

Julie and Ilaria Biuso: the mum and daughter act sharing food and success

Cookbook creators Julie and Ilaria Biuso were served a big bowl of success this month when their drool-inducing publication, *Shared Kitchen Real Food From Scratch*, took out an award at the prestigious Gourmand Cookbook Awards.

Julie and daughter Ilaria were up against entries from Belgium, Germany and the UK, and tensions were high before the winners were announced in Paris last week.

Julie was at her son's home in Wellington when she found out *Shared Kitchen Real Food From Scratch* had taken out the best cookbook associated with a blog award.

"I got the news at around 10.30pm and I wasn't sure whether I should jump out of bed and wake up my son and his partner... I decided to wait until the morning, but I messaged Ilaria straight away."

"We're absolutely stoked," says Julie, who is no stranger to such accolades, having received a number of Gourmand World Cookbook Awards in the past.

"I'm not a newcomer to awards, but

this is the first one for my co-writer Ilaria, so she's pretty excited about it!"

The Gourmand World Cookbook Awards were founded in 1995 by Edouard Cointreau, who says entries for the 2021 event skyrocketed as a result of Covid-19.

"We have had 20 percent more entries this year from 175 countries around the world. With the pandemic, people are cooking, reading and writing, and sales of cookbooks worldwide are the best they've been in two decades."

Julie moved to Waiheke in 2015 and started up the blog site at around the same time to share flavourful recipes and travel content with readers around the world.

"We built up an archive of recipes, and people were telling Ilaria and I it

was great to have it all online, but they also said it would be lovely to have it in a book."

And so *Shared Kitchen Real Food From Scratch* was born on Waiheke. The vibrant book features recipes inspired by local beaches and gardens, and meals such as the Rocky Bay Lamb Shanks are designed to warm family kitchens on cold winter nights.

Although the award-winning cookbook features several meat and

fish-based recipes, Julie says vegetables are the heroes throughout.

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You can find Julie and her tasty offer-

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Oprah shares Aroha with the world

Māori wisdom book *Aroha*, by Waiheke's Dr Hinemoa Elder has been recommended by Oprah's Book Club as part of a new series on AppleTV+ called *The Me You Can't See*.

Oprah has joined forces with Prince Harry for the new docuseries to steer honest discussion about mental health, guided by an advisory board of acclaimed mental health professionals from around the world.

Those professionals and a few of the show's featured guests shared book recommendations for going deeper on the subject, including Shaun Robinson, CEO of the Mental Health Foundation of New Zealand who picked Elder's *Aroha - Māori wisdom for a contented life lived in harmony with the planet*.

"It's amazing," Elder told *Gulf News*. "Part of me is still in shock. I think I'm one of the few people from Aotearoa to have been on her book list."

"What it means to me is, it does feel like following in the footsteps of our tūpuna, following the ancestors of Te Wharehuia Milroy. To go forth and share our culture and share these aspects of our reo and tikanga, it feels like I am on the right track,



Waiheke psychiatrist Dr Hinemoa Elder says being picked by Oprah's Book Club is "mind-blowing". Photo Liza Hamilton

that this is what I am supposed to be doing."

The te reo champion uses *Aroha* to share 52 whakataukī - traditional Māori life lessons - to help readers find greater kindness and contentment in their lives.

"My whanau are so excited for me, for the book and for our cultural approaches to be acknowledged in this way," said Elder. "It's incredible, it feels very special."

"Oprah is an amazing woman, an ex-

traordinary pioneer in her field, I think she's amazing. To be associated with her book club is incredibly prestigious. It's an amazing and quite mindblowing time for me and my whanau."

Oprah's Book Club is recommending *Aroha* through its list on Apple Books. *Aroha* is also available locally in hardback at Paper Plus Waiheke. • Liza Hamilton