

Online Library The Hairy Bikers Meat Feasts With Over 120 Delicious Recipes A Meaty Modern Classic Pdf Free Copy

The Hairy Bikers' Meat Feasts The Hairy Bikers' Veggie Feasts
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Adventure The Hairy Dieters Eat for Life Mums Still Know Best
The Hairy Bikers Eat to Beat Type 2 Diabetes Minimalist Baker's
Everyday Cooking The Hairy Bikers Blood, Sweat and Tyres The
Hairy Bikers' Perfect Pies The River Cottage Meat Book Pinch of
Nom PRIME: The Beef Cookbook Hairy bikers Mary Berry's
Absolute Favourites Once Upon a Chef: Weeknight/Weekend

There's something about the smell of meat cooking that signals a

feast - it's savoury, comforting and tempting. A steak on the grill, a roast in the oven, a casserole bubbling: they make your mouth water. Si King and Dave Myers, aka the Hairy Bikers, have always been passionate about meat, and this bible is an unadulterated celebration of the fine produce we have available today. MEAT FEASTS includes all their favourite recipes and some new surprises. There are family classics, spicy treats, perfect pies and delicious zingy salads. Si and Dave love their veggies too, and MEAT FEASTS features some of the very best veg recipes to showcase a Sunday joint or make a little meat of a very long way. A meaty modern classic, MEAT FEASTS is your one-stop meat cookbook! NEW YORK TIMES BESTSELLER • 70 quick-fix weeknight dinners and 30 luscious weekend recipes that make every day taste extra special, no matter how much time you have to spend in the kitchen—from the beloved bestselling author of Once Upon a Chef. “Jennifer’s recipes are healthy, approachable, and creative. I literally want to make everything from this cookbook!”—Gina Homolka, author of The Skinnytaste Cookbook Jennifer Segal, author of the blog and bestselling cookbook Once Upon a Chef, is known for her foolproof, updated spins on everyday classics. Meticulously tested and crafted with an eye toward both flavor and practicality, Jenn’s recipes hone in on exactly what you feel like making. Here she devotes whole chapters to fan favorites, from Marvelous Meatballs to Chicken Winners, and Breakfast for Dinner to Family Feasts. Whether you decide on sticky-sweet Barbecued Soy and Ginger Chicken Thighs; an enlightened and healthy-ish take on Turkey, Spinach & Cheese Meatballs; Chorizo-Style Burgers; or Brownie Pudding that comes together in under thirty

minutes, Jenn has you covered. **THE HAIRY BIKERS: MUMS KNOW BEST** is the BBC's biggest food event for years. 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 TV series. The Bikers send out a call-to-arms for mums, daughters and their grandmothers to unlock their private recipe archives and share with, and learn from, other mums of all races and backgrounds. This is a heart-warming and down-to-earth recipe book that takes place against beautiful British backdrops throughout the summer. Here yummy mummies, Northern matriarchs, West Indian foster mums and ladies of the manor all come together with recipes to share, tips to swap and techniques to learn, in a book that contains 112 different recipes. There's something about the smell of meat cooking that signals a feast - it's savoury, comforting and tempting. A steak on the grill, a roast in the oven, a casserole bubbling: they make your mouth water. Si King and Dave Myers, aka the Hairy Bikers, have always been passionate about meat, and this bible is an unadulterated celebration of the fine produce we have available today. **MEAT FEASTS** includes all their favourite recipes and some new surprises. There are family classics, spicy treats, perfect pies and delicious zingy salads. Si and Dave love their veggies too, and **MEAT FEASTS** features some of the very best veg recipes to showcase a Sunday joint or make a little meat of a very long way. A meaty modern classic, **MEAT FEASTS** is your one-stop meat cookbook! The bestselling, big-hearted and down-to-earth chefs, The Hairy Bikers, return with 80 delicious vegetarian recipes to make losing weight and eating less meat even easier. In their multi-million selling **HAIRY DIETERS**

series, the Hairy Bikers proved that you can eat your favourite foods and still lose weight. Jam-packed full of delicious, low-cal versions of traditional classics and family favourites, they have taken the deprivation out of dieting and helped millions shift the pounds. Following on from **THE HAIRY DIETERS**, **THE HAIRY DIETERS EAT FOR LIFE**, **THE HAIRY DIETERS GOOD EATING** and **THE HAIRY DIETERS: FAST FOOD**, **THE HAIRY DIETERS GO VEGGIE**, shows that going vegetarian can be just as easy as going low-cal. Whether you want to cut out meat entirely, cut down, or just incorporate some more meat-free dishes into your diet, the book is full of simple and easy-to-follow recipes for tasty veggie meals and snacks, from Lancashire Hot Pot to Veggie Sausages. 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 3 million copies in the UK, and their fifth 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. The Hairy Bikers celebrate the nation's favourite dish - the curry. The Hairy Bikers continue their mission to savour Britains best family recipes as they travel up and down the country in search of mums and their recipe books often handed down from generation to generation. On the way, they hear the stories and prepare the food, heart-warming, stomach-filling family favourites including Meat and Potato Pie, Grandma Lassies Dock Pudding, Welsh Cakes, Saltfish and Ackee, Dutch Pea Soup, Tortillas, Stuffed Cabbage, Chicken Pie, Paella,

Diggers and more much more! In each episode the mums join the Bikers at the Recipe Fair to share their best recipes, while members of the public bring theirs; and food historian Gerard Baker tests cooking skills of the Bikers and the unsuspecting public. It's a feast of cooking fun as the Hairy Bikers continue to prove without a doubt that Mums Know Best! The Sunday Times Bestseller A wonder of a recipe collection celebrating the simple joys of one pot cooking Life is complicated enough so why not let Si King and Dave Myers, AKA the Hairy Bikers, make it just that bit easier? Whether it's inspiration for supper after a hard day's work or a slow roast feast for a weekend gathering, One Pot Wonders has it all. From rich and warming tray bakes to light but satisfying salads, these triple-tested recipes deliver on flavour and cut out the fuss. This is Si and Dave's most wonderful collection yet, with chapters on breakfasts and brunches, soups and salads, satisfying stews, quick one pot carbs, tarts and tray bakes, stovetop suppers, pies and pot roasts, and puds and cakes - this collection is a belter! Enjoy savoury classics like Sausage and Bean tray bake and Showstopper Quiche, or the sweet delights of Rhubarb and Orange Crumble and Boozy Syllabub Trifle, there's so much here to tickle the taste buds and get your cooking mojo back into the kitchen. So dial back the effort and turn up the flavour with the boys' One Pot Wonders! With their zest for both adventure and food and their laugh-out-loud capacity for fun, the Hairy Bikers make a very entertaining pair, travelling on their motorbikes to the ends of the earth in search of great meals to bring home to their friends. The journeys are exciting, the locations and people are fascinating and the food is delicious and unpredictable - often caught by the boys and then prepared and

cooked by the side of a river, on a boat or on the beach. Funny, endearing and down-to-earth, they will very easily find a place in the nation's hearts. The highly anticipated cookbook from the immensely popular food blog Minimalist Baker, featuring 101 all-new simple, vegan recipes that all require 10 ingredients or less, 1 bowl or 1 pot, or 30 minutes or less to prepare Dana Shultz founded the Minimalist Baker blog in 2012 to share her passion for simple cooking and quickly gained a devoted worldwide following. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Packed with gorgeous photography, this practical but inspiring cookbook includes:

- Recipes that each require 10 ingredients or less, can be made in one bowl, or require 30 minutes or less to prepare.
- Delicious options for hearty entrées, easy sides, nourishing breakfasts, and decadent desserts—all on the table in a snap
- Essential plant-based pantry and equipment tips
- Easy-to-follow, step-by-step recipes with standard and metric ingredient measurements

Minimalist Baker's Everyday Cooking is a totally no-fuss approach to cooking for anyone who loves delicious food that happens to be healthy too. 'Si & Dave's recipes are SO much more delicious than the average diet dishes, it's no wonder they lost nearly 6st between them!' WOMAN 'Delicious recipes that are for "real people, not skinny minnies" - including hearty family meals and baked treats' EASY FOOD 'Showcases the many mouthwatering, healthy recipes that have helped them drop the pounds' DAILY EXPRESS The Hairy Bikers have lost almost 6 stone between them and you can lose weight too... Si King and Dave Myers are self-confessed food lovers. Food isn't just fuel to

them, it's their life. But, like many of us, they've found that the weight has crept on over the years. So they've made a big decision to act before it's too late and lose some pounds. With over 1.3 million copies and counting, Si and Dave have come up with tasty recipes that are low in calories and big on flavour in this groundbreaking diet book. This is real food for real people, not skinny minnies. Make this year's Christmas dinner your greatest and most relaxed ever with Hairy Bikers Si King and Dave Myers. With their irrepressible enthusiasm for great food and all things festive, Si and Dave have put together the definitive Christmas cookbook. Combining fool-proof versions of the nation's favourite Christmas dishes with new and inventive festive recipes they love to cook for their friends and families, the Hairy Bikers will ensure you serve up cracking meals with ease throughout the holiday season. As well as covering what to cook on the big day itself, the Hairy Bikers also give you tasty dishes for Christmas Eve, delicious cocktails to tame your in-laws, ingenious recipes for all those leftovers and fancy snacks to nibble on in front of the telly. They even show you how to make your own Christmas crackers - and help keep the kids distracted. This is the perfect companion to your festive celebrations. **THE FANTASTIC NEW 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 tripled-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! Losing weight is hard enough, so Si and Dave have written a fantastic collection of low cal recipes that make it easier than ever to stick to and enjoy a healthier diet. With the Hairy Dieters' trademark of knock-out flavours and hearty ingredients, these recipes will become your kitchen regulars. They are all easy on time, washing up, shopping and your waistline! Get ready to make it easy with Si and Dave's... 15 Minute fillers - super quick recipes Assembly jobs - no cooking Half a Dozen winners - recipes with six ingredients One Pot Wonders - forget the fuss and save on washing-up Batch cooking - getting ahead, cooking in bulk, freezing, saving money, having quick fixes ready to go when you're hungry Easy Peasy Puds - guilt-free sweetness and satisfaction It's time to lose weight, the easy way. It's worked for MILLIONS of readers, and it can work for you! The biggest non-fiction book of spring 2011

from Hairy Bikers Si & Dave, No.1 bestselling authors and stars of BBC'S MUMS KNOWS BEST. When Hairy Bikers, Si and Dave, toured the country in search of ordinary Mums and their families' favourite recipes, they had no idea they would unearth such a wealth of talent, tradition and nostalgia. So began their search for the dishes we love best. This beautiful cookbook brings together over 100 of the nation's favourite recipes from the second series of BBC2's MUMS KNOW BEST. It includes Si and Dave's personal family recipes as well as their favourite recipes that they discover through the mums they meet and the recipe fairs they hold. Episodes include Comforting Food, High Tea, School Dinners and Al Fresco. An irresistible collection of recipes that will inspire you to keep cooking with love for the people that matter to you most. '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. A sensational savoury celebration of our favourite bird with show-stopping puddings, desserts and cakes made with the humble egg! Full to the brim with new ideas, family favourites and modern classics, this is the ultimate collection of fantastic chicken and egg recipes . . . Si King and Dave Myers love chicken. They also love eggs. In this, their biggest and best cookbook yet, the Hairy Bikers celebrate these most humble yet versatile of ingredients. What comes first? It's up to you. There are chicken soups and salads, eggy specials, an ultimate roasts section, smoky grills and hearty pies, everyday pasta and rice suppers, sensational spiced dishes and lots of ideas for making a little chicken go a long way. And to finish, there are irresistible puddings and cakes to peck at! Travelling the world to discover the very best chicken and egg recipes, Si and Dave have done it again. Chicken and Egg is a magnificent celebration of good food. This TV tie-in cookbook to THE HAIRY BIKERS' ASIAN ADVENTURE BBC series, which aired in 2014, follows the boys' dream trip - a journey through Asia to discover the secrets of some of the world's most inspiring cuisines. The boys travelled to Hong Kong, Japan, Thailand and Korea, sampling and preparing every kind of food they could lay their hands on - from great home cooking to sensational street snacks. Along the way they've learned loads about their favourite food, as well as honing

their Asian cooking skills, and now they've brought home the very best recipes for us all to try. Si and Dave are truly passionate about these amazing recipes. These dishes are their favourites; they are speedy, easy to make and packed with flavour. What's more, many are nice and healthy too, so won't bust the diet! So, it's time to rock your wok and join the boys on their culinary Asian adventure... Make this year's Christmas dinner your greatest and most relaxed ever with Hairy Bikers Si King and Dave Myers. With their irrepressible enthusiasm for great food and all things festive, Si and Dave have put together the definitive Christmas cookbook. Combining fool-proof versions of the nation's favourite Christmas dishes with new and inventive festive recipes they love to cook for their friends and families, the Hairy Bikers will ensure you serve up cracking meals with ease throughout the holiday season. As well as covering what to cook on the big day itself, the Hairy Bikers also give you tasty dishes for Christmas Eve, delicious cocktails to tame your in-laws, ingenious recipes for all those leftovers and fancy snacks to nibble on in front of the telly. They even show you how to make your own Christmas crackers - and help keep the kids distracted. This is the perfect companion to your festive celebrations. "This book aims to help you find good meat, understand it better, cook it with greater confidence, and eat it with much pleasure." "It first of all covers the basics - everything you'll need to know about choosing the very best raw materials, understanding the different cuts and the cooking techniques associated with each of them. I've then given what I hope are foolproof recipes for 150 meat classics from both British and foreign food cultures - shepherd's pie, steak and kidney pie, roast pork with perfect crackling, glazed baked

ham, Irish stew, roast grouse with all the trimmings, toad in the hole, oxtail stew; plus definitive, authentic versions of pot au feu, cassoulet, choucroute, steak tartare, coq au vin, bolito misto, pasticcio, jerked pork, feijoida, cozido, curried goat, satay and chilli con carne." "I would like this book to be your first stop on the shelf whether you seek either inspired recipes or technical guidance on any aspect of meat cookery" - Hugh Fearnley-Whittingstall

The Hairy Bikers are on their bikes again, searching out the very best recipes from around the world. This time, they're discovering the most delicious food from our favourite Mediterranean countries. Including recipes from their prime time BBC Two cookery show, **THE HAIRY BIKERS' MEDITERRANEAN ADVENTURE** celebrates the culinary delights of France, Spain and Italy. With more of us understanding the health benefits of a Med diet, these hearty and healthy dishes are a taste of the very best holiday memories. Fresh, classic, easy and seasonal, enjoy our favourite Med recipes with the nation's favourite cooking duo! 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. **BAKE EVERY DAY THE BIKERS' WAY** For the Hairy Bikers, nothing says love and home like the smell of a cake in the oven, a homemade loaf or a freshly baked pie. Here, in this ultimate collection of bakes from the nation's favourite cooking duo, you will find everything from home-made beef slices to cheese, onion & potato pie, lime & coconut drizzle cake to billionaires' shortbread, the ultimate Victoria sponge to an epic cheese & chorizo share & tear bread. There are the classic bakes the Bikers have loved since childhood, plus mouth-watering new creations to discover, and as always each recipe is packed with flavour and triple-tested. Si and Dave know that baking is all about getting the basics right, so along with their favourite recipes, they will also be sharing plenty of tips and tricks to build your baking confidence and expertise. This really is a baking bible and the only one you need on your shelf. So what are you waiting for? Let's get baking the Hairy Bikers' way! Eat, cook and enjoy the best of our counties' traditional food with the Hairy Bikers Great Food Tour of Britain... With their irrepressible enthusiasm for great food, Si King and Dave Myers AKA the Hairy Bikers travel the length and breadth of Britain to discover our finest traditional foods. Touring the counties of Britain on their trusty triumphs, Si and Dave celebrate local recipes and chefs from the villages and towns they explore. Creating delicious meals from local produce they inspire with their bubbling enthusiasm. Find out where the best sausages are made, why Ludlow has become the foody Mecca of the Shires and discover the century-old recipe for gingerbread with a hint of rum and port. Si and Dave are self-confessed life-long foodies. They celebrate

each ingredient and create delicious dishes while providing some laughs along the way. **THE HAIRY BIKERS' FOOD TOUR OF BRITAIN** puts the passion back into cooking and inspires readers to eat the best of British. **THE IRRESISTIBLE NEW 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' BRILLIANT BAKES - IS OUT NOW!** The must-have cookbook from the UK's most popular food blog, Americanized for a US audience! For breakfast, lunch, dinner, and desserts, Kate

Allinson and Kay Featherstone's pinchofnom.com has helped millions of people cook delicious food and lose weight. With over 100 incredible recipes, the Pinch of Nom cookbook can help beginner and experienced home-cooks alike enjoy exciting, flavorful, and satisfying meals. From Chicken Fajita Pie and Vegetable Tagine to Cheesecake Stuffed Strawberries and Tiramisu, this food is so good you'll never guess the calorie count. Each recipe is labeled with icons to guide you toward the ones to eat tonight—whether you're looking for a vegetarian dish, hoping to create a takeout meal, want to feed a family of four or more, or have limited time to shop, prep, and cook. Pinch of Nom is the go-to home cookbook for mouthwatering meals that work for readers on diet plans like Weight Watchers, counting carbs and calories, or following any other goal-oriented eating program. **THE NO.1 SUNDAY TIMES BESTSELLER.** The bestselling, big-hearted and down-to-earth chefs, The Hairy Bikers, return with 80 of their very best Dieter recipes. Contains previously published recipes - brought together in a collection that's designed to help tackle type 2 diabetes for the first time. In this smaller-format black-and-white paperback, first of a new healthy eating series, the Hairy Bikers prove that you can still eat your favourite foods while staying healthy and losing weight. With their delicious, low-cal versions of traditional classics and family favourites, the Bikers take the deprivation out of restrictive diets and are here to help you shift the pounds. This book is full of information to digest and dieting hits to enjoy. The Bikers also share their own personal stories of their battles against type 2 diabetes, and hope to inspire readers as they start their own weight loss journey. Whether you've been struggling with type 2

diabetes for years or have recently been diagnosed, there's no better time to take action and make a change. 'The Hairy Bikers continue their mission to bring sunshine and variety to the notion of 'diet'. People need to eat food. People with type 2 diabetes also need to eat food. In this book Si and Dave apply their magic to square health needs with varied, enjoyable eating. If you are looking for new and interesting ways to eat, then this book is for you.' Professor Roy Taylor, bestselling author of Life Without Diabetes. 'Si & Dave's recipes are SO much more delicious than the average diet dishes, it's no wonder they lost nearly 6st between them!' WOMAN 'Delicious recipes that are for "real people, not skinny minnies" - including hearty family meals and baked treats' EASY FOOD 'Showcases the many mouthwatering, healthy recipes that have helped them drop the pounds' DAILY EXPRESS The Hairy Bikers have lost almost 6 stone between them and you can lose weight too... Si King and Dave Myers are self-confessed food lovers. Food isn't just fuel to them, it's their life. But, like many of us, they've found that the weight has crept on over the years. So they've made a big decision to act before it's too late and lose some pounds. In this groundbreaking diet book, Si and Dave have come up with tasty recipes that are low in calories and big on flavour. This is real food for real people, not skinny minnies. There are ideas for family meals, hearty lunches and dinners, even a few knock-out bakes and snacking options. The Hairy Bikers will always love their food - pies and curries won't be off the menu for long! - but using these recipes, and following their clever tips and heartfelt advice, you can bake your cake, eat it, and lose the pounds. This book includes: Breakfast & Brunch One-Pan Dishes Grills & Roasts Pies Stews Vegetables &

Salads Fakeaways Pasta & Rice Puddings & Cakes Lunch Boxes & Snacks Menus for your first week '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. '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. Number-one bestselling authors Si King and Dave Myers are back with an irresistible collection of recipes designed to help you live your best life. From delicious breakfasts to boost your immunity to healthy lunches that will improve your energy levels, dinners that are guaranteed to help you pack in five-a-day to the ultimate brain foods, these recipes have all been developed and selected to fulfil specific health needs. With chapters including ...

- Feed Your Immunity
- Eating For Energy
- 5 A Day
- Fibre Feasts
- Brain Foods
- Look After Your Heart
- Sleep Suppers

There are plenty of no-fuss, tasty recipes, like Spiced Sweet Potato Tea Bread, Shepherd's Pie with Cauliflower Mash, Pot-Roast Chicken with Barley, Mackerel Fishcakes and Blueberry Mini Loaf Cakes. Plus, full nutritional and calorie information for each dish. With each recipe packed with the Hairy Bikers' trademark big flavours, affordable and easy-to-find ingredients and creative ideas, Eat Well Every Day is full of delicious food that will help control your weight, improve your health and make you feel great. 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! The Sunday Times Bestseller A wonder of a recipe collection celebrating the simple joys of one pot cooking Life is complicated enough so why not let Si King and Dave Myers, AKA the Hairy Bikers, make it just that bit easier? Whether it's inspiration for supper after a hard day's work or a slow roast feast for a weekend gathering, One Pot Wonders has it all. From rich and warming tray bakes to light but satisfying salads, these triple-tested recipes deliver on flavour and cut out the fuss. This is Si and Dave's most wonderful collection yet, with chapters on breakfasts and brunches, soups and salads, satisfying stews, quick one pot carbs, tarts and tray bakes, stovetop suppers, pies and pot roasts, and puds and cakes - this collection is a belter! Enjoy savoury classics like Sausage and Bean tray bake and Showstopper Quiche, or the sweet delights of Rhubarb and Orange Crumble and Boozy Syllabub Trifle, there's so much here to tickle the taste buds and get your cooking mojo back into the kitchen. So dial back the effort and turn up the

flavour with the boys' One Pot Wonders! The long-awaited baking bible from the Hairy Bikers AKA Si King and Dave Myers. With their irrepressible enthusiasm for great food, Si King and Dave Myers, AKA the Hairy Bikers, travel the length and breadth of Europe to discover the best baking recipes from the Continent. From Norway to Southern Spain, the boys eat their way across ten countries, making friends and swapping recipes along the way. They discover the ultimate Black Forest Gateau in Germany, the most incredible pastries in Southern France and cook cakes that will tickle the tastebuds of all home bakers. This is a welcome return of the Hairy Bakers. These recipes will delight and will bring a freshness to all home baking. In this official tie-in to Mary's gorgeous new six-part BBC Two TV series, Mary reveals the secrets of her very favourite food. Featuring all the foolproof recipes from the show, Mary introduces you to her favourite dishes using produce from the farmers' market, the herb garden, the seaside, the countryside and more. This all-new collection of over 100 fuss-free, delicious dishes offers yet more inspirational ideas that anyone can try. From tempting Mini Beef Wellingtons, perfect for a party, to her foolproof Saturday Night Pasta, Mary's no-nonsense advice means cooking for friends and family has never been simpler. And of course, there are plenty of indulgent cakes and teatime treats for those with a sweet tooth. The book also contains Mary's favourite Christmas recipes, from the two Mary Berry's Absolute Christmas Favourites TV specials. These are dishes that Mary never tires of, that are not too difficult to make, that don't have too many ingredients, and that'll have all your family asking for second helpings! From tempting canapés and inspiring salads to

comforting suppers and indulgent cakes, it's never been easier to find a new absolute favourite. 'Fabulous' DAILY MAIL In this brand-new 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 the very best of the Bikers in this new collection of their favourite recipes and ever-popular modern British classics. There's something about the smell of meat cooking that signals a feast - it's savoury, comforting and tempting. A steak on the grill, a roast in the oven, a casserole bubbling: they make your mouth water. Si King and Dave Myers, aka the Hairy Bikers, have always been passionate about meat, and this bible is an unadulterated celebration of the fine produce we have available today. MEAT FEASTS includes all their favourite recipes and some new surprises. There are family classics, spicy treats, perfect pies and delicious zingy salads. Si and Dave love their veggies too, and MEAT FEASTS features some of the very best veg recipes to showcase a Sunday joint or make a little meat of a very long way. A meaty modern classic, MEAT FEASTS is your one-stop meat cookbook! The

Hairy Bikers are on their bikes again, searching out the very best recipes from around the world. This time, they're discovering the most delicious food from our favourite Mediterranean countries. Including recipes from their prime time BBC Two cookery show, **THE HAIRY BIKERS' MEDITERRANEAN ADVENTURE** celebrates the culinary delights of France, Spain and Italy. With more of us understanding the health benefits of a Med diet, these hearty and healthy dishes are a taste of the very best holiday memories. Fresh, classic, easy and seasonal, enjoy our favourite Med recipes with the nation's favourite cooking duo! ****FREE SAMPLER**** Following the bestselling Hog comes Prime. This fantastic book is an ode to all things beef from the ultimate authority in meat cookery. Beef is the star of many people's all-time favourite meals - from steak or a cheeseburger to roast beef with all the trimmings. In Prime, beef expert Richard H. Turner will impart his recipes for these timeless classics, as well as sharing new ways in which to enjoy this fantastic ingredient in all it's forms. Covering every cut, every style of preparation and with recipes from the world over - not to mention features on bovine breeds, butchering, buying your meat and more, Prime is everything you'd want in a beef cookbook. Some of the mouth-watering recipes include: - Burmese beef curry - New York veal parmigiana - Salt beef - Smoked brisket - Bone marrow dumplings - Chilean empanadas - Carbonnade flamande... plus many, many more! 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.

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