

comfort food hairy bikers book

comfort food hairy bikers book has become a beloved resource for food enthusiasts seeking hearty, nostalgic, and soul-warming recipes inspired by the iconic British duo, the Hairy Bikers. Combining their signature down-to-earth approach with traditional comfort food classics, the Hairy Bikers' books have garnered a loyal following eager to recreate their favorite dishes at home. Whether you're a seasoned home cook or a beginner, these books provide accessible recipes, practical tips, and a genuine passion for good, honest food that brings people together.

Introduction to the Hairy Bikers and Their Comfort Food Philosophy

The Hairy Bikers, composed of Si King and Dave Myers, have captivated audiences with their infectious enthusiasm, humor, and expertise in traditional British cuisine. Over the years, they have authored multiple cookbooks, each emphasizing hearty, satisfying dishes rooted in history, regional flavors, and family recipes. Their approach to comfort food focuses on nourishing ingredients, simple techniques, and flavors that evoke memories of home-cooked goodness.

What Makes the Hairy Bikers' Comfort Food Special?

- **Authentic Recipes:** The books are rich with recipes passed down through generations or inspired by regional British cuisine.
- **Accessible Cooking:** Designed for cooks of all skill levels, with straightforward instructions and tips.
- **Nostalgic Flavors:** Emphasis on dishes that evoke childhood memories or family traditions.
- **Healthy Twists:** Many recipes include healthier modifications without sacrificing flavor.

Overview of the Hairy Bikers Book Series on Comfort Food

The Hairy Bikers have released several books focusing explicitly on comfort food, each with its unique theme and recipe collection. Some of their most popular titles include:

- "The Hairy Bikers' British Classics"
- "The Hairy Bikers' Food Tour of Britain"
- "The Hairy Bikers' Comfort Food"
- "The Hairy Bikers' Fare & Square"

These books have become essential for those looking to explore British comfort food, offering a mixture of traditional and modern recipes.

Key Features of Their Comfort Food Books

1. **Diverse Recipes:** From pies and stews to puddings and snacks, these books cover a wide range of comforting dishes.
2. **Cooking Techniques:** Clear step-by-step instructions, including tips for perfecting each dish.
3. **Personal Stories:** Anecdotes and history behind each recipe, adding depth and context.
4. **Photographic Inspiration:** High-quality images to inspire and guide your cooking.

Popular Recipes from the Hairy Bikers Comfort Food Book

The authenticity and variety of recipes are what make the Hairy Bikers' comfort food books stand out. Here are some of their most loved dishes:

1. Classic British Stews and Casseroles

- Beef and Ale Stew
- Lamb Hotpot
- Chicken and Leek Pie

2. Pies and Pastries

- Steak and Kidney Pie
- Cornish Pasty
- Calzone-style Pizzas

3. Hearty Soups and Stews

- Cullen Skink (Smoked Haddock Soup)
- Pea and Ham Soup
- Chowders

4. Comforting Pasta and Rice Dishes

- Baked Lasagna
- Chicken and Mushroom Risotto

5. Traditional British Puddings and Desserts

- Spotted Dick
- Treacle Tart
- Sticky Toffee Pudding

Why Should You Choose the Hairy Bikers' Comfort Food Book?

Authenticity and Tradition

The recipes are rooted in British culinary traditions, making them perfect for those wanting to explore regional flavors or recreate nostalgic dishes.

Easy-to-Follow Instructions

The books are designed to be approachable. Each recipe includes detailed steps, cooking tips, and ingredient lists, ensuring success even for novice cooks.

Inspiration for Every Meal

From hearty breakfasts to late-night treats, the collection covers all occasions, making it a versatile addition to any kitchen.

Healthy and Modern Twists

While celebrating comfort, the books also incorporate healthier alternatives and modern adaptations, catering to contemporary dietary preferences.

How to Make the Most of the Hairy Bikers' Comfort Food Book

Tips for Successful Cooking

- Read recipes thoroughly before starting to understand the process and gather all ingredients.
- Use quality ingredients for the best flavor, especially for traditional recipes.
- Don't rush the cooking process — many comfort food dishes benefit from slow simmering or baking.
- Experiment and customize recipes according to your taste or dietary needs.

Recommended Kitchen Tools

- Cast iron casserole or Dutch oven for stews and braises
- Pastry brushes for pies
- Sharp knives and chopping boards
- Measuring cups and spoons for precise ingredients

Storage and Leftovers

Most comfort food dishes store well in the fridge or freezer. Proper storage preserves flavors and allows you to enjoy your favorites over multiple days.

Where to Buy the Hairy Bikers' Comfort Food Book

The book is widely available through various channels:

- Bookstores: Major retailers like Waterstones, WHSmith, and independent bookstores
- Online Retailers: Amazon, Book Depository, and others
- E-book Platforms: Kindle, Apple Books, and Google Play Books
- Audiobook Versions: Available on Audible and similar services

Conclusion: Embrace Comfort Food with the Hairy Bikers' Cookbook

The Hairy Bikers' comfort food book offers a treasure trove of recipes that celebrate the rich culinary heritage of Britain while providing modern, approachable dishes for everyday enjoyment. Whether you're craving a hearty pie, a warming stew, or a nostalgic pudding, this book is your guide to creating satisfying, soul-nourishing meals that bring family and friends together. With their infectious enthusiasm and dedication to flavorful, comforting food, Si and Dave continue to inspire home cooks

to embrace traditional recipes with a modern twist.

Additional Resources and Inspiration

- Subscribe to the Hairy Bikers' official website and social media channels for updates and cooking tips.
- Join online cooking communities sharing their experiences with the Hairy Bikers' recipes.
- Explore related cookbooks focusing on British cuisine and comfort food for more variety.

By integrating traditional techniques with a warm, approachable style, the Hairy Bikers' books, especially their comfort food edition, have solidified their place in the kitchens of home cooks seeking hearty, satisfying meals. Whether you're cooking for yourself or a crowd, these recipes promise to deliver comfort, joy, and a taste of British culinary heritage.

Frequently Asked Questions

What is the 'Comfort Food' book by the Hairy Bikers about?

The 'Comfort Food' book by the Hairy Bikers features hearty, nostalgic recipes inspired by their favorite traditional and home-cooked dishes that evoke warmth and happiness.

Are the recipes in the 'Comfort Food' book suitable for beginners?

Yes, many recipes in the 'Comfort Food' book are designed to be approachable and easy to follow, making them suitable for cooks of all skill levels.

Does the 'Comfort Food' book include vegetarian or vegan options?

While the book primarily focuses on classic comfort dishes, it also offers some vegetarian options, but vegan recipes are limited. Check specific recipes for dietary adaptations.

What are some popular dishes featured in the 'Comfort Food' book?

Popular dishes include hearty stews, casseroles, pies, and classic roasts that are perfect for cozy, satisfying meals.

Is the 'Comfort Food' book suitable for family cooking?

Absolutely! The recipes are designed to serve families and are perfect for sharing comforting,

homemade meals with loved ones.

Where can I purchase the 'Comfort Food' book by the Hairy Bikers?

The book is available at major bookstores, online retailers like Amazon, and can often be found in kitchenware and gift shops.

Have the Hairy Bikers released any other cookbooks related to comfort food?

Yes, the Hairy Bikers have published multiple cookbooks focusing on hearty, traditional, and comfort foods, including titles like 'The Hairy Bikers' Food Tour' and others.

Are there any dietary tips included in the 'Comfort Food' book for healthier eating?

While the primary focus is on indulgent, comforting dishes, some recipes include healthier substitutions or tips for making dishes lighter.

Can I find online reviews or cooking demonstrations of recipes from the 'Comfort Food' book?

Yes, there are numerous online reviews and video demonstrations on platforms like YouTube where the Hairy Bikers showcase some of the recipes from their book.

Additional Resources

Comfort Food Hairy Bikers Book: A Heartwarming Journey Through Classic Cuisine

The Comfort Food Hairy Bikers Book stands as a testament to the enduring appeal of hearty, soul-satisfying dishes delivered with the signature charm and camaraderie of the beloved British duo, the Hairy Bikers. This cookbook is more than just a collection of recipes; it's an invitation to rediscover the joy of home-cooked meals that evoke nostalgia, warmth, and a sense of belonging. In this comprehensive review, we'll explore every facet of the book—from its concept and design to its recipes and practical features—providing an in-depth analysis for both fans of the Hairy Bikers and newcomers seeking comforting culinary inspiration.

Introduction to the Hairy Bikers and Their Food Philosophy

The Hairy Bikers, Dave Myers and Si King, have become iconic figures in British television and cuisine,

renowned for their down-to-earth approach, infectious humor, and passion for traditional, hearty food. Their philosophy centers around celebrating classic comfort dishes that resonate with a broad audience, emphasizing flavor, accessibility, and joy in cooking.

Key principles of their cooking style include:

- Emphasis on homemade, from-scratch recipes
- Using accessible ingredients commonly found in local supermarkets
- Encouraging confidence in the kitchen, regardless of skill level
- Promoting a balanced approach to indulgence and nourishment

Their Comfort Food Hairy Bikers Book encapsulates these principles, offering readers a treasure trove of recipes designed to bring people together around the table.

Book Overview and Design

The Comfort Food Hairy Bikers Book is visually inviting, featuring a warm color palette, rustic photography, and approachable layouts that reflect its homely theme. The cover prominently displays the duo amidst a spread of their signature dishes, immediately communicating the book's focus on hearty, satisfying fare.

Design features include:

- Clear, step-by-step instructions
- Photographs accompanying most recipes for visual guidance
- Tips and anecdotes sprinkled throughout to add personality
- Sections organized by meal type and occasion

The book's structure makes it easy for readers to navigate, find inspiration quickly, and feel motivated to try new recipes.

Content Breakdown: Recipes and Chapters

The book is organized into various sections, each dedicated to different categories of comfort food, ensuring a comprehensive exploration of hearty dishes.

1. Starters and Snacks

- Classic Prawn Cocktail
- Cheese and Onion Toasties
- Savory Scones
- Homemade Sausages

2. Main Courses

This is the heart of the book, featuring a wide array of traditional British favorites, international dishes with a comforting twist, and family classics.

Notable recipes include:

- Beef Stew with Dumplings
- Chicken and Ham Pie
- Full English Breakfast
- Spaghetti Besto
- Roast Chicken with Vegetables
- Meatloaf with Tomato Glaze
- Fish Pie

3. Hearty Soups and Stews

Perfect for cold days, these recipes are designed to nourish and warm the soul.

- Chunky Vegetable Soup
- Lamb Casserole
- Pea and Ham Soup

4. Slow Cooker & Comforting One-Pan Dishes

Recognizing the popularity of slow cooking, the book provides recipes that leverage this method for maximum flavor and minimal effort.

- Beef Bourguignon
- Chicken Cacciatore
- Pulled Pork Sandwiches

5. Vegetarian and Lighter Versions

While the focus is on comfort, the book thoughtfully includes vegetarian adaptations and lighter options to cater to diverse dietary preferences.

- Mushroom and Lentil Shepherd's Pie
- Veggie Chilli
- Baked Aubergine Parmesan

6. Sweet Treats and Desserts

No comfort food collection would be complete without indulgent desserts.

- Sticky Toffee Pudding
- Treacle Tart
- Apple Crumble
- Chocolate Brownies

Recipe Quality and Approachability

One of the standout features of the Comfort Food Hairy Bikers Book is the balance between traditional recipes and practical guidance. The recipes are designed to be achievable, even for cooks with limited experience, but also flavorful enough to impress seasoned chefs.

What makes their recipes accessible?

- Use of common ingredients
- Simple techniques explained clearly
- Approximate cooking times to help plan meals
- Tips for customizing or enhancing dishes

For example, their beef stew recipe involves browning meat, simmering with vegetables and herbs, and finishing with dumplings—an approachable yet deeply flavorful process. The instructions are straightforward, with helpful notes on ingredient substitutions and common pitfalls.

Highlighting the Book's Strengths

A few key aspects that set this book apart:

- Authenticity and Nostalgia: The recipes evoke fond memories of family meals and traditional British fare, making the book emotionally resonant.
- Versatility: From quick weeknight dinners to slow-cooked weekend feasts, the variety suits many occasions.
- Practicality: The inclusion of tips such as batch cooking, freezing leftovers, and ingredient swaps enhances usability.
- Visual Appeal: High-quality photographs help readers visualize the finished dishes and inspire confidence.
- Humor and Personal Touches: Anecdotes from Dave and Si add warmth and personality, creating a friendly reading experience.

Practical Tips and Additional Features

Beyond recipes, the book offers numerous practical features that enhance its value:

- Ingredient Spotlight Sections: Explaining essential pantry staples or lesser-known ingredients used in certain dishes.
- Meal Planning Ideas: Suggestions for combining recipes into weekly menus.
- Cooking Techniques: Guidance on roasting, braising, and making pastry, tailored to home cooks.
- Family-Friendly Focus: Many recipes are designed to appeal to all ages, making family dinners

easier.

Who Would Benefit Most from This Book?

Target Audience:

- Home cooks seeking reliable, comforting recipes
- Fans of the Hairy Bikers' TV shows who want to recreate dishes at home
- Beginners looking for clear instructions and achievable results
- Experienced cooks wanting a collection of hearty, traditional recipes
- Anyone craving nostalgic, satisfying meals that bring people together

Special considerations:

- The emphasis on British cuisine makes it particularly appealing to those interested in UK comfort food.
- Its inclusive approach ensures recipes cater to various dietary needs, with vegetarian options included.

Critiques and Considerations

While the Comfort Food Hairy Bikers Book excels in many areas, some readers might note:

- Limited international cuisine diversity: The focus remains primarily on British and European-inspired dishes.
- Recipe portion sizes: Some recipes yield large quantities, which might require adjustments for smaller households.
- Ingredient availability: While most ingredients are common, some specialized items (like certain cuts of meat or specific herbs) might require specialty shops.

However, these points are minor compared to the overall usefulness and charm of the book.

Conclusion: Is It a Must-Have?

The Comfort Food Hairy Bikers Book is a delightful addition to any home cook's library, especially for those who cherish traditional, hearty dishes that evoke warmth and togetherness. Its approachable recipes, personable tone, and practical features make it suitable for cooks of all skill levels eager to explore comforting cuisine.

Whether you're craving a classic beef stew, a decadent pudding, or simply looking for inspiration to feed your family, this book provides a treasure trove of ideas and guidance. It captures the essence of what comfort food means—nourishing, satisfying, and rooted in the joy of sharing good food with loved ones.

In sum, the Comfort Food Hairy Bikers Book is more than a cookbook; it's a celebration of home cooking that will leave you inspired to bring a little more warmth to your table every day.

Comfort Food Hairy Bikers Book

comfort food hairy bikers book: The Hairy Bikers' Ultimate Comfort Food Hairy Bikers, 2023-10-26 Si King and Dave Myers, AKA the Hairy Bikers, are known and loved for their hearty dishes, big flavours, and simple food. Now the nation's favourite cooking duo bring you the ultimate collection of comforting recipes - perfect for those cosy times spent with friends and family. Inspired by the dishes that Si and Dave loved to eat growing up and that they cook with their families now, this is comfort food at its best. Recipes that are guaranteed to deliver on flavour, even when you're short on time, all made with readily available and affordable ingredients. Real, everyday food to enjoy and share. From easy suppers such as risotto carbonara and sausage & cabbage casserole that can be rustled up with minimal fuss, to slow-cooked weekend feasts such as duck confit shepherd's pie and aubergine parmigiana, plus tempting snacks, soups, stews and puddings, you'll find versatile, delicious and comforting food for every day and every occasion. Chapters include: - Soups & stews: Beef & barley stew, Clam chowder - Snacks & light comforts: Tomato monkey bread, Teriyaki chicken salad - Easy comforts: Chicken stroganoff, Beef & baked bean hotpot - Spicy comforts: Curried beef pasties, Chipotle prawn tacos - Weekend comforts: Rigatoni pie, Spinach & four-cheese lasagne - Teatime: Stem ginger & lemon drizzle cake, Chicken & spinach empanadas - Puddings: Pear & banana crumble, Knickerbocker glory

comfort food hairy bikers book: Untitled Bikers Cookbook 2 The Hairy Bikers, 2025-02-04

comfort food hairy bikers book: The Hairy Bikers: Our Family Favourites Hairy Bikers, 2024-10-24 Treat your loved ones with this brand-new collection of Hairy Bikers' recipes, perfect for families of all shapes and sizes. Inspired by their journey together, Si King has completed this book as a tribute to his best friend and cooking partner Dave Myers, and a celebration of the food they loved to cook for themselves and their families. The Hairy Bikers are known as the Kings of Comfort, adored for their hearty food, big flavours and simple recipes. With this book, Si King delivers all that and more - bringing joy to the kitchen as he looks back and shares this ultimate collection of their most treasured dishes along with heartfelt stories and reflections on their adventures together. Filled with mouth-watering ideas to take you from breakfast to dinner on weekdays, weekends and special occasions, chapters include: · Best brunches · Finger food and things on toast · Hearty soups and salads · On the table... fast · Relax, it's the weekend · Let's celebrate · Time for something sweet · On the side With over 100 easy and rewarding recipes to choose from, dishes like Cowboy Breakfast, Curried Welsh Rarebit, Bacon, Sausage & Egg Pie, Coronation Chicken Pancakes, Ginger Beer-Glazed Ham and Rum Babas with Grilled Pineapple will soon be your family favourites too. Featuring the Hairy Bikers' trademark flavours and comfort, Our Family Favourites is a deeply personal tribute packed with food you'll want to cook and share with your own loved ones again and again.

comfort food hairy bikers book: The Hairy Dieters: Fast Food Hairy Bikers, 2016-05-19

'The Hairy Bikers have really pulled a fast one, cooking up delicious 30-minute recipes that are healthy, low-cal and really satisfying' PRIMA 'You will use it again and again and reap the benefits of a reduced waistline, too.' CHOICE Following on from their multi-million selling diet books, THE

HAIRY DIETERS, THE HAIRY DIETERS EAT FOR LIFE and THE HAIRY DIETERS: GOOD EATING, the Hairy Bikers are back with more delicious low-cal recipes, that can all be made under 30 minutes. THE HAIRY DIETERS: FAST FOOD is jam-packed with tasty recipes for breakfast and brunch, soups, salads, mains and snacks, including Spicy Sweetcorn Fritters, Pasta with Chilli Prawns, Chicken Tagine and Instant Sorbet with Frozen Berries. Si King and Dave Myers, aka the Hairy Bikers, have been entertaining and feeding Britain with their unique blend of delicious recipes, cheeky humour and motorbike enthusiasm for years now. The Hairy Dieters books have sold over 2 million copies in the UK, and their fourth book is set to make healthy eating even easier. Si King and Dave Myers are the nation's favourite food heroes. The stars of numerous TV cookery series, they represent all that is good-hearted and loved about food.

comfort food hairy bikers book: The Hairy Dieters: Good Eating Hairy Bikers, 2014-10-09
'The Hairy Bikers are back with a fresh set of dishes that are full of flavour but low in calories.'
DAILY MAIL 'Make delicious, healthy dishes with Si and Dave.'
BELLA 'A must-have book'
CHOICE
Following on from their multi-million selling diet books, THE HAIRY DIETERS and THE HAIRY DIETERS: EAT FOR LIFE, the Hairy Bikers share more delicious low-calorie recipes and easy-to-follow advice. Si King and Dave Myers, aka the Hairy Bikers, have been entertaining and feeding Britain with their unique blend of tasty recipes, cheeky humour and motorbike enthusiasm for years now. The Hairy Dieters books have sold nearly 2 million copies in the UK and their third diet book provides even more low-cal family favourites. Si King and Dave Myers are the nation's favourite food heroes. The stars of numerous TV cookery series, they represent all that is good-hearted and loved about food.

comfort food hairy bikers book: The Best of the Hairy Bikers Hairy Bikers, 2025-03-13
Drawing on the Hairy Bikers' hugely popular series of cookbooks, this is a definitive collection of the best-loved recipes from the nation's favourite cooking duo. For over two decades, Si and Dave have shared their love of food with the nation, enthusing and entertaining millions with their books and TV shows. Now, The Best of the Hairy Bikers brings together over 120 of their most admired, talked about, and cooked recipes in one place. With dishes influenced by the Bikers' culinary travels to variations on British classics, this collection is full of easy-to-follow recipes to help you cook wholesome and flavourful meals at home. With chapters on snacks and soups, pasta and pies, as well as traybakes, curries, roasts, puddings and more, there is sure to be something for everyone. So, be inspired by The Best of the Hairy Bikers - the perfect way to celebrate Si and Dave's incredible contribution to British cooking. Please note the recipes in this book have been previously published in other Hairy Bikers publications.

comfort food hairy bikers book: The Hairy Bikers' Veggie Feasts Hairy Bikers, 2020-10-29
THE IRRESISTIBLE SUNDAY TIMES BESTSELLER. At last, vegetarian and vegan food Bikers' style! In this brand-new collection of down-to-earth yet satisfying meat-free dishes, Si and Dave have gathered together their most hearty and warming comfort food ... that just happen to be vegetarian! Triple tested, with maximum taste and minimum fuss, these recipes are simply epic. Si and Dave have been on a mission. They've travelled the world to discover the very best meat-free recipes that shake off the dull and add the delicious. There's no meaty sacrifice here, just fantastic food. From the ultimate veggie curries to the perfect crowd-pleasing tray bakes, satisfying soups, pastas and pies to a veggie twist on burgers, barbecues and a banging breakfast brunch, The Hairy Bikers' Veggie Feasts is bursting with meat-free delights you'll turn to time and time again, all made with ingredients that can be bought easily and won't cost the earth. With savoury favourites like Chilli Bean Bake and Indian Shepherd's Pie, snacks including Pickled Onion Bhajis and Cheese and Marmite Scones, and sweet treats like Jammy Dodgers and the ultimate Chocolate Brownies, this new cookbook will be your meat-free bible. Si and Dave have made it even easier - and more delicious - to eat meat free. These recipes are a real turnip for the books ... so get cooking and enjoy.
THE HAIRY BIKERS' NEW BOOK - THE HAIRY BIKERS' OUR FAMILY FAVOURITES - IS OUT NOW!

comfort food hairy bikers book: Mums Know Best! Dave Myers, Hairy Bikers, Si King, 2010
Si and Dave undertake a nationwide search for Britain's lost recipes - those forgotten gems or secret

scribbles handed down through the generations - for a landmark BBC TV series. The Bikers send out a call-to-arms for mums, daughters and their grandmothers to unlock their private recipes and share with, and learn from, other mums.

comfort food hairy bikers book: The Hairy Bikers' British Classics Hairy Bikers, 2018-11-01 'Fabulous' DAILY MAIL In this bestselling collection of the finest classic recipes, Si King and Dave Myers, AKA the Hairy Bikers, celebrate the riches and delights of great home cooking. Always triple-tested, always full of flavour, Si and Dave's recipes are everything we love about great food. From savoury classics such as the perfect prawn cocktail, homely homity pie, rich Lancashire hotpot and herb-stuffed shoulder of lamb, to sweet crowd-pleasing puddings like jam roly poly and deep-filled lemon meringue pie, there are recipe favourites on every page. With chapters on soups and salads, family suppers, classic comfort food, Sunday dinners, BBQ and picnics, tea time and puddings - this collection caters for all. It also has a fantastic Christmas section on classic festive feasts with all-new Biker twists. So, be inspired to cook with the Bikers in this collection of their favourite recipes and ever-popular modern British classics.

comfort food hairy bikers book: Perfect Felicity Cloake, 2011-08-04 Whether you're a competent cook or have just caught the bug, Perfect has a place in every kitchen. Is there a foolproof way to poach an egg? What's the secret of perfect pastry? Could a glass of milk turn a good Bolognese into a great one? The Guardian's 'How to Make' food columnist Felicity Cloake is on a mission to find the perfect staple dishes - from spag bol to brownies to fish pie. Having rigorously tried and tested recipes from all the greats - including Elizabeth David, Delia Smith and Nigel Slater - Felicity has pulled together the best points from each to create the perfect version of 68 classic dishes. Never again will you have to rifle through countless different books to find the your perfect roast chicken recipe, mayonnaise method or that incredible tomato sauce - they're all here. 'Brilliant . . . finely honed culinary instincts, an open mind and a capacious cookbook collection . . . Miss Cloake has them all' Evening Standard

comfort food hairy bikers book: The Hairy Dieters' Simple Healthy Food Hairy Bikers, 2022-05-12 The nation's favourite food heroes, aka the Hairy Dieters, are back to show you that losing weight and staying healthy doesn't mean losing out on taste and enjoyment. With more than 80 great new recipes, Si and Dave prove that healthy food can be delicious food - and also easy, accessible and affordable. With the abundance of health and nutrition information being published, it can be hard to keep up with what's good for you and what's not; what the latest advice is on low-fat products; or what you need to know about gut health or high fibre diets. As consumers, we are constantly bombarded by conflicting messages about what to eat and when - and unsurprisingly this can become overwhelming. Ten years on from the release of their first, multi-million copy selling diet book, THE HAIRY DIETERS, Si and Dave are aware of how confusing this can be. THE HAIRY DIETERS: SIMPLE HEALTHY FOOD is here to provide clear, simple nutritional ground rules - based on the advice of medical experts, including Professor Roy Taylor, and professional athletes - and delicious low-cal recipes to help you eat well, lose weight and stay healthy for the long term. This book is brimming with good-hearted healthy food, including tasty ways to start the day, light takes on lunch, speedy snacks, satisfying dinners and brilliant batch-cook basics. All made with easy-to-find ingredients and packed with the Hairy Bikers' trademark knockout flavours, so you won't feel like you're missing out when you cook from this book - these are healthy meals that the whole family will love.

comfort food hairy bikers book: The Hairy Dieters Eat for Life Hairy Bikers, 2013-08-15 Following on from their No. 1 bestselling diet book, THE HAIRY DIETERS, the Hairy Bikers share more delicious low-calorie recipes and easy-to-follow advice. Si King and Dave Myers, aka the Hairy Bikers, have been entertaining and feeding Britain with their unique blend of tasty recipes, cheeky humour and motorbike enthusiasm for years now. THE HAIRY DIETERS has sold over 1.2 million copies in the UK and this, their second diet book, delivers even more low-cal family favourites. Packed with 80 delicious low-calorie recipes, tips, and techniques to learn, this collection of diet recipes is the Hairy Bikers at their best. Si King and Dave Myers are the nation's favourite food

heroes. The stars of numerous TV cookery series, they represent all that is good-hearted and loved about food.

comfort food hairy bikers book: The Best of the Hairy Bikers The Hairy Bikers, 2025-06-17 This stunning new edition brings together the best of the Hairy Bikers' recipes for the first time. Always delicious to eat, simple to make and packed full of flavour, you can rely on the Kings of Comfort to inspire your tastebuds. Featuring over 120 of our all-time favourite recipes, chapters include: · Soups · Salads · Pasta · Rice · Pies & traybakes · Curries · Veggie dishes · Roasts & grills · Bakes · Puddings · Snacks & sides With beautiful photography, triple-tested instructions and all-new introductions, this is the ultimate collection of Si and Dave's favourite recipes from their epic travels and culinary adventures. Please note the recipes in this book have been previously published in other Hairy Bikers' titles.

comfort food hairy bikers book: The Hairy Bikers' Everyday Winners Hairy Bikers, 2021-10-14 THE FANTASTIC EVERY DAY SUNDAY TIMES BESTSELLER. Big flavours. Good ingredients. Uncomplicated food. That's what Si King and Dave Myers, AKA the Hairy Bikers, are known and loved for. Now the kings of comfort, and nation's favourite cooking duo, bring you everyday cooking at its best. For this book, Si and Dave have conducted a survey to ask you, their fans, what you all love to eat at home. You answered in your thousands, sharing so many great ideas for go-to dinners, puddings and bakes. Inspired by these, the Bikers have created 100 new triple-tested recipes for easy and delicious ways to elevate these everyday family favourites into taste sensations. From hearty roasts to mouth-watering curries, speedy stir-fries to easy-to-cook pastas and pies, and irresistible puds and bakes, EVERYDAY WINNERS is packed full of ideas to make every meal memorable. Enjoy mega-satisfying recipes include Chicken Kiev Pasta Bake, Tex Mex Beef Chilli, Sausage Risotto and Lamb Kofta Vindaloo, or tempting puds like Pineapple & Rum Sticky Toffee Pudding and Cherry & Dark Chocolate Cheesecake. With each dish bursting with the Hairy Bikers' trademark big flavours, these are just some of the many tasty delights in this cracking new cookbook. It's time to mix things up in the kitchen, so get stuck in and add a little Bikers' magic to your cooking - whatever day it is!

comfort food hairy bikers book: The Hairy Bikers' Perfect Pies Hairy Bikers, 2011-10-13 'There's nothing quite so comforting as a really well-made pie. From classic favourites to new combinations, the BBC's Hairy Bikers have got it covered' BBC GOOD FOOD 'There are more than 140 drool-inducing recipes bubbling out of this book like steaming filling escaping through a gap in the pastry...easy to follow and delicious' COUNTRYFILE This is the definitive Pie Bible from the Kings of Pie, The Hairy Bikers. In their culinary homecoming, Si and Dave celebrate a dish close to their hearts. This beautifully illustrated cookbook brings together the Great British classic in 150 brand-new recipes. Featuring an extraordinary range of pies - from the sweet and savoury, deep and small, and to the pies that are puddings - The Hairy Bikers will inspire you to cook and share the mighty dish with the ones you love. With top tips on pastry, the failsafe methods, the secrets and the cheats, the boys will teach you how to choose the right type of pastry and filling for any occasion. Learn the rules of pastry making and how to add the right pickles, relishes and sauces to make your pie an unforgettable dish. And of course, how to make the most of those little left over bits and turn them into delicious cheese straws, jam tarts and turnovers. This is a heart-warming, delicious and nostalgic recipe book that can be enjoyed by families, friends and fans of the nation's favourite dish.

comfort food hairy bikers book: The Gendered Motorcycle Esperanza Miyake, 2018-06-14 What happens to gender at 120mph? Are Harley-Davidsons more masculine than Yamahas? The Gendered Motorcycle answers such questions through a critical examination of motorcycles in film, advertising and television. Whilst bikers and biker cultures have been explored previously, the motorcycle itself has remained largely under-theorised, especially in relation to gender. Esperanza Miyake reveals how representations of motorcycles can produce different gendered bodies, identities, spaces and practices. This interdisciplinary book offers new and critical ways to think about gender and motorcycles, and will interest scholars and students of gender, technology and visual cultures, as well as motorcycle industry practitioners and motorcycle enthusiasts.

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