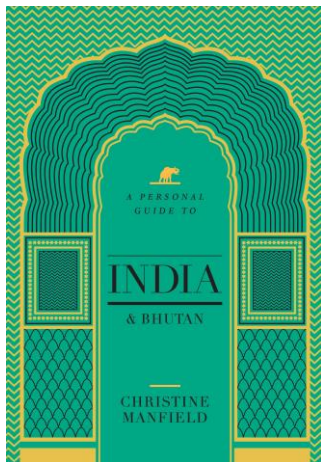




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'India is not a destination, it is an experience.'

'This book is a guide from my first-hand experiences. I have visited and personally recommended every place in this book. I want this book to make you, the reader, aware of India and awaken your desire to visit this incredible country, while fostering a respect for its traditions.'

A Personal Guide to India and Bhutan

Christine Manfield

Lantern / RRP: \$39.99

Ebook: \$17.99

Publication date: 21 October 2015

Christine Manfield is one of Australia's most celebrated chefs and an inveterate traveller with a particular passion for India, an intriguing sub-continent she has eaten her way around for more than two decades.

A Personal Guide to India and Bhutan is the ideal companion to *Tasting India*, for which Christine won the International Cookbook of the Year prize in 2012. It is a thorough and practical handbook outlining the best places to stay, shop and, of course, eat in India and Bhutan, carefully curated by Christine following her many trips to the region.

Chapters cover a large region of India, including most states, such as Rajasthan, Uttar Pradesh, Kerala, Tamil Nadu, Punjab and Gurjarat as well as Bhutan and the Himalayas. Many of the capital cities are also visited, like Bombay (Mumbai), Dehli, Chennai, Goa, Lucknow, Calcutta (Kolkata), as well as many more off the beaten track. Christine has deftly deconstructed the beautiful, colourful chaos that is the whole of India into a suitcase-sized travel essential, complete with images, addresses for vendors and hotels and a glossary.

Each chapter contains essential sights, local eats, top places to stay and the best places to shop and there is also a valuable foreword where Christine offers sage travel tips and advice on everything from tipping etiquette, food safety and beggars.

A Personal Guide to India and Bhutan is the perfect companion for adventurous travelers to this fascinating region who are seeking the very best that India and Bhutan has to offer.

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Christine Manfield

Christine Manfield is one of Australia's most celebrated chefs - a curious cook, a perfectionist inspired by the culinary melting pot of evocative flavours and textural nuance, and a writer whose successful books, *Dessert Divas*, *Tasting India*, *Fire & Spice*, *Stir, Spice*, *Paramount Desserts* and *Paramount Cooking* have spiced up the lives of keen cooks everywhere.

Her professional culinary life has culminated in three ground-breaking, award-winning restaurants: Paramount in Sydney from 1993 to 2000, East@West in London's Covent Garden from 2003 to 2005, and Universal in Sydney from 2007 to 2013.

An inveterate traveller, Christine continues to broaden her global food interests, working alongside respected chefs and hosting gastronomic tours to exotic destinations including India, Spain, Morocco, Tunisia, Bhutan and France.

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