

Rights sold: DK

& PIZZA

Pizza Wizard

Oskar Montano

This is the new authoritative guide for anyone who wants to bake pizza in their home oven. Oskar Montano, of the pizzerias *800 grader* and *800 grader slice* in Stockholm, has here adapted classic international pizzas so that they'll work perfectly at home.

The recipes are from places where pizza comes first: everywhere from Naples, that pizza-Mecca, where pizza-makers are seen as rock stars; to Rome, with its thin, crisp pizzas; and New York, with its colorful by-the-slice culture.

You will learn how to make perfectly fluffy "grandma pie" on a baking sheet to achieve a crispy, almost fried underside; how authentic *pizza in teglia* and *pizza bianca* are best baked at home; and what makes a true New York-style pizza. And you will learn everything you need to bake a Neapolitan pizza as soft and light as possible without an industrial-grade oven.

About the author

Oskar Montano is a pizza-maker who was raised in Stockholm. With his strong ties to Rome and Naples, he grew up on Italian cuisine. He has spent the past few years adapting his restaurants' pizza-dough recipes so that they will bake perfectly in any home oven.



Pizza wizard
180 x 230, 160 pp
Natur & Kultur, 2021

Rights sold: DK

COOL HOT DOGS



Contents

- Foreword
- Grilling Hot Dogs
- Sausage bread in French
- My favourites
- The summer's best quick fixes
- Side dishes
- Alternatives to hot dogs
- The only drinks you need to impress your guests
- Saucy and crunchy

Cool Cats' Hot Dogs

No ordinary Hot Dogs
Lisa Wallén

Hot dogs with extra everything—at *Cool Cats' Hot Dogs*, we take hot dogs to the next level.

Lisa Wallén is the chef who started Cool Cats in 2014, a food truck serving hot dogs along Lake Geneva in Switzerland. Today, it is a popular restaurant in Chamonix in the French Alps.

With locally produced ingredients and dishes prepared from scratch, the seemingly simple is transformed into something tasty and mammoth, which also doesn't cost a fortune. Learn how to bake juicy bread, get recommendations for preparing the sausage for grilling, and share recipes for homemade toppings, dips, and side dishes such as BBQ sauce, kimchi, and French fries. Or replace the sausage with other options, such as Lisa's secret recipe for falafel or pulled pork, which always runs out.

Let the Cool Cat party begin – and bon appetit!

About the author



Lisa Wallén is educated via the hotel and restaurant program at the Glion Institute of Higher Education in Switzerland. She opened and ran the restaurant *Lisa's* on trendy Portobello Road in London before starting *Cool Cats* in Chamonix in 2014. The restaurant has since been appreciated by both locals and travellers for its generous hot dogs, hospitable atmosphere, and focus on good ingredients. Lisa lives with her husband and two children in Chamonix.

Cool Cats' Hot Dogs
190x240, 144 pp
L.B Förlag, 2024

PIES FOR ALL

Pies

Sweet, savoury, big & small
Camilla Lawes

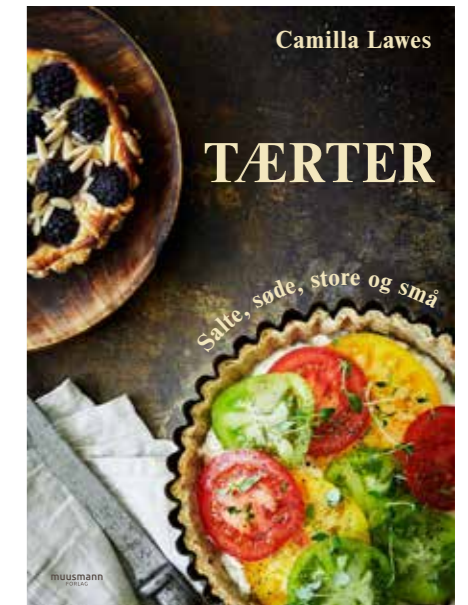
Here are delicious, warm pies served straight from the oven with a fresh salad and small, delicate pies that serve as appetisers before dinner. The book contains pie recipes packed with vegetables, spices, and flavours.

The book offers a wide variety of pie recipes, from crispy seafood pies to meaty delights bursting with spices. There are options for every occasion, including vegetarian and sweet pies filled with the goodness of fruits and berries. These pies can be enjoyed warm or cold, and for an extra treat, pair them with a scoop of ice cream or a dollop of sweet cream.

Don't worry about the recipes' complexity. They are designed to be easy to follow, with clear instructions on the time it takes to prepare each dish. The book also offers serving suggestions and variations, making it easy to recreate the recipes in new and exciting ways. Plus, most pies can be prepared in advance, allowing you to warm them in the oven before guests arrive.

About the author

Camilla Lawes is a food writer, blogger, food stylist and author of several cookbooks - including *Afternoon Tea*, *Appetizer Deluxe*, *Food for Many*, *Boost Your Health* and *Cake Time*. Readers of women's magazines and international food magazines can also be inspired by her recipes. Camilla also has a catering company that delivers food for more significant events and intimate dinners. Betina Hastoft is a recognised food photographer behind the book's beautiful, warm and inspiring pictures.



Contents

- Introduction
- Pies with meat and spices
- Vegetarian pies
- Pies with fish and shellfish
- Sweet tarts
- Thanks to
- About the author and the photographer
- List of ingredients
- List of dough and bases
- About the author

Tærter
170x240, 150pp
Muusmann forlag, 2024



Contents

- Foreword
- Why prepare?
- Who needs to eat snacks?
- Fridge, freezer or in-between?
- Snacks and the climate
- Not just nutrition - breaks too
- Sprouting and micro sprouting
- Snacks are the excursion's best friend
- Seasonal snack recipes
- Recipes
- Alphabetical index
- Preserving index

Meals under a Euro

Snacks
Hanna Olvenmark

During the years she has been active as a cookbook author, Hanna Olvenmark, author of the popular *Meals Under a Euro* titles, noticed that snacks are among the things people want the most inspiration and tips about. Snack recipes are popular! Maybe it's because you rarely get the inspiration to cook that snack between meals; the food on the go, the thing that you so easily forget, is also essential.

Hanna Olvenmark's new cookbook is intended to be a concrete help for preparing snacks as a prominent part of a lifestyle where you want to save money, eat and feel good, and be climate smart.

Think about how large the snack selection is in all grocery stores and small shops. Here, you will find both money to save and tips on good alternatives for the body.

How about, for example, peanut butter cookies on yellow peas, chia pudding with oat rice, or a lovely green mess of lentils—which doesn't taste like lentils at all?

The previous *Meals Under a Euro* titles have been sold to Norway, Denmark, Finland, Holland, Germany, and Portugal.

About the author



Hanna Olvenmark is a dietitian and a dedicated thrifter. Since 2015, she has been running the blog and Instagram account *Portionen under Tian*, which has thousands of visitors daily. In December 2018, she released the cookbook *Meals under a Euro: Good Food for You, Your Wallet and the Planet*, followed by *Meals under a Euro: 30 Euro Weeks* the following year. In the spring of 2021, *Melas came under a Euro: Eating out*.

Small dishes

André Spange Nabulsi

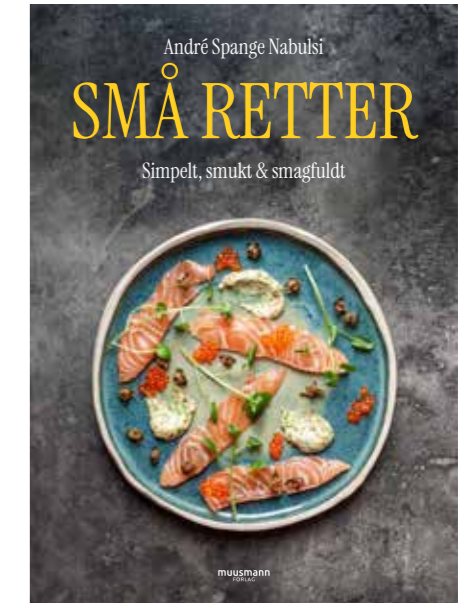
An appetiser is not just a miniature main course. It must be light, and you must not be full of it. In a restaurant, it is typically in the starters that experiments and new things are tried. Here is a book complete with small, exciting servings.

In the book, chef André Spange Nabulsi creates a collection of small dishes over time. The book suggests serving several small dishes rather than one large dish or the classic starter, main course, and dessert. The reader gets suggestions for combining the small dishes into menus. In this way, the book ends the notion that it is the main course around which the dinner is built. Since we are more satiated by impressions than the amount of food itself, you also have to do away with the notion that it takes a large steak to be complete. If you drag out dinner a bit, enjoy yourself and eat several different elements with different tastes, you end up being just as complete.

The book contains recipes for vegetarian dishes, seafood dishes, and desserts. This reflects not only the spirit of the times but also because vegetables, fish, and shellfish are the classic main subjects for small dishes. Here are small dishes you have seen in other forms and small dishes you may not have tasted before. The recipes are laid out so that you can prepare most things in advance and spend time with your guests while they are there rather than being locked in the kitchen.

About the author

André Spange Nabulsi grew up in the kitchen, where he cooked with his parents. He was apprenticed as a chef at Restaurant Salt at Hotel Admiral in Copenhagen and was apprenticed in 2007. Since then, he has worked at several Copenhagen and North Zealand's finer restaurants and, in 2011, opened Cafe André in Helsingør. When André is in the kitchen, it is with a theoretical approach to the work, respect for the classic, and interest in the modern.



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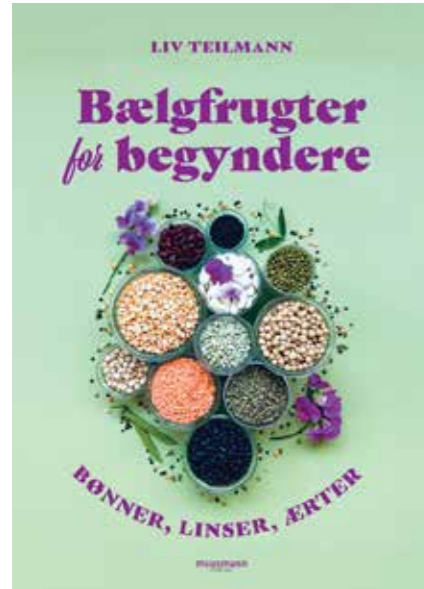
Portionen under tian - Mellanmålen
175x210, 156 pp
Ordfront förlag, 2024

Series sold to: NL, FI, NO, DK, DE, POR



Små retter
170x240, 180pp
Muusmann forlag, 2024

LEGUMES



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Legumes for Beginners

Liv Teilmann

Here is a vegetarian cookbook that contains 50 recipes using beans, lentils, and peas. The dishes are easy to make, but there are also surprises. For example, try legumes in an old-fashioned apple pie, an aioli, or as the day's first meal.

The dietary guidelines recommend eating 100 grams of prepared pulses daily. However, many lack the inspiration to prepare legumes, and today, we eat an average of just 2 grams a day. Legumes are strangers to many who do not know what to do with them. By highlighting legumes' health benefits, this book will change that and empower you with the knowledge of their nutritional value.

The reader is presented with 50 simple and practical suggestions on incorporating legumes into the everyday diet. From breakfast to cold cuts, stews, baked dishes, and desserts, these recipes are designed for easy preparation and use ingredients that can be easily purchased in most supermarkets. The book's colourful, inviting, and tasty dishes should inspire the reader to cook with joy and pleasure, instilling confidence in their cooking abilities.

About the author



Liv Teilmann, the author of this book, is a professional with a bachelor's degree in nutrition and health, VaneCoach, and VaneTherapeut. She has taught healthy and sustainable cooking at Denmark's evening schools for several years and is the woman behind the legume food blog linseliv.dk. Her expertise and passion for legumes and hundreds of hours of recipe development have culminated in this book. You can trust that you are in good hands and will be well-informed about the world of legumes.

Bælgfrugter for begyndere
170x240, 170pp
Muusmann forlag, 2024

GREEK CHEESE

Halloumi

Rasmus Zepernick

This book is a celebration of halloumi cheese and its remarkable versatility. Whether it's sizzling on the grill in the summer, baking in the oven during winter, or frying in a pan any time of the year, halloumi is a perfect match for a wide range of dishes.

The book aims to inspire more people to appreciate halloumi, which deserves to be loved as much as the rest of its European friends. As soon as you taste it, your heart melts like cheese.

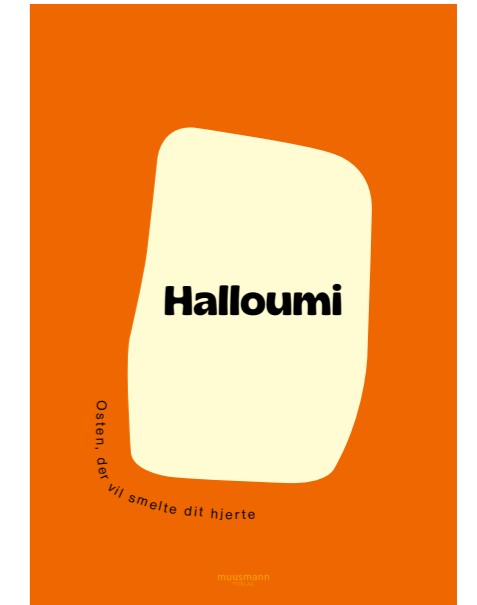
The book contains 40 inspiring halloumi recipes. It includes recipes for everything from burgers, salads, and classics to stews inspired by around the world. There is something for readers who dream of eating less meat and those who love cheese—bon appetite.

About the author

Rasmus Zepernick's passion for halloumi is the driving force behind this book. Over the past four years, he has experimented with countless halloumi-based dishes, selecting only the best for this collection. His goal is to share his love for this versatile cheese with others.



Halloumi
170x240, 150pp
Muusmann forlag, 2022



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What is halloumi?
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Recipes
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Summer and salads
Be-happy-food
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HERBS & SPICES



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Flavour: Herbs & spices

Tommy Myllymäki

It is often said that cooking is fundamentally about finding a harmonious balance of basic tastes, such as salty and sweet, sour and bitter - but that is not enough to create something unforgettable. For that, something more is needed, something that gets the right to smell, the taste to surprise, and creates aromas that take you to places you've never been before. A seasoning is needed.

The common denominator for the recipes in Tommy Myllymäki's new book is the spices and herbs that, alone or in combination, elevate a dish and create a genuine characteristic and uniqueness. The recipes are not complicated or pretentious but constructed based on ideas about taste formed in Tommy's head after many years in successful restaurant kitchens. Classic manners are mixed with modern whims, from breakfast dishes and lunch to snacks, dinner and dessert. Straight to the point and no frills, like a simple bowl of seafood with the scent of apple, cider and cumin.

Tommy wants to inspire home cooks to dare to botanise among the flavourings. Learn how to use the best fresh herbs, such as mint, basil, coriander, and chervil and when dried herbs work best. Which apparent flavour combinations should you not miss, and which unexpected and successful flavour companions are there to discover?

About the author



Since 2020, **Tommy Myllymäki** has run the restaurant AIRA in Djurgården, Stockholm. He is the author of a series of essential cookbooks – *Sauces, Fish & shellfish, Meat, game, poultry, Vegetables, Salad, Myllymäki's menus* and *Soup, potage & broth*, which have become modern classics. Since 2023, Tommy has been a judge in Sweden's Master Chef.

VEGAN EUROPE

The Vegan Taste of Europe

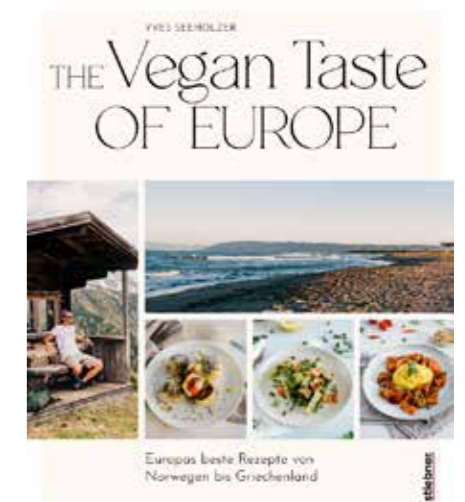
Yves Seeholzer

Yves Seeholzer has travelled Europe and collected the best vegan recipes from Greece to Norway, Portugal to Ukraine. He has reinterpreted many classics in a simple, plant-based way. He is convinced that the fresh perspective of plant-based cuisine enhances the continent's cultural diversity.

French eggplant tartare, Swiss Chnöpfli, Albanian pepper casserole or Norwegian cranberry cream: around 90 recipes, all with readily available and exclusively local ingredients, atmospheric travel photographs, and exciting background information invite you to go on a journey of discovery through Europe.

About the author

Growing up in his father's established hotel, **Yves Seeholzer** has been involved in cooking since his childhood. A few years later, he completed his cookery apprenticeship, spent some time in Switzerland's top gastronomy and then ran a small, successful restaurant with two friends directly on Lake Lucerne. The transformation from chef to cookbook author happened when he combined cooking with his passion for travelling and photography. "The Vegan Taste of Europe" is Yves' fourth book, following two cookery books with Iwan Hediger and his autobiographical title "The Two of Us and Life".



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- Basic recipes
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The Chef & The Fisherman

Mikael Einarsson & Hubbe Lemon

In this book, chef Mikael and fisherman Hubbe embark on a mission close to their hearts to rediscover the essence of the perfect fishing trip. In today's world, recreational fishing has become specialised and technology-driven, often overshadowing the true joy of fishing. But as Mikael and Hubbe remind us, it's not about how or what you fish, but the simple act of getting out there that genuinely matters.

Mikael and Hubbe take a fishing trip through Sweden to find their way back to what made fishing magical in childhood - the expectations, excitement and cosiness of sitting on a jetty in the morning mist with your eyes fixed on a float and a few sandwiches in your backpack: the uneventful wait and the sudden stab.

Discover more about fishermen's ecosystems, living conditions, and the tools and techniques needed for a successful fishing trip. And don't overlook Hubbe's crucial advice: a successful fishing trip requires more patience and a better-stocked lunch bag than you might think.

About the authors



Mikael Einarsson is a fishing enthusiast and head chef at Chez Jolie in Stockholm. He has extensive experience with classic kitchens through restaurant Astoria and the restaurant group Leijontornet, Pontus in the Green House and Skebo Herrgård. Together with Hubbe, he has previously written the book *The Chef & The Hunter*.

Hubbe Lemon, a true fishing enthusiast, has attended fishing high school and worked as a fishing guide for several years. He runs Järinge farm in Roslagen, where he also manages the hunt. Hubbe's lifelong dedication to hunting and fishing since childhood is a testament to his passion and commitment to the craft.

The Chef & The Hunter

Mikael Einarsson & Hubbe Lemon

When Mikael Einarsson worked as a chef at Skebo herrgård in Roslagen, he became good friends with the establishment's hunter, Hubbe Lemon. Drawing on their wealth of experience in both hunting and hospitality, the two have now collaborated on a book.

The Chef & The Hunter combines classic game-cooking techniques with authentic hunting wisdom and practical tips. Readers may learn how to hunt and prepare moose, fallow deer, reindeer, wild boar, rabbit, grouse, duck, and dove, as well as how to utilise more parts of each animal and which cuts are best to eat, fresh or frozen.

The book is also jam-packed with classic cooking expertise, such as how to truss a beef roast, pluck a dove, and boil high-quality game stock to keep in the freezer. Einarsson and Lemon prepare creamy *wallenbergare* with ground veal for the family, homemade game sausage with a mug of bullion to enjoy on the move, and treat hunters to the world's best moose cabbage dolma cooked over an open fire.

About the authors



Mikael Einarsson is chef de cuisine at Frantzén's new investment, Brasseri Astoria in Stockholm. Einarsson has many years of experience in the classical kitchen through the Leijontornet restaurant group, Pontus in the Greenhouse, and Skebo Herrgård. He has been hunting for five years.

Hubbe Lemon is a game hunter and foreman at Skebo Bruk. He has hunted and fished since he was ten and dedicates himself to game management, hunting, and guiding year-round.



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Throw-together-quick, lunch
Breakfast, snack
Snacks, sweets, dessert
List of recipes

Smart with Calories

Annie Erfass

Cooking and baking have always been great passions in Annie Erfass's life. Still, it was only when she started studying at university and trained as a nutritionist that her interest in nutrition from a health perspective was born. She began experimenting in the kitchen and exploring new ingredients to create tasty, nutritious and inexpensive recipes with the right amount of calories based on her needs. Annie quickly discovered that healthy cooking doesn't have to be complicated, tedious or time-consuming – quite the opposite.

Smart with Calories is not just a cookbook; it's a culinary journey. Whether striving for a healthier lifestyle, aiming to reach a weight goal, or simply wanting to cook delicious and straightforward meals, this book is for you. It's a treasure trove of recipes, offering diverse dishes to enjoy throughout the week. From creamy truffle pasta for a luxurious weekend, a quick 'one pot' gratin for the week's lunchboxes, protein bars for post-workout energy, to quick rolls for a leisurely weekend breakfast, and even candy panna cotta for a sweet dessert, the book is filled with exciting culinary possibilities to suit every taste and dietary need.

Smart with Calories stands for a healthy diet without restrictions. Here, you can optimise your calorie intake and continue to eat all the good food you love without missing a beat, taste, or portion size. Without fuss, it should be easy to feel good!

About the author

Annie Erfass, the author of *Smart with Calories*, is a renowned figure in the health and nutrition community. She runs the Kalorismart account, which boasts over 400,000 followers on Instagram and 100,000 followers on TikTok. Her expertise as a trained nutritionist and love for cookies and good food has made her a trusted source for those seeking a balanced and healthy lifestyle.



Low-Calorie Dinners

Line Hedegaard

Today, 51% of adult Danes are overweight. The author has been a part of that statistic for many years but is no longer. So, what does it take to create a steady weight loss and lifestyle change that you can sustain? This book answers that through low-calorie recipes and tools to build self-confidence and self-esteem.

Many are unhappy, feel stressed, and have towering expectations of themselves. These can help create lousy eating habits, which can lead to serious lifestyle diseases and obesity. This book guides the reader to weight loss. Without weight loss, it becomes a pressure that ends in another defeat.

In the book, you will find easy recipes for healthy and simple dishes that do not require a lot of preparation or unique ingredients so that you can keep track of them even on a busy day. In addition to the recipes, you also get tools to build greater self-confidence through small tips for structure, preparation and behavioural changes.

About the author

Line Hedegaard owns the company stabiltvaegttab.dk and makes a daily living by helping others lose weight without food shame and a bad conscience. She has struggled with obesity, and when, after many years, she found her way to stable weight loss, she started sharing her experiences on social media. She has been sharing recipes and motivating others to a healthier lifestyle since 2021, and today, she has over 60,000 followers on Instagram. Line is i.a. trained dietitian specialising in weight loss and positive psychology advisor.



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DIABETES COOKBOOK



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High and Low: A Book with Good Food & About Type 1 Diabetes

Domino Stålvant

High and Low is the book for those who live with type 1 diabetes, those who want to feel a sense of belonging, those who want to learn more about the disease, and those who wish to eat varied, simple and good recipes.

In the book, you will find several different chapters related to Domino's type 1 diagnosis, including "Diabetes and acceptance," "Exercise and diabetes," and "Disease course." Each chapter is carefully written and characterised by thoughts, feelings, and concrete tips. It is about living a good life in many senses, including food, training, and travelling, despite an illness that can be quite troublesome.

Among the 45 recipes, we find Domino's favourites in the categories of breakfast, snacks for low blood sugar levels, smaller dishes, larger dishes, baking and dessert.

About the author



Domino Stålvant wants to live as meaningful and eventful life as possible. She received a type 1 diabetes diagnosis when she was 23 years old. Still, despite this, she inspires several hundred thousand people daily on her social media, i.e. @dominostalvant, to live as usual and promise a life as much as possible. Domino's great love for food has not disappeared in connection with type 1 diabetes but instead has become, if possible, an even more passionate interest.

Högt och lågt: En bok med god mat & med typ 1-diabetes
200x255, 160pp
Tukan förlag, 2024

VEGAN BAKING

Baking with Legumes

Astrid Søgaard & Malene Søgaard

Legumes are the new super ingredient in your kitchen. The legumes add lovely taste, crispness, and spongy texture to your cakes and bread. The treats can even be eaten with a slightly better conscience, as legumes are packed with protein, dietary fibre, vitamins and minerals.

This book is a treasure trove for everyone, from legume aficionados to those eager to explore new culinary horizons. Whether you're a seasoned legume lover or a curious beginner, you'll find a wealth of recipes to elevate your baking game. From classic bread and cakes—such as dream cake, banana cake, and buns—to side bread, pies, sourdough bread, and sumptuous desserts for birthdays and parties, the possibilities are endless. And with the added bonus of being naturally gluten-free, there's something for everyone in this book.

Meet the culinary geniuses behind this groundbreaking recipe book—the dynamic duo Astrid and Malene Søgaard. As the founders of the Danish legume company Pure Dansk, they bring a wealth of knowledge and experience to the table. Their expertise and passion for organic legumes are evident in every recipe, ensuring that you're in good hands as you embark on your legume-baking journey.

About the authors

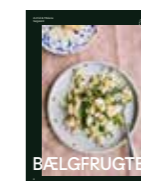
Astrid Søgaard and **Malene Søgaard** stand behind the company Pure Dansk, which, together with Danish farmers, grows organic beans, peas, and lentils. Pure Dansk and Kerogen Bælgfrugter persistently try reintroducing Danish legumes from the farm to everyone's plate as part of everyday food.



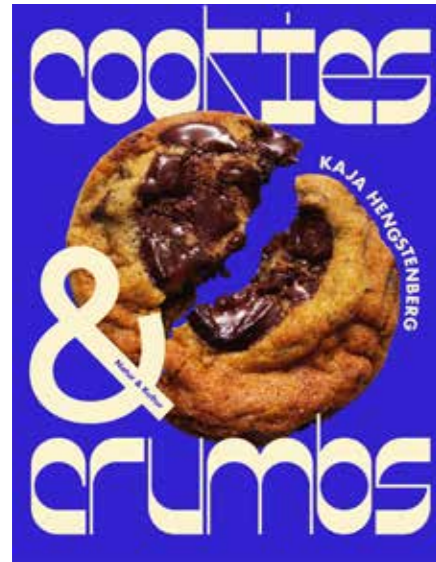
Contents

- Introduction
- 100 grams of legumes every day
- Lentils, peas and beans
- Baking with legumes - good to know
- Bread
- Cakes and sweets
- Pastries
- Recipes

Bag med bælgfrugter
190x260, 176pp
Turbine forlaget, 2024



CRUNCHY COOKIES



Contents

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Equipment
Ingredients & technique
Goopy & chunky cookies
Goopy & soft cookies
Chewy & soft cookies
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Index

Cookies & Crumbs

Kaja Hengstenberg

Anyone can make a perfect cookie with the proper knowledge! *Cookies & Crumbs* is a guide to soft, gooey, sometimes chunky, and occasionally chewy cookies.

The book contains around 30 recipes divided according to the texture of the cookies, such as chunky & goopy, soft & goopy and chewy & soft. The cookies are a bit bigger and taller, but most importantly, they are soft in the middle and slightly crunchy outside. Most with a little twist, like crumbled long pepper on a chocolate chip cookie, pistachio dukkha on an apricot cake or a thicker cake filled with strawberry jam or roasted nuts.

Kaja Hengstenberg worked for several years developing the recipes at the same time as she opened a small cookie shop. She aims to make the tastiest cookies you can imagine using different techniques, textures and flavour combinations.

About the author



Kaja Hengstenberg worked as a political consultant in Brussels, but her thoughts were constantly on food and what she should eat or bake next. After her father died, she resigned and followed her passion for food. She moved to Stockholm and started working in a bakery while also holding courses in sourdough baking. In 2020, she started Krümel from her home kitchen. Kaja has a small place, The Krümel Shop, in Stockholm today.

RAW CAKES

Raw & Sweet

Lamyai Vozzi & Aidah Samphani

Empower yourself to create pastries, cakes, cookies, and desserts that are not only delicious but also packed with nutrition! This book is a treasure trove for those who value healthy eating, follow a vegan lifestyle, or appreciate life's finer pleasures.

In *Raw & Sweet*, the sisters Lamyai and Aidahoss invite us into a world of irresistible sweets. This book is a source of inspiration, offering a variety of delicious raw food desserts made from scratch using raw, natural, unprocessed, and ecological ingredients. These recipes not only tantalise your taste buds but also ignite your creativity!

- Naturally free from gluten, white sugar and processed foods
- All vegan
- Maximum nutrition with raw food

About the authors

The sisters **Lamyai** and **Aidahoss** together run the Cashew vegan kitchen in Lund and made a success with their book *Vegan Street Food*. In this follow-up, they let the desserts do all the talking. Here are recipes/sweets for every occasion, everyday and festive events. All are vegan and raw, starting from the top with natural, unprocessed and ecological raw produce.



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About us
General information about raw food
About the recipes
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Cookies & Crumbs
185x240, 144 pp
Natur & Kultur, 2023

Rights sold: WE

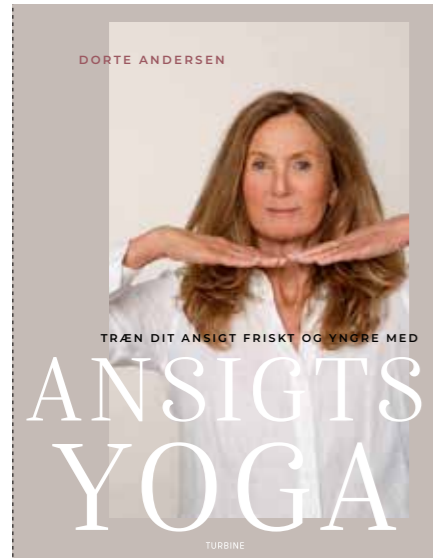
Rätt & sött
200x250, 128 pp
Kakao förlag, 2018

Rights sold: NL

LIFESTYLE



FACIAL &



Contents

- Foreword
- What is facial yoga?
- Before you get started
- My beauty tips
- What do I need to get started with facial yoga?
- The muscles
- The skin
- My facial yoga exercises
- Facial yoga exercises
- Training programs
- My program

Facial Yoga

Dorte Andersen

Dive into the secrets behind a youthful glow and radiant skin with yoga instructor and influencer Dorte Andersen. With more than 240,000 dedicated followers on social media, Dorte is a pioneer in face yoga. This revolutionary training method strengthens and tones the facial muscles and can rejuvenate your radiance.

Dorte shares everything she knows about facial yoga. From lifting the cheekbones to reducing wrinkles and relaxing tense muscles. Here, you will find a comprehensive collection of exercises and techniques to give you the youthful radiance you've always dreamed of. With a focus on facial expressions, stretches and massages, facial yoga is not just one workout routine, it's a lifestyle.

Embark on a journey of improved blood circulation and stimulated collagen production with facial yoga. You'll also find inner peace through deep breathing and concentration, enhancing your overall well-being as you practice.

About the author



Dorte Andersen has 240,000 followers on Instagram under #yogafacelift and is currently in high demand. She is 73, an old yoga teacher, facial yoga instructor and influencer. She left the workforce at 67 but couldn't see herself sitting on the couch with a lifetime of skills, so she travelled to India and trained as a yoga teacher. When she came home, she quickly became a yoga teacher at Salig Yoga in Copenhagen. Now that the world of yoga was her daily life, a new and exciting time opened up. She continued to take yoga classes so she could teach yoga more widely. Here, she discovered

facial yoga, starting a new life and career. After living 68 years without paying much attention to her face, face yoga became a big part of Dorte's daily life. Now she exercises and massages her face daily with both hands and Gua Sha and gives it ice-cold baths. In a short time, she saw a huge change. Since 2019, she has held workshops in facial yoga.

Træn dit ansigt friskt og yngre med ansigtsyoga
165x215, 256pp
Turbine forlaget, 2024

HORMONE YOGA

Hormone Yoga

How to avoid restlessness, poor sleep and hot flashes

Lone Hunæus

80% of all women suffer from restlessness, poor sleep and hot flashes at the age of transition. But there is no reason to suffer in silence. There's help to be had and much you can do yourself.

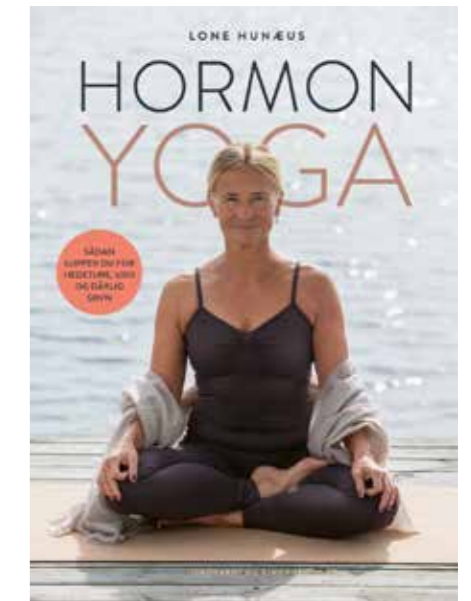
This book allows you to be free from headaches, mood swings, inner turmoil and poor sleep with yoga exercises that stimulate hormone production so that hormone levels fall more slowly instead of drastically when menopause sets in. This way, the body can get used to the new situation, and menopause becomes more bearable.

In a light and straightforward tone, yoga teacher Lone Hunæus reviews the causes of menopause. She guides you step by step through seven exercises, 14 yoga exercises and four meditation exercises. The exercises are richly illustrated and straightforward. They are relatively easy and do not require any prior knowledge of yoga. Once you have learned them, the entire series can be done in approx. 30 minutes.

The book can also be used for women with other hormonal imbalances, such as irregular menstruation, menstrual cramps, PCOS and low sex drive.

About the author

Lone Hunæus is a yoga teacher and trained in hormone yoga in Brazil. She has a background as a director in an advertising firm, but a few years ago, she put her career life on the shelf in favour of a life as a yoga teacher. Since then, she has specialised in hormone yoga.



Contents

- When the hormones kick in
- My way to hormone yoga
- The time of change
- The changed quality of life
- When hormone levels drop
- Hormone yoga
- How to get started
- Basic techniques
- Warm-up exercises
- Hormone yoga series
- Meditations
- Symptom chart
- Training schedule
- Exercise summary

Hormonyoga
170x240, 168pp
Lindhardt & Ringhof, 2022

CARE OF HOUSEPLANTS



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- A growing interest
- The construction of a plant
- The simple, ordinary ones
- The climbing, hanging
- The quirky ones
- The dry ones
- The difficult flirts
- The dark tolerant
- Life hacks
- The invigorating - interior with plants
- The unpleasant
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- Plant index

Houseplants for Everyone

Agnes Stuber

Various easy-care houseplants don't require any princess-on-the-pea treatment. These are plants that can be forgotten in periods, such as sea chestnut and opuntia, plants that can withstand anything, such as monstera, or plants that, after a watering, become resilient and happy again, such as palette leaves and summer ivy. With these plants, you can feel confident in nurturing and growing them.

This book includes care tips for around 40 popular houseplants, smart tips, a guide on taking cuttings, and inspiration from plant-decorated homes—all so you can create your indoor jungle.

Plants clean the air and give life to a room - according to several studies, they also make us feel better mentally. Surrounding yourself with nature and vegetation creates a calm needed in our stressful society. The therapeutic benefits of caring for plants, such as dipping your fingers into moist soil, showering your plants and watching them develop new leaves, can inspire and motivate you. In addition, there is a fantastic community among plant lovers - which you can also become a part of.

About the author



Agnes Stuber founded the Facebook group Växtgäris, which has grown to 19,000 members in two years. In addition to her interest in plants, Agnes is a photographer. For the book, she has chosen to photograph analogue with a medium-format camera to bring out the closeness and escape from the digital and artificial. Just like with plants, analogue photography is a process that requires presence, patience, and time. Agnes is also the author of *Making Soap*.

Krukväxter för alla
180x250, 175pp
Natur & Kultur, 2018

PREPPING TIPS

The Prepping Handbook

Jesper Hede

The Prepping Handbook is intended for ordinary people who naturally use a seat belt in the car or have insurance on the house and want to take care of themselves and their families for a shorter period in a crisis. The book is divided into sections that cover everything we can do in a crisis. It is written in a clear language, with charts and lists of essentials – often something we already know we have in the home. So you shouldn't expect to learn how to fold a silver paper hat or dig a bunker in the backyard, but instead to become more thoughtful about the little changes in our everyday routines and mentality, which can make a considerable difference in a crisis.

We generally expect that if the power goes out, our house gets flooded, we get another worldwide epidemic, or the authorities will help us. Hopefully, they do, too, but it can take time, and as we saw during the coronavirus epidemic, such situations can also backfire on the authorities. Therefore, we help both ourselves and the public system by being prepared for more than if the Wi-Fi router fails for a moment.

About the author

Jesper Hede is a writer and expert in bushcraft, outdoor life and 'prepping'. He is known for his books *Bushcraft in the North* and *Bushcraft*, where he shares his extensive knowledge and experience of survival techniques and craft skills in nature. Jesper began exploring the wilderness as a child and developed a deep interest in bushcraft, survival techniques and the simple, independent life. He has dedicated his life to learning these skills and has travelled extensively worldwide, giving lectures and workshops. Jesper teaches and guides more than 1000 people annually based on the company Bushcraft Europe.



Kriseparat
170x240, 150pp
Muusmann forlag, 2024



Contents

- Foreword
- Why be prepared for a crisis
- Crisis scenarios
- The basic needs
- Emergency equipment
- Shelter and warmth
- Water
- Food
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- Electricity
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- First aid and medicine
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BODY SMART



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The shoulder
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The hand and the wrist
The hip
The knee
The ankle
Poor foot
Author's thanks
References: nok.se/kroppsmart

Body Smart

For people in the move
Soheila Zhaeentan

Osteoarthritis, heel spur, tennis elbow - why does it hurt? All humans have bodies with arms, legs, and joints that wear out over the years. We continue to play sports, exercise, and use our bodies as always, but we get scared when they hurt or creak and click in the joints. "Is it dangerous? Can I continue to jog, play tennis, or mow the lawn?"

Sometimes, the pain is normal, but we don't know what has happened and how we should behave now. The body changes with stress and ageing, but there are things we can do to continue to feel good and be active and mobile. You get far only by understanding the pain and overcoming your fear.

Orthopaedic ailments are not dangerous in themselves; they are often self-healing. You also don't always have to go to the doctor; much can be handled on your own through self-diagnosis and self-rehabilitation with strength training and stretching exercises.

Body Smart reviews the function of the musculoskeletal system and joints. It provides recommendations for treatment, rehabilitation, practical exercises at home, and everyday orthopaedics for people who want to keep moving!

About the author



Soheila Zhaeentan, trained as a doctor at the Karolinska Institutet, completed her dissertation on shoulder surgery and has been a specialist in orthopaedics for over 20 years. She has solid clinical experience from large and small hospitals in Sweden, Norway and Australia, where she did a one-year fellowship in sports medicine. Soheila Zhaeentan lives in Stockholm and works at Sturebadet's medical practice.

THE STORY OF YOUR LIFE

Tell Me the Story of Your Life: Mother, Father, Grandmother

Invaluable fill-in books

Tell Me the Story of Your Life is a series of gift books that are perfect to give to a family member or relative to preserve precious memories together for the future.

Through a collection of creative and interesting questions, you can preserve an entire life story here with the help of your family member's answers. Learn more than you thought possible about one of the most important people in your life by asking about everything from their childhood to their future plans. The book is divided into three parts that cover your family members' lives, with questions covering everything from growing up and school to their parenting, career, and life in the fall of age.

Tell us of your life is the perfect gift. Its unique content makes it a treasure that can follow you throughout your life and be saved for future generations.



Berätta om ditt liv: mamma, pappa, mormor, farmor
135x210, 151pp
Bookmark, 2024

Rights sold: DK



Kroppsmart
140x215, 248pp
Natur & Kultur, 2023

Rights sold: EST

