

H&D
EXCLUSIVE!

SISTERACT



Sara Duck catches up with the coolest sisters to hit the food world!

Julie Albert and Lisa Gnat are sisters on a mission, to bring fabulous food into your home without the fuss. This dynamic duo has created *Bite Me* – a cookbook like no other. Think of it as a cook and coffee-table book in one, Martha Stewart meets British *Vogue* – à la multi-sensory photos, pop culture references, music suggestions and of course recipes, 175 of them! “The creation of food is intimately tied to the world outside the kitchen – family, art, music, movies and pop culture are constant sources of laughter and inspiration,” say the sisters. It’s those animated sources that the sisters play up, that make the cookbook truly unique. Read on to discover more about the authors of *Bite Me*.

◀ THE PHOTOGRAPHS IN **BITE ME** REALLY REFLECT OUR PERSONALITIES – WE LOVE TO BE CREATIVE AND HAVE A GREAT TIME. BECAUSE WE SELF-PUBLISHED, WE WERE ABLE TO DO JUST THAT. A FEW HOURS IN THE DOLLAR STORE WAS ALL IT TOOK TO GET OUR PROP TABLE READY.

Home and Décor: With a plethora of cookbooks on the market, what makes this one different?

Julie & Lisa: It's all about making time spent in the kitchen and at the table a feast for the senses. Not only are there 175 rigorously tested, mouth-watering recipes, but we've also incorporated eye candy from some of our favourite fine-art photographers (such as David LaChapelle) and original, exciting food photography – anyone for coconut shrimp on a clothesline? We are relaxed in the kitchen and believe in making eating, feeding and entertaining a piece of cake.

H&D: Where did your love of food and cooking come from?

J&L: We were lucky to grow up with a mom who loved to cook and a dad who loved to eat. As a result, while kids down the block were feasting on PB&J sandwiches, we were digging in to chicken Kiev, soufflés and six-layer strawberry shortcake around the family table.

H&D: How did you come up with the recipes?

J&L: *Bite Me's* recipes are the result of a lifetime spent eating, reading and travelling. Over the past decade, we've been feeding our families and honing in on what we and others most love to cook and eat – in other words, a lot of trial and error.

H&D: Why did you choose to shoot the food in an untraditional way?

J&L: The photographs in *Bite Me* really reflect our personalities – we love to be creative and have a great time. Because we self-published, we were able to do just that. A few hours in the dollar store was all it took to get our prop table ready. We aren't about shellacked chickens or impossible results, we doubt anyone will feel intimidated by these photos.

H&D: What does each of you bring to the book?

J&L: Lisa oversees all recipe development. It's the grain of salt that keeps her awake at night. On the other hand,

what Julie does is toss and turn over fonts, sentence structure and photos. What has made this collaboration work so well is that we each bring a unique skill set to the table.

H&D: There are a lot of pop culture and fashion references. How do you think this relates to food?

J&L: We draw inspiration and motivation not just from cleaning another chicken breast. We bring the playground into the kitchen and to the table so, to us, great tunes, hilarious quotes or a flashback to bad '70s spandex all has its place in our cookbook, our kitchens and our lives.

H&D: Who will this book be geared toward?

J&L: Oprah. Or, the urban and suburban, the seasoned and the aspiring home cook. From the loftier to the soccer mom, we don't think there's anyone who hasn't scratched their head and wondered where to find fool-proof recipes for daily living and/or entertaining. *Bite Me* answers the question, "What's for dinner?"

H&D: What would your last meal on Earth be?

J&L: For Julie, it would definitely be a bowl of ricotta gnocchi with a beet risotto chaser. Lisa, on the other hand, is a chocoholic and would attack our fudgy double-chocolate layer cake with a sand shovel.

H&D: If you could cook with anyone dead or alive, who would it be? Why?

J&L: Lisa would love to cook with Bobby Flay because of his relaxed approach and spicy palate. As for Julie, she'd love to cook with Elvis – who else could fry up a PB and banana sandwich, all the while serenading her with "Can't Help Falling in Love"?

H&D: Sum up the book in three words.

J&L: Feast. Family. Fun.

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