

The Hairy Bikers Big Book Of Baking

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The Hairy Dieters Go Veggie Orion

A sensational savoury celebration of our favourite bird with show-stopping puds, 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.

The Hairy Dieters: Fast Food Weidenfeld & Nicolson

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.

The Hairy Bikers' Mediterranean Adventure (TV tie-in)

Weidenfeld & Nicolson

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The Hairy Bikers' Perfect Pies Weidenfeld & Nicolson

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.

The Hairy Bikers' Cookbook HarperCollins

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!

Mums Still Know Best Weidenfeld & Nicolson

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.

The Hairy Bikers' 12 Days of Christmas Weidenfeld & Nicolson

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

The Hairy Bikers' Meat Feasts HarperCollins Children's Books

'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.

The Hairy Bikers' Veggie Feasts Orion

Dave and Si are back carving up the roads of the world on their motorbikes in search of adventurous food and foodie adventures. Their first book was a top-five bestseller and book two delivers more of the same: more laid-back, interesting food, more travel tales and fascinating stories, more humour and lots more fun. Their infectious enthusiasm and natural charm makes them a joy to watch and their delicious, relaxed food is a pleasure to cook and eat. The Hairy Bikers are hungry for more . . . 'The Hairy Bikers' Cookbook is not so much a breath of fresh air as who left the bleeding door open . . .?' Guardian *Mums Know Best* Weidenfeld & Nicolson The present volume is the fifth in the series of yearbooks with the title Globalistics and Globalization Studies. The subtitle of the present volume is Global Transformations and Global Future. We become more and more accustomed to think globally and to see global processes. And our future can all means be global. However, is this statement justified? Indeed, in recent years, many have begun to claim that globalization has stalled, that we are rather dealing with the process of anti-globalization. Will not we find ourselves at some point again in an edifice spanning across the globe, but divided into national apartments, separated by walls of high tariffs and mutual suspicion? Of course, some setbacks are always possible, because the process of globalization cannot develop smoothly. It is a process which is itself emerging from contradictions and is shaped by a new contradiction. They often go much further than underlying systemic changes allow. They break forward, as the vanguard of a victorious army, and then often meet resistance of various social and political forces and may suddenly start to roll back just at the moment when everyone expects their further offensive. We believe that this is what is happening with globalization at present. The yearbook will be interesting to a wide range of researchers, teachers, students and all those who are concerned about global issues.

The Hairy Bikers' Chicken & Egg Hachette UK

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 Hairy Bikers Eat to Beat Type 2

Diabetes The Hairy Bikers' Big Book of Baking

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.

The Hairy Dieters Seven Dials

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 Hairy Dieters Eat for Life Simon and Schuster

Discover the incredible health benefits of going vegan with *Vegan Cookbook for Beginners*. Eating a vegan diet that is free of animal products requires creativity. For those who are exploring veganism for the first time, *Vegan Cookbook for Beginners* will inspire you to create filling and flavorful plant-based meals to please even the most skeptical carnivore. With more than 150 versatile vegan recipes, *Vegan Cookbook for Beginners* will let you experience the benefits of improved health and increased energy through eating vegan with recipes that are hearty, comforting, and nutritious. Going vegan is a smart choice for your body and the planet, and *Vegan Cookbook for Beginners* will take the guesswork out of cooking everyday vegan meals. *Vegan Cookbook for Beginners* will help you enjoy the benefits of veganism today with:

- More than 150 easy and delicious vegan recipes straight from *Vegan Cookbook*
- 2-week *Vegan Cookbook* meal plan
- Introduction to the core principles of veganism
- Overview of the health benefits of going vegan
- Advice on equipping your kitchen and stocking your pantry from the editors of *Vegan Cookbook*

With help from *Vegan Cookbook for Beginners*, the transition to a vegan lifestyle will be easy and enjoyable.

The Hairy Bikers' British Classics Orion

THE US EDITION OF THE INTERNATIONAL BESTSELLER A momentous medical breakthrough—a scientifically proven program for managing and reversing Type 2 Diabetes at any stage of health. The fastest growing disease in the world, Type 2 diabetes has long been regarded as an incurable, lifelong condition that becomes progressively worse over time, resulting in pain, loss of vision, amputation, and even premature death. But there is hope. For more than four decades, Dr. Roy Taylor has been studying the causes of diabetes. In 2017, he had a breakthrough: he found scientific proof that Type 2 diabetes is not only reversible, but that anyone following a simple regimen can prevent and cure it. Dr. Taylor's research shows that Type 2 diabetes is caused by too much fat in the liver and pancreas, which interferes with both organs' normal functioning. By losing less than 1 gram of fat, the liver and organ can begin to perform as they were designed to once again—thus beginning the reversal process. The most efficient way to shed fat from the liver and pancreas is to lose weight as quickly as possible. Life Without Diabetes makes it easy for people to cut back on their daily calorie intake and avoid the two big problems of dieting—hunger and choice—and lose up to 35 pounds in just eight weeks. Thanks to Dr. Taylor, we can now fundamentally change how we treat and prevent this debilitating and all-too-common disease forever.

The Great Curries of India Weidenfeld &

Nicolson

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.

Globalistics and globalization studies Seven Dials 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 Ride Again Hachette UK

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 Hairy Bikers' Perfect Pies George

Weidenfeld & Nicholson

The Hairy Bikers' Big Book of Baking George

Weidenfeld & Nicholson

The Hairy Bikers Blood, Sweat and Tyres

Weidenfeld & Nicholson

'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 puds 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.