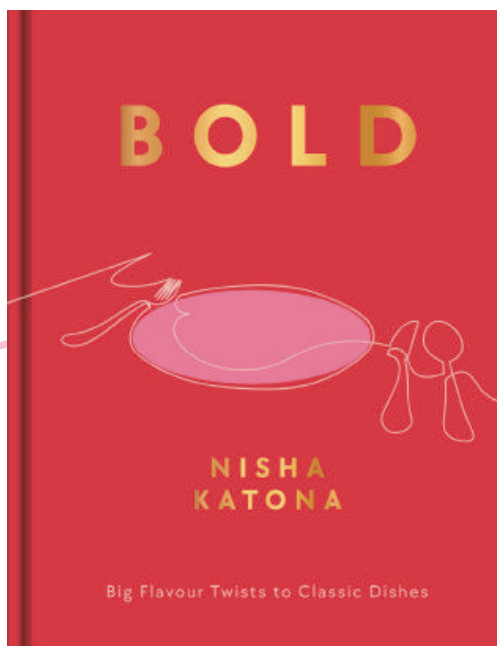


'Nisha's book Bold is a true reflection of her personality, strong, passionate, and most importantly, positive! Bold interpretations of modern classics with her own insightful crafted skills. Truly wonderful, unique and accessible.'

— Tom Kerridge



BOLD

Big Flavour Twists to Classic Dishes

By NISHA KATONA



Published by Nourish Books
on 05 March 2024

Hardback £30.00 GBP / \$35 USD / \$48 CAN

'Bold is all about being brave in the kitchen. It is about creating delicious, surprising, head-turning dishes. I want to show you that the little thinking outside the box in the way ingredients are combined, can change the way you cook forever!'

—Nisha Katona

This stunning new cookbook from TV chef and bestselling cookery author, Nisha Katona takes you on a captivating journey of culinary boldness. Taking her signature style of big flavours and applying them to classic dishes, this beautiful book reflects Nisha's empowering personality and is **BOLD** both inside and out.

Armed with this book, friends and family will say 'WOW' to some incredible dishes created without spending hours in the kitchen or a fortune at the supermarket. This collection of recipes all have one thing in common: they have an element that takes them beyond the usual and the familiar. From surprising ingredient combinations to incredible flavour twists, each recipe is created to be delectable, yet always accessible to the home cook.

A self-proclaimed 'culinary nomad,' Nisha mutually draws on her heritage and upbringing in Lancashire where she learnt both Indian and traditional Northern dishes at a young age. Marrying a Hungarian and discovering the delights of Eastern European cooking alongside years of travelling encouraged Nisha to expand her flavour horizons and learn to experiment further.

From family favourites to exciting and exotic dishes you may never have tried before, Nisha's aim with **BOLD** is to encourage you to step out of your comfort zone and try something new.

A **chicken burger** is given a makeover with **crunchy nut flakes**; an **oxtail pie** is pepped up with **coffee**; and delicious **doughnuts** are topped with a **miso and parmesan cheese glaze**. There are tantalising sweets: a **sweet fruity pavlova** is accompanied by a **savoury herb drizzle**; a traditional **Liverpool Tart** from Nisha's hometown is transformed with **oranges and cardamom**; and a **Bourbon ice-cream** is pimped up with salty and sweet **candied bacon**. The book is broken down into chapters entitled Small Plates; Big Plates; Sweet Plates and Drinks.



For further information and to request a review copy or an interview with the author, please contact Fiona Smith: fiona@smithandbaxter.co.uk +44 (0) 7831 193250

***'I LOVE THIS BOOK!!! Wonderful food, exciting recipes and a knowledgeable skilled twist on flavour.
This book is a shout out to all of the culinary explorers and nomads of the world.
Those of us who just can't live without BIG flavours and cooking for the sheer love of it.'***
—Simon King, Hairy Bikers

Nisha introduces us to an array of exciting larger ingredients, including spices, pastes, and powders that might be unfamiliar, for example: liquorice powder, black salt, dulse, gochujang and so on. However, in Nisha's own empowering style she has included a practical section (an ingredient 101) with some tips and ideas for how you might use these ingredients elsewhere in order to ensure these become new favourites in your culinary repertoire.

BOLD is named after Nisha Katona's signature punchy cooking style and brave use of spicing and ingredient combinations. It is a truly personal book for her, named in honour of the first of her hugely popular Mowgli Street Food restaurants, set up in 2014 on Bold Street, Liverpool. Above all, this book shares the very best of Nisha's persuasive philosophy of 'Trust me, this works'—and her aim to unlock new food horizons and help you change the way you cook forever.

About Nisha Katona

Nisha Katona is the CEO, executive chef and development chef of Mowgli Street Food restaurants and founder of the Mowgli Trust charity, which donates over £500k each year. In 2014, she gave up the security of a 20-year career as a Child Protection Barrister and used all her savings to open the first Mowgli Street Food restaurant in Liverpool. Since then, Nisha has grown Mowgli Street Food to a much-loved chain of over 20 restaurants across the UK. Mowgli Street Food is ranked as a Top 10 Big Organisation on the *Sunday Times* Best Places to Work 2023 list, and according to Best Companies, is the 11th Best Company to Work For in the UK.

Nisha received an MBE in the 2019 New Year Honours List for services in the food industry. She is the author of five cookbooks including the bestselling *Mowgli Street Food*, *30 Minute Mowgli* and *Meat Free Mowgli*. She has been featured extensively as a business and food expert on the BBC, ITV and Channel 4 and Radio 4, and is a regular chef on ITV's *This Morning* and a judge on the BBC's *Great British Menu* and *MasterChef*.

Find out more on Instagram, Twitter, Facebook and Youtube:
@mowglstreetfood Location: Liverpool, UK

About Nourish Books

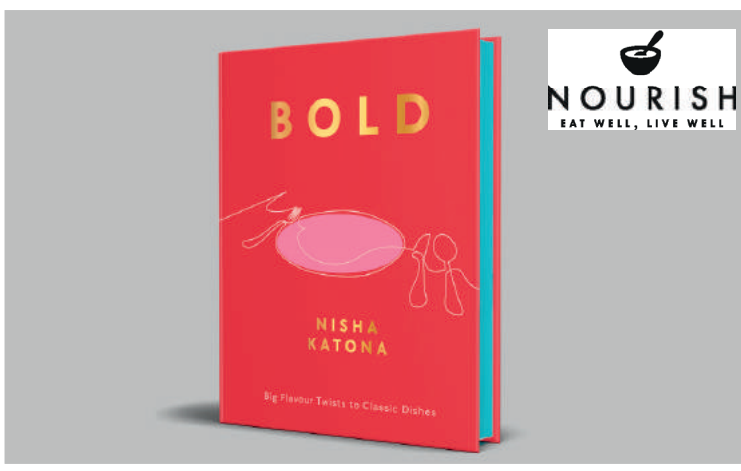
At Nourish we are all about enhancing wellbeing through a balanced diet. We love home-cooking, and have a palate for healthy and delicious food and drink.

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***'Nisha's innovative approach to flavour in this book is consistently surprising and mouth-watering.
She is a culinary wizard of the highest order.'***
— Ed Gamble

***'What a refreshing and exciting new cookbook, full of classics with a dynamic spice twist.
Exactly the food I love. Well done, Nisha!'***
— Daniel Green



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