

tom kerridge recipes lose weight for good

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In recent years, the pursuit of sustainable weight loss has become a central focus for many individuals seeking to improve their health and overall well-being. Among the many chefs who have embraced this movement is Tom Kerridge, a renowned British chef celebrated for his hearty, flavorful dishes and his inspiring journey toward healthier living. His approach to weight loss is not about quick fixes or fad diets but about creating delicious, nutritious recipes that can be enjoyed for a lifetime. In this article, we delve into Tom Kerridge's recipes that help you lose weight for good, exploring his philosophy, practical tips, and some of his most effective and tasty recipes designed to support sustainable weight management.

Understanding Tom Kerridge's Approach to Weight Loss

His Personal Journey

Tom Kerridge's transformation from a chef known for indulgent dishes to a proponent of healthy eating is inspiring. After struggling with weight issues for years, Kerridge made significant lifestyle changes, adopting a balanced diet and regular exercise. His journey underscores the importance of sustainable habits rather than restrictive dieting.

Philosophy of Healthy Eating

Kerridge's approach emphasizes:

- Moderation, not deprivation
- Cooking with fresh, whole ingredients
- Incorporating a variety of flavors and textures
- Focusing on portion control
- Creating satisfying, flavorful meals that curb cravings

This philosophy aligns with modern nutritional science, highlighting that weight loss is best achieved through sustainable lifestyle changes rather than extreme dieting.

Key Principles of Kerridge's Weight Loss Recipes

- Use of lean proteins such as chicken, fish, and plant-based options
- Incorporation of plenty of vegetables and fibrous ingredients
- Reduction of refined sugars and processed foods
- Emphasis on healthy fats from sources like avocados, nuts, and olive oil
- Cooking methods that preserve nutrients and minimize added fats, such as grilling, steaming, and roasting

By adhering to these principles, Kerridge's recipes promote satiety, flavor, and nutrition, all essential for long-term weight management.

Top Tom Kerridge Recipes for Losing Weight for Good

Here are some of Kerridge's most popular and effective recipes designed to support weight loss while satisfying your taste buds.

1. Grilled Chicken and Vegetable Skewers

Ingredients:

- Skinless chicken breasts, cubed
- Bell peppers, chopped
- Red onions, chopped
- Cherry tomatoes
- Olive oil
- Lemon juice
- Herbs (thyme, rosemary)

Preparation:

1. Marinate chicken cubes in olive oil, lemon juice, herbs, salt, and pepper for at least 30 minutes.
2. Thread chicken and vegetables onto skewers alternately.
3. Grill over medium heat until cooked through.
4. Serve with a side of leafy greens or a light grain salad.

Why it's effective: High in lean protein and vegetables, this dish supports muscle maintenance and satiety with minimal calories.

2. Baked Fish with Lemon and Herbs

Ingredients:

- White fish fillets (cod, haddock)
- Lemon slices

- Fresh herbs (dill, parsley)
- Olive oil spray
- Salt and pepper

Preparation:

1. Preheat oven to 180°C (356°F).
2. Place fish on a baking tray lined with parchment paper.
3. Spray lightly with olive oil and season with herbs, salt, and pepper.
4. Top with lemon slices.
5. Bake for 12-15 minutes until flaky.

Why it's effective: Fish is rich in omega-3 fatty acids and protein, helping to keep you full and support heart health.

3. Vegetable Stir-Fry with Tofu

Ingredients:

- Firm tofu, cubed
- Broccoli, sliced
- Carrots, julienned
- Bell peppers, sliced
- Garlic and ginger
- Low-sodium soy sauce
- Sesame oil

Preparation:

1. Press and cube tofu; lightly fry until golden.
2. In a wok or large pan, sauté garlic and ginger in sesame oil.
3. Add vegetables and stir-fry until tender-crisp.
4. Add tofu and soy sauce; cook for another 2-3 minutes.
5. Serve hot, optionally with brown rice or cauliflower rice.

Why it's effective: Plant-based proteins combined with vegetables provide fiber and nutrients, supporting digestion and fullness.

4. Lentil and Vegetable Soup

Ingredients:

- Red lentils
- Onion, chopped
- Celery, chopped
- Carrots, diced
- Canned tomatoes
- Vegetable broth
- Spices (cumin, paprika)

Preparation:

1. Sauté onions, celery, and carrots until soft.
2. Add lentils, tomatoes, spices, and broth.

3. Bring to a boil, then simmer for 30-40 minutes until lentils are tender.
4. Blend partially for a thicker consistency if desired.
5. Serve warm with a slice of whole-grain bread.

Why it's effective: Lentils are high in protein and fiber, which help regulate blood sugar and promote fullness.

5. Spinach and Mushroom Omelette

Ingredients:

- Eggs or egg whites
- Fresh spinach
- Mushrooms, sliced
- Onion, diced
- Olive oil spray
- Salt and pepper

Preparation:

1. Sauté mushrooms, onions, and spinach until wilted.
2. Beat eggs with a pinch of salt and pepper.
3. Pour eggs over vegetables in a non-stick pan.
4. Cook until set, then fold and serve.

Why it's effective: A protein-rich breakfast or lunch option that is low in calories but high in nutrients.

Additional Tips for Incorporating Kerridge's Recipes into Your Weight Loss Journey

Meal Planning

- Prepare meals ahead of time to avoid impulsive eating.
- Incorporate a variety of recipes to maintain interest and nutritional balance.

Portion Control

- Use smaller plates and bowls to help manage serving sizes.
- Listen to your body's hunger cues and eat until satisfied, not stuffed.

Healthy Cooking Techniques

- Favor grilling, steaming, roasting, and stir-frying with minimal oil.
- Limit the use of high-calorie dressings and sauces; opt for herbs, spices, and citrus for flavor.

Balance and Moderation

- Allow yourself occasional treats to prevent feelings of deprivation.
- Focus on a balanced intake of macronutrients: proteins, carbs, and healthy fats.

Conclusion

Tom Kerridge's recipes for losing weight for good exemplify a sustainable, enjoyable approach to healthy living. By prioritizing nutritious ingredients, flavorful cooking methods, and sensible portion sizes, these recipes can help you achieve your weight loss goals without sacrificing taste or satisfaction. Remember, the key to long-term success lies in consistency, moderation, and making enjoyable meals that support your health. Incorporate Kerridge's delicious creations into your daily routine, and embrace a lifestyle that promotes lasting wellness and vitality.

Frequently Asked Questions

What are some of Tom Kerridge's best recipes for weight loss?

Tom Kerridge's recipes focusing on weight loss include hearty yet healthy dishes like grilled fish with vegetables, low-calorie soups, and vegetable-based mains that are rich in flavor but low in calories, helping you lose weight for good.

How does Tom Kerridge suggest balancing indulgence and weight loss?

Tom Kerridge emphasizes moderation and portion control, encouraging incorporating flavorful, satisfying meals that are nutritious and lower in calories, making weight loss sustainable without feeling deprived.

Are Tom Kerridge's recipes suitable for a low-carb weight loss plan?

Yes, many of Tom Kerridge's recipes are adaptable for low-carb diets, focusing on lean proteins, vegetables, and healthy fats, which support weight loss while maintaining flavor and satiety.

Can Tom Kerridge's recipes help maintain weight loss

in the long term?

Absolutely, Tom Kerridge's approach promotes healthy eating habits and enjoyable meals, making it easier to sustain weight loss over the long term by avoiding restrictive dieting.

What ingredients does Tom Kerridge recommend for healthy weight loss recipes?

Tom Kerridge recommends using fresh vegetables, lean meats, fish, whole grains, legumes, herbs, and spices to create flavorful, nutritious, and weight-loss-friendly dishes.

Where can I find Tom Kerridge's recipes for losing weight for good?

You can find his recipes in his cookbooks, on his official website, and through reputable cooking and health websites that feature his healthy eating tips and meal ideas.

Additional Resources

Tom Kerridge Recipes Lose Weight for Good: A Sustainable Approach to Healthy Living

In recent years, the quest for effective weight management has led many to seek out recipes that are not only delicious but also conducive to long-term health. Among the notable figures championing this balanced approach is celebrity chef Tom Kerridge. Known for his culinary prowess and charismatic personality, Kerridge has become a prominent advocate for sustainable weight loss, emphasizing that healthy eating doesn't have to mean sacrificing flavor or enjoyment. His recipes, tailored to support weight loss goals without compromising on taste, are transforming how people perceive dieting—making it a permanent, enjoyable lifestyle change rather than a temporary fix.

This article explores Tom Kerridge's approach to weight loss through his recipes, highlighting his philosophy, key principles, and some signature dishes that exemplify his commitment to losing weight for good.

Tom Kerridge's Philosophy: Healthy Eating as a Lifestyle, Not a Fad

Before delving into specific recipes, it's essential to understand Kerridge's overarching philosophy. Unlike crash diets or restrictive regimens, his approach centers on moderation, balance, and sustainability. He advocates for:

- Enjoyment of food: Food should be pleasurable, not a source of deprivation.
- Portion control: Managing intake without feeling deprived.
- Nutrient-dense ingredients: Prioritizing whole grains, lean proteins, vegetables, and healthy fats.
- Cooking from scratch: Minimizing processed foods to control ingredients and calories.
- Mindful eating: Paying attention to hunger cues and eating slowly.

Kerridge's own journey from a chef battling weight issues to a proponent of healthy living underscores the importance of sustainable change. His recipes reflect this ethos, balancing flavor with nutritional value.

Principles of Tom Kerridge's Weight-Loss Recipes

Kerridge's recipes for weight loss are grounded in several core principles that can serve as guidelines for anyone aiming to lose weight for good:

1. Focus on Whole, Unprocessed Foods

Processed foods often contain hidden sugars, unhealthy fats, and excess salt. Kerridge emphasizes using fresh ingredients—vegetables, lean meats, whole grains—that nourish the body.

2. Reduce Caloric Density Without Sacrificing Flavor

He demonstrates that it's possible to create satisfying dishes with fewer calories by using herbs, spices, and cooking techniques that enhance natural flavors.

3. Incorporate Lean Proteins

Proteins like chicken, turkey, fish, and legumes are staples in Kerridge's recipes. They promote satiety, preserving muscle mass during weight loss.

4. Prioritize Vegetables and Fiber

High-fiber dishes keep you full longer and support digestive health. Kerridge's recipes often feature generous servings of vegetables.

5. Practice Portion Control and Mindful Eating

Beyond the recipes themselves, Kerridge advocates for being attentive to serving sizes and eating slowly to recognize fullness cues.

Signature Recipes That Support Long-Term Weight Loss

Kerridge's culinary repertoire includes several dishes that exemplify his

approach. Here are some standout recipes designed to aid weight loss without sacrificing taste.

1. Lean Chicken and Vegetable Stir-Fry

A quick, nutrient-rich dish that's low in calories but high in flavor.

Ingredients:

- Skinless chicken breast, sliced
- Assorted vegetables (bell peppers, broccoli, carrots, snow peas)
- Garlic and ginger
- Low-sodium soy sauce
- Olive oil or sesame oil
- Fresh herbs (cilantro or spring onions)

Preparation:

- Sauté ginger and garlic in a small amount of oil.
- Add chicken slices, cook until browned.
- Toss in vegetables, stir-fry until tender-crisp.
- Add soy sauce and herbs, cook for another minute.
- Serve over a small portion of brown rice or cauliflower rice.

Why it works: High in protein and fiber, low in calories, and quick to cook.

2. Hearty Lentil and Vegetable Soup

A filling, low-calorie soup perfect for weight management.

Ingredients:

- Dried or canned lentils
- Onion, celery, carrots
- Spinach or kale
- Vegetable stock
- Herbs and spices (thyme, cumin, black pepper)
- Olive oil

Preparation:

- Sauté onions, celery, and carrots in olive oil.
- Add lentils, stock, and seasonings.
- Simmer until lentils are tender.
- Stir in greens at the end, cook briefly.
- Serve warm with a slice of whole-grain bread.

Why it works: Rich in plant-based protein and fiber, promotes fullness and sustained energy.

3. Baked Cod with Roasted Vegetables

A simple, nutritious fish dish with minimal added fats.

Ingredients:

- Fresh cod fillets
- Cherry tomatoes, courgettes, red onions
- Olive oil, lemon juice
- Fresh herbs (dill, parsley)
- Salt and pepper

Preparation:

- Season fish with lemon, herbs, salt, and pepper.
- Arrange vegetables around fish, drizzle with olive oil.
- Bake at 180°C (356°F) until fish flakes easily.
- Serve with a side of steamed greens or a small sweet potato.

Why it works: Lean protein, omega-3 fatty acids, and plenty of vegetables.

Incorporating Kerridge's Recipes into a Long-Term Weight Loss Plan

While recipes are vital, their effectiveness depends on how they fit into a broader lifestyle strategy. Kerridge's recipes can be integrated into daily routines by:

- Meal Planning: Preparing dishes ahead of time to avoid impulsive, less healthy choices.
- Balanced Meals: Combining proteins, carbs, and fats in each meal to maintain energy levels.
- Mindful Consumption: Eating slowly and savoring each bite to prevent overeating.
- Healthy Snacking: Replacing high-calorie snacks with Kerridge-inspired options like vegetable sticks with hummus or homemade popcorn.

Additional Tips for Success

- Stay Hydrated: Drinking plenty of water supports metabolism and reduces hunger.
- Regular Physical Activity: Combining healthy eating with exercise accelerates weight loss.
- Track Progress: Monitoring food intake and weight can help stay motivated.
- Seek Support: Joining groups or consulting nutritionists can provide encouragement and accountability.

The Role of Enjoyment and Flexibility

One of Kerridge's distinctive messages is that dieting should not feel restrictive. His recipes demonstrate that healthy, weight-friendly dishes can be as flavorful and satisfying as indulgent foods. By embracing flexibility,

individuals are more likely to stick with their new habits long-term.

Conclusion: Achieving Weight Loss for Good with Kerridge's Recipes

Tom Kerridge's recipes for weight loss exemplify a balanced, sustainable approach that dispels the myth that healthy eating must be dull or restrictive. With an emphasis on whole foods, portion control, and flavor, his culinary creations make healthy living enjoyable and achievable for the long term. Incorporating his recipes into daily routines, paired with mindful habits and physical activity, offers a realistic pathway to losing weight for good.

Ultimately, Kerridge's message—and his recipes—serve as a reminder that the journey to health is not about temporary diets but about embracing a lifestyle that prioritizes nourishment, enjoyment, and well-being. As more people adopt these principles, the prospect of sustaining weight loss and achieving lasting health becomes not just a goal but a reality.

[Tom Kerridge Recipes Lose Weight For Good](#)

tom kerridge recipes lose weight for good: Lose Weight for Good Tom Kerridge, 2017-12-28 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.

tom kerridge recipes lose weight for good: Tom Kerridge's Dopamine Diet Tom Kerridge, 2017-01-12 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.

tom kerridge recipes lose weight for good: Tom Kerridge's Fresh Start Tom Kerridge, 2018-12-26 Top chef Tom Kerridge shows you how to take control of what you eat, with more than 100 super-tasty, cook-from-scratch recipes to give your family a fresh start. 'Sustaining, nourishing, family-style recipes' Delicious 'Tom is the perfect person to kick us into a fresh start' GQ 'Mouth-watering, achievable recipes' Prima _____ 'I've learned from experience how important it is to take control over what you eat, for the sake of your health and happiness. Now I want to show you that cooking amazing meals really isn't as difficult as you might think.' 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. With more than 100 delicious recipes that include: · Tom's BLT · Peanut chicken stir-fry noodles · Butternut squash and chickpea curry · Greek-style roast lamb · Coconut and raspberry loaf cake · Banana choc ices 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! 'Tom has written a book that advises without lecturing, uses tips and tricks we can all manage, and helps put us back in touch with real cooking' Sunday Times 'Cooking from scratch has never been easier - or more tasty' Bella _____ Tom Kerridge's new book, Pub Kitchen, is out in September.

tom kerridge recipes lose weight for good: Lose Weight & Get Fit Tom Kerridge, 2019-12-12 Peri-peri chicken, cottage pie, fudgy chocolate brownies – this is diet food with a difference. Top chef Tom Kerridge shows you how to shed the pounds and kick-start a more active lifestyle with maximum-taste, lower-calorie recipes. Expect MASSIVE FLAVOURS and NUTRITIONAL POWER-PUNCHES! 'High-flavour healthy recipes' Sunday Times 'Dieting doesn't have to mean deprivation' Delicious 'Everyone will love Tom Kerridge's hearty good-for-you meals' BBC Good Food Magazine _____ 'When I first set out to lose weight, I concentrated mainly on what I was eating, 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!' 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. 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 portions 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 At the back of the book, you'll find a fantastic bonus chapter with a cardio workout and strength exercises that you can do from home with minimal equipment. 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! 'Tom has used clever, cheffy tricks to keep the overall calorie count low while also cramming as much flavour as possible into meals that are easy for home cooks' Delicious _____ For more healthy recipe inspiration check out Tom Kerridge's Lose Weight for Good, Fresh Start and Dopamine Diet. Tom Kerridge's new book, Pub Kitchen, is out in September.

tom kerridge recipes lose weight for good: Smart Foods for ADHD and Brain Health Rachel Gow, 2021-02-18 Changing one's diet not only improves physical health, but benefits mood, behaviour and cognitive function at a fundamental level. This book highlights the link between nutrition and mental health and demonstrates the crucial role of diet in supporting individuals with

ADHD. Written by an internationally-recognised leader in the growing field of nutritional psychiatry, Dr Rachel Gow takes a nutrition-based look at ADHD and its management. Combining the latest research with the inspirational stories of a range of professionals and individuals whose lives have been touched by the issues raised, this book also includes accessible tips throughout and a chapter of recipes to promote brain health. This is an essential guide to understanding the interplay of brain health and nutrition, and supporting families to build a diet that optimises brain function and health.

tom kerridge recipes lose weight for good: Nurturing Personal, Social and Emotional Development in Early Childhood Debbie Garvey, 2017-09-21 An understanding of brain development can help early years practitioners to better nurture personal, social and emotional development in children. This book explains recent research and theory in easy-to-understand terms and explores how this knowledge can be used to support the needs of young children.

tom kerridge recipes lose weight for good: Lose Weight & Get Fit Tom Kerridge, 2020-01-14 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!

tom kerridge recipes lose weight for good: The Hairy Bikers Blood, Sweat and Tyres Hairy Bikers, 2015-11-05 'Brilliant' MAIL ON SUNDAY Si King and Dave Myers, AKA the Hairy Bikers have travelled an interesting road. Born in the north of England, both Si and Dave had their childhood challenges. For Si, being bullied as the fat kid in class was part of his daily school routine. For Dave, his life changed when he became a childhood carer for his mother. But through the challenges of their early years came a love of really good food. And it was food that brought Si and Dave together. Their eyes met over a curry and a pint on the set of a Catherine Cookson drama, and they knew they would be firm and fast friends for life. From deserts to desserts, potholes to pot roasts, the nation's favourite cooking duo reveals what's made their friendship such a special and lasting one. They've eaten their way around the world a good few times, but have never lost sight of what matters: great friends, great family and great food. In this heartwarming memoir of friendship and hilarious misadventure, Si and Dave take you on the ride of their lives!

tom kerridge recipes lose weight for good: Real Life Recipes Tom Kerridge, 2022-09-01 THE SUNDAY TIMES BESTSELLER and The Daily Mail Best Cookbook of the Year 2022 Michelin-starred chef Tom Kerridge shows you how to make everyday taste special with 100 fuss-free recipes using simple, economical ingredients. _____ 'I hope this book will mean there's one less thing on your list to stress about' Tom Kerridge With quick ways to add maximum flavour, Tom shares how to make the most of your supermarket staples for any cooking style, occasion, and mood. There are: Low shop recipes that use up things you've got left Quick meals that go from cupboard to table in 30 minutes One pot dishes that do all the work for you Make ahead meals that

take the stress out of cooking And amazing, easy dishes like - Cheddar and chutney sausage rolls - Crispy-skin mustard chicken - Smoky beef and bean pie - Creamy mushroom and sage lasagne - Self-saucing cherry and chocolate pudding Sometimes you don't want to faff about with harissa and hand-ground spice blends. When you just want great recipes from a professional chef who can dish up the best flavours you never imagined from 'normal' ingredients, this is the book for you. 'I've always admired the down to earth charm of Tom Kerridge and the way he suffuses his kitchen know-how into tips to use at home. In his latest book, you'll find ideas to take you from Monday lunch to Sunday suppers with creativity and ingenuity' Good Housekeeping _____ Tom Kerridge's new book, Pub Kitchen, is out in September.

tom kerridge recipes lose weight for good: Tom's Table Tom Kerridge, 2015-12-03 The nation's favourite Michelin-starred chef shares his tips for transforming simple everyday recipes into sensational meals. 'Mouthwatering' Daily Mail 'You'll fall in love. With Tom and his food' Waitrose Weekend 'The reverse of intimidating' Daily Telegraph _____ 'I've included some of my favourite ways to whack in lots of flavour - I never miss a chance to give a dish extra depth and interest. These dishes about pleasure and generosity.... the key is to have fun too, in the kitchen and at the table.' 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 recipes to quick mid-week meals or weekend dinners. Recipes include . . . · Cheddar and ale soup · Sunflower seed crusted sea trout · Weekend roast chicken · Lamb ribs with roasted onions · Green chilli con carne · Homemade ketchups · Popcorn bars · Boozy date and banana milkshake · White chocolate and pistachio blondies · Pecan tart Full of inspiring and achievable everyday dishes that will become your favourites too. 'These timeless recipes satisfy dinner guests of all culinary persuasions. With this collection of recipes in your arsenal you'll definitely be on your way to being a better chef' Great British Food Magazine 'We can all get our teeth into these delicious recipes' Living North _____ Tom Kerridge's new book, Pub Kitchen, is out in September.

tom kerridge recipes lose weight for good: Tom Kerridge Cooks Britain Tom Kerridge, 2024-06-06 'TOM KERRIDGE IS A NATIONAL TREASURE AND THIS IS HIS GIFT TO THE NATION' - Jay Rayner THE BRAND NEW COOKBOOK FROM BRITAIN'S BEST-LOVED MICHELIN-STARRED CHEF ACCOMPANYING THE PRIME TIME TV SERIES Outstanding recipes that shine a light on incredible produce . . . Tom Kerridge takes a culinary road trip with 100 recipes that celebrate the best of British _____ 'One stunner after another' - Hugh Fearnley-Whittingstall 'I love every dish' - Paul Ainsworth 'Tom's not just supremely talented but also genuinely deeply soulful and thoughtful about his craft' - Andi Oliver 'Tom Kerridge for Prime Minister!' - Chris Stark ----- Come and discover the best of British food with Tom Kerridge 'Wherever you are in Britain, you'll find amazing people producing beautiful fruit and veg and some of the best meat and dairy in the world. British food is constantly changing through the seasons and we have so much unbeatable produce grown here, right on our doorsteps. From freshly-picked peas to beautifully rich mackerel, sharp cheddar to flavoursome lamb - it's time to celebrate how great British produce really is.' Tom has created recipes that showcase the very best of British ingredients, using simple techniques and bold flavours to bring out their unique qualities. Each recipe is built around a hero ingredient, showing how fresh, seasonal ingredients can take a dish to a whole new level. Standout recipes include . . . - Roast tomatoes with whipped feta and flatbreads - Charred hispi cabbage with sourdough crumb - Dover sole with brown butter and capers - Barbecued pork tomahawk steak - Sticky sesame chicken wings - Leek and Caerphilly rarebit - Poached rhubarb with crumble and vanilla custard - Strawberry and elderflower trifle Cook, eat and enjoy recipes that celebrate the best of British -----

tom kerridge recipes lose weight for good: Tom Kerridge's Best Ever Dishes Tom Kerridge, 2014-10-23 Michelin-starred chef Tom Kerridge's all-time favourite recipes, cleverly crafted for the home cook with a trademark Kerridge twist. 'Hearty and enormous fun' Independent on Sunday _____ '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. I'm showing you all of the tweaks, tricks and techniques I've learned over the past twenty years or so, to transform the everyday into the spectacular.' As the most down-to-earth Michelin-starred 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. There's even a section on the basics including how to make the perfect gravy. With plenty of variety and everything from cheesy baked potato skins to hake with verjus butter, this book really will change the way you cook. 'Comforting, delicious looking dishes that you can't wait to tuck into' Paul Ainsworth 'Full of new ideas, but the dishes are achievable for the home cook - and with Tom's upbeat encouragement, you can't fail' *Sainsbury's Magazine* _____ Tom Kerridge's new book, *Pub Kitchen*, is out in September.

tom kerridge recipes lose weight for good: *The Dopamine Diet* Tom Kerridge, 2020-12-24

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