



## Cooking Books

Frankfurt Book Fair 2024

**New**

## Sweet, Vegan and Happy



**Author:** Anna Covelli

**Publication Date:** September, 2024

**Pages:** 224

### Simple and sophisticated homemade delicacies

This book contains all the secrets of the vegan, gluten-free and sugar-conscious world. Anna Covelli shares valuable tips and her favourite homemade recipes for sweet cakes, snacks and desserts.

The recipes consist of simple ingredients, are easy to make, varied and creative! They are vegan, gluten-free and free from refined sugar: healthy snacking has never been so quick and easy.

The detailed introduction to vegan baking makes it easy to start living a healthy and, above all, enjoyable life. It is not just a collection of recipes, but an expression of Anna Covelli's journey to inner peace, love and a sustainable lifestyle. It invites you not only to discover and try out delicious recipes, but also to experience many moments of mindfulness and joy.

**New**

## 30 Minute Recipes For Every Day

**Author:** Annalena Ganner

**Publication Date:** September, 2024

**Pages:** 128



### Simple and tasty dishes when you need to cook quickly

We've all been there: coming home after a long day at work and wondering 'What am I going to cook?'. The criteria are usually the same: quick, simple, with few ingredients and occasionally vegetarian or vegan.

Annalena Ganner has already made everyday life easier for thousands of people with her first cookery book 'Alles selbst gemacht', and now she has collected another 50 recipes that anyone can easily recreate - in 30 minutes or less!

The recipes contain just a few ingredients that are available everywhere, taste good for young and old and can even be prepared for guests with little effort. The sophisticated dishes are categorised according to occasions and requirements: 30-minute favourites, turbo recipes in 20 minutes, for guests, meal prep or sweet quick recipes.

Oven Parmigiana, Fiery Prawn Pan, Oriental Aubergine Salad, Frittata with Green Asparagus, Meatballs Gyros-style from the tray, Tomato Risoni, Sweet Curd Casserole or Vegan Avocado Chocolate Mousse are just some of the food blogger's delicious creations.



## Show Me Baby!



**Author:** Maria Lobis

**Publication Date:** October, 2023

**Pages:** 192

### How to make a successful start to complementary feeding – the ultimate guide for parents

Every baby shows signs when it is ready for complementary feeding. Parents can learn to recognise these signs and then start complementary feeding without worry. As a midwife and mother of four children, it is important to author Maria Lobis to convey a joyful experience for the child's central developmental phases.

Her book on complementary feeding is well-founded, up-to-date and thus also alternative: complementary feeding as needed, baby-led weaning, responsive feeding, finger food and peppered with openness for plant-based vegan/vegetarian diets. She does not want to polarise, but to clearly show everyone the starting point, especially taking into account the baby's point of view.

The expert draws on international work that is tolerant of all diets while including coverage of essential nutrients. Practical and very tasty wholesome recipes from breakfast to dinner, with attention to allergens in the first year of life, which are also suitable for giving to the baby.

In advance, the reader receives information from personal experience about what is nutritionally valuable and, above all, feasible - for the parents but mainly for the baby.

# Eating Better In The Mountains



**Authors:** The South Tyrolean Food Council

**Publication Date:** October, 2023

**Pages:** 192

## Manual for sustainable alpine nutrition

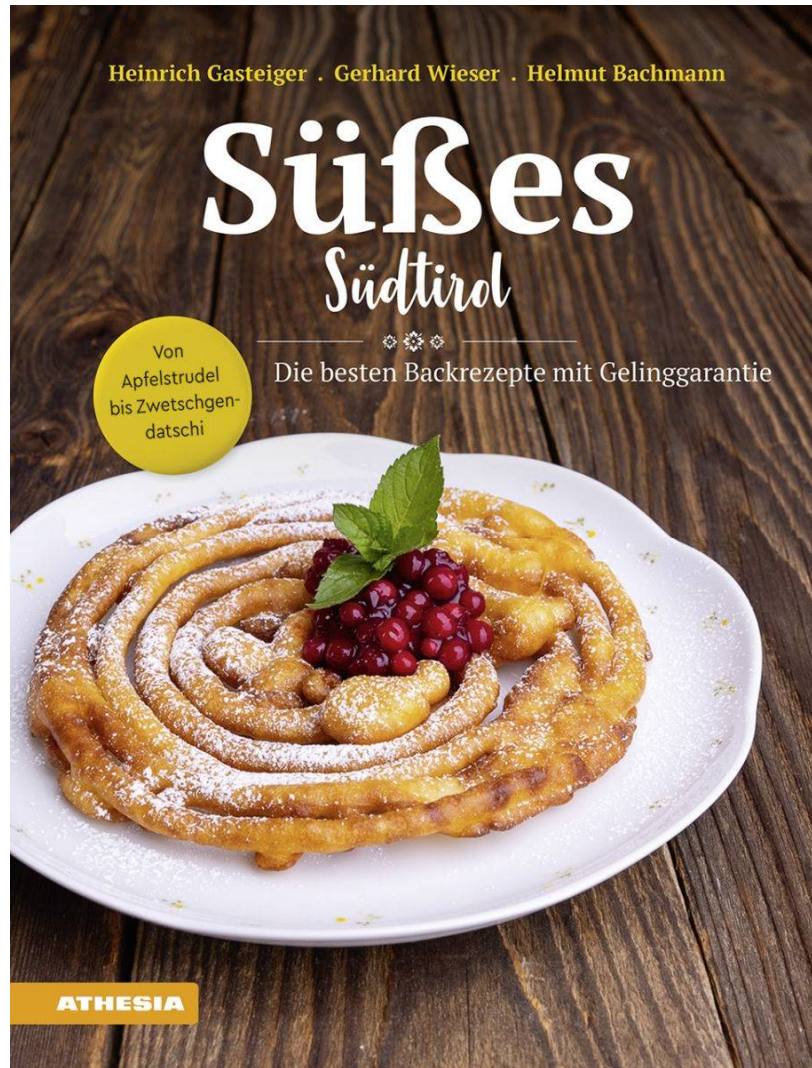
Sustainability is a current, relevant and ubiquitous topic. Our lifestyles need to become more sustainable in many areas. The South Tyrolean Food Council is committed to one of them: food consumption and food preparation. This book shows regional ways to a globally more sustainable diet.

Focusing on the particular lifestyles and food cultures prevalent throughout the German-speaking Alpine region, the members of the South Tyrolean Food Council provide useful and practical recommendations and complete them with concrete cooking recipes. The detailed introduction clarifies, among other things, the requirements of a contemporary diet, the basics of a health- and environmentally-conscious diet and contains numerous everyday tips. The recipe section is divided into the four seasons and includes dishes with the main ingredients cereals, pulses, potatoes, vegetables, salads, herbs, fruit and sweets.

Whether seasonal, regional, low carb, low fat, vegetarian, vegan or sugar-free - the book shows possibilities and ways for a healthy and sustainable lifestyle.



## Sweet South Tyrol



**Authors:** Gasteiger, Wiesner, Bachmann

**Publication Date:** November, 2023

### The best recipes with a guarantee of success

The best recipes from the South Tyrolean bakery. There is something for every occasion and every taste: readers can choose from 37 baking ideas, from A for apple strudel to Z for Zwetschgendatschi, and discover the Alpine-Mediterranean variety of baked goods.

Well-known desserts meet old regional classics which top chefs and bestselling authors have selected.

Easy to understand, with step-by-step instructions and tips to guarantee success. The scent of sweet South Tyrol for your home!

# Good Food Does Not Have To Be Expensive



**Author:** Kathrin Kötz

**Publication Date:** November, 2023

## Healthy, inexpensive, Alpine-Mediterranean

We are living through a time when, on the one hand, everything is getting more expensive - including food - and, on the other hand, many young people are paying attention to a healthy diet.

In this book, these two facts are not meant to be a paradox. Healthy and sustainable nutrition can also be cheap: if you know what to buy where and how to cook. The idea is to use regional, seasonal and fairly produced food as sustainably as possible. And sometimes meat and fish are also on the menu, which are a little more expensive but don't drive up the weekly shopping bill.

90 Alpine-Mediterranean recipes - from pasta and cereals, rice and vegetables, to meat and fish, sweets and homemade bread - with just a few selected ingredients, can be found in this cookbook.

It also includes tips for frugal shopping and weekly planning. The buzzword Meal Prep is important in the sense that prepared meals To Go are always cheaper than a lunch in a restaurant, bar or cafeteria - and healthier too! A separate chapter is even dedicated to the use of leftovers: Zero Waste also applies to our daily diet.



## Simply Healthy Through The Day



**Author:** Rita Bernardi

**Publication Date:** April, 2023

### New recipes by a wholefoods expert

The new book by the bestselling author contains numerous quick and easy recipes for a healthy start to the day and nutrient-rich meal breaks. Whether it's breakfast for everyday, a light lunch, snacks for school, work or an outing - even takeaways for brunch - you'll find it all here. Appealing photography perfectly sets the scene for the simple dishes and illustrates how colourful wholefood cuisine can be. The recipe selection focuses on vegetarian and partly vegan meals that can be prepared with few and everyday ingredients. and everyday ingredients.

- 70 healthy, balanced, natural and wholesome recipes for every day.
- Quick dishes to cook
- Vegetables, grains and pulses receive the full attention of the wholefood expert



## Passion Pasta



**Authors:** Gasteiger, Wieser, Bachmann

**Publication Date:** April, 2023

**Pasta pleasure for every day: the perfect dough and creative sauces with original Italian recipes**

Nothing represents Italian cuisine like pasta - and nothing is as varied. Pasta comes in all shapes and colours, filled and "empty", with vegetable, meat and fish sauces, as dry goods or freshly prepared. So it will never be monotonous or even boring! Pasta beginners will get their money's worth as well as all those who love it and are looking for new dishes. This book has everything you need for perfect pasta enjoyment: from basic recipes for pasta dough to pasta classics and new, creative pasta sauces.

- Everything you need to know about pasta, do-it-yourself pasta and over 70 quick and easy sauce recipes.
- Suitable for everyday use, with a guarantee of success: step-by-step photos help you prepare tortellini, ravioli, cannelloni and co.
- Divided into the chapters Vegetables & Mushrooms, Fish & Seafood, Meat & Poultry and basic sauces & doughs

## Silvi's Light Cuisine For All Days



**Author:** Silvia Gasser

**Publication Date:** January, 2023

...now veggie!

Gluten-free, low-carb and vegetarian/vegan! And it's supposed to taste good too? Yes, says bestselling author Silvia Gasser. If necessary, you can lose weight and get fitter - but that's not all: in her book, she explains what healthy eating has to do with happiness, contentment and inner well-being. wellbeing, she explains in a detailed introduction. in a detailed introduction. The refined and improved recipes are ideal for the evening - but not only. Divided on the sections soups, dishes with and without flour, sweets, breads, spreads & dips, smoothies and basic recipes, the healthy creations are the healthy creations are easy to cook: 75 recipes for a healthy and balanced diet.



## All Homemade



**Author:** Annalena Ganner  
**Publication Date:** October, 2022

Delicious recipes that are much **SIMPLER** than they look

The book contains recipes for foods that are often bought ready-made because they are supposedly difficult or time-consuming to make. Annalena wants to show the readers how they can make a lot of things themselves at home through step-by-step instructions - with a guarantee of success! No additives, less waste and bomb taste. All this with a guaranteed fun factor. The advantages are obvious: taste, freshness, sustainability. And best of all: it's a lot of fun! Tagliatelle in 30 minutes? You don't have to be a star chef to do that.

In this book, food blogger Annalea Ganner shows how to make homemade chocolate-hazelnut spread for breakfast, quick piadina for lunch and handmade farfalle with raspberry lightning sorbet for dessert in the evening. Stock up on rolls, grissini, fresh pesto or healthy muesli and gifts from the kitchen like chocolates. All stylishly photographed and garnished with great tips!



# Gluten-free Alpine Cuisine



**Author:** Magdalena Steger

**Publication Date:** September, 2022

Magdalena Steger was diagnosed with coeliac disease and had to completely change her diet from one day to the next. However, the South Tyrolean did not want to give up typical home cooking and tried out numerous dishes. The result is a collection of delicious recipes for typical Alpine-Mediterranean dishes, bread, cakes and biscuits.

Many tips and tricks make it easier for beginners or cooks inexperienced with gluten-free foods to handle the ingredients correctly. However, the cookbook is primarily a source of ideas for coeliacs who would like to expand their recipe collection with a variety of new dishes.

- Over 80 gluten-free recipes for everyday use
- Delicious breads, main dishes, ribbon noodles, dumplings, cakes, tarts and biscuits
- Each recipe with photo and easy to follow



## My South Tyrolean Christmas



**Author:** Stefano Cavada

**Publication Date:** October, 2021

**Pages:** 192

Christmas and South Tyrol, Stefano Cavada's homeland, are the protagonists of his new culinary story "My South Tyrolean Christmas".

In this book, the recipes take the reader on a journey of discovery through the great South Tyrolean culinary tradition through the seasons: from Autumn with the Törggelen period through winter to Christmas.

The 60 recipes are divided into six chapters: autumn recipes, comfort food, Christmas biscuits, festive bread, the Christmas menu and tasty gifts. And so, after the success of the book "My South Tyrolean Cuisine", readers will find many new traditional South Tyrolean recipes in Stefano Cavada's second book - in any case, recipes that everyone can afford.

Some of them are new, others are interpreted "Stefano's way". There is no shortage of family recipes, handed down over many years on simple sheets of paper. This is why this book is a very personal narrative that offers the opportunity to immerse oneself in some of the stories and moments of the author's family history. The chapters are introduced by small memories or anecdotes that complete Stefano's story. In this recipe book, the reader will also find a guide to buying quality products for the pantry, precious tips and tricks for carrying out the recipes in the best possible way and an indication of the tools needed to make them.

**Authors:** Gasteiger, Wiesner, Bachmann

**Publication Date:** October, 2021

## 4 ½ Ingredients



### 75 uncomplicated dishes for gourmets in a hurry

In today's fast-paced world, cooking has to be quick and easy for most people. The best way to do this is with just a few ingredients and uncomplicated recipes.

With only four main ingredients and a few interchangeable little things like spices or oil for frying, the recipes of this book provide optimal conditions for an easy and quickly prepared meal for the whole family. But just because the list of ingredients is shrinking, the level and quality of the recipes of the tried-and-tested cooking trio are not diminishing.

With tried and tested expertise, Gasteiger, Wieser and Bachmann provide over 70 new recipes for every day: easy to understand, with numerous tips, photos and lots of interesting facts for perfect success.

In addition to sandwiches and light, cold dishes such as celery salad with sheep's yoghurt and walnuts or beef carpaccio with oranges and honey, this cookbook also offers inspiring combinations such as oat fritters with chanterelle salad or melanzane cordon bleu. Potato parsley gnocchi or Grilled pumpkin with pumpkin seed pesto are convincing in the vegetarian corner, while veal fillet with baked shake or a Peppery salmon steak flatter fish and meat lovers.

In any case, there is something for every taste!



# Whole Food Kitchen

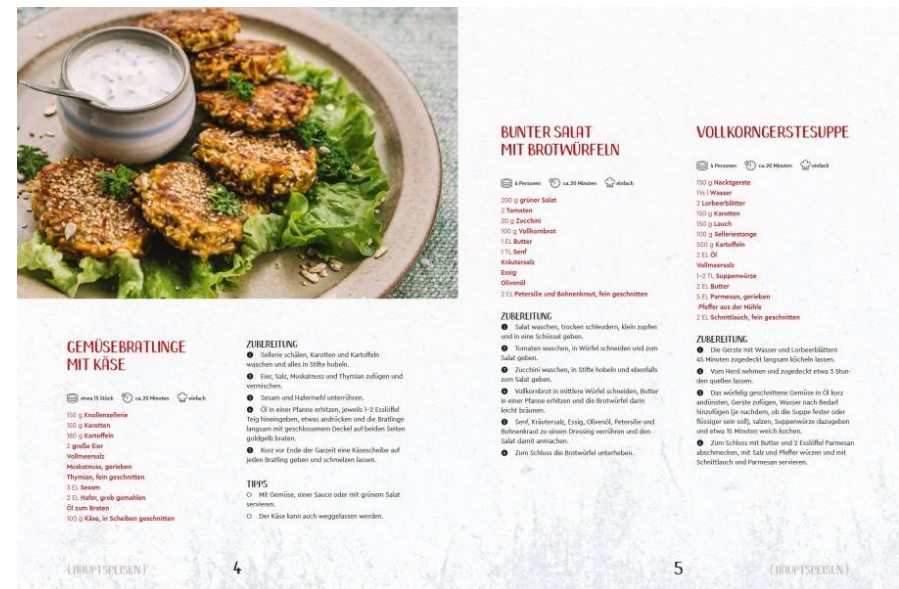
**Author:** Rita Bernardi  
**Publication Date:** March, 2021  
**Pages:** 240

## Healthy – Easy - Delicious

"Man is what he eats!" Vegetarian foods rich in vital substances help you to promote and sustainably improve your vitality and health.

300 delicious recipes as well as numerous suggestions and tips will help you to take sugar, refined fats and flours from the menu and still not miss anything.

General recommendations for a balanced diet and for maintaining your health make this book a valuable guide.



# My Favourite Recipes Easy to Prepare



**Author:** Tina Marcelli  
**Publication Date:** March, 2021  
**Pages:** 144

Tina Marcelli is a passionate cook: innovative, creative, full of passion and dedication. Her creations are exactly the same. The award-winning chef reinterprets traditional recipes and makes them accessible to every amateur cook.

With her first cookbook, everyone can now dare to try a Thai curry, beef tartare or beetroot dumplings. The recipes in the areas of breads & spreads, soups, cold or warm starters, main courses, desserts and cakes are described in detail.

Plenty of tips will help you conjure up special delicacies from the simplest of foods. Asparagus boullion with wild garlic dumplings, calamari in tempura with romaine lettuce and citrus fruit dressing, pumpkin gnocchi with bacon and sage, rump steak with potatoes or iced Kaiserschmarren with plum rösti are just some of the creations that are fun to prepare and to eat.



## IN DER PFANNE GEBRATENES RUMPSTEAK MIT LAGREIN, OLIVENÖL UND KARTOFFELPÜREE

- Für 4 Personen**  
**Zubereitungszeit** 25 Minuten
- Zutaten für das Pfanne**  
 800 g Rumpsteak  
 Salz und Pfeffer  
 40-50 ml Olivenöl  
 1 Stück vollkorniges getrocknetes Parmesan  
 2 Stücke Butter
- Zutaten für das Kartoffelpüree**  
 4 x 200 g Rumpsteak mit Fett Band  
 Salz und Pfeffer  
 6 Stücke Butter  
 4 Schalotten  
 4 Thymianzweige  
 300 ml Lagrein  
 1 Liter Olivenöl
- 1 Die Kartoffeln in der Schale in Salzwasser weichkochen. In ein Sieb abgießen und kurz abtropfen lassen.
  - 2 Die Kartoffeln schälen, zurück in den Topf geben und zerstampfen.
  - 3 Olivenöl dazugeben.
  - 4 Zum Schluss das Parmesan und die Butter unterrühren und mit Salz und Pfeffer abschmecken.
  - 5 Eine Bratpfanne heiß bis zum rauchen erhitzen. Steak salzen, pfeffern und mit dem Olivenöl marinieren.
  - 6 Mit einer Zange die Steaks mittig mit dem Fett Rand leicht in die Pfanne drücken, um das Fett auszulassen und für den Geschmack zu bräunen.
  - 7 Danach die Steaks je nach (Grünke) Wunsch 3 Minuten braten, dabei öfter wenden. Das Fett aus der Pfanne nehmen und ruhen lassen.
  - 8 Die Hitze der Pfanne reduzieren und 3 Stücke Butter in die Pfanne geben.
  - 9 Die gewaschenen Schalotten anschwitzen (ca. 4 Minuten) und dann mit dem Wein abbücheln und auf die Hälfte einreduzieren lassen.
  - 10 Die restlichen Butterstücke und die Thymianblätter hinzufügen und die Pfanne vom Herd nehmen.
  - 11 Die Sauce mit Salz und Pfeffer abschmecken und mit dem Steak, dem Kartoffelpüree und ein paar Speisewürstchen servieren.



# Easy Healthy Cooking

**Author:** Rita Bernardi

**Publication Date:** April, 2020

**Pages:** 160

Italian translation available!



Bestselling author and wholefood expert Rita Bernardi makes it easy to eat healthy for yourself and your family with seasonal and regional ingredients. The vegetarian and partly vegan dishes contain vegetables and cereals as the main ingredients. One focus is on legumes, which are neglected in most cookbooks. Appealing photography perfectly stages the simple dishes and illustrates how colorful whole foods can be. The recipe selection focuses on healthy meals that can be prepared quickly, with few and everyday ingredients, perfect for a quick lunch or an uncomplicated delicious dinner after a long day. Mediterranean lentil salad, couscous risotto, pumpkin vegetables with almonds, Indian potato pan or colored vegetable tart are just a few of the numerous dishes that can be easily prepared the day before and taken away on the go. A natural, balanced whole food for every day that can be cooked without much effort and with guaranteed success.





# Bake Yourself Happy

**Author:** Waltraud Tschurtschenthaler

**Publication Date:** May, 2016

**Pages:** 208, **4 Editions!**

Italian translation available!

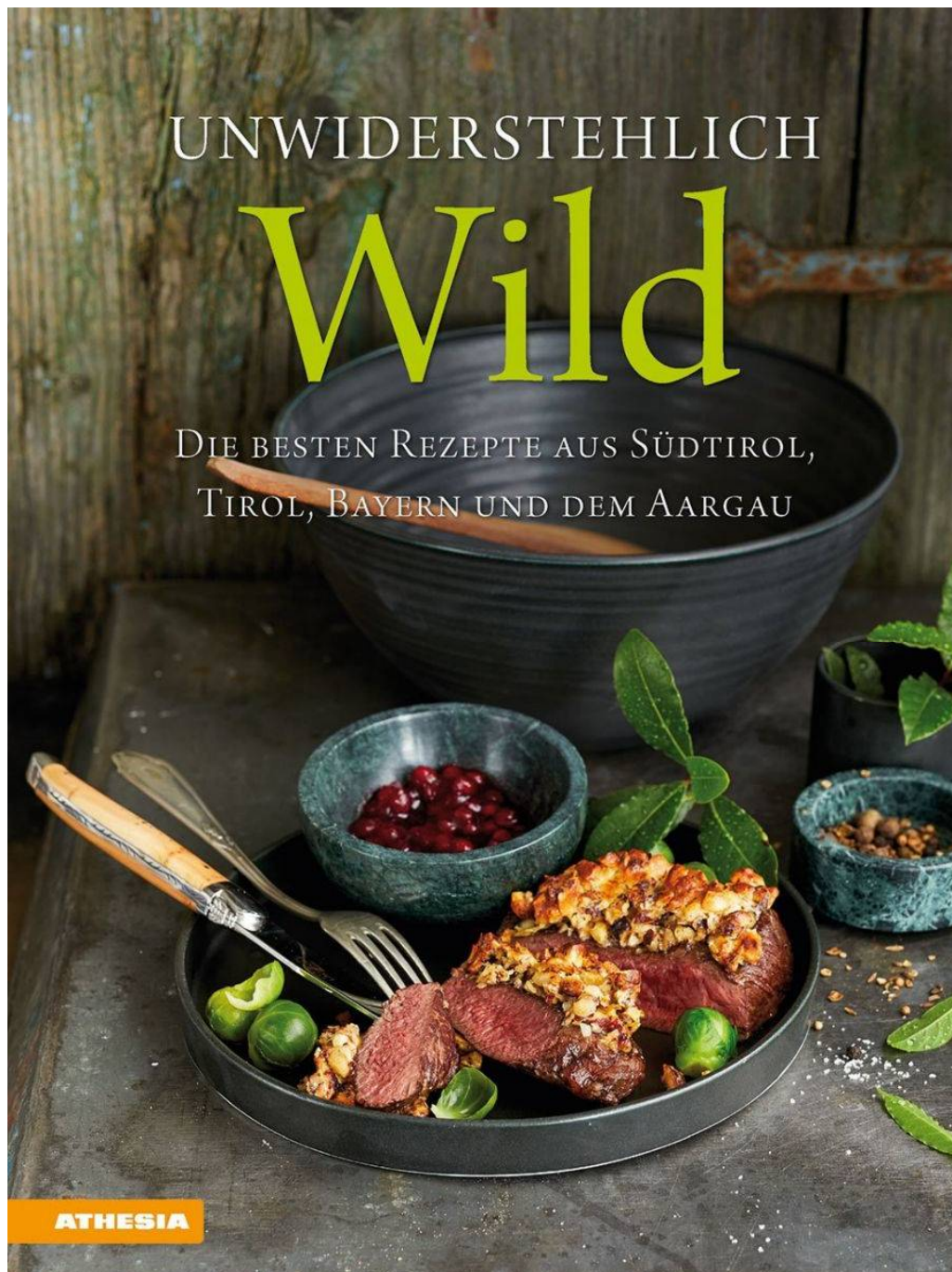
**Cake recipes from South Tyrol - Easy, quick and seductive**

The passionate cake maker and successful coffee house owner Wally reveals her sweet baking secrets. Newly interpreted classics such as buckwheat, carrot or Sachertorte up to her very own creations such as mole cake, chocolate-chili or apricot-vanilla cake - the simple and quickly prepared recipes promise feelings of happiness both when baking and when enjoying. By the way, Wally also gives an insight into her carefree South Tyrolean childhood with short anecdotes. The photographer Sara Italiano staged the cakes and tarts in the appropriate ambience. Fantastic cake recipes from the newly interpreted classic to special creations . Simple and easy to implement. Amazing pictures and great decorating ideas





# Irresistibly Wild Game



**Authors:** Various Hunting Associations

**Publication Date:** August, 2019

**Pages:** 128

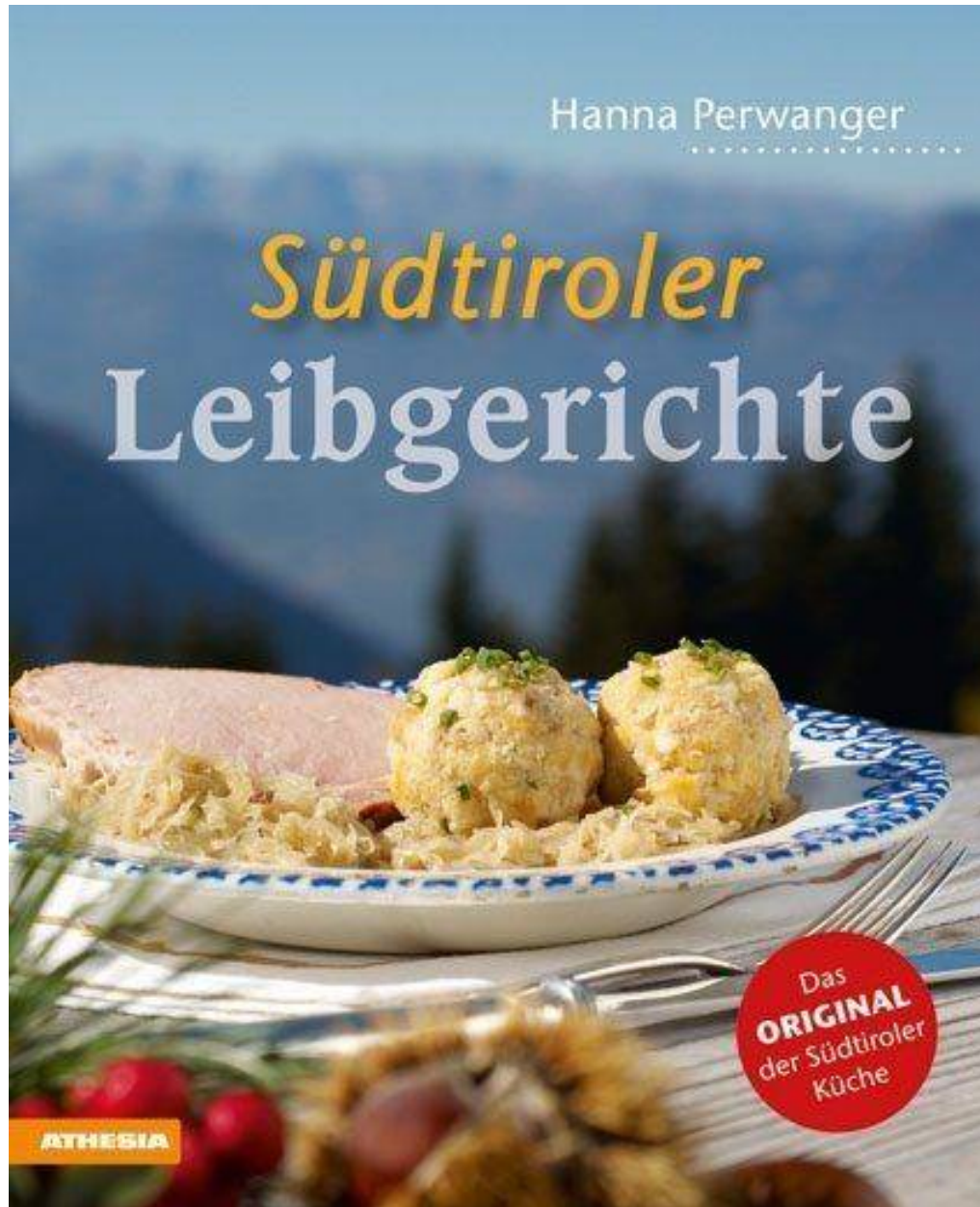
Classic, innovative and specialty recipes for game from the Alpine regions of South Tyrol, Tyrol, Bavaria and the canton of Aargau tempt you to cook and eat game. The four national hunting associations introduce you into the world of hunting in the Alpine regions and each of them present ten of their best game recipes.

As an introduction to each chapter, exciting texts and atmospheric photographs portray the four hunting areas. Common similarities but also interesting differences in hunting in the four regions are described.

Where can you shoot marmots? In which country are partridges a delicacy? Venison chickens from Switzerland, chamois magnets from South Tyrol, marmot roast in red wine marinade from North Tyrol or wild boar legs from Bavaria are just examples of the great, carefully selected and coordinated dishes with fresh and harmless meat products. Whether deer, wild boar, chamois or duck - this cookbook offers a suitable wild game recipe for every occasion, each with exclusive and atmospheric pictures.

# South Tyrolean Favorite Dishes

**Author:** Hanna Perwanger  
**Publication Date:** August, 2019  
**Pages:** 168, **7 Editions!**



**A special cookbook from grandmother's kitchen**

The well-known and popular collection of South Tyrolean delicacies by Hanna Perwanger, which first appeared in 1967 and has been sold countless times, is now presented in a new and improved edition, 30 years after. In addition to the tried-and-tested recipes, it contains new recipes from the "Perwanger kitchen", which is still maintained at the restaurant Zirmerhof in Radein, as well as the favorite recipes from various South Tyrolean top restaurants.

Enjoy the most popular specialties of South Tyrolean cuisine such as dumplings, nocken, noodle and plenten!





# Bread From South Tyrol

**Author:** Richard Ploner

**Publication Date:** August, 2018

**Pages:** 120, **5 Editions!**

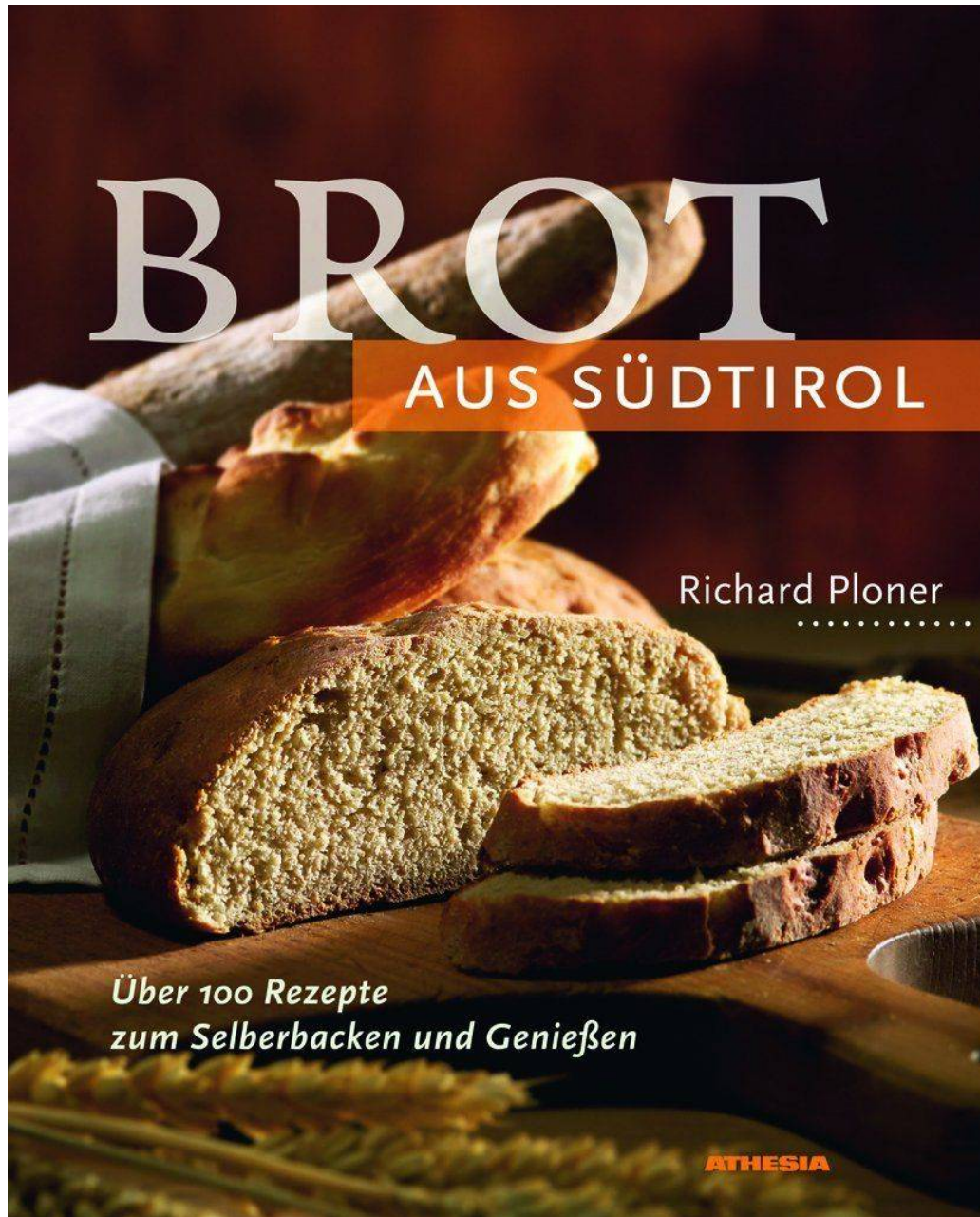
Italian translation available!

**Over 100 recipes to bake and enjoy**

South Tyrolean bread is a quality product that is known far beyond the country's borders. In this bread baking book, Richard Ploner not only presents traditional South Tyrolean bread specialties, but also those from neighboring countries, as well as bread recipes for baking machines.

The book offers beginners, advanced and experts not only useful tips, but also practical explanations of the recipes and teaches common technical terms.

With an introduction by folklorist Hans Griebmair and over 50 color pictures by Josef Pernter, this book is ideal for anyone who appreciates the cultural asset of bread.





# Silvi's Feel Good Kitchen

**Author:** Silvia Gasser

**Publication Date:** September, 2020

**Pages:** 192



After the great success of her first book about Low Carb Cakes, Silvia Gasser is now presenting the perfect supplement with healthy carbohydrates for the whole family. Although it is healthy to avoid carbohydrates, the body needs energy to stay fit, and children in particular should therefore regularly eat good carbohydrates.

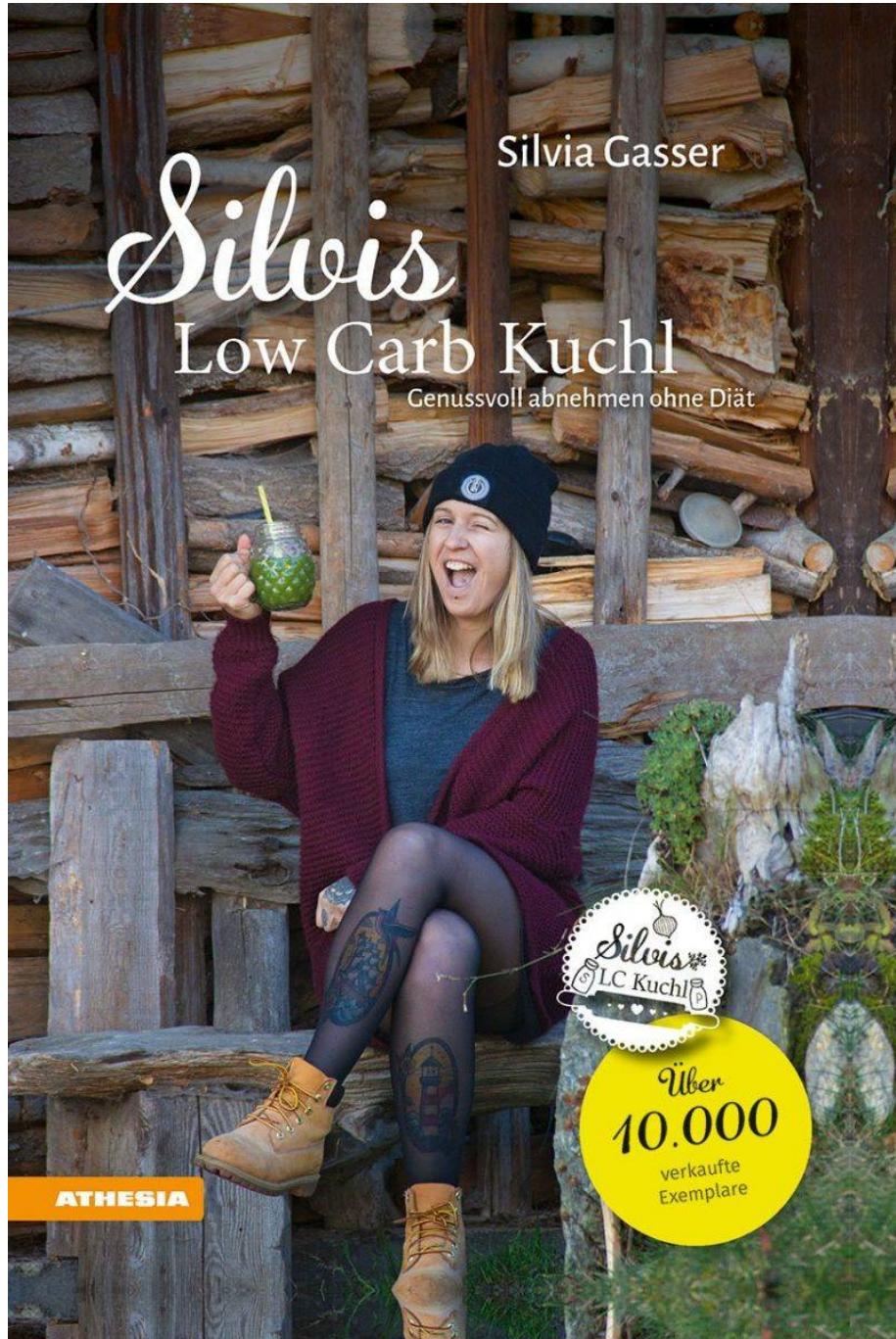
The 70 recipes in this book are divided into the areas of breakfast, main dishes (recommended for lunch), snacks and basic dishes. Oatmeal pancakes, chickpea hearts, quinoa or millet balls with vegetable curry are just a few of Silvi's healthy and tasty creations. The seductive dishes with vegetables, whole grains, dairy products and legumes are of course also suitable for dinner and do not necessarily have to be combined with a low-carb diet.

This book is suitable for anyone who wants to live a healthy and positive lifestyle. In addition, it contains tips for sustainability and exercises.





# Silvi's Low Carb Cakes



**Author:** Silvia Gasser

**Publication Date:** October, 2018

**Pages:** 192, **4 Editions!**

In her book, Silvia Gasser, the young South Tyrolean blogger and founder of the Facebook group "Silvis LC Kuchl" shows how low carb works, what needs to be taken into account with this diet and how it can be successful in the long term.

In addition to regional and seasonal organic products, a good relationship between meat and fish, vegetarian and vegan variants is important to her when compiling the recipes. The book gathers the most popular recipes from the Facebook page and their blog, all of them many times tested and used and refined in many cooking courses.





# Wally's Cake Paradise

**Author:** Waltraud Tschurtschenthaler

**Publication Date:** September, 2020

**Pages:** 192

Italian translation available!

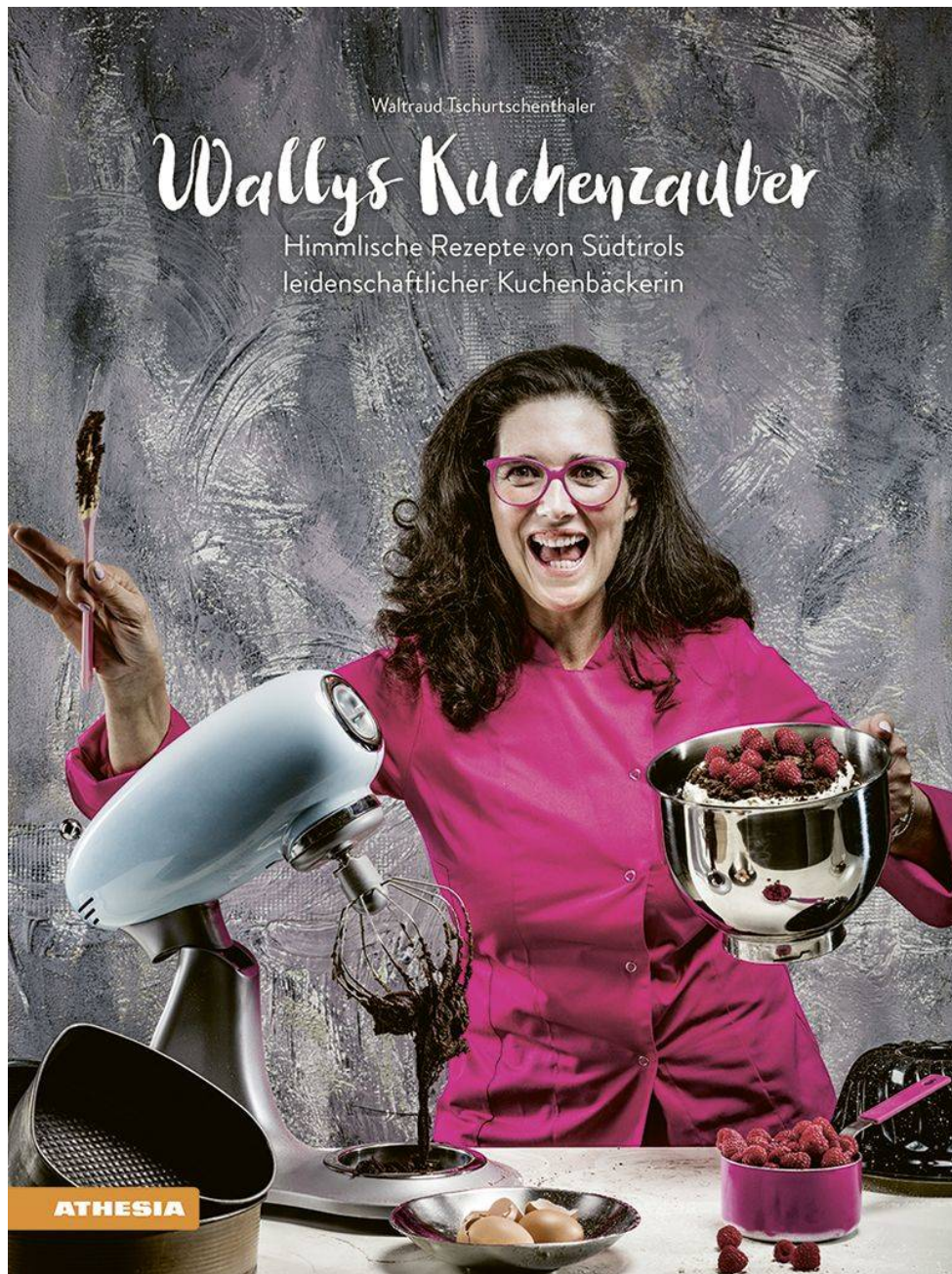
## Sweets all around the year

Whether for children's birthdays, summer parties, Easter, Christmas or a cozy picnic - Wally bakes for every occasion. There are many reasons to celebrate and opportunities to bake tasty and charming cakes, tarts, cookies and other delicacies all year round. And there are guests with allergies at every celebration. Wally has taken care of this: Many of the 45 recipes in this book contain tips for a gluten-free, lactose-free, fructose-free or sugar-free variants. The sweet temptations include carnival fools like the Lambada and Hugotorte, summer creations like currant cuts or the autumn best-seller vegan pumpkin pie. Wally experiments with modern ingredients such as Skyr and Crumble and presents her own creations such as the creme brulee cake or peach cake with marzipan sprinkles.





# Wally's Cake Magic



**Author:** Waltraud Tschurtschenthaler

**Publication Date:** March, 2018

**Pages:** 176

Italian translation available!

A new, beautifully designed baking book by the passionate and humorous cake maker Wally. After her success with "Bake Yourself Happy", her new book is full of uncomplicated and imaginatively staged recipes that make you feel happy browsing, baking and enjoying. And incidentally, Wally tells funny episodes of her carefree South Tyrolean childhood. A treasure trove of baking books for browsing, baking and enjoying.

- The passionate cake baker's own creations - Refined recipes easy to implement
- - Gluten-free variants for health-conscious people
- - With many great photos and great decorating ideas



# My South Tyrolean Cuisine

**Author:** Stefano Cavada  
**Publication Date:** October, 2019  
**Pages:** 144



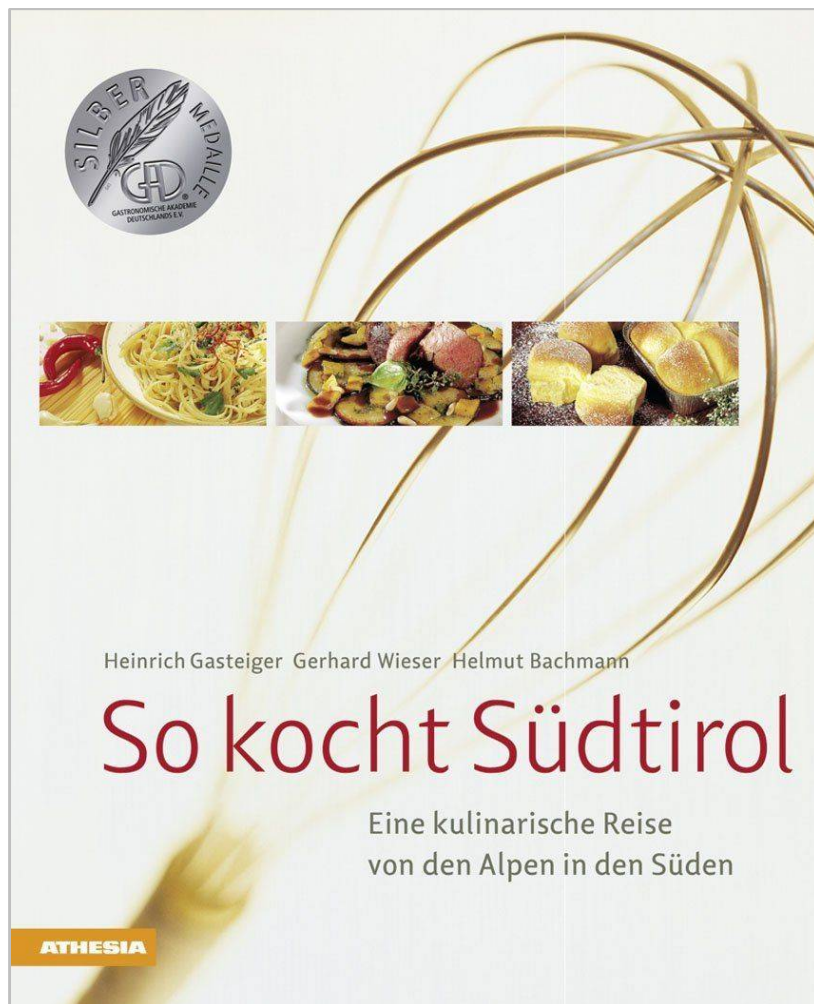
Stefano Cavada, a cooking enthusiast, youtuber and established food influencer and presenter of the "Selfie Food" and "Food (R) evolution" cooking shows, presents his first book. Stefano is a young South Tyrolean who loves to use typical regional ingredients for traditional and modern dishes in the kitchen. In this book, full of recipes for everyone. You can also find valid tips and tricks to better execute the recipes and the indication of the tools necessary to make them. The book presents the recipes, photographed in a modern and captivating style, divided into six categories: breakfast, brunch, tradition, to be shared, leavened and sweet temptations. Yoghurt plumcake, beer cream puff, cheese and speck, spelled with cream and ham, pumpkin focaccia or Linzer Bites: these are just some of his many recipes with "that little something extra".

[www.stefanocavada.it](http://www.stefanocavada.it)





# Cookbook From the Dolomites



**Authors:** Heinrich Gasteiger, Gerhard Wieser, Helmut Bachmann

**Publication Date:** March, 2018

**Pages:** 552

Italian translations available!

**17 Editions!**

**More than 250,000 copies sold**

[www.so-kocht-suedtirol.it](http://www.so-kocht-suedtirol.it)



South Tyrol cooks according to the recipes of Gasteiger, Wieser and Bachmann. Their books are a tribute to the art of cooking. The best-known publication by the trio of authors is the book "So kocht Südtirol" (Cooking from the Dolomites), which recently appeared in its 17th edition and is considered the standard cookbook of South Tyrolean cuisine. In addition to this bestseller, there are also numerous other cookery, baking and themed cookbooks (eg the series "South Tyrolean Pleasures") in the list, which not only contain fine and easy-to-cook recipes, but also tips and tricks as well as all sorts of interesting facts about quality products and nutritional values .

# The Big Culinary School Book

Series "Cookbook from the Dolomites"  
 Publication Date: September, 2019  
 Pages: 480  
 Italian translation available!



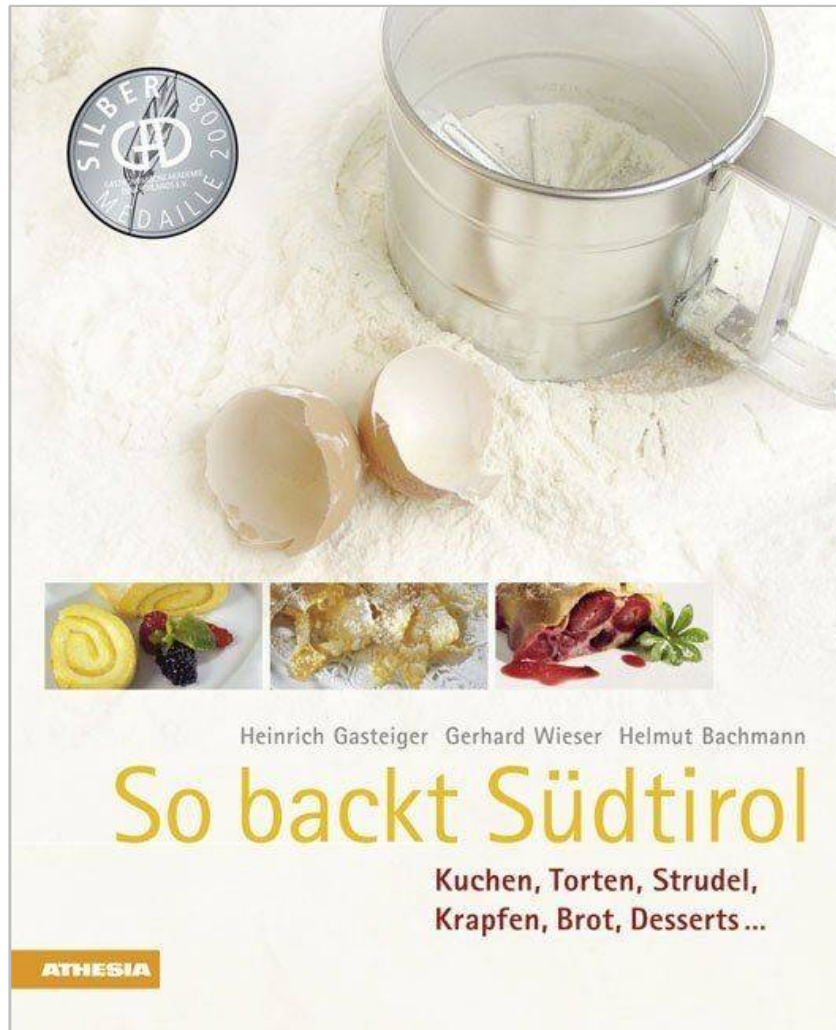
## Gerhard Wieser

Gerhard Wieser grew up in Rasen in Antholz Valley (South Tyrol) and lives in Meran with his family. He is head chef of the gourmet restaurant Trenkerstube in the five star hotel Castel in Dorf Tirol near Meran. Thanks to his creative and consistent high-quality work, the restaurant holds two Michelin stars and three Gault&Millau toques. The chef and qualified diet cook is considered a culinary inventor and technical perfectionist with a great wealth of ideas. His cuisine is a thoughtful symphony of aromatic and tasty ingredients of excellent quality. His work has been influenced by his experiences with European and Asian top chefs.

Besides countless TV and radio appearances, he is also involved as a creative bestseller author and dedicated developer of fine foods.



# Bakery From the Dolomites

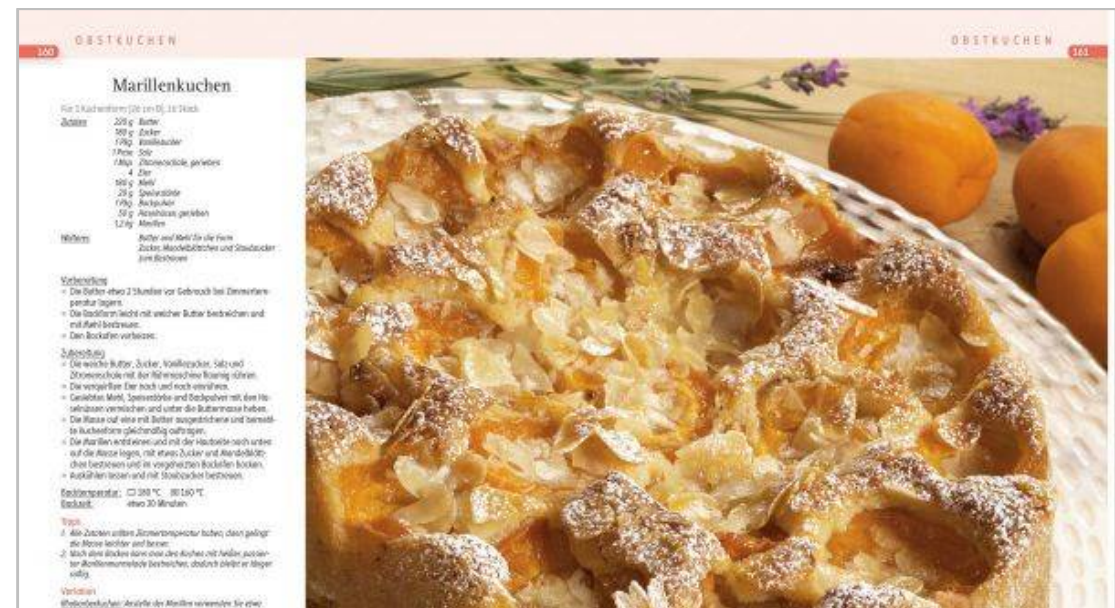


## Series "Cookbook from the Dolomites"

Publication Date: December, 2018

Pages: 636, **5 Editions!**

Italian translation available!



### Heinrich Gasteiger

Heinrich Gasteiger is from Luttach in Ahrntal valley and lives in Lana near Merano (South Tyrol) with his family. As experienced chef and specialist teacher for culinary studies at the hotel and catering school Kaiserhof in Merano, he is considered one of the outstanding thinkers and leaders within his area. From an early age he collected valuable experience in the renowned cuisines of top European hotels in destinations like Gstaad, Lugano, Seefeld and Munich. For many years he put his heart and soul into his career as specialist cooking teacher. His aim was to pass on his love and passion for the noble profession of chef to young people.

He currently organizes events and works as creative product developer and innovative food designer in the field of fine foods. Moreover, he is a tireless author of cookery books, which have all been included in the relevant bestseller lists.

# Fine Cuisine For Every Day

Series "Cookbook from the Dolomites"

Publication Date: March, 2017

Pages: 112, **7 Editions!**

Italian translation available!



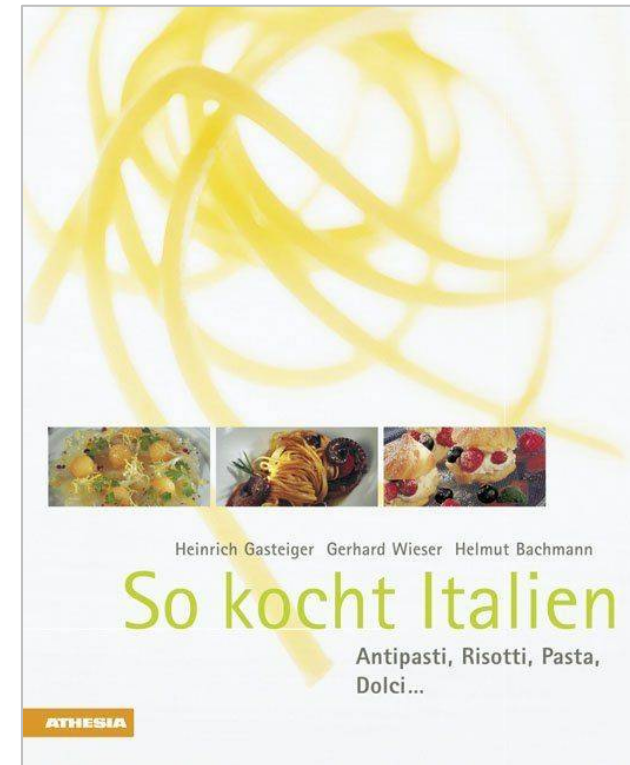
# Cooking From Italy

Series "Cookbook from the Dolomites"

Publication Date: May, 2018

Pages: 552, **5 Editions!**

Italian translation available!



## Helmut Bachmann

Helmut Bachmann was born in Antholz / Mittertal and lives in Mühlbach (South Tyrol) with his wife and their three children. The experienced chef has taught culinary studies at the professional school Emma Hellenstainer in Brixen since 1983. His successful participation in various cooking contests (e.g. in Frankfurt, Luxemburg, Basel, Chicago and Vienna) has earned him several gold medals. As a WACS-Global Master Chef, Bachmann is a member of the World Association of Chefs Societies.

For many years, he has organized and managed the training for certified chefs de cuisine in South Tyrol. He is a frequent speaker and tutor at workshops and cookery seminars both at home and abroad. Moreover, he has published various articles, recipe brochures and cooking 30 calendars. He is bestselling author of several cookbooks.



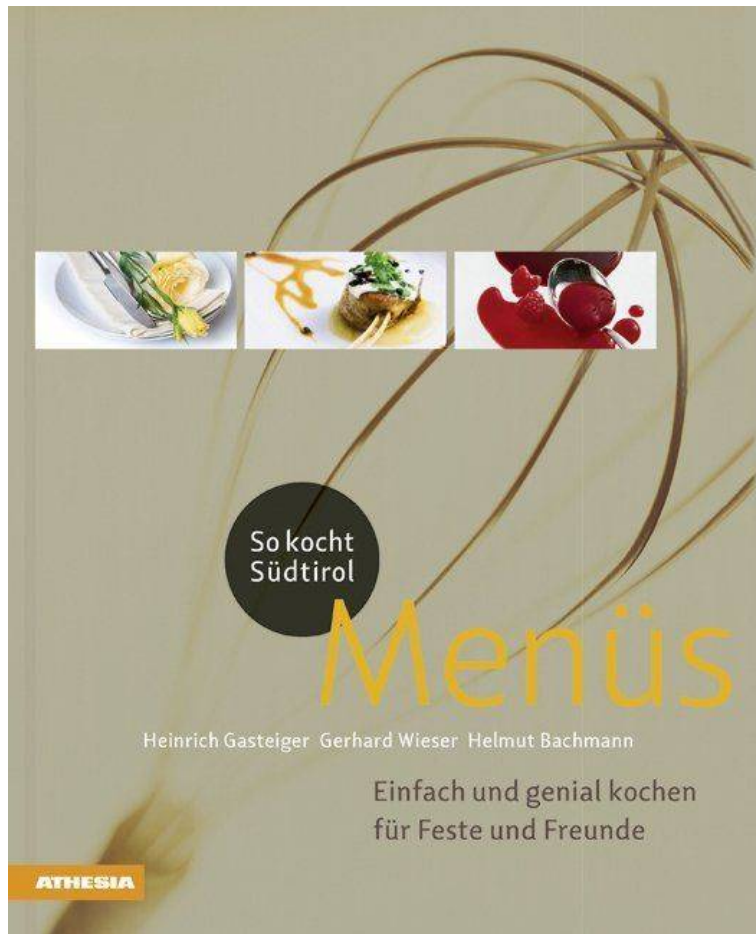
## Menus

Series "Cookbook from the Dolomites"

Publication Date: November, 2014

Pages: 276, **3 Editions!**

Italian translation available!



## Beverage

Series "Cookbook from the Dolomites"

Publication Date: November, 2020

Pages: 224

Italian translation available!



*New*

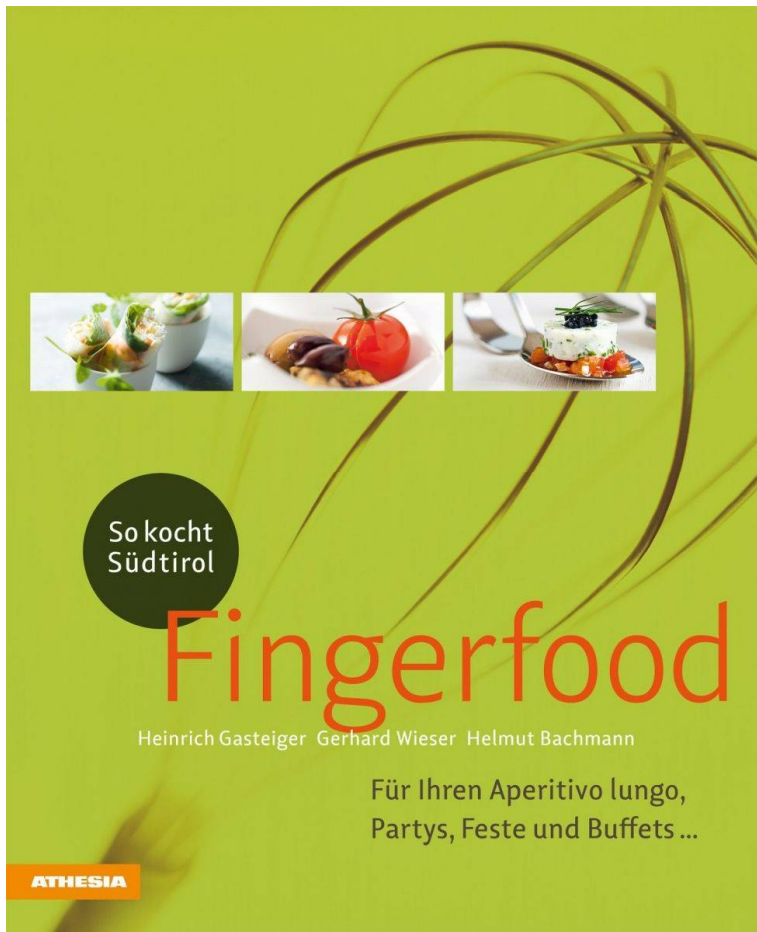
# Fingerfood

Series "Cookbook from the Dolomites"

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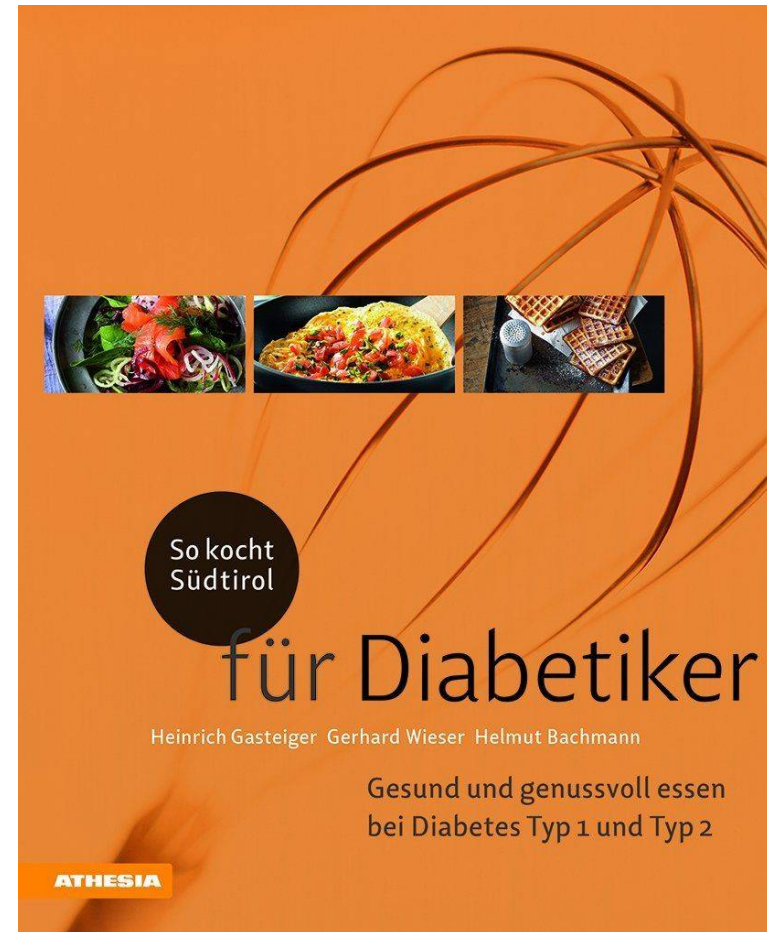
# For Diabetics

Series "Cookbook from the Dolomites"

Publication Date: December, 2018

Pages: 168

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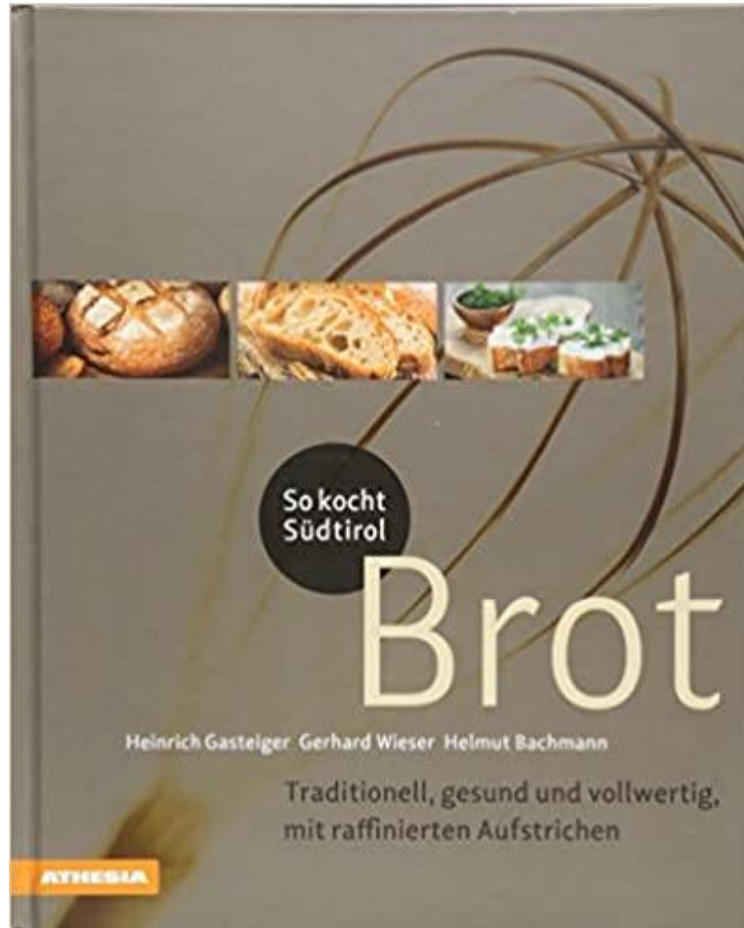
## Bread

Series "Cookbook from the Dolomites"

Publication Date: November, 2018

Pages: 176, **2 Editions!**

Italian translation available!



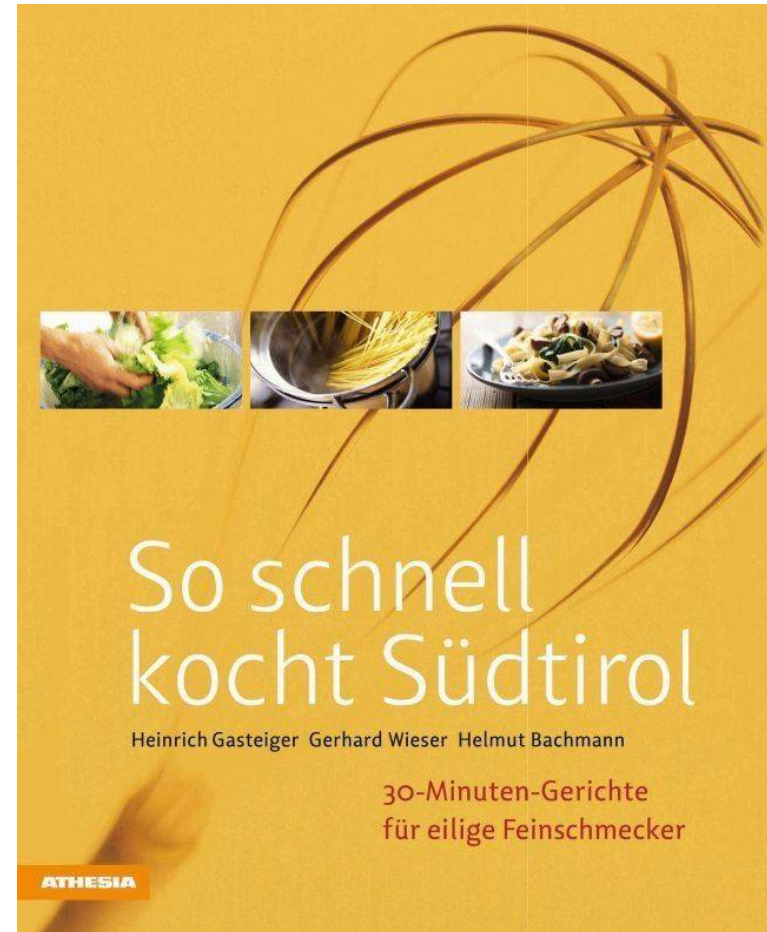
## Quick Meals

Series "Cookbook from the Dolomites"

Publication Date: January, 2016

Pages: 156, **3 Editions!**

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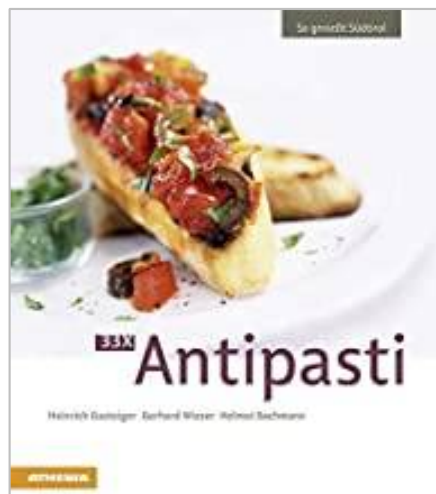
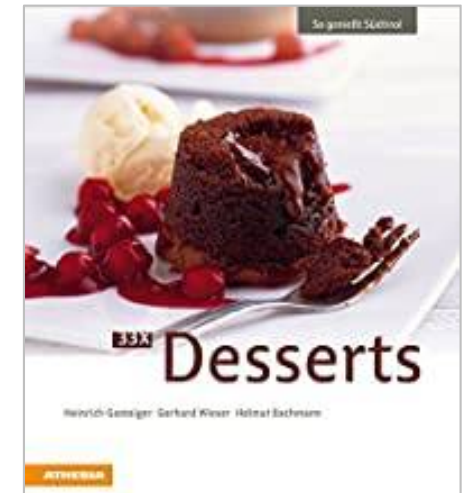
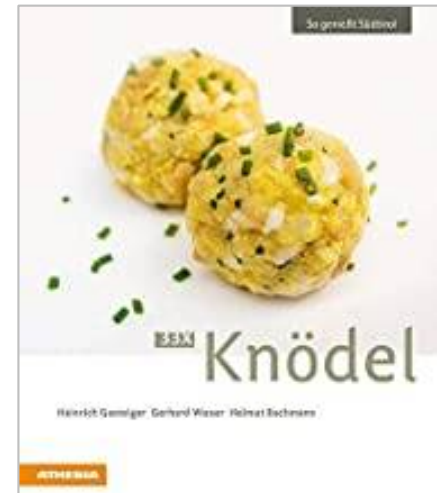
# 33 x South Tyrolean Pleasures

**Authors:** Heinrich Gasteiger, Gerhard Wieser, Helmut Bachmann

**Publication Dates:** 2017 to 2020

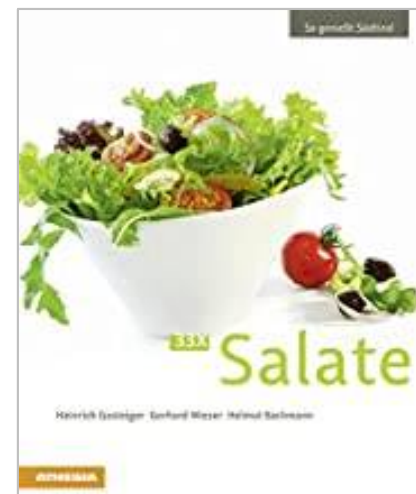
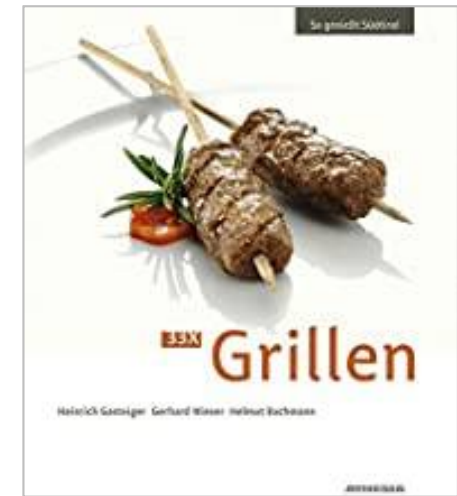
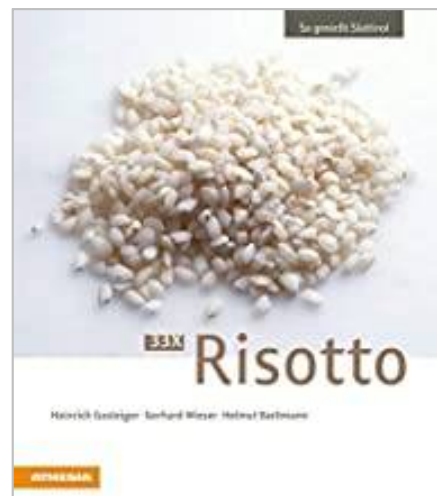
**Pages of each title:** 88

Italian translations available!





# 33 x South Tyrolean Pleasures



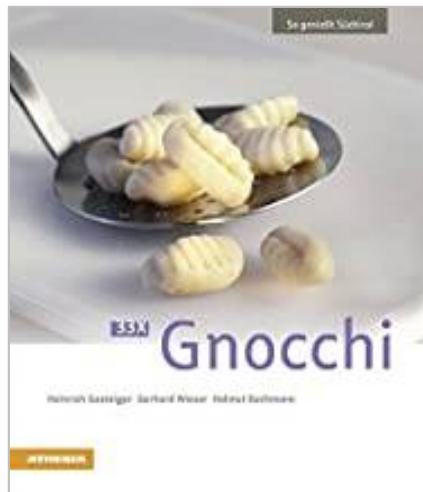
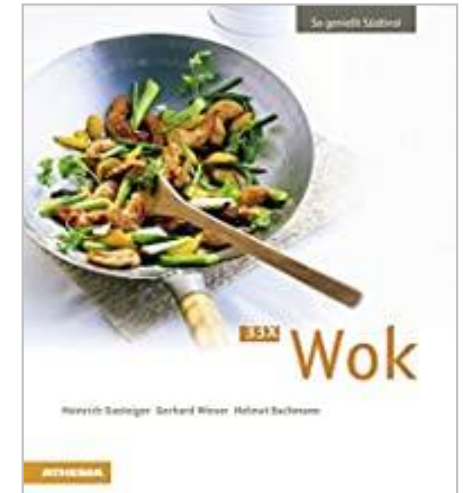
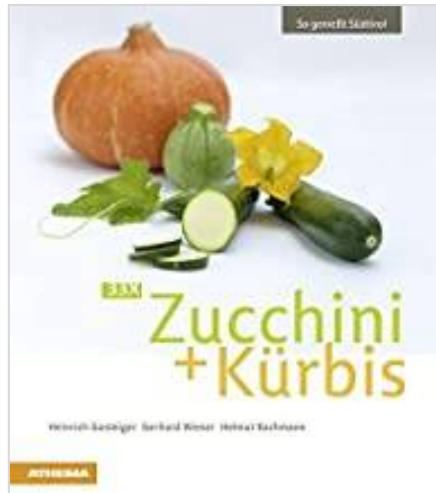
# 33 x South Tyrolean Pleasures



33 x South Tyrolean Pleasure



# 33 x South Tyrolean Pleasures



# Gluten Free South Tyrolean Cooking

**Author:** Magdalena Steger  
**Publication Date:** June, 2014  
**Pages:** 120, **2 Editions!**  
Italian translation available!



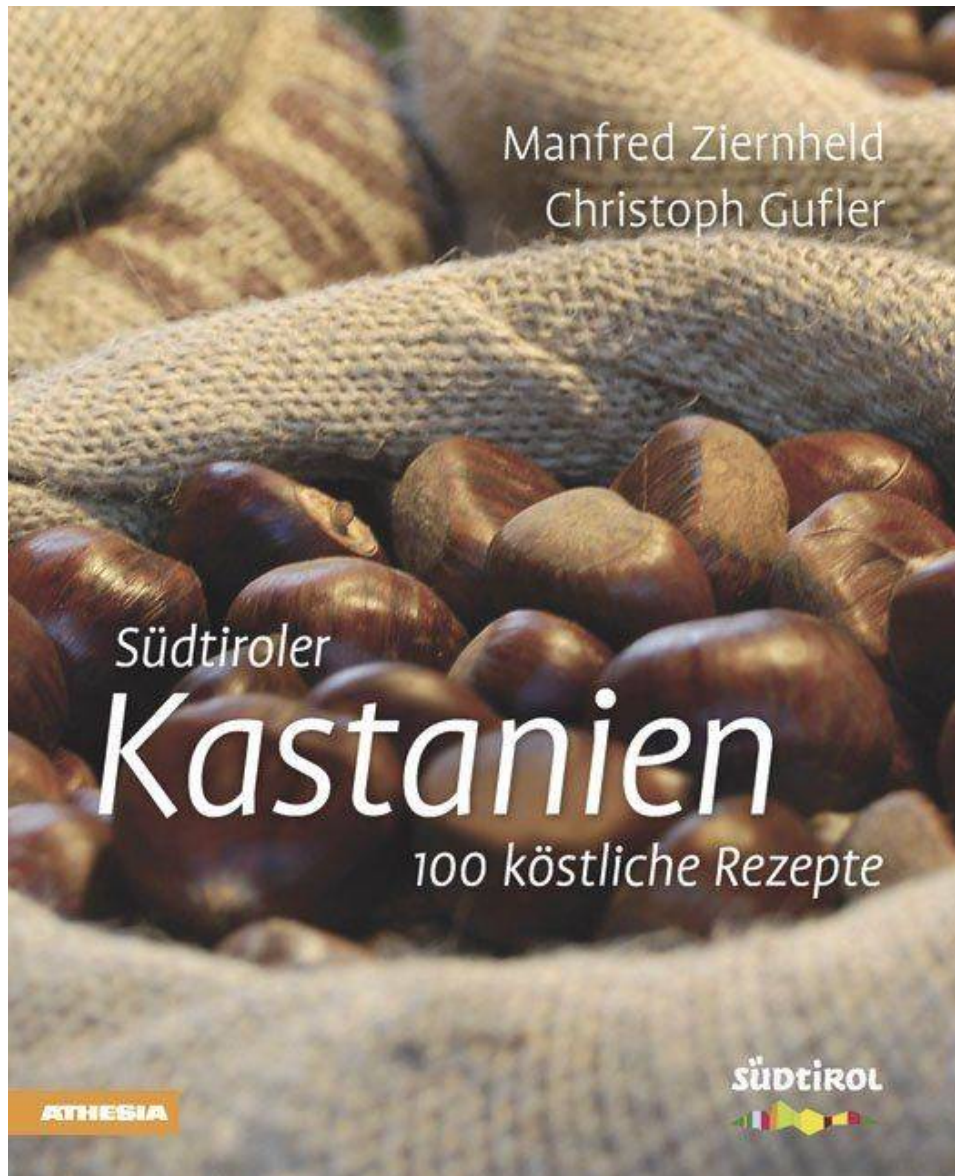
Over 80 gluten-free cooking recipes across South Tyrol's food variety show that the enjoyment of Tirtlan, Strauben, Breatln, wholemeal bread, spinach dumplings, Spatzlen, press dumplings and numerous cakes and biscuits can be lived in a tasty way.

Magdalena Steger shows in her book that you don't have to miss delicious South Tyrolean cuisine despite celiac disease.





# Chestnuts From South Tyrol



**Authors:** M. Ziernheld & Ch. Gufler

**Publication Date:** October, 2011

**Pages:** 204

Fall time is chestnut time! Chestnuts in South Tyrol come to the table in all variations: well preserved or frozen, they can also be enjoyed all year round. Chestnuts have numerous valuable ingredients, are easy to digest and fill you up.

This cookbook shows that you can not only roast chestnuts but also conjure up wonderful dishes.

100 imaginative recipes illustrate the versatility of this noble fruit.

# The Book Of The Good Spirits

**Author:** Christoph Mayr  
**Publication Date:** March, 2016  
**Pages:** 176, **3 Editions!**  
Italian translation available!



There may be divided opinions about the benefits of alcohol, but there is a sniff - so to speak as an iron reserve for all eventualities - in every family. House schnapps is often prepared according to an old tradition, and the recipe is not readily disclosed. The praise for the special quality of this "medicine" is to be claimed for itself. They are so easy to prepare, because the garden of nature offers a lot that makes the common schnapps more tasty and healthier.

Around a hundred recipes to start with are listed in this book, which interested readers can modify as they want. Practical instructions make work easy and you want to get an idea of the colorful realm of international spirits, you can find a detailed lexicon in the appendix.

Anyone interested in the cultural history of alcohol will find information from the primitive distilling art of the Orientals to the rural smuggling of schnapps in the past.





Literary Agency

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