

Nadia And Kaye Disaster Chef Simple Recipes For Cooks Who Cant

It's almost time for the season finale of Space Battle Lunchtime, and finalist Peony (the only Earth contestant) is nowhere to be found! That's because she's been kidnapped and taken to the set of Space Battle Lunchtime's biggest rival, Cannibal Coliseum, where chefs compete to cook... each other. Up against some of the most dangerous aliens in the galaxy, will Peony even make it to the end of the show? Stay tuned! Treat your loved ones with Nadiya's collection of delicious and comforting family favourites 'A national treasure. Crowd-pleasing dishes that the whole family really will want to eat' Independent _____ Nadiya shares the food she loves to cook and eat with her family and friends, offering fast, easy and delicious new recipes for every kind of day. This cookbook shows you how to create the perfect dishes to complement the moments we value most with our loved ones, as well as simple and satisfying solutions for those tired nights and speedy showstoppers for impromptu feasts. Featuring delicious recipes such as . . . · BUTTER TURKEY CURRY with deliciously creamy sauce and white rice · SAMOSA PIE with an aromatic, hearty filling and crisp pastry shell · BRUSSEL SPROUT SLAW perfect for Christmas and all year round · CHICKEN AND RICE BAKE with fluffy grains and all wonderfully spiced · PEANUT HONEYCOMB BANANA CAKE with peanut butter icing and homemade honeycomb With over 100 easy and rewarding recipes, Nadiya's family favourites will soon become yours too. This is the cookbook you'll reach for time and time again for those memorable moments. You'll find quick meal solutions, food to lift the spirits, fuel for hungry bellies and feasts for friends. Let Nadiya's recipes fill your home with memories, just as they do hers. 'She baked her way into our hearts and hasn't stopped since' Prima *SHORTLISTED FOR A NATIONAL BOOK AWARD*

Beth is a lucky girl! She comes from a loving family. She has three best friends. She loves to surf and lives five minutes from the beach. She also recently discovered that the boy she's grown up with has the most amazing green eyes! Beth has every reason to smile. Every reason to be happy. Every reason to feel blessed. Then why is she sticking her fingers down her throat? Sixteen year old Beth Baxter's life merely resembles the one she's always known. Her father has left. She is falling for Jeremy Duscana and the diet she started has somehow turned into an obsession. Yet her three best friends remain the same, always there for her. But even their love can't save her from herself. Dancing With Ana. A story about the journey to acceptance of one's own reality, the incredible bond that exists between friends and a love that truly endures all things.

A foolproof cookbook for people who dread cooking. Find out how to cook 80+ quick and easy recipes with this hilarious new cookbook from TV presenters and "middle-aged YouTube sensations" Nadia Sawalha and Kaye Adams. Inspired by the duo's hit YouTube series, which was borne out of MasterChef-winner Nadia's frustration with her best friend Kaye's kitchen mishaps, Nadia & Kaye Disaster Chef is a recipe book for the culinary-challenged who want to be able to dish up delicious grub fast and with no hassle. Nadia shows Kaye how to cook family meals such as paella, chowder, and meatballs. Follow her simple steps for yourself and you can sit down on Sunday to a perfect roast dinner, or whip up a pavlova or Victoria sponge for friends and family. Each recipe comes with a cast-iron guarantee: "If Kaye can cook it, you can cook it". The warm and hilarious chemistry between these two best friends leaps from every page, with anecdotes, tricks and kitchen hacks dotted throughout. Nadia and Kaye want Disaster Chefs everywhere to know that help is on the way, and to reassure Kaye's children that they need no longer panic when they hear those three little words "Dinner is ready".

In Stuffed Vine Leaves Saved My Life, Nadia Sawalha offers an authentic taste of the family kitchen. Growing up in an Anglo-Arab home, she learned, from an early age, the importance of feeding your family fabulous food. The mantra was always 'Good food, cooked with love, feeds the soul as well as the body.' Every recipe in this book has already been enjoyed at the Sawalha kitchen table, having either been passed down through the generations or created by Nadia for her family and friends - from the Great Mussakhan, a delicious dish of roasted chicken, onion and spices, to her own must-try recipe for fabulous falafels. But there is always one key ingredient - every dish must have a story. These stories, woven around the recipes, are peppered with the voices of a long and eccentric cast of family members. Just by opening the pages and dipping in, you'll feel as if you've been invited to one of the noisiest, funniest and tastiest family meals around.

What if you CAN eat all of your favorite desserts . . . and still be healthy and fit into your skinny jeans? Meet Katie: a girl who eats chocolate every day and sometimes even has cake for breakfast! When Katie's sugar habit went too far in college and left her lacking energy, she knew something needed to change. So she began developing her own naturally sweet recipes and posting them online. Soon, Katie's healthy dessert blog had become an Internet sensation, with over six million monthly visitors. Now, in her first cookbook, Katie shares over 80 never-before-seen recipes, such as Chocolate Obsession Cake, Peanut Butter Pudding Pops, and Ultimate Unbaked Brownies, that use only real ingredients, without any unnecessary fats, sugars, or empty calories. These desserts prove once and for all that health and happiness can go hand-in-hand-you can have your dessert and eat it, too!

'Persuasive and timely reading' SUNDAY TELEGRAPH 'They share the challenges and rewards they've faced along the way with humour and honesty' OK! WHAT A YEAR IT'S BEEN! HAS HOMESCHOOLING DRIVEN YOU (AND YOUR KIDS) CRAZY?? WE KNOW HOW IT IS, WE'VE BEEN THERE, WE ARE THERE STILL. AND WE ARE HERE TO HELP! A personal and practical guide to homeschooling by Loose Women's Nadia Sawalha and her husband Mark Adderley. TV presenter Nadia and her husband Mark took their two children out of mainstream school five years ago. Since then they have homeschooled them. At a time when so many of us are being forced to rethink our roles as parents and teachers, Mark and Nadia bring their experiences - the good and the bad - and offer a candid and practical guide to teaching at home. Statistics show that the number of homeschooled children in the UK has increased by 40% over the last three years, and the rate is steadily increasing. With humour and frankness Nadia and Mark share the challenges and rewards of their home school experiences, and ask what 'success' really means when it comes to our children's education. Bringing their energy, enthusiasm and openness to what is becoming an ever more relevant aspect of our lives, Honey, I Home Schooled the Kids will share obstacles, insights and resources that all parents can learn from, whether they're looking for help supporting their child at school or if they have decided to take the plunge and home school. This book is an honest and no holds barred guide for anyone interested in embarking on the homeschooling journey.

Features two hundred recipes for Italian home cooking for soups, salads, pizza, pasta, main courses, polenta and risotto, desserts, and more, with step-by-step instructions with photos for cooking techniques and ingredient profiles.

The eighteenth Phryne Fisher murder mystery Travelling at high speed in her beloved Hispano-Suiza accompanied by her maid and trusted companion Dot, her two adoptive daughters Jane and Ruth and their dog Molly, Phryne Fisher is off to Queenscliff. She'd promised everyone a nice holiday by the sea with absolutely no murders, but when they arrive at their rented accommodation that doesn't seem likely at all. An empty house, a gang of teenage louts, a fisherboy saved, and the mystery of a missing butler and his wife seem to lead inexorably towards a hunt for buried treasure by the sea. But what information might the curious Surrealists be able to contribute? Phryne knows to what depths people will sink for greed but with a glass of champagne in one hand and a pearl-handled Beretta in the other, no-one is getting past her. 'I've wanted to make a series in Spain for a long time. I love Spanish food, I've been going there since I was a young boy - but until quite recently I don't think people really took the food seriously. Thanks to a handful of really dedicated Spanish chefs and a growing enthusiasm for its rugged flavours, that has all begun to change. To me the underlying point of

journeying to Spain would be to discover the 'duende' in the cooking. By that I mean a sense of soul, of authenticity. The word is normally used in flamenco but I think it could be equally applied to the art of Spanish cooking because to my mind, in really good food, there is a communication between the cook and diner that amounts to art.' Rick Stein In his beautifully designed and illustrated cookbook to accompany a major BBC2, 4-part series, Rick has selected over 140 recipes that capture the authentic taste of Spain today. Spain is a country that tantalises every sense with its colourful sights, evocative music, vibrant traditions and bold cookery. Spanish cooking has a rich history, with flavours reflecting a broad range of cultural influences. Rick samples his way through the specialties and hidden treats of each region, taking in the changing landscape from the mountainous northern regions through the Spanish plains to Mediterranean beaches. With over 100 Spanish recipes and location photographs, this is an essential cookbook for food-lovers as well as a stunning culinary guide to a diverse country.

#1 Amazon Best Seller — Welcome to the farm! The Cut Flower Garden: Erin Benzakein is a florist-farmer, leader in the locaflo farm-to-centerpiece movement, and owner of internationally renowned Floret Flower Farm in Washington's lush Skagit Valley. A stunning flower book: This beautiful guide to growing, harvesting, and arranging gorgeous blooms year-round provides readers with vital tools to nurture a stunning flower garden and use their blossoms to create show-stopping arrangements. Floret Farm's Cut Flower Garden: Cut Flower Garden is equal parts instruction and inspiration—a book overflowing with lush photography of magnificent flowers and breathtaking arrangements organized by season. Find inspiration in this lush flower book: Irresistible photos of Erin's flower farm that showcase exquisite blooms Tips for growing in a variety of spaces and climates Step-by-step instructions for lavish garlands, airy centerpieces, and romantic floral décor for every season If you liked Paris in Bloom, you'll love Floret Farm's Cut Flower Garden.

Mary Berry makes cooking for gatherings of family and friends easier with over 160 recipes that work well for both small and large numbers of guests. Discover how she cooks for her family and friends during the Christmas party season, and for other occasions and celebrations throughout the year. Her timeless guidance and expert tips will help you cater smoothly and successfully on a small scale for dinners and lunches around a table, or on a larger scale for drinks parties, buffets and teatime. Adapting quantities is made easy. Recipes provide two sets of ingredients for serving either 6 or 12 guests, plus there is advice on how to scale up recipes for any number. Discover tips for preparing in advance and simple shortcuts and cook up a feast the stress-free way.

Popular BBC TV presenter Chris Bavin is a resourceful home cook who uses his freezer efficiently, makes the most of leftovers and prides himself on producing healthy food fast for his young family. In this, his first solo cookbook, he shares over 100 simple recipes and his approach to no-fuss home cooking so you too can save time. Pick up advice on savvy shopping, and learn how to use the freezer well, stock up the store-cupboard, and batch cook favourite family recipes. Be inspired by Chris's ideas for freezing flavours - try herb-and-oil ice cubes or frozen flavoured butters. And follow his nifty solutions to transform today's dinner into tomorrow's lunch, or use up half a forgotten courgette or fruit on the turn, so nothing is wasted. As an award-winning former grocer, Chris knows his ingredients: his flavour swap suggestions breathe new life into old favourites, and simple but imaginative ideas to "pimp up" meals spin easy weeknight dinners into weekend winners. Inspiring, yet down to earth, easy to navigate, and refreshingly practical, Good Food, Sorted is the kitchen companion for time-pressed cooks who want to put wholesome food on the table fast.

Cook like a MasterChef pro in your own kitchen with a selection of stunning recipes from the hit BBC series written by former contestants. Do you need to impress your guests at the drop of a hat? MasterChef Quick Wins will help guide you, whether you have a last minute dinner party, or just need to rustle up some food quickly. Each recipes comes complete with stunning pictures of the finished dish, with step-by-step photographs to take you through any tricky technique and presentation know-how. With delicious dishes that all take less than 45 minutes, such as fresh pea soup with white truffle oil and Parmesan crisps, or lamb fillet with fondant potatoes, this clever little cookbook will help you win in the kitchen and make entertaining easy. Series also includes: Prepare Ahead (9780241333365), Amazing Mains (9780241333389), and Sensational Puddings (9780241333372).

Inspired by the true story of the youngest boy who served in World War II, Steve Watkins weaves a story of courage in the face of danger and hope in the face of defeat.

We've all been there: you start a diet with the best of intentions, but, after a busy day at work or a nightmare journey home, the thought of spending an age chopping vegetables for a salad or gloomily sipping a flavourless soup is just too much. Before you know it, you're reaching for the frozen pizza or dialling the number of your favourite takeaway. That's where Nadia comes in. In Greedy Girl's Diet, she proved that healthy food doesn't have to be dull and that you can still have treats without overindulging. Now she's back, with a host of family-friendly, healthy and nutritious recipes (including her famous desserts!) that can be prepared and on the table in no time. Greedy Girl's Diet: Second Helpings is full of delicious, diet-friendly dishes, with one chapter specialising in ten-minute meals, another for half-hour dinners - perfect for a weeknight - and a whole host of lunchbox suggestions. There's a section on guilt-free 'junk' food, a guide to making takeaway-style dishes without the calories, and even an emergency three-day detox for when you just have to fit into that dress.

Collecting the first four issues of Natalie Riess's delectable series, SPACE BATTLE LUNCHTIME! Earth baker Peony gets the deal of a lifetime when she agrees to be a contestant on the Universe's hottest reality TV show, Space Battle Lunchtime! But that was before she knew that it shoots on location... on a spaceship... and her alien competitors don't play nice! Does Peony really have what it takes to be the best cook in the Galaxy? Tune in and find out!

#1 NEW YORK TIMES BESTSELLER • Giada De Laurentiis shares how her unique approach to wellness completely transformed her relationship with food—featuring 100 recipes to boost gut health and immunity and nourish your mind, body, and spirit. This book is the culmination of a ten-year journey. . . . I've made a conscious effort to take control of my

health because it had finally become impossible to ignore the fact that the choices (or lack thereof) I'd been making for the past twenty years just weren't working for me anymore. In Giada's most personal book yet, she gives you an inside look at her path to wellness and how she maintains a balanced life. Giada walks you through how to select food that can actually make you feel better and curate a personalized wellness routine to support a healthy mind and body. She shows you her own process of reconfiguring her diet to control inflammation—and how you can use the same steps to turn your life around. Giada also includes information on how to use complementary wellness tactics like intermittent fasting, meditation, and other self-care routines to optimize your well-being. Giada devotes an entire chapter to her 3-day reboot—which she follows several times a year—and offers more than two dozen dairy-free, sugar-free, and gluten-free recipes to accompany the plan, as well as a 21-day menu outline that makes good, healthy cooking easy to implement at home. Even though it's so much more than a cookbook, *Eat Better, Feel Better* also offers 100 new recipes, from Italian-influenced ones like Fusilli with Chicken and Broccoli Rabe and Pan-Roasted Pork Chops with Cherry and Red Wine Sauce to her everyday healthy favorites including Quinoa Pancakes; Sheet Pan Parmesan Shrimp and Veggies; Roasted Cauliflower and Baby Kale Salad; and Chocolate and Orange Brown Rice Treats. *Eat Better, Feel Better* is the perfect jumpstart to wellness.

Nadia and Kaye Disaster Chef Simple Recipes for Cooks Who Can't Dorling Kindersley Ltd

'What is remarkable about Alan Ayckbourn's comedy is that it contrives to be simultaneously hilarious and harrowing. Literally, it is agonisingly funny' Daily Telegraph In Three Plays Ayckbourn's perfectly pitched dialogue slices into the soul of suburbia. The settings are simple - a kitchen, a bedroom, a party - but the relationships between the husbands and wives are more complicated. Fraught relationships are exposed with humour, bathos and a sharp understanding of human nature.

Find out how Mary Berry cooks her recipes to perfection Mary Berry Cooks the Perfect features over 100 exciting new recipes. What makes the book particularly special are the Keys to Perfection. For each recipe Mary identifies the crucial part to get right to guarantee best results, and then demonstrates it with step-by-step instructions. She reveals the secret to crisp pork crackling or melt-in-the-mouth salmon, how to bake a feather-light cake, or the key to a super-crunchy crumble topping. Imagine Mary is in your kitchen with you, saying "watch out for this bit" or "keep an eye on that", while also sharing many of the techniques that she honed over the years. There is a variety of recipes for the whole family to enjoy, quick suppers to rustle up after work, and impressive dishes for when you entertain. Some are tried and tested favourites with a new twist, others use a selection of new ingredients or flavour combinations. Mary knows the details in a recipe that make all the difference. Discover them in *Mary Berry Cooks the Perfect*.

For readers of Paula McLain, Nancy Horan, and Melanie Benjamin, this captivating novel is inspired by a little-known interlude in the artist's life. "A tasty blend of romance, mystery, and French cooking."--Margaret Atwood, via Twitter The French Riviera, spring 1936: It's off-season in the lovely seaside village of Juan-les-Pins, where seventeen-year-old Ondine cooks with her mother in the kitchen of their family-owned Café Paradis. A mysterious new patron who's slipped out of Paris and is traveling under a different name has made an unusual request--to have his lunch served to him at the nearby villa he's secretly rented, where he wishes to remain incognito. Pablo Picasso is at a momentous crossroads in his personal and professional life--and for him, art and women are always entwined. The spirited Ondine, chafing under her family's authority and nursing a broken heart, is just beginning to discover her own talents and appetites. Her encounter with Picasso will continue to affect her life for many decades onward, as the great artist and the talented young chef each pursue their own passions and destiny. New York, present day: Céline, a Hollywood makeup artist who's come home for the holidays, learns from her mother, Julie, that Grandmother Ondine once cooked for Picasso. Prompted by her mother's enigmatic stories and the hint of more family secrets yet to be uncovered, Céline carries out Julie's wishes and embarks on a voyage to the very town where Ondine and Picasso first met. In the lush, heady atmosphere of the Côte d'Azur, and with the help of several eccentric fellow guests attending a rigorous cooking class at her hotel, Céline discovers truths about art, culture, cuisine, and love that enable her to embrace her own future. Featuring an array of both fictional characters and the French Riviera's most famous historical residents, set against the breathtaking scenery of the South of France, *Cooking for Picasso* is a touching, delectable, and wise story, illuminating the powers of trust, money, art, and creativity in the choices that men and women make as they seek a path toward love, success, and joie de vivre. Praise for *Cooking for Picasso* "Intrigue, art, food, and deception are woven together in a tale of love and betrayal around the life and legacy of Picasso. Touching and true, this well-written narrative made me long for my mother's coq au vin and for the sun of Juan-les-Pins."--Jacques Pépin, chef, TV personality, author

Nadia's Little Black Dress Diet, covering 100 recipes from Breakfast through to Dinner - not forgetting those scrumptious puddings - shows you how to make healthy yet succulent dishes to help you slip into your little black number. From quick and tasty recipes for thinner dinners and sinless snacks, Nadia gives her top tips on how to lose the weight - tricks to 'beat the bloat' and survival tips for the party season. And once you're there, Nadia reveals how to look your finest on the day, from which shoes to wear to the correct posture to adopt, everything you need to complement the new you. This is an essential book for anyone wishing to look and feel fabulous in their LBD.

'The cookbook we all need this year' WOMAN & HOME 'Showstoppers and classic baking for every occasion' SUNDAY TIMES 'Delicious' Times 'Let Nadiya fill your kitchen with pure joy' Woman & Home _____ Our beloved Bake-Off winner has created your ultimate baking cookbook to help you conquer cakes, biscuits, traybakes, tarts and pies, showstopping desserts, breads, savoury bakes, and even 'no-bake' bakes - all with her signature mouth-watering twists. Some of Nadiya's deliciously easy recipes you can achieve at home include: · Blueberry and Lavender Scone Pizza · Mango and Coconut Cake · Sharing Chocolate Fondant · 'Money Can't Buy You Happiness' Brownies · Potato Rosti Quiche · Pepperoni Pull Apart Bread . . . and much, much more From classic baking staples to dazzling show-stoppers,

you'll discover new favourite recipes for every day and every celebration - it's time to shake up your bakes! _____

* Pre order Nadiya's new cookbook, Nadiya's Fast Flavours now, for exciting meals guaranteed to get your taste buds going every night of the week *

Nadia Sawalha has always loved cooking, but until recently rarely ate her own food. Like a lot of women, whilst her family tucked in to delicious dishes, she nibbled on diet food. Later, ravenously hungry, she binged, somehow convincing herself that the calories didn't count if nobody saw her eating them. Two years ago, after decades of fluctuating weight, she decided enough was enough: * She wasn't going to start a new diet tomorrow. * She wasn't going to start a new diet ever again. * She was going to eat normal meals with her family and, most importantly, she was going to do so for the rest of her life. Since then, Nadia has lost and kept off 31/2 stone, by simply throwing away the diet books. Instead she shaved off the hidden calories, all without anyone noticing. A little less oil here, a different cut of meat there; brown rice instead of white, more herbs, spices and colour; and a dessert every day! The result is *The Greedy Girl's Diet*, which is packed with more than 100 delicious recipes, and Nadia's invaluable tips and advice on how to achieve a slim, fit and healthy body.

'Incredibly moving, it's beautifully written and page-turning' Susan Lewis

NEW YORK TIMES BESTSELLER • Giada De Laurentiis lavishly explores her food roots and the lifestyle traditions that define la bella vita, with the contemporary California twist that has made her America's most beloved Italian chef. For Giada, a good meal is more than just delicious food—it's taking pleasure in cooking for those you love, and slowing down to embrace every moment spent at the table. In Giada's Italy, she returns to her native Rome to reconnect with the flavors that have inspired the way she cooks and shares what it means to live la dolce vita. Here she shares recipes for authentic Italian dishes as her family has prepared them for years, updated with her signature flavors. Her Bruschetta with Burrata and Kale Salsa Verde is a perfect light dinner or lunch, and Grilled Swordfish with Candied Lemon Salad can be prepared in minutes for a quick weeknight meal. Sartu di Riso is a showstopping entrée best made with help from the family, and because no meal is complete without something sweet, Giada's Italian-inflected desserts like Pound Cake with Limoncello Zabaglione and Chianti Affogato will keep everyone at the table just a little bit longer. Filled with stunning photography taken in and around Rome, intimate family shots and stories, and more recipes than ever before, *Giada's Italy* will make you fall in love with Italian cooking all over again.

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Protect your children from cybercrime, sexting, cyberbullying, phishing, cyberstalking, grooming, nude selfies, and other internet dangers. You can't shield your kids from the risks if you don't know what they are. Kids spend hours online, exploring the best the internet has to offer - but what of the risks? Who are they talking to on social media? How do you educate them about their digital footprint and protect them from trolls, bullies, frenemies, and stalkers? They may be tech-savvy, but they are not worldly-wise, so can you set ground rules? If they see you as a digital dinosaur, how do you encourage them to come to you if they are in trouble, and what action should you take to prevent, minimize, or resolve the damage? Includes real-life scenarios and practical advice in non-techspeak, *Parent Alert!* is your go-to guide for one of the greatest dangers facing children today. Celebrity best friends and concerned mums Nadia Sawalha and Kaye Adams ask the questions and international security expert Will Geddes provides the no-nonsense answers. Learn best-practice cybersecurity on social media accounts; what signals might indicate that your child is falling prey to online grooming, bullying, or extortion; and how you can protect your kids from danger without being critical of them or setting unrealistic restrictions.

Renowned chef Matt Moran shares his favourite dinner-party menus for any occasion. Start with oysters two ways, a classic mushroom consomme or a stunning beetroot-cured ocean trout, then work your way through to mains that will satisfy any appetite: sweetly spiced roast duck breast, an impressive Beef Wellington or an elegantly light lobster salad. Top it all off with one of Matt's show-stopping desserts, like his luscious chocolate and Earl Grey tea tart, a sublimely delicate pistachio souffle or a contemporary version of that old favourite, strawberry shortcake. Learn the secrets of cooking at home with restaurant flair from one of the best in the business, and make your next dinner party the talk of the town with *Dinner at Matt's*.

A fun and foolproof cookbook for people who think they can't cook. Find out how to cook 80+ quick and easy recipes with this hilarious new cookbook from TV presenters and "middle-aged YouTube sensations" Nadia Sawalha and Kaye Adams. Is your rice overcooked? Are your family rude about your cooking? Do you think people who bake cakes come from a different species? Inspired by the duo's hit YouTube series, which was borne out of MasterChef-winner Nadia's frustration with her best friend Kaye's kitchen mishaps, *Nadia & Kaye Disaster Chef* is a recipe book for the culinary-challenged who want to be able to dish up delicious grub fast and with no hassle. Nadia shows Kaye how to cook family meals such as paella, chowder, and meatballs. Follow her simple steps for yourself and you can sit down on Sunday to a perfect roast dinner, or whip up a pavlova or Victoria sponge for friends and family. Each recipe comes with a cast-iron guarantee: "If Kaye can cook it, you can cook it". The warm and hilarious chemistry between these two best friends leaps from every page, with anecdotes, tricks and kitchen hacks dotted throughout. Nadia and Kaye want Disaster Chefs everywhere to know that help is on the way, and to reassure Kaye's children that they need no longer panic when they hear those three little words "Dinner is ready".

Collects gelato and sorbetto recipes from the award-winning chain while sharing advice on how to create personalized flavor combinations, including Chocolate Guinness, Hazelnut Biscotti, and Grapefruit Campari.

The author of the bestselling *French Women Don't Get Fat* shares the secrets and strategies of aging with attitude, joy, and no surgery. With her signature blend of wit, no-nonsense advice, and storytelling flair, Mireille Guiliano returns with a delightful, encouraging take on beauty and aging for our times. For anyone who has ever spent the equivalent of a mortgage payment on anti-aging lotions or procedures, dressed inappropriate for their age, gained a little too much in the middle, or accidentally forgot how to flirt, here is a proactive way to stay looking and feeling great, without resorting to "the knife"-a French woman's most guarded beauty secrets revealed for the benefit of us all!

A gripping novel about history's most infamous family—The Borgias—and an innocent girl pulled into their treacherous rise to power, from the USA Today bestselling author of *The Alice Network*. Rome, 1492. The Holy City is drenched with blood and teeming with secrets. A pope lies dying and the throne of God is left vacant, a prize awarded only to the most virtuous—or the most ruthless. The Borgia family begins its legendary rise, chronicled by an innocent girl who finds herself

drawn into their dangerous web... Vivacious Giulia Farnese has floor-length golden hair and the world at her feet: beauty, wealth, and a handsome young husband. But she is stunned to discover that her glittering marriage is a sham, and she is to be given as a concubine to the ruthless, charismatic Cardinal Borgia: Spaniard, sensualist, candidate for Pope—who is passionately in love with her. Two trusted companions will follow her into the Pope's shadowy harem: Leonello, a cynical bodyguard bent on bloody revenge against a mysterious killer, and Carmelina, a fiery cook with a past full of secrets. But as corruption thickens in the Vatican and the enemies begin to circle, Giulia and her friends will need all their wits to survive in the world of the Borgias.

Dinner ideas with a difference: take your cooking to the next level with MasterChef winners' takes on 100 classic recipes. Gazpacho granita, chilli con carne samosas, piña colada syllabub: this is cooking, but not quite as you know it.

MasterChef The Classics with a Twist brings together a decade's worth of winners in one cookbook, as they get creative in the kitchen with imaginative takes on time-honoured dishes. This brand-new recipe collection features all the amateur MasterChef winners from the last ten years, including Ping Coombes and 2017 winner Saliha Mahmood Ahmed, along with Celebrity MasterChef winner Angellica Bell. Try inventive offerings such as Tim Anderson's chai crème brûlée and Shelina Permalloo's Mauritian vegan burgers. Enjoy insightful interviews with the winners that reveal how the series inspired them to cook with imagination, along with forewords by John Torode and Gregg Wallace that will encourage you to follow in the winners' footsteps. The secret to being a MasterChef winner is knowing how to take an ordinary dish and making it extraordinary. The ambitious yet achievable recipes in this collection will show you how to do the same.

Ancient healer, modern medicine... Considered to be one of nature's most powerful anti-inflammatory ingredients, turmeric is a powerful medicine that has long been used in the Chinese and Indian systems of medicine as an anti-inflammatory agent to treat a wide variety of conditions, including digestion problems, jaundice, menstrual difficulties, toothache, bruises, chest pain and colic. Turmeric has been harvested for over 5,000 years in its native Indonesia and is a key ingredient in many dishes and medicinal remedies throughout the region. It is now rising quickly in popularity everywhere in the world as wellness seekers of all ages discover the health properties of this incredible food. Scientific studies now show that turmeric contains anti-cancer properties, may be helpful with inflammatory bowel disease, Crohn's, rheumatoid arthritis, help with improved liver function, heart health, may help to lower cholesterol and be protective against Alzheimer's disease. Turmeric becomes more active either when cooked or combined with other specific ingredients such as ginger and black pepper. Whether in root or powder form, turmeric can be used in juices, smoothies, infusions, soups, curries, pulses, stews, for roasting vegetables, adding to hummus, yoghurt and marinades for fish, meat or tofu. All the health benefits, how to use turmeric and 50 delicious recipes are included in this stunning cookbook.

Author Michael van Straten shows the optimal ways to lose excess weight no matter how little time readers have. Choose from 10-day, 3-day, or 24-hour plans, depending on the deadline (read: level of desperation). Gentle nudging throughout will help shed bad habits as readers get more svelte. Also included is the Black Tie Diet for him.

Cook like a MasterChef pro in your own kitchen with a selection of stunning recipes from the hit BBC series, written by former contestants. MasterChef Sensational Puddings ensures that you finish your dinner party on a show-stopping high. Each recipe comes complete with stunning pictures of the finished dish, with step-by-step photographs to guide you through any tricky technique and presentation know-how. With delicious dishes such as gooey chocolate cake with spiced plum coulis, or citrus meringue tart with cinnamon cream, this clever little cookbook will help you win in the kitchen and make entertaining easy. The MasterChef Cook to Impress series also includes: Quick Wins (9780241333358), Amazing Mains (9780241333389), and Prepare Ahead (9780241333365).

Every menopause has its own story. It's time we told them . . . The menopause. What even is it? One big theme unites Still Hot!'s 42 stories – that, somehow, the world doesn't ready us for this. The menopause – let alone the perimenopause – simply isn't talked about; instead, it's reduced to a comic hot flush. More and more of us are proudly stepping free of the menopausal closet, but the Big M is still a conversation whispered below the radar. No one tells you it will be like this. No one prepares you for it. That silence is lifting, slowly. So let's be bold, let's overshare. Let's find solidarity among Still Hot!'s myriad voices – wise, rebellious, measured, fierce, upfront – telling how the menopause is not just one story, but many. Telling, in fact, that this is not the menopause, it is YOUR menopause. FEATURING Sahira Ahmad Belcher • Yasmin Alibhai-Brown • Shalini Bhalla-Lucas • Sharon Blackie • Erica Clarkson • Marie Louise Cochrane • Bunny Cook • Tracey Cox • Jody Day • Paulette Edwards • Felicity Everett • Helen FitzGerald • India Gary-Martin • Tania Glyde • Julie Graham • Angie Greaves • Shahzadi Harper • Michelle Heaton • Yvonne John • Lorraine Kelly • Jane Lewis • Pinky Lilani • Andrea Macfarlane • Danusia Malina-Derben • Nimmy March • Alison Martin-Campbell • Pippa Marriott • Val McDermid • Sharmila Mehta • Louise Minchin • Louise Newson • Susie Orbach • Penny Pepper • Miranda Sawyer • Carol Smillie • Anthea Turner • Melissa Wall • Kirsty Wark • Sayeeda Warsi • Denise Welch • Trinny Woodall • Xinran Xue “There's a menopause club. Once you've been through it, you go, That's it, I can do anything now.” KIRSTY WARK “Once we stop bleeding, once we stop having children, once we go through the menopause, it's not over. In fact, it can be a very empowering time.” JULIE GRAHAM “We mustn't be scared of the menopause . . . I always say, Don't suffer in silence. Get help. There is help out there. There is understanding.” LORRAINE KELLY “Many women, when they go through menopause, happen to be going through things in their life anyway. You wonder, does one galvanise the other?” TRINNY WOODALL “There is no one-size-fits-all for menopause.” DENISE WELCH “It's not THE menopause. It's YOUR menopause.” KAYE ADAMS

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