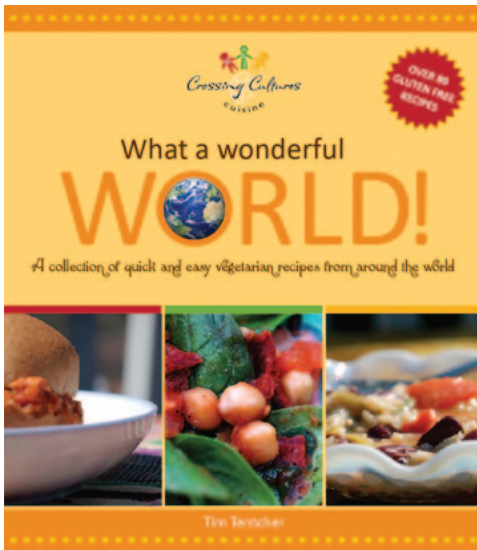

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SEPTEMBER 2010
ISBN 978-09812161-02
\$25.00 CAN/US, 150 PAGES
COOKBOOK

*New vegetarian cookbook with healthy,
exotic flavours*

WHAT A WONDERFUL WORLD!

By Tim Tentcher

Join vegetarian cooking guru Tim Tentcher in the pages of *What a Wonderful World*, a cookbook chock-full of delicious, health-conscious recipes from all over the globe. Over the last fourteen years, Tentcher and his family have travelled to many of the planet's most remote corners, seeking what he calls "culinary enlightenment." In the pursuit of the perfect recipe they have paddled the Amazon in a dugout canoe, tracked Guinea fowl with one of the last hunter-gatherer tribes in Africa (which is difficult when you're a vegetarian), and travelled by bus through rural India. While many of the meals in his cookbook have exotic roots, Tentcher has been careful to choose recipes that are easy to prepare and have ingredients available at your local grocer.

This culturally diverse cookbook includes:

- Over 100 vegetarian recipes from all over the world, 80 of which are gluten free.
- Separate sections for soups, appetizers, salads, entrees and desserts.
- Stories and photographs from the Tentcher family's globetrotting escapades.

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*For interview requests, please contact **Matt Jackson**. matt@summitstudios.biz
Tel: (778) 371-8510 Fax: (778) 371-8561*

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ABOUT TIM TENTCHER:

Tim Tentcher is a former monk who met his wife Nancy – a cultural anthropologist – at the edge of a monastery wall. They had tea together and discovered that they share a love of Thai, Indian and Asian food. As Tentcher likes to say, “It was love at first meal,” and they were wed shortly thereafter. After their daughter Rachel was born the family began wandering the globe in search of unique cultural flavours. Today, when Tentcher isn’t working with the disabled, he’s promoting his new vegetarian cookbook *What a Wonderful World!* He describes himself as a food historian and globe-roaming gypsy monk.

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