

## Tom Kerridges Proper Pub Food

Rising star Aiden Byrne shares his passion for great British cooking. The youngest chef ever to win a Michelin star, Aiden is now head chef at the grill in London's prestigious Dorchester hotel. There are 150 recipes divided into four chapters: Vegetables, Fish, Meat and Desserts. Ranging from beautifully simple dishes to the more fabulous creations, all the recipes showcase Aiden's talent for creating perfectly judged dishes using the best that Britain has to offer, from Scallops with Garlic and Lime Puree to Veal Cutlets with Broad Beans and Girolle Mushrooms and Warm Chestnut Cake with Chocolate Sorbet. As well as the recipes, Aiden writes authoritatively on a number of food issues and the book includes black and white photographs of Aiden visiting suppliers, sourcing ingredients and at work in the kitchen. More than just a recipe book, *Made in Great Britain* is a celebration of British food as well as a fascinating look at the motivation, passion and attitude of an emerging talent.

Food journalist, podcast producer and former academic Gilly Smith offers fresh insights into the creation of contemporary British food culture. Her latest book explores the story of modern food culture with the creators of lifestyle and food TV and with the academics carving a new world in food and media studies. *Taste and the TV Chef* investigates how television changed the way Britain eats and sold it to the world. While cooking shows are far from new, they have exploded in popularity in recent years and changed consumption patterns at a time when what we eat has an enormous impact on climate change. What was once merely a genre is now a full-blown phenomenon: never before has food been so photographed, fawned over, fetishized and celebrated as various answers to saving the planet. Celebrity chefs and so-called 'foodies' have risen to new levels of fame, and the cultural capital of cooking has never been so valuable. Looks at the influence of chefs like Jamie Oliver, Nigella Lawson and Gordon Ramsay and the role of TV storytelling in transforming how and what we consume. A ground-breaking contribution to food and media studies, which includes rare interviews with the producers who created some of the most influential stories television ever told, *Taste and the TV Chef* investigates how food and lifestyle TV changed the way an entire country ate, and then fed it to the rest of the world. Main academic readership will be scholars, researchers and students in cultural studies, media studies. Also practitioners and students in the fields of TV production and writing. Will also appeal to anyone with an interest in the development of food TV and the rise of the TV chef.

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Gambler, journalist, fervent alcoholic and four-times married Jeffrey Bernard writes the "Low Life" column for the *Spectator* magazine chronicling Soho life as well as offering a very personal philosophy on vodka, women and race-courses. From this, Keith Waterhouse has brilliantly constructed a play (the title being the euphemism used by the *Spectator* when Bernard is incapable of writing his column) which is set in the saloon bar of Bernard's favourite Soho pub, the Coach and Horses. Having passed out in the lavatory, Bernard awakes in the early hours of the morning to find himself alone and in the dark. Unable to contact the landlord, he is resigned to spending the rest of the night with a bottle of vodka and an endless chain of cigarettes, narrating a story of hilarious anecdotes and witty reminiscences which are enacted by two actors and two actresses who bring to life the various characters who populate Jeff's world. Starring Peter O'Toole, later succeeded by Tom Conti then James Bolam, the play enjoyed a hugely successful run at the Apollo Theatre, London.

Sir Alex Ferguson's compelling story is always honest and revealing he reflects on his

managerial career that embraced unprecedented European success for Aberdeen and 26 triumphant seasons with Manchester United. Sir Alex Ferguson's best-selling autobiography has now been updated to offer reflections on events at Manchester United since his retirement as well as his teachings at the Harvard Business School, a night at the Oscars and a boat tour round the Hebrides, where he passed unrecognised. The extra material adds fresh insights and detail on his final years as United's manager. Both the psychology of management and the detail of football strategy at the top level can be complex matters but no-one has explained them in a more interesting and accessible way for the general reader than Sir Alex does here. MY AUTOBIOGRAPHY is revealing, endlessly entertaining and above all inspirational.

Peri-peri chicken, cottage pie, fudgy chocolate brownies – this is diet food with a difference. Following on from the No.1 bestseller Lose Weight for Good, top chef Tom Kerridge shows you how to shed the pounds and kick-start a more active lifestyle with ALL of the maximum-taste, lower-calorie recipes from his upcoming BBC2 TV series. Expect MASSIVE FLAVOURS and NUTRITIONAL POWER-PUNCHES! Having lost more than 12 stone in the last five years, Tom knows from experience how important it is to motivate yourself to start dieting and exercising – and to stay on track. 'When I first set out to lose weight, I concentrated mainly on what I was eating,' he says. 'But now I know that it's to do with fitness as well: the two working together is the winning formula for getting maximum results and maintaining those results long term. And the number one rule when it comes to eating well on a diet is to keep food interesting! Every recipe in this book not only sustains you through the day, but provides fantastic tastes and textures with each mouthful.' With light bites and veggie feasts, meal-prep to see you through the week and tasty sweet treats, Tom has got it covered. The focus is on BOLD FLAVOURS and BIG PORTION SIZES, so you'll never go hungry and you'll always feel satisfied. Recipes include Quick black dhal; Steak tacos with burnt corn salsa; Charred mackerel and potato salad; Lamb bhuna; blueberry meringue sundaes and many more. At the back of the book, you'll find a fantastic bonus chapter with a workout that will help you get started with a healthier lifestyle, no matter where you're at now. It's all about taking control of your life in a positive way, so get ready to EAT better, DO more and LOSE WEIGHT with Tom Kerridge!

Covers such topics as plant products, cooking terms, national and regional cuisines, food preservation, food science, diet, and cookbooks and their authors.

Easy pizza. Fish-in-a-bag. Cajun spiced eggs. French apple tarts. If you think this doesn't sound like diet food, then think again. Featuring ALL the recipes from his BBC2 TV series, Tom Kerridge shows how you can enjoy all your FAVOURITE FOODS and still LOSE WEIGHT with his LOWER-CALORIE DIET WITH A DIFFERENCE. Michelin-starred chef Tom Kerridge has been developing top recipes for nearly three decades and knows how to make things taste good. He also understands how much willpower it takes to shift unhealthy excess weight, because he has lost over 11 stone in the last four years by following a low-carb diet. Now Tom is turning his attention to helping food-lovers who have chosen a lower-calorie diet as their own route to weight-loss. This is a lower-calorie diet with a difference – it's based on hunger-satisfying portions of delicious, lower-calorie dishes that taste amazing. The focus is on the food that we can and should be eating to lose weight, which is easy to make and won't make you feel as though you are missing out. Recipes include Southern-style chicken; One-layer lasagne; Chicken tikka masala; Lamb doner kebab; Beef stroganoff; Sweet potato and black bean burritos; Sticky pork chops; and Baked doughnuts with sweet five-spice dust. As Tom says: 'It's impossible to stick to a diet if the food you're expected to eat is boring and doesn't fill you up. So I've developed lots of tasty and satisfying recipes that people will love to cook and eat, but that will also help them lose weight. I truly believe

that this attitude works. I've been there myself and now I want to help others get there too.' By adopting a new, healthy approach to eating you really CAN lose weight for good.

*The British Table: A New Look at the Traditional Cooking of England, Scotland, and Wales* celebrates the best of British cuisine old and new. Drawing on a vast number of sources, both historical and modern, the book includes more than 150 recipes, from traditional regional specialties to modern gastropub reinventions of rustic fare. Dishes like fish pie, braised brisket with pickled walnuts, and a pastry shop full of simple, irresistible desserts have found their way onto modern British menus—delicious reminders of the depth and breadth of Britain's culinary heritage. The book blends these tradition-based reinventions by some of the finest chefs in England, Scotland, and Wales with forgotten dishes of the past worthy of rediscovery.

Increase your meat counter confidence with this must-have companion for cooking beef, pork, lamb, and veal with more than 300 kitchen-tested recipes. Part cookbook, part handbook organized by animal and its primal cuts, *Meat Illustrated* is the go-to source on meat, providing essential information and techniques to empower you to explore options at the supermarket or butcher shop (affordable cuts like beef shanks instead of short ribs, lesser-known cuts like country-style ribs, leg of lamb instead of beef tenderloin for your holiday centerpiece), and recipes that make those cuts (72 in total) shine. Meat is a treat; we teach you the best methods for center-of-the-plate meats like satisfying Butter-Basted Rib Steaks (spooning on hot butter cooks the steaks from both sides so they come to temperature as they acquire a deep crust), meltingly tender Chinese Barbecued Roast Pork Shoulder (cook for 6 hours so the collagen melts to lubricate the meat), and the quintessential Crumb-Crusted Rack of Lamb. Also bring meat beyond centerpiece status with complete meals: Shake up surf and turf with Fried Brown Rice with Pork and Shrimp. Braise lamb shoulder chops in a Libyan-style chickpea and orzo soup called Sharba. Illustrated primal cut info at the start of each section covers shopping, storage, and prep pointers and techniques with clearly written essays, step-by-step photos, break-out tutorials, and hundreds of hand-drawn illustrations that take the mystery out of meat prep (tie roasts without wilderness training; sharply cut crosshatches in the fat), so you'll execute dishes as reliably as the steakhouse. Learn tricks like soaking ground meat in baking soda before cooking to tenderize, or pre-roasting rather than searing fatty cuts before braising to avoid stovetop splatters. Even have fun with DIY curing projects.

The long-awaited cookbook from Tom Kerridge's legendary two-Michelin-star pub. *The Hand & Flowers* is the first (and only) pub in the world to acquire two Michelin stars. At this relaxed and accessible dining space in the heart of Buckinghamshire, Tom Kerridge serves up innovative, sophisticated dishes that masterfully reinvent and elevate British classics for the twenty-first century. The incredible new cookbook presents 70 of the best dishes that have ever appeared on the menu, including Roast hog with salt-baked potatoes and apple sauce; Slow-cooked duck breast, peas, duck-fat chips and gravy; Smoked haddock omelette; Salt cod Scotch egg with red pepper sauce and picante chorizo; and Chocolate and ale cake with salted caramel and muscovado ice cream. With specially commissioned photography by renowned photographer Cristian Barnett, *The Hand & Flowers Cookbook* is a stunning celebration of one of the world's best and most authentic restaurants.

You can present to camera, speak to time, read autocue, conduct an interview, write and memorise scripts; you have a showreel, headshots and a CV—but what next? How do you decide which genre to go for, market yourself and establish your career? The TV Presenter's Career Handbook is full of information and advice on how to capitalise on your presenter training and contains up-to-date lists of resources to help you seek work, market yourself effectively, and increase your employability. Contents include raising your profile, what kinds of companies to aim for and how to contact them, what to do with your programme idea, video and radio skills, creating your own TV channel, tips from agents, specialist genres such as News, Sports, Technology, Children's and Shopping channels, breaking into the US, and more! Features interviews and case studies with over 80 experts so you can learn from those who have been there first, including: Maxine Mawhinney and Julian Worricker BBC News anchors, Jon Bentley and Jason Bradbury presenters The Gadget Show, Melvin Odoom KISS FM, Gemma Hunt presenter Swashbuckle, Matt Lorenzo presenter Premier League, Tony Tobin chef/presenter Ready Steady Cook and Saturday Kitchen, Alison Keenan and Marie-Francoise Wolff presenters QVC, Maggie Philbin and Jem Stansfield presenters Bang Goes the Theory, Kate Russell presenter BBC Click, Sarah Jane Cass Senior Talent Agent Somethin' Else Talent, Emma Barnett award-winning radio presenter, David McClelland Technology presenter Rip Off Britain, Louise Houghton and Tina Edwards presenters London Live, Fran Scott presenter Absolute Genius with Dick and Dom, and Claire Richmond founder [findatvexpert.com](http://findatvexpert.com)

“Some of the happiest years of my life were spent cooking next to Theo. He's an extraordinary cook and his food is consistently delicious. What a wonderful cookbook broken down into simple, delicious chapters – I love it.” – Jamie Oliver From biscotti to limoncello, the world's love affair with Italian delis goes back many years. The Italians have taken the very best of Italian produce all over the world. From Hong Kong to London, Sydney to Brooklyn, people everywhere have access to a treasure trove of ingredients through Italian delicatessens. Theo Randall's The Italian Deli Cookbook showcases delicious family recipes using favourite ingredients. Easily accessible in supermarkets now too, and worth paying a little extra for the very best, these are transformative ingredients that can make for easy lunches and suppers, or dinner party centrepieces. With 100 recipes using cured meats, smoked fish, jarred vegetables, vinegars, olives, pasta, pulses, cheeses and wine, stunning photography throughout, and original, simple recipes, as well as a directory of classic delicatessens worldwide, elevate your cooking the easy way with the expert guidance of world-renowned chef Theo Randall.

Thanks to his Dopamine Diet, Michelin-starred chef Tom Kerridge has shed eleven stone over the past three years. That's the same as 70 bags of sugar. If you're struggling with your weight and need to shift unhealthy pounds, this new approach makes it easy, and is guaranteed to make you feel happier in the process. Most people find it hard to keep to a long-term diet, but this one is different. The recipes feature ingredients that trigger the release of the 'happy hormone' dopamine in your brain, so it's a diet that will make you feel good! Tom's 'dopamine heroes' include dairy products such as double cream and yoghurt, good-quality meats including beef, chicken and turkey, and even chocolate. By ditching alcohol and starchy carbs in favour of plenty of protein, fresh fruit and veg, you will be eating meals that will help you shed the weight,



whilst offering a satisfying intensity of flavour. Treats in store for Dopamine Dieters include spinach, bacon and mint soup; roasted onion salad with fried halloumi; shepherd's pie with creamy cauliflower topping; soy glazed cod with chilli, garlic and ginger; braised beef with horseradish; Chinese pork hot pot; and chocolate mousse with sesame almond biscuits. These are recipes that don't feel like diet food, and can be shared with friends and family. It worked for Tom and it can work for you. Give it a go! And lose weight the Dopamine Diet way.

Next to the hustle and bustle of London's St Pancras station, The Gilbert Scott, Marcus Wareing's latest venture, is one of the hottest restaurants in town. Situated in the recently restored architectural gem that is the Renaissance Hotel, critics and food lovers alike have flocked to this stunning new brasserie and bar. The aim of the menu is simple: to pay tribute to the historic charm of the building with rediscovered and re-imagined traditional British classics. Yorkshire fishcakes, Dorset jugged steak, cock-a-leekie pie, Mrs Beeton's barbecue chicken, London Pride battered cod, gingerbread pudding, Kendal mint cake choc ices and the best lemon drizzle cake you'll ever taste are just some of the 130 recipes in the book. With stunning photography throughout, The Gilbert Scott Book of British Food allows you to celebrate these recipes at home, be it for brunch, lunch, a weekend feast, an afternoon baking or a terrific cocktail to ease you into your meal. Above all, it is a glorious tribute to some of Britain's greatest traditional dishes.

The ultimate barbecue bible from one of Britain's best-loved chefs Michelin-starred chef Tom Kerridge shares his huge passion for barbecue and outdoor cooking in this timely new book. He takes simple ideas like burgers and grills, and creates the ultimate version with over 80 recipes that are stunningly delicious. Chapters include hearty favourites like pork and chorizo burger, veggie mains like charred cauliflower salad, and shareable snacks like aubergine dips and flatbreads. He also includes desserts and drinks, tips and advice for the perfect summer barbecue, campfire or outdoor gathering with friends and family. Whether you're a beginner barbecuing on your balcony or a seasoned pro who really knows your smoke, charcoal and fire, Tom Kerridge's Outdoor Cooking truly has something for everyone. Take your staycation to the next level this year with an entire summertime's worth of incredible outdoor cooking inspiration

Tom Kerridge's Proper Pub Food A&C Black

In his outstanding new cookbook, Gordon Ramsay teams up with Mark Sargeant to showcase the best of British cooking. Packed full of sumptuous and hearty traditional recipes, Gordon Ramsay's Great British Pub Food is perfect for relaxed, homely and comforting cooking. Once in a blue moon a book is published that changes irrevocably the face of things. White Heat is one such book. Since it was originally produced in 1990, it has gone on to become one of the most enduring classic cookbooks of our time. With its unique blend of outspoken opinion, recipes and dramatic photographs by the late legendary photographer Bob Carlos Clarke, White Heat captures the magic and spirit of Marco Pierre White in the heat of his kitchen. This 25th anniversary edition features brand new material, including photographs from the late Bob Carlos Clarke and contributions from James Steen, Lindsey Carlos Clarke and a host of high-profile chefs: Jason Atherton, Sat Bains, Mario Batali, Raymond Blanc, Anthony Bourdain, Adam Byatt, David Chang, Phil Howard, Tom Kerridge, Paul Kitching, Pierre Koffmann, Gordon Ramsay and Jock Zonfrillo.

Chef Matty Matheson follows up his New York Times bestseller with an even bigger book that is all about quality home cooking. Matty returns with 135 of his absolute favorite recipes to cook at home for his family and friends, so you can cook them for the people you love. Home Style Cookery is his definitive guide to mastering your kitchen, covering everything from pantry staples (breads, stocks, and pickles) to party favorites (dips, fried foods, and grilled meats), to

weeknight go-tos (stews, pastas, salads), and special occasion show-stoppers (roasts, smoked meats, and desserts). It starts with basics like Molasses Bread in an Apple Juice Can, Beef and Bone Marrow Stock, Kitchen Sink Salad, Thanksgiving Stuffing Butternut Squash, and the tallest Seven-Layer Dip you have ever seen. Next it covers comforting recipes like Littleneck Clam Orecchiette, Pho Ga, Sichuan Newfoundland Cod, Double Beef Patty Melt with Gruyere and Molasses Bread, and Matty's take on the ultimate Submarine sandwich. And it closes with bangers like Fish Sticks with Kewpie Tartar Sauce, Salt Crust Leg of Lamb and Yukon Golds with Creamed Spinach, Texas-Style Prime Rib, T-bone Steak and Fine Herb Chimichurri, and Lobster Thermidor with Bearnaise and Salt and Vinegar Chips. It even has desserts like his wife Trish's Chocolate Chip Cookies and Creme Caramel. In Home Style Cookery, Matty shares his bold style of cooking. Along with beautiful photographs of Matty's dishes and his farm, this book is filled with signature recipes that are equal parts approachable and tasty. Matty's first book shared his culinary story, Home Style Cookery will help you build yours. 'Every day I try to make each dish as good as it can be: my personal best ever. I like getting the balance of taste and texture just right, using familiar ingredients and creating big, intense flavours. Now, I hope you'll use my recipes to make some best ever dishes of your own.' Tom Kerridge As the most down-to-earth but high-flying chef on the food scene, Tom Kerridge has become known for his big flavours and beautifully crafted yet accessible food. And with more than 100 of his favourite recipes, Best Ever Dishes brings this spectacular cooking to the home kitchen. Tom starts with classics we all love such as tomato soup, chicken Kiev and rice pudding (plus a few new ideas of his own), then refines and elevates them to the best version that he has ever tasted. Give the Kerridge twist to a simple lasagne, and you'll discover that every mouthful is a taste explosion. Put a special spin on a chocolate tart, and you'll transform it into an exceptional, melt-in-the-mouth pud of the gods. With stunning photography by Cristian Barnett, this book really will change the way you cook. Get ready for Tom's new book, Lose Weight & Get Fit – coming this December.

Legendary New York City baker and restaurateur Sarabeth Levine shares her most beloved breakfast and brunch recipes. The only thing better than brunch at one of Sarabeth's restaurants is brunch in her home. In this must-have collection of more than 130 classic morning recipes, Sarabeth delivers the comforting dishes she makes for family and friends, from fluffy scrambled eggs to warm sticky buns. Over thirty-five years ago, she launched her first restaurant's wildly popular weekend brunch. Today, morning lines still snake around the block at her New York City locations, as well as at her Florida and Japan outposts. Her fans will be thrilled to re-create the warmth and joy of brunch at Sarabeth's with recipes designed for home cooks. A comprehensive guide to morning meals, this beautifully photographed book covers the dishes everyone desires. Sarabeth's signature pancakes and muffins are quick enough for weekdays, while her quiches and coffee cakes are guaranteed to impress weekend guests. In addition to her sophisticated twists on the standards, Sarabeth surprises with such innovative breakfast treats as morning cookies. The foolproof recipes come with technique tips and make-ahead instructions to make entertaining effortless.

The greatest British dishes, as reinvented by Heston Blumenthal, chef and proprietor of the three-Michelin-starred The Fat Duck--presented in a gloriously lavish package.

Enjoy a true taste of eating out at your local with this one-stop recipe collection of traditional gastro pub fare. Soups, pies, roasts, oven-bakes and puddings – all the old comfort food favourites are here. Start with a steaming bowl of Pea & Ham 'soup of the day' or just enjoy a bowl of Curry Fries alongside your beer from the Soups & Light Bites. Next tuck into a Meaty Main – choose from Steak & Kidney Pie, Lancashire Hotpot or Super Savoury Roast Chicken, and from the Fish Dishes chapter, pick a Posh Fish Finger Sandwich or Whitebait Fritters. For an unbeatable Veggie Option, rustle up a Welsh Rarebit Jacket Potato or a Mushroom Mac 'n' Cheese . No wholesome and hearty meal would be complete without a Side Dish, so add

some Triple Cooked Chips or Yorkshire Puddings to your plate. And why not end your hugely satisfying meal with a comforting slice of Lemon Meringue Pie or Treacle Tart from the Desserts chapter.

Presents traditional and contemporary Irish pub food recipes for appetizers, entrees, side dishes, and desserts.

'The Book of St John is too witty to be a manifesto, but it is a sturdy invocation of the need for comfort, generosity and ritual at the table. And it is a gurglingly delightful compendium of - quite simply - delicious ideas and stories' Nigella Lawson 'An unutterable joy from the team behind one of the most influential and important restaurants in Britain ... This is much more than a book of recipes, though (glorious as they are). It's also about the importance of the table, of feasting, of friendship, of the white cloth napkin on your knee. And it sings of simple but wonderful pleasures: a bacon sandwich and a glass of cider, a doughnut and a glass of champagne.' Diana Henry, The Telegraph 'The Book of St. JOHN, part food gospel, part memoir, part recipe book.' Observer Food Monthly Join the inimitable Fergus Henderson and Trevor Gulliver as they welcome you into their world-famous restaurant, inviting you to celebrate 25 years of unforgettable, innovative food. Established in 1994, St. JOHN has become renowned for its simplicity, its respect for quality ingredients and for being a pioneer in zero waste cooking – they strive to use every part of an ingredient, from leftover stale bread for puddings, bones for broths and stocks, to typically unused parts of the animal (such as the tongue) being made the hero of a dish. Recipes include: Braised rabbit, mustard and bacon Ox tongue, carrots and caper sauce Duck fat toast Smoked cod's roe, egg and potato cake Confit suckling pig shoulder and dandelion The Smithfield pickled cucumbers St. JOHN chutney Butterbean, rosemary and garlic wuzz Honey and bay rice pudding Featuring all the best-loved seminal recipes as well as comprehensive menus and wine recommendations, Fergus and Trevor will take a look back at the ethos and working practices of a food dynasty that has inspired a generation of chefs and home cooks.

With a foreword by Tom Kerridge, SATURDAY KITCHEN SUPPERS offers more inspiring and delicious dishes to enjoy all year round, from SATURDAY KITCHEN's unique mix of world-class chefs. Following on from 2013's SATURDAY KITCHEN COOKING BIBLE, this is the new collection of recipes from the chefs behind SATURDAY KITCHEN. Each weekend, over 3 million people sit down to enjoy SATURDAY KITCHEN's world-class chefs cook fantastic recipes. With entertaining and often humorous step-by-step demonstrations, the chefs show you how to make aspirational, restaurant-quality dishes in your own kitchen - with no specialist equipment and no confusing, cheffy terms. The end result is stunning, mouthwatering food. Including seasonal recipes and tips from chefs on their favourite seasonal ingredients, each chapter will be accompanied by menus and inspiring ideas for dinner parties and entertaining friends. Including recipes such as Tom Kerridge's Rosemary and Garlic Salt-baked Lamb Shank, Angela Hartnett's Linguine with Red Mullet, Chilli and Garlic and Michel Roux's Poussin Scented with Ginger and Lemongrass, this book is bursting with gorgeous recipes to make all year round.

Michel Roux has a justifiable reputation as someone who knows everything there is to know about food, how it should taste and how it should be cooked. He is very serious-minded about cooking and his masterly performances on MasterChef have created a wide and admiring fan base. 'MasterChef shows cooking as it should be and it's very good at showing the passion and skills required in becoming a chef and you learn something about food.' For food has always been at the forefront of his life and the recipes in this book are a distillation of his vast knowledge and experience, made available to the home cook.

Tom Kerridge shows you how to be the boss in the kitchen and eat well every day, thanks to more than 100 brilliant recipes to give you and your family a fresh start. What's for dinner tonight? Recycle that takeaway menu, step away from the microwave and make the most of

the amazing British produce with some real home-cooked food from Tom's BBC TV series! Tuck into a quick peanut chicken stir-fry or flavour-packed butternut squash and chickpea curry. At the weekend, Tom's Greek-style roast lamb makes the perfect family feast, and why not get the kids involved in the cooking too? It's very easy to fall into the busy-life trap, especially when ready meals are so convenient. But Tom Kerridge has learnt from experience how important it is to take control over what you eat for the sake of your health and happiness. Now he wants to show you how easy it is to cook amazing meals at home, whether you're short on time or lack confidence in the kitchen. Tom Kerridge's *Fresh Start* is not a diet book, but it is about taking control. If you cook from scratch, you know exactly what is going into your food and can take responsibility for everything that you and your family eat. And with Tom's guidance, you know it will taste amazing too! Including more than 100 delicious recipes for breakfast, quick and easy meals, lighter dishes, veggie suppers, batch cooking, weekend feasts and sweet treats. 'Tom is the perfect person to kick us into a fresh start this new year' GQ

In Sydney and Melbourne, Wellington and Auckland, a melting pot of Greek, Italian, Vietnamese, Indian, Japanese, Chinese and Indonesian people has top chefs attempting to create a new kind of food - Mediterrasian. '

How to do a low-carb diet with MAXIMUM flavour Most people find it hard to keep to a long-term diet, but this one is different. The recipes feature ingredients that trigger the release of the 'happy hormone' dopamine in your brain, so it's a diet that will make you feel good! Thanks to this approach, Tom Kerridge lost 11 stone in 3 years. His 'hero ingredients' for happiness include yoghurt, meat and even chocolate. By ditching alcohol and starchy carbs in favour of plenty of protein, fresh fruit and veg, you will be eating meals that will help you shed the weight, but also taste amazing. Great meals for Dopamine Dieters include spinach, bacon and mint soup; roasted onion salad with fried halloumi; shepherd's pie with creamy cauliflower topping; soy glazed cod with chilli, garlic and ginger; braised beef with horseradish; Chinese pork hot pot; and chocolate mousse with sesame almond biscuits. Recipes that don't feel like diet food, and you can share with friends and family. It worked for Tom and it can work for you. Give it a go! And lose weight the Dopamine Diet way.

A delicious cookbook from Tom Kerridge featuring his favourite everyday recipes Tom Kerridge is known for beautifully crafted food and big, bold flavours. *Tom's Table* features 100 delicious everyday recipes so that anyone can achieve his Michelin-starred cooking at home. This is the sort of food you'll cook again and again, whether you bring his hearty and delicious starter, side, main and dessert recipes to quick mid-week meals or weekend dinners. The recipes include Cheddar and ale soup, Simple sunflower-seed-crusting trout, the ultimate Roast chicken, Lamb ribs with roasted onions, Stuffed green peppers, Home-made ketchups, Popcorn bars, Date and banana milkshake, Pecan tart, and many more. With every recipe photographed by Cristian Barnett, this book is full of inspiring yet simple ideas from the man of the moment.

The king of beautiful pub food has collected all of his best ideas into this proper cookbook, ready to warm the world on a grey day and restore the nation's good mood. Tom Kerridge's idea of food heaven isn't fussy gastronomy; it's proper 'man food' with Michelin star magic, including breakfasts that keep you smiling for the whole day, indulgent long lunches, teatime temptations, seasonal snacks and heart-warming suppers. In this cookbook Tom proves that everyone can make proper pub food, and the only place he wants to see a foam is on the head of a pint of beer! Over 100 recipes reveal his secrets for making real food truly amazing, including perfected dishes from his childhood and special treats he serves at his own one-of-a-kind pub. These recipes are simply the best version you'll ever have of the dishes everyone loves the most. This fantastic feel-good cookbook is the official accompaniment to Tom Kerridge's *Proper Pub Food* TV show, featuring all the recipes from the six episodes and



## Download Free Tom Kerridges Proper Pub Food

many, many more. With excellent photography from Cristian Barnett.

A mighty collection of food favourites from the champion of perfect pub grub: Tom Kerridge.

Offers an introduction to old-fashioned, country-style cooking with a collection of 300 all-American recipes, focusing on cooking with inexpensive ingredients such as grains, vegetables, pasta, poultry & low-fat cuts of meat that are synonymous with good nutrition.

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