

Mark Hix: *The Collection*: Quadrille, 2013: 320 pp., hardback, £25.00.

This stylish compilation of Hix's favourite recipes gleaned from a career spanning more than two decades is high concept – illustrations from artists such as Tracy Emin and the ever-spectacular photography of Jason Lowe. And the recipes are enlightening, reliable and approachable. Hix is famed for his championing of rustic and seasonal British fare, and this showcases his understated attention to detail and complex simplicity. His gentle sense of fun and irony also shine through in signature recipes such as 'heaven and earth' (black pudding and apple mash) and fish fingers. Regional specialities such as Stargazy pie (from Mousehole) and Kentish pudding are revived with interesting introductions detailing some of their history. There is also an extensive section dedicated entirely to drinks. There seems an easy blend of tradition and innovation.

LETITIA CLARK

*The Foodie Bugle*: £10 an issue from <<http://thefoodiebugle.com>>.

*The Foodie Bugle* is an online magazine site concerned with all things foodist created and largely written by Silvana de Soissons. So successful has it been that she has taken the plunge into print. This first issue (and the second, which is now available) showcases the 'handmade and home-grown' and provides a 'peaceful and pleasant space' in a world saturated by gaudy and persistent food advertising and media. Certainly it is a thing of beauty in itself, subtly but finely produced, with a sense of tranquillity induced by mellow photographs, gentle illustrations, delicate typography and meditative articles. There is a broad spectrum of food, nature, interiors and craft, with at least a couple of articles exploring each category. Ben Pentreath's interiors are juxtaposed with articles on artisan chocolates, which in turn are complemented by some distinctive portraits of Maltby Street food vendors by Tif Hunter. There are some treasures, including illustrations by Elizabeth Luard, a fascinating article on food in Pakistan and plenty of interviews with small-scale producers. What perhaps marks it out from the crowd is its enthusiasm. It makes you feel the world is a more cheerful place.

LETITIA CLARK

*Cereal: a quarterly magazine in pursuit of food and travel*: (produced in Bristol): all details and subscription information (£35 per annum) available from

<<http://readcereal.com>>, although it can be bought retail at a few select outlets (Foyles in London or Daylesford Organic for the richer of you). This magazine has now produced its fourth issue, each more elegant and spare (yet lavish) than the last. The editor is Rosa Park and the contributing editor is Richard Aslan. As with *The Foodie Bugle*, it is a sign that the potential of print has yet to be exhausted. It is beautifully produced, beautifully illustrated and beautifully designed. This volume covers a range of locations and subjects, again, like the *Bugle*, food, craft and nature predominate. There are some wonderful photographs, and some of the articles have to work hard to match them for inspiration. Like the dangerous magazines they leave in aeroplanes to entice you to travel to destinations never before considered, *Cereal* will certainly have you making wild plans to go to Denmark to drink flat whites in the smallest (and chicest) café in Europe, or to order beautiful ceramics from the man who makes all of Noma's crockery. With a few interesting recipes thrown in for good measure and a gripping article on the ritual of making Matcha (as well as a review of the tip-top tea purveyor, Lahloo) *Cereal* provides a lot more to chew over than its frequently soggy and disappointing namesake.

LETITIA CLARK

Ole G. Mouritsen: *Seaweeds, Edible, Available & Sustainable*: University of Chicago Press, 2013: 272 pp., hardback, £24.50.

Ole G. Mouritsen is a scientist and professor of biophysics at the University of Southern Denmark. Be impressed, but rest assured this book is not one that will be pushed to the back of a highbrow academic library shelf; it is a delightfully easy read and is illustrated with superb photographs. Mouritsen charts the history of seaweed and Brits will enjoy mention of the fact that Dr Kathleen Mary Drew Baker (1901–57) discovered a property of porphyra (more familiar to us as laver or nori), which enabled it to be cultivated. Indeed the Japanese hold Kathleen Drew Baker in high regard, referring to her as the 'Mother of the Sea.' There is a heavy focus on the cultivation of seaweed in Japan: as home of nori and sushi this is to be expected. The Japanese, however, might not have known without reading this book that harvesting carrageen (a red seaweed) in Zanzibar enables mothers there to support their families. 'Seaweeds are marine algae,' heads many a page as Mouritsen seeks to direct the reader's understanding of the colloquial term 'seaweed'. There are chapters on seaweed folklore, its technical uses (from