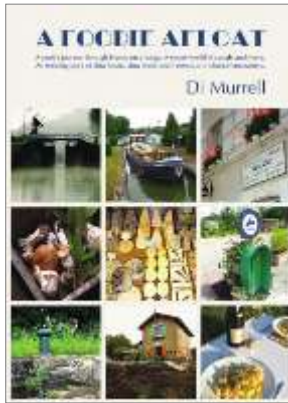




PRESS RELEASE

FOOD & TRAVEL

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A FOODIE AFLOAT

In a secret world of French canals and rivers, Di Murrell shares an enticing story of slow boats, slow food, small events and chance encounters.

A Foodie Afloat is the story of a cook's journey through France on a barge. Di Murrell takes us on a gentle journey across France; her main preoccupation being to make sure that tasty food arrives on the table each day. As she voyages across the country she shows, through her recipes, how the cuisine changes with the landscape. Whether bought in the market, dug from a lock-keeper's garden or even foraged along the towpath, the food she finds and cooks is always seasonal and local to the region.

This book is more than just a collection of recipes though. It is the result of a life spent on the waterways of Europe. She talks to lock-keepers, skippers of working barges and those, who, like her, find their sustenance on or near the canal. Di's enjoyment of good champagne, foie gras and truffles leads to an eclectic mix of simplicity and sophistication in her cooking. The boating life, though rarely sensational, is full of small events and chance encounters. This is an enticing story of slow boats and slow food. Di makes it come alive, and her combination of travel and recipe book tempts us to give up everything and join her on the waterways of Northern and Central France.

As **David Suchet**, actor and canal lover, says: "*The title says it all: the joys and traumas of life afloat on the waterways of France are captured in her recipes - unique and mouthwatering. No ordinary cookbook this and you don't have to live on a barge to enjoy her food.*"

Di Murrell has been involved with boats on inland waters all her life, including raising two sons while working a pair of canal boats; the last 20 years have been spent roaming the waterways of Europe. Di came late to writing but what better way of combining her two main interests: canals and cooking?

Cover and illustrations are by **Kathleen Caddick**, a renowned artist with an international following. Best known for her evocative etchings of landscapes with trees, here in **A Foodie Afloat** her images skilfully capture a more water bound world while her painstaking drawings which accompany the recipes are a delight.'



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FOR AUTHOR INTERVIEWS, REVIEW OR COMPETITION COPIES, ARTICLES, PHOTOS OR EXTRACTS
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