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(400 words)

**Great Alberta Flood of 2013 gets authors’ cookbook project flowing**

**Calgary, AB, February 9, 2016.** *A Spicy Touch: Family Favourites from Noorbanu Nimji’s Kitchen* by Noorbanu Nimji and Karen Anderson is now available at book retailers across Canada.

This is the much-anticipated fourth cookbook by best-selling author and spice master Noorbanu Nimji whose self-published *A Spicy Touch* cookbook series can be found in all corners of the globe. It is her first book with co-author Karen Anderson.

The authors worked on the manuscript for nine years but since the three previous volumes of *A Spicy Touch* have sold over 250,000 copies and continue to sell at a steady rate, finishing this fourth book never seemed urgent. That is until remaining copies of the first three books were ruined in the Great Alberta Flood of 2013. Nimji’s basement was devastated and the books with it. She and Anderson agreed it was time to finish what they’d started.

The focus of this cookbook is to mentor and inspire the next generation of home cooks who want to make their favourite Indian dishes at home. The 320-page full colour hard covered book holds important tacit knowledge that is shared in more than 260 photos as well as step-by-step instructions and tips. There are 225 tried and true recipes of which 180 are gluten-free and 154 are vegetarian. It is an in-depth reference and guide.

Anderson, owner of Calgary Food Tours Inc., has led several culinary trips to India since work on the book began. She feels the instruction of the book has only improved due to how long it took to write it. “When I saw the best chefs in India using the same techniques as Noorbanu, I began to see the underlying principles and strategies involved in coaxing maximal flavour from the ingredients. This is what we wanted to share with the home cooks who will buy the book,” says Anderson.

Nimji’s grandchildren are fully integrated in Canadian society so writing a book that will be a touchstone to their cultural heritage was important to Nimji. “I am happy to have such a beautiful book to pass on these recipes to future generations. I know the work Karen and I have done will help many people enjoy these recipes that I’ve been cooking for my family for over 60 years,” says Nimji.

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