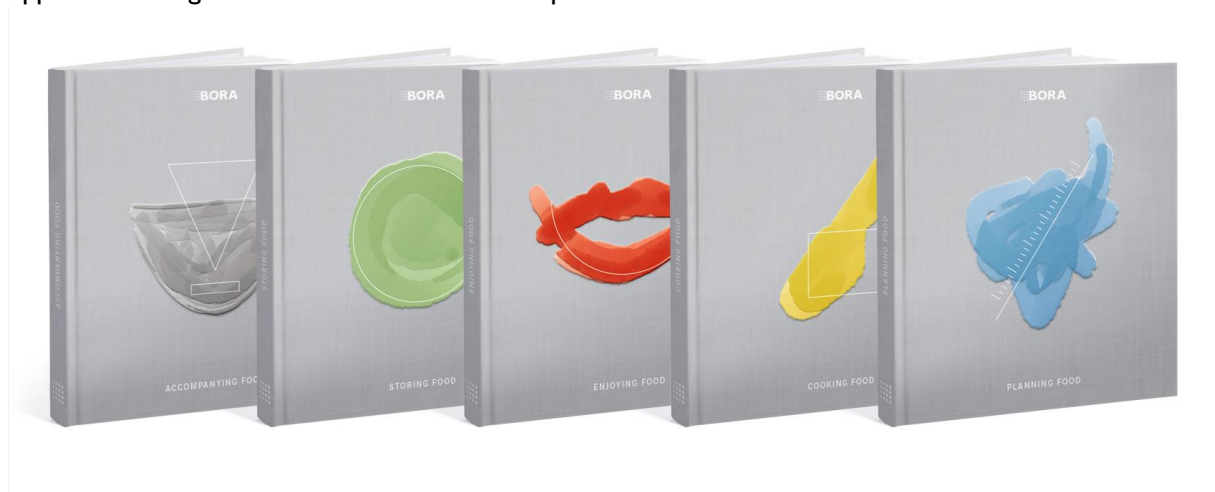


**FOOD unites. FOOD invigorates.  
BORA dedicates an entire series of books to the topic**

As a specialist for premium built-in kitchen appliances, BORA not only keeps a close eye on kitchen set-ups but has also been studying the multi-faceted topic of food preparation for almost two decades. In the kitchen as a living space, so much goes on that deserves attention. People celebrate and find themselves, families are created, children learn and grow, and ideas are born and refined. Kitchens and food are unifying elements that evoke emotions and enable people to experience them. Sharing meals with others brings people together all over the world. BORA has created a five-part book series, and with it an appreciative stage for one of the most central topics in our lives.



BORA's five-part 'Food' book series brings together practical examples, specific tips and an abundance of expertise about one of the most central topics on the table. Photos: BORA

The topic of food is about far more than just the pure act of eating. It's about pre-emptive planning and the healthy choice of food as a building block of life. It's about careful preparation and storage. And about how food and drinks are attractively presented in Central European cultures. Clearly far too extensive a topic for a single guide, the world of good taste appears as a multi-part book series on the joys of cooking, planning and presentation.

Over five volumes, BORA highlights all facets regarding the central hub of the kitchen as a living space. Covering everything from dining alone to in large groups, everyday meals to food for special occasions, meat, fish and vegetables, water, wine and cocktails, these books take readers on a tantalising culinary journey. BORA uses the series to provide helpful everyday advice for everyone, from those in charge of the weekly shop to amateur chefs and party organisers.

With recipes, practical examples, specific tips and a wealth of expertise, the guides and cookbook offer plenty of input to help readers make their own culinary dreams a reality. Additional digital information is also available on some of the topics. In such cases, readers can scan the QR codes on the applicable pages to access more content and recipe videos.

The detailed guides for relaxed experiences when cooking and dining are published by BORA's own publishing house. Available in six languages, the books are designed as communication aids to assist international retail partners with kitchen consultations and to offer inspiration to end customers. The premium hardback books are available to all cooking and food enthusiasts individually or as a full series from BORA retail partners, in the BORA online shop at [shop.bora.com](https://shop.bora.com) as well as on Amazon.

## Detailed breakdown of the content of each volume

### Volume 1: Planning food (166 pages, € 24,95)

#### Planning food – the starting point of any culinary journey

This book covers everything you need to know about efficient and stress-free meal planning and preparation: basic information about healthy eating and various dietary approaches as well as helpful tips on how to integrate this knowledge into your everyday life. Discover how careful meal planning can make your life easier – whether cooking for yourself, your family, friends or guests, on an everyday basis or for special occasions.

With handy guides on how to create weekly meal plans and plan celebrations plus tips on efficient grocery shopping, food storage and the creative use of leftovers, this book is the perfect everyday companion. It naturally also offers a varied range of recipe ideas that can be easily adapted to any personal schedule, such as mushroom risotto with beef strips, chicken breast with couscous salad or trout fillet and baby spinach.

For relaxed experiences when cooking and dining.



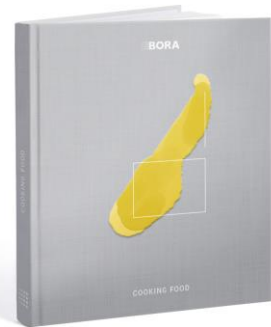
### Volume 2: Cooking food (350 pages, € 44,95)

#### Cooking food – the culinary heart of the 'Food' series

Far more than just a cookbook. BORA's culinary experts have developed a special mix & match principle that not only helps you inject variation into your meal plans but also considers aspects such as flavour pairing and the use of leftovers.

Discover just how many different dishes you can create from the same ingredients based on popular foods like potatoes, seafood, beef, berries or rice. For example, enjoy some gnocchi, a creamy Parmesan potato gratin or a classic potato soup. At the end of each recipe, you'll find an array of ideas on different ways of combining various ingredients and recipe elements to create new and exciting dishes and avoid food waste. A full list of these can also be found at the end of the book. Discover just how varied your culinary creations can be and how easy it is to skilfully combine ingredients and cook sustainably.

Your practical companion for a healthy and varied diet.



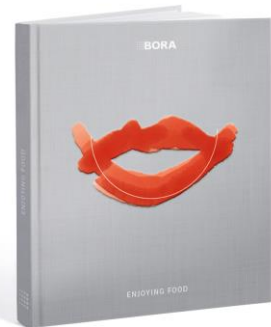
### Volume 3: Enjoying food (126 pages, € 19,95)

#### Enjoying food – a feast for the eyes

The art of perfect staging: whether a romantic candlelight dinner or a lavishly decorated table, the ambience is key to an unforgettable evening. This book teaches you to skilfully showcase your dishes and create a truly enjoyable atmosphere.

The book also provides detailed guidance on how to choose the right crockery and cutlery, creative ideas for stylish, themed table decoration and tips and tricks on optimum lighting for showing off your dishes to their best advantage. You'll also find practical advice on how to create a harmonious and inviting atmosphere, whether for intimate gatherings or large-scale celebrations. Discover the ideal drinks for different occasions as well as plenty of ideas about tasteful presentation – naturally complemented by suitable recipes such as Parmesan crisps and rosemary twists, smoked salmon trout with lettuce hearts or apricots dumplings.

Create truly memorable moments.



## **Volume 4: Storing food (142 pages, € 19,95)**

Storing food – storing and keeping food for longer

What goes in which fridge compartment, what foods are good for freezing and how is food properly preserved? With the right knowledge, your groceries won't just stay fresh for longer, you'll also be able to use them in wonderfully varied ways. Discover tried-and-tested processes from your grandmother's day, such as preserving, fermenting or drying food, and learn key information about vacuum sealing, dehydrating and more.

This book offers you practical tips on how to optimally store both fresh and dried food, step-by-step guidance on preservation and fermentation, valuable information on the shelf life and nutrient content of various foods and, of course, simple recipes that help you transform your groceries into delicious meals: fermented berry lemonade, mushroom powder and cured salmon trout are just three tasty examples of creative ways to use your new knowledge.

Become a food storage pro.



## **Volume 5: Accompanying food (142 pages, € 19,95)**

Accompanying food – the grand finale of a culinary journey

A sparkling cocktail with an appetiser, a light white wine with trout – when food and drink are perfectly paired, a good meal becomes an unforgettable experience. Immerse yourself in the world of accompanying drinks and discover how to add the perfect finishing touches to your menu through their optimum selection and combination.

Whether wine, beer, alcohol-free beverages, the right type of water or the perfect hot drink, this book offers you sound information on the basics of menu accompaniment as well as practical tips on pairing drinks with different dishes. Be inspired by recipe ideas for creative drinks or drink-based dishes, such as roast roe deer venison loin with a coffee crust, passion fruit & celery smoothie or home-made woodruff syrup.

Discover the vast world of drinks.



## **Volumes 1 – 5 as a guide series (€ 69,95)**

Check out the exclusive BORA 'Food' book series to find out more about the kitchen as a living space and become an expert in both cooking and hosting – whether on an everyday basis or for special occasions, dining alone or in larger groups, enjoying meat, fish or vegetables or drinking water, wine or cocktails. Join us on a culinary journey that covers all the different facets of planning, cooking, storing and presenting food and drinks. With practical examples, specific tips and a wealth of expertise, the 'Food' book series offers you plenty of input to help you realise your culinary dreams. Immerse yourself in the world of tantalising flavours and discover the joy of cooking, planning and presenting food – each day.





### **About the company**

BORA develops and produces innovative premium built-in kitchen appliances with impressive design standards. The German-Austrian company group positions its portfolio internationally with the claim 'More than cooking.' Since Willi Bruckbauer founded BORA in 2007, the company has been committed to questioning the ordinary. The mission: "We are revolutionising the kitchen as a living space. With extraordinary products for extraordinary experiences."

The story began with the innovative cooktop extractor systems, which use intelligent technology to draw cooking vapours downwards and are continually developed through BORA's own drive for perfection. After the expansion of the product range to include the BORA X BO, a professional steam oven for your home, and the associated multi-drawer, refrigeration and freezing systems as well as lighting followed. The product ranges and live experiences undergo ongoing development to ensure that BORA fans and customers can continue to enjoy the very best cooking experiences. BORA products are characterised by outstanding performance, simple cleaning and simple operation. Thanks to their timeless design, they fit perfectly into any kitchen, where they provide fresh air and a clear view.

BORA employs over 650 people worldwide, primarily at its sites in Raubling, Niederndorf and Sydney as well as in its flagship stores in Munich and Herford, and sells its products in more than 40 countries all over world.

The BORA company group is a multi-award-winning and attractive employer, whose products have received multiple internationally renowned design awards.

For further information, please visit [bora.com](https://bora.com)

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