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Para ti no rush

Navigating through Gisela Schmitt's kitchen and the Gastromar

Susete Gomes

Gisella Schmitt

Photographs by Romulo Fialdini

Translated by Francesca Cricelli

ISBN	9788546907441
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- This book tells the story of a São Paulo-born chef who reinvented her way of living and working in Paraty, bringing together food, creativity, and affection
- A focus on good seafood cuisine that reflects the ethos of the two restaurants run by Schmitt

Between tides, crossings, and recipes, ***Para Ti No Rush — Navigating Through Gisela Schmitt's Kitchen and the Gastromar*** tells the story of a São Paulo-born chef who reinvented her way of living and working in Paraty, bringing together food, creativity, and affection. Gisela Schmitt, 46, decided to gather her knowledge of good seafood cuisine by writing ***For You Without Haste: The Navigation of Gisela Schmitt's Kitchen and Gastromar***. Written in collaboration with attorney Susete Gomes and published by WMF Martins Fontes, the book features more than 30 recipes—including seafood dishes, desserts, and cocktails—interwoven with stories and flavours from Brazil's Costa Verde. With photography by Romulo Fialdini, art direction by Tissy Brauen, graphic design by Bruno Lenarducci, and illustrations by Gisela Pecego and Paulo Malvão, it offers a gentle breath of hope to those dreaming of a new route or of building work with purpose. A book to be navigated.

Gisela Schmitt is a Brazilian chef and entrepreneur, who has been in charge of Sem Pressa, in Paraty, in the south of Rio de Janeiro, since 2014 and Gastromar in Paraty, Rio de Janeiro since 2017. Originally from São Paulo, she is known for her innovative approach to nautical gastronomy, highlighting local, seasonal, and sustainable ingredients. Gisela's differential is seen in Sem Pressa – a trawler that became a restaurant. The vessel made with reforestation wood has a fixed dining table in the centre of the deck and an open kitchen. With the chef on board, the boat passes through the main islands of the region and serves up to eighteen people.

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