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(600 words)

**Multi-cultural collaboration sees new cookbook released in the best-selling *A Spicy Touch* series—collection will help the next generation of home cooks make the passage to Indian cooking.**

**Calgary, AB, February 9, 2015.** *A Spicy Touch: Family Favourites from Noorbanu Nimji’s Kitchen,* the much anticipated fourth cookbook by best-selling author and spice master Noorbanu Nimji and her co-author Karen Anderson, is now available at book retailers across Canada.

This compilation delivers 225 tried and true recipes from Nimji’s extensive repertoire developed over 60 years of cooking for her family. Cooks will find the following:

**Mouth-Watering Indian Classics**

**Novel East African Ismaili Flavours**

**Instant Crowd-Pleasing Recipes**

**And the voice of a much-needed mentor**

Background:

Nimji has ancestral roots in Gujarat, India but was born in Nairobi, Kenya. She immigrated to Calgary, Canada (via England) and began teaching Indian cooking to the youth of her East African Ismaili community in the 1970s when Ismailis from Kenya, Tanzania and Uganda had been “expelled” from their homeland during (then-President of Uganda) Idi Amin’s “reign of terror.” While forced to walk away from everything they owned, Nimji’s keen memory and cooking abilities allowed her to teach the culture’s touchstone recipes. She is believed to be the first to record them and copies of her first three previous books can be found in the 25 countries her people fled to.

The focus of this cookbook is to mentor and inspire the next generation of home cooks. It opens with a tour of Nimji’s kitchen and pantry, explaining the principles of Indian cooking and essential ingredients before cooking begins. From the spices in Nimji’s masala daba (spice box) to the key ingredients and tools she uses, home cooks of all abilities will end the chapter with a solid understanding of the cuisine. Important tacit knowledge is shared in 269 photos, step-by-step instructions and tips. Of the 225 recipes, 180 are gluten-free and 154 are vegetarian.

After losing all of the extra copies of her three previous cookbooks in The Great Alberta Flood of 2013, Nimji and her long-time recipe-tester, teaching assistant and spice apprentice, Karen Anderson decided it was high time to complete work on this fourth book.

“This cookbook is a treasury of my life’s work and I am happy to be able to share it in this beautiful format. Karen has observed and documented tips and techniques that are so natural to me and so essential to the preparation of these dishes. Her keen insights, collaboration and friendship have been vital to this project,” says Nimji.

“I’ve worked with chefs all over India on the annual culinary trips I lead with my company Calgary Food Tours Inc. After seeing Noorbanu’s techniques mirrored across India, principles emerged that helped me effectively explain how flavours are achieved in her signature recipes as we retested and revised them all. The goal of this book is for every recipe to turn out as well as if Noorbanu was at your side guiding you every step of the way,” explains Anderson.

*A Spicy Touch: Family Favourites from Noorbanu Nimji’s Kitchen* can be purchased for $34.95 at independent book sellers across Western Canada, Indigo and Chapters across Canada, select retailers in Calgary or online at aspicytouch.ca.

A Spicy Touch Masala Dabas (spice box kits) can be purchased in store or online from The Silk Road Spice Merchant at silkroadspices.ca.

For a complete listing of upcoming book tour events or to schedule media appearances, please contact Karen Anderson at 403 968 2783

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**Contact**

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