

The Hairy Bikers Chicken Egg

Dexter Scott King was just seven years old when an assassin took his father Martin Luther King's life. In this memoir he reveals his shattered childhood in the shadow of the 'King legacy', as well as memories of his father and insights into race in the US.

Welcome to the world of Doga, where your best friend can help you get more from your yoga sessions. Involving your dog in yoga sessions can help you develop your yoga practice, as well as being an entertaining and fun way to bond with your pet. Doga provides a mindful connection with your dog as you mimic your pet's breathing patterns and have to stay controlled throughout the pose to ensure your pet's comfort. As an activity it de-stresses your dog and creates a wonderful sharing and nurturing experience. Classic yoga postures such as the Warrior Lunge and the Downward-Facing Dog are adapted so that your pet can participate. Full-color photographs alongside practical step-by-step guides show clearly how to do each of the poses in this fun and unique take on yoga. Mahny Djahangiri is a certified yoga teacher. Since 1999 she's been teaching and leading international Ashtanga Vinyasa and kids' yoga workshops in London and Switzerland. Over the last three years Mahny has developed and taught Doga to enthusiastic classes in the UK and to her clients, who include TV celebrities and famous musicians.

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.

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!

'We all have good days and bad days and we all compare ourselves to others. But being confident isn't about looking like someone else - it's about feeling like the best version of you.' Vogue Looking and feeling her best - whether this means toning up at the gym, wearing an outfit she loves, or relaxing with friends - gives model, DJ and presenter Vogue Williams the confidence to work and shine in a busy, fast-paced world. Here, with her trademark down-to-earth style, Vogue shares the secrets which have her looking healthy, fit and comfortable in her own skin. From her daily workout routines and favourite playlists, to recipes for tasty meals, tips on skincare, her go-to make-up looks, dressing for different occasions and even how to pack for festivals, city breaks and sun holidays, Everything has all you need to know about recognising your own beauty and making it work for you.

For more than thirty years the Monks of New Skete have been among America's most trusted authorities on dog training, canine behavior, and the animal/human bond. In their two now-classic bestsellers, *How to be Your Dog's Best Friend* and *The Art of Raising a Puppy*, the Monks draw on their experience as long-time breeders of German shepherds and as trainers of dogs of all breeds to provide--brilliantly distilled--the indispensable information and advice that every dog owner needs. This new edition of *The Art of Raising a Puppy* features new photographs throughout, along with updated chapters on play, crating, adopting dogs from shelters and rescue organizations, raising dogs in an urban environment, and the latest developments in canine health and canine behavioral theory.

"Forget expensive spa treatments or department store beauty products, Ruder has your hair, skin, hands, feet, and every other part of you covered." —Publishers Weekly Esthetician to the stars Raisa Ruder learned her time-tested beauty techniques from her Ukrainian grandmother (or babushka, as they say in the old country). Now everyone can discover the all-natural, better-than-botox secrets the Hollywood stars use to shine on the red carpet! Ruder reveals her sought-after beauty recipes that can fight wrinkles, plump lips, and eliminate crow's feet and acne, using inexpensive, everyday grocery items like eggs, honey, vegetable oil and strawberries (and a splash of vodka for freshness). At last, by popular demand, Raisa Ruder opens up her babushka's secret pantry and shares her most amazing and effective beauty advice: Skin-saving Souffles—whipped up wonders that shrink pores, brighten skin, and diminish lines Chocolate weight-loss wrap—a moment on the hips, tightens, tucks, and nips! Hot hair—a cayenne pepper blend that leaves locks silky, soft, and full PediPure—a soothing, smoothing foot scrub made with milk and mint Lustrous Lashes—a simple castor oil serum that thickens and lengthens Perfect Pucker—a mix of salt, green tea, and fruit that plumps up lips naturally And much more

Gwyneth Paltrow, Academy-Award winning actress and bestselling cookbook author, returns with recipes for the foods she eats when she wants to lose weight, look good, and feel more energetic. Last spring, after a particularly grueling schedule and lapse of overindulgence, Gwyneth Paltrow was feeling fatigued and faint. A visit to her doctor revealed that she was anemic, vitamin D deficient, and that her stress levels were sky high. He prescribed an elimination diet to clear out her system and help her body heal. But this meant no coffee, no alcohol, no dairy, no eggs, no sugar, no shellfish, no deep-water fish, no wheat, no meat, no soy, nothing processed at all! An avid foodie, Paltrow was concerned that so many restrictions would make mealtime boring, so, together with Julia Turshen, she compiled a collection of 185 delicious, easy recipes that followed her doctor's guidelines. And it worked! After changing her diet, Paltrow healed totally, felt more energetic and looked great. Now, in *It's All Good*, she shares the go-to dishes that have become the baseline for the restorative diet she turns to whenever she feels she needs it. Recipes include: Huevos Rancheros, Hummus Tartine with Scallion-Mint Pesto, Salmon Burgers with Pickled Ginger, even Power Brownies, Banana "Ice Cream," and more!

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.

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.

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!

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.

Si and Dave undertake a nationwide search for Britain's lost recipes - those forgotten gems or secret scribbles handed down through the generations - for a landmark BBC TV series. The Bikers send out a call-to-arms for mums, daughters and their grandmothers to unlock their private recipes and share with, and learn from, other mums.

Who doesn't love a curry? Whether it's a take-away korma at your kitchen table or a lamb biryani at your local Indian restaurant, a curry is everyone's favourite Friday night supper. But curry is so much more. A proper curry can be an exquisitely fragrant dish, with delicate flavours that surprise and titillate your taste buds, and the Hairy Bikers, bestselling authors and BBC presenters, are here to show you how to make the most delicious, authentic curries you've ever tasted in your own kitchen. In this book, Si and Dave have put together loads of brand-new recipes from around the world - from simple dishes for a quick midweek taste treat to fantastic feasts for a weekend celebration. Their recipes are the real deal, using great techniques and secrets they've discovered on their travels in Asia as well as years of cooking curries themselves. You'll find all the recipes and tips you need to make some mouth-watering meals, with everything from starters to pickles and chutneys. This is the one-stop shop for the best curries you've ever tasted - fresh, full of flavour and fantastic. These are curries for the 21st century.

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 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.

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.

This TV tie-in cookbook to THE HAIRY BIKERS' ASIAN ADVENTURE BBC series, airing 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...

The real chicken-and-egg problem: What to do with eggs once they're in your kitchen? If you are looking for a fresh, nutritious, and creative approach to the almighty egg, *The Egg Cookbook* is for you. With *The Egg Cookbook* you'll get more than 110 unique recipes that let the egg shine—from savory to sweet, and from breakfast to dinner. *The Egg Cookbook* is also your guide to the amazing culture surrounding the world's most versatile ingredient, with a useful primer on raising chickens and understanding egg types, so you can take your egg appreciation (and savings) to the next level. *The Egg Cookbook* offers a fresh approach to preparing eggs, with:

- More than 110 elegant recipes, including Baked French Toast, Ratatouille with Poached Eggs, and Vanilla Bean Pudding
- A basic guide to 10 classic egg recipes, from fried eggs to the perfect scramble
- Egg dishes from around the world, from frittatas and quiche to tortilla patatas and meringues
- Q&A to find out whether raising chickens is right for you, from the editors of *The Egg Cookbook*
- *The Egg Cookbook* guide to more than 50 chicken breeds
- Detailed information on the different types of eggs, from free range to organic

The Egg Cookbook makes it easy for egg lovers to enjoy fresh and creative recipes from their home kitchen.

NEW YORK TIMES BESTSELLER • The host of the beloved Netflix series *Time to Eat* and *Nadiya Bakes* and winner of *The Great British Baking Show* returns to her true love, baking, with more than 100 delicious, Americanized recipes for sweet treats. **NAMED ONE OF THE BEST BOOKS OF THE YEAR BY TIME OUT** When Nadiya Hussain, the UK's "national treasure," began cooking, she headed straight to the oven—which, in her home, wasn't used for baking, but rather for storing frying pans! One day, her new husband asked her to bake him a cake and then... she was hooked! Baking soon became a part of her daily life. In her newest cookbook, based on her Netflix show and BBC series *Nadiya Bakes*, Nadiya shares more than 100 simple and achievable recipes for cakes, cookies, breads, tarts, and puddings that will become staples in your home. From Raspberry Amaretti Biscuits and Key Lime Cupcakes to Cheat's Sourdough and Spiced Squash Strudel, Nadiya has created an ultimate baking resource for just about every baked good that will entice beginner bakers and experienced pastry makers alike.

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

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!

Delicious modern recipes from *Death by Burrito*, the revolutionary Mexican eatery based at the Catch bar in the heart of Shoreditch, with a new branch recently opened in central London. A far cry from the Tex-Mex style of Mexican fast food, where cheese and mince dominate, the dishes in *Death by Burrito* put taste first - the truly exceptional range of starters, main meals and sides prioritises fresh, vibrant flavours: Smoked Beef Short Rib Mole Tacos, Deconstructed Guacamole with Blue Corn Tortillas and Crab Cakes also look stunning on the plate. To recreate the atmosphere of *Death by Burrito* at home, the perfect tequila cocktail is essential: the legendary Taqueria Toreador Slushy is sure to become a favourite.

The official coloring book from *The Great British Bake Off* and a must-have for amateur baking fans, cake lovers and GBBO enthusiasts! Color your way through 90 beautiful illustrations of your favorite bakes by the official Bake Off illustrator, Tom Hovey. Forget the recipe, take off those oven gloves and unleash your artistic flair -- decorate showstopping cakes and bakes whilst the pressure's really off. The ultimate slice of Bake Off heaven, served up and ready to enjoy!

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.

Engage using #manrepeller. Silk parachute pants. A gold lamé jumpsuit. Ankle boots with fringe. Were these fashion-forward items sending men running in the opposite direction? Maybe, but Leandra Medine never cared. Slipping into drop-crotch shorts and a boxed sequin blazer in the dressing room of Topshop in downtown Manhattan, a brokenhearted Leandra had an epiphany. Looking in the mirror, she suddenly realized she didn't have a boyfriend because of the way she dressed. And the more she thought about it, the more she realized that such outfits said a lot about her life-romantic and otherwise. Now, in her first book, the acclaimed blogger and fashion darling recounts her most significant memories through the lens of her sartorial choices. With her signature sass, blunt honesty, and some personal photos, Leandra shares details of the night she lost her virginity right down to the pair of white tube socks she forgot to take off, as well as when and why she realized her grandma's vintage Hermès ostrich

skin clutch could hold much more than just keys and a cell phone. Through it all, she proves you don't need to compromise even your most repellent qualities to find your way into that big white dress (and an organza moto jacket). See? You can have your yeti and wear it, too. Showcasing the singular voice that has won Leandra millions of fans, this book is a collection of awkwardly funny experiences, a sweet love story, and above all, a reminder to celebrate and embrace a world made for women, by women.

'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. '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.

'Try this tequila oil, Hugito. Just as the alcohol hits your stomach, the chilli will as well and blow it back into your brain. It will take your head off.' Explorer Hugh Thomson takes on Mexico. It's 1979, Hugh Thomson is eighteen, far from home, with time to kill - and on his way to Mexico. When a stranger tells him there's money to be made by driving a car over the US border to sell on the black market in Central America, Hugh decides to give it a go. Throwing himself on the mercy of Mexicans he meets or crashes into, Hugh and his Oldsmobile 98 journey through the region, meeting their fate in the slums of Belize City. Thirty years on, Hugh returns - older but not necessarily wiser - to complete his journey.

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!

Instant cameras mean instant fun - and no-one understands this better than Polaroid, global icon and pioneer of instant photography for over 75 years. Rediscover the magic of analogue photography with this friendly and accessible guide, packed with everything you need to know to start taking and sharing your own unique instant photos: - Getting to grips with the basic skills - Creative projects and simple DIY effects - Inspirational mood boards and styling ideas - Inventive ways to display your photos - Finding the right Polaroid camera for you - from vintage classics to the new generation

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!

On April 13th, 2004 Gloria Hunniford's 41 year old daughter, Caron Keating, died after a secret seven year battle with cancer. The world that had changed with Caron's diagnosis, now shattered. Life had been cruelly interrupted, a black hole opened in Glorias heart, she was consumed with the unimaginable grief that the loss of a child brings and she was alone. Or so she felt. Within days of Caron's death letters started to arrive. People who had lost their children felt compelled to write. Strangers understood what she was going through often more than the family and friends standing next to her. There were many, many dark days but the letters kept coming and somehow she managed to do the impossible. Wake up everyday, get out of bed, breath. The black hole is still there, sometimes as big as ever, but she has found a way to live with it, around it. This is the story of how Gloria and her family survived Carons death, but it is not only her story. It is written for those who held her while she raged. It is written for all those people who helped her through that first terrible year by writing, but mostly it is written for the many thousands who didnt. Grief is lonely, but as this book shows, you are not alone. Death affects us all at some point. Gloria will never again be the carefree woman she once was, the loss of a loved one is always with you, but so are the living This is how she found her way back to them.

The author of eight New York Times bestsellers, Ann Rule first won nationwide acclaim with The Stranger Beside Me, about serial killer Ted Bundy. Her Crime Files volumes, based on fascinating case histories, have assured her reputation as our premier chronicler of crime. Now the former Seattle policewoman brings us the horrific account of a charismatic man adored by beautiful and brilliant women who always gave him what he wanted...sex, money, their very lives.... When attorney Cheryl Keeton's brutally bludgeoned body was found in her van in the fast lane of an Oregon freeway, her husband, Brad Cunningham, was the likely suspect. But there was no solid evidence linking him to the crime. He married again, for the fifth time, and his stunning new wife, a physician named Sara, adopted his three sons. They all settled down to family life on a luxurious estate. But gradually, their marriage became a nightmare.... In this gripping account of Cheryl's murder, Ann Rule takes us from Brad's troubled boyhood to one of the most bizarre trials in legal history, uncovering multiple marriages, financial manipulations, infidelities, and monstrous acts of harassment and revenge along

the way. Dead By Sunset is Ann Rule at her riveting best.

Fresh eggs offer great nutrition and unbeatable flavor. Whether you're collecting eggs from a backyard coop or buying them from local farms, Jennifer Trainer Thompson has 101 delicious recipes to help you make the most of them. With unique twists on breakfast classics like French toast, eggs Florentine, and huevos rancheros, as well as tips for using your eggs in smoothies, mayonnaise, and carbonara sauce, you'll be enjoying the healthy and delicious joys of fresh eggs in an amazingly versatile range of dishes.

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.

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