

From the author whose bestselling cook book stimulated a nationwide revival of traditional home baking.

In September 2008, Penguin Books released *Ladies, a Plate* by Alexa Johnston. Soon after publication a spate of letters from delighted readers to the author and the publisher told of happy memories aroused and of being inspired by the book to rediscover the joys of baking in their kitchens at home. Since publication *Ladies, a Plate* has reprinted six times and has recently been shortlisted for the 2009 Booksellers Choice Award and the 2009 Montana NZ Book Awards (Lifestyle & Contemporary Culture section) and is a finalist in the 2009 BPANZ Book Design Awards.



In response to this enthusiastic reception for *Ladies, a Plate*, Alexa Johnston has gathered together another tempting selection of traditional recipes for the home baker. *A Second Helping* has many more old favourites including Sponge Kisses, Melting Moments, Tan Squares, Lemon Bars and Cream Lilies as well as a few savoury treats. And a new section, with fail-safe recipes for home-made sweets like Russian Fudge, Coconut Ice and Hokey Pokey, will help ensure the success of any community sweet stall.

Like its predecessor, *A Second Helping* celebrates the accumulated wisdom of past generations of skilled home cooks in a beautiful book which will bring continuing pleasure – and an assurance of baking triumphs – to your kitchen.



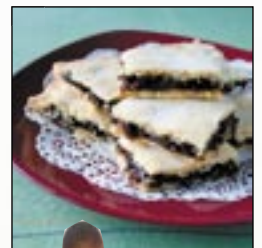
About Alexa Johnston

After completing a master's degree in Art History at the University of Auckland, Alexa Johnston spent 19 years as a curator at Auckland Art Gallery Toi o Tamaki and is now a freelance writer and curator. In 2002 she was the curator of the exhibition Sir Edmund Hillary: Everest and Beyond for Auckland War Memorial Museum and her authorised, illustrated biography, *Sir Edmund Hillary: An Extraordinary Life* was published by Penguin in 2005. Her first cookery book *Ladies, a Plate* (Penguin, 2008) became an instant bestseller. For *Ladies, a Plate*

and *A Second Helping* she made all the recipes – and photographed all the results – in her home kitchen in Auckland. Alexa Johnston's website will be launched in early September www.ladiesaplate.co.nz.

*Alexa Johnston is available for interview
For extract opportunities PTO*

"Many readers of Ladies, a Plate have told me about their lasting and pleasurable memories of food and baking. These memories seem often to involve grandmothers, simple food, and warm family kitchens . . . And so my aim in writing this book was to continue some of the themes of Ladies, a Plate: that time spent in your kitchen can be a joy rather than a penance; that baking for and with others can be highly satisfying and will build lifelong memories for the recipients of your offerings; and that sharing food with family, friends, colleagues and neighbours helps build stronger communities and can contribute a little to the mental health of our society." - Alexa Johnston



A SECOND HELPING: More from Ladies, a Plate by Alexa Johnston
31 August 2009 | \$45.00 | Penguin Group (NZ)

To arrange an interview or extract please contact Philippa Muller, Publicist, Penguin Group (NZ):
Philippa.Muller@nz.penguin.co.nz | 09-442-7463 | www.penguin.co.nz



RECIPES AVAILABLE FOR EXTRACT:

Should you wish to arrange a recipe extract from *A Second Helping* you are welcome to select from the following list. Up to three recipes are available to be extracted per feature (at no charge), additional extracts available by negotiation. Please note extract stipulations and copyright details.

- Hokey Pokey Biscuits (p16)
- Fly Cemeteries (p36)
- Maple Walnut Cup Cakes (p58)
- Crunchy Topped Lemon Loaf (p68)
- Chocaroon Cake (p78)
- Banana Nut Loaf (p88)
- Yorkshire Parkin (p118)
- Piccalilli (p128)
- Russian Fudge (p140)
- Savoury Cheese Dreams (p152)

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