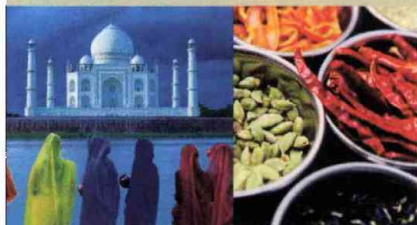


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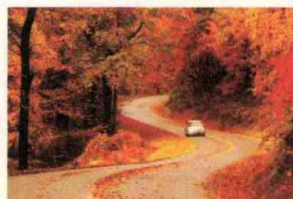
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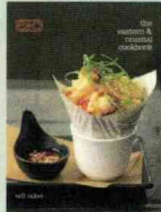
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* Product quoted includes Insurance Premium Tax and is available to those aged between 21 and 74

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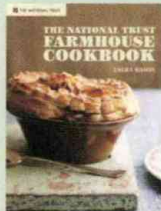


BOOKS



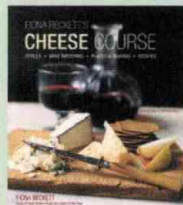
Will Ricker's restaurants are renowned for their excellent pan-Asian cuisine, combining the exciting flavours of China, Japan and Thailand, and are popular among the famous and the general public alike. In his new book *The Eastern & Oriental cookbook*, Will shares over 80 of his favourite Asian-style recipes, many of them signature dishes from his restaurants.

To order a copy published by Hardie Grant, for £23 (RRP £25) including UK p&p, call 01206 255777 and quote *Food and Travel*.



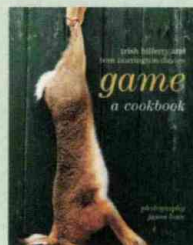
Celebrate traditional British farmhouse cookery with *The National Trust Farmhouse Cookbook*. Recipes focus on old favourites from specific regions, such as spinach and sorrel soup from North Yorkshire, Cornish fish pie, Norfolk dumplings and a deliciously sticky treacle tart. Written by Laura Mason, the book is available to readers at a special price of £20

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Cheese glorious cheese, from farmhouse cheddars to crumbly fetas and springy mozzarellas: there's a world of dairy out there waiting to be discovered, and Fiona Beckett's *Cheese Course* will teach you all there is to know about the product. Discover how cheese is made, the different styles and varieties available, how to pair with wine and learn

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From pheasant to partridge and grouse, game is laid bare in this new book by Trish Hillferty and Tom Norrington-Davies. Setting out to demystify the subject of cooking with wild meat, Hillferty and Norrington-Davies show how easy it is to source, prepare and cook game, and how to enjoy every aspect of the animal too. Purchase *Game, A Cookbook*, published by Absolute Press, with

photography by Jason Lowe, for £23 (RRP £25) including UK p&p. To order, call 01225 3316 013, quoting *Food and Travel*.

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