

Press Release



## **New AIDA Cookbook Sets Sail**

**"Genussvolle Märkte & Meer" ("*Delightful Markets and the Sea*") is now available**

The new AIDA cookbook sets sail on a culinary cruise to the most beautiful markets on the world's oceans. During the course of 144 pages, AIDA chefs travel to eight port cities and present tasty recipes to try out in your own galley.

AIDA's destinations are as diverse as their cuisines. In New York, the best steak goes first and foremost into the skillet. Curacao entices with exotic, low-calorie dishes. In Istanbul readers get acquainted with spices from the Orient. The culinary voyage of discovery continues on to the Indian city of Cochin, to Cadiz, Stockholm, Ho Chi Minh City and Palermo.

The best part is that many of the 64 recipes are easy to prepare and involve purchasing fresh produce from the market and uncomplicated preliminaries. Dishes, drinks, appetizers and desserts for four persons are presented here. AIDA chefs Frank Meissner and Günther Kroack also serve up in each of the eight chapters a page detailing special foods from each destination along with amusing seafaring stories.

"Genussvolle Märkte & Meer" is now available priced 19.90 euros in the AIDA Shop on board the AIDA fleet and in bookstores starting October 10, 2013.

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