

annabel langbein.

THE FREE RANGE COOK

Simple Pleasures

Annabel Langbein's *The Free Range Cook: Simple Pleasures* Debuts in the USA

PBS' brightest new star launches a television series and cookbook featuring accessible recipes made in the beautiful New Zealand countryside



Auckland, New Zealand; October 2015 – New Zealand's leading celebrity cook, Annabel Langbein, will make her American debut with the launch of new series [The Free Range Cook: Simple Pleasures](#) on PBS this fall. A cookbook showcasing the series' farm-fresh recipes against the stunning backdrop of the New Zealand wilderness will be introduced in October.

Annabel Langbein is New Zealand's answer to Ina Garten or Martha Stewart. She heads a multi-disciplined media company, her award-winning television series airs in over 90 countries around the world. She has written and published 22 cookbooks, which have sold over two million copies internationally. Her straightforward recipes demystify trends and show home cooks how to make the most of fresh local and seasonal produce.

In the 13 episodes of **The Free Range Cook: Simple Pleasures** television series, Annabel invites viewers into her idyllic home located on the shores of Lake Wanaka in New Zealand's scenic South Island. She ventures out by jetboat, helicopter, or her trusty yellow pick-up truck to meet local artisan food and wine producers and collect ingredients. Annabel then returns home with her bounty and prepares easy yet impressive meals for entertaining friends and family. Her menus showcase her garden-to-table philosophy in a warm and approachable style.

The Free Range Cook: Simple Pleasures cookbook features all the dishes demonstrated in the series and many more. Stunning images of New Zealand's rugged landscapes sit alongside more than 200 tried and tested recipes such as Chicken and Leek Gratin, Venison Tataki, Spicy Beef with Harvest Vegetables and Annabel's famous Flourless Chocolate Cake.



Annabel's culinary style is influenced by her later teenage years spent living off the land while she made her living as a trapper, fishing professionally for crayfish and eels, and jumping out of helicopters to recover live deer. Whether coming out of the bush with a haunch of venison or returning from the sea with a haul of lobster, she transformed her produce into delicious dishes with the help of a Julia Child cookbook her mother had given her when she was 14.

After living in the wilderness, Annabel went on to study horticulture at Lincoln University and then headed to the small town of Búzios in Brazil, where she set up her first food business, making and selling croissants. Eventually she came to a crossroads and wrote to her idol Julia Child to ask for guidance. The great cook replied that Annabel should come to New York, so the young adventuress moved to New York to study at the Culinary Institute of America.

Back in New Zealand, tragedy struck when a life-threatening horse-riding accident hospitalized Annabel for four months. With a crushed spine, she was given a five percent chance of ever walking again. As she recovered, Annabel became determined to make the most of the life she almost lost and began thinking of the most effective ways she could share her food knowledge to empower others. She began writing a weekly column for a New Zealand magazine, and the public instantly embraced her style and spirit. Her first cookbook grew from that column and 20 years later, she is one of New Zealand's most beloved culinary figures.

The TV series: The Free Range Cook: Simple Pleasures

13 half-hour episodes screening on PBS in markets including New York City, Chicago, San Francisco, Washington, Austin, Minneapolis, Cleveland and Los Angeles. To date, 70 percent of the public television market is putting the series on their schedules during fall and winter. For a taste of the show see Annabel's YouTube channel <http://bit.ly/1iKu2FW> to see the schedule read her blog <http://bit.ly/1JDaUQD> or to view episodes visit: <http://bit.ly/1L3lpII>

The cookbook: The Free Range Cook: Simple Pleasures, by Annabel Langbein

US Edition with imperial measurements. 320pp, hard cover, 216x253mm portrait, full-colour, illustrated. Book cover image attached. Available on Amazon from early October.

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