

Gordon Ramsay Ultimate Fit Food Mouth Watering Recipes To Fuel You For Life

The celebrity chef shares options for healthy family meals and special occasions, including mango and smoked chicken salad, wild mushroom risotto with baked courgettes, and roasted peaches with vanilla and spices.

To complement his new TV series, 'Ramsay's Best Restaurants', Gordon Ramsay has selected not just his favourite menus from cuisines from all over the world, but also the perfect spring, summer, autumn and winter menus.

Ramsay--super-fit chef, marathon runner, and high-energy television personality--has put together more than 100 dishes for eating well and staying in the peak of good health. Color photographs throughout.

Make every day feel like the weekend with the first official cookbook from Channel 4's Sunday Brunch. Cheers Tim! Cheers Simon! Enjoy 100 delicious, fuss-free and easy recipes from your favourite weekend food and chat show. Find quick and easy mid-week meals, simple slow cooking, and dinners you can get on the table in under 30-minutes. Make lazy breakfasts and brunches, roasts, curries, bbqs and delicious sharing plates for the whole family or to share with friends. And don't forget about pudding and drinkpoois! Discover proper home comforts and your new family favourites in this gorgeous new cookbook. Includes brand new dishes as well as popular recipes from the show, such as: Sweet & Sour Crispy Fish Bites, Korean Sticky Pork Belly, Filthy Dirty Ham & Cheese Toastie, Blueberry Pancakes with Eggs & Bacon, Moroccan Carrot & Avocado Salad, Rump Steak with Kale Salad, San Francisco Fish Stew, Chilli Aubergines with Smoked Feta, Chicken Katsu Curry Burger, Mushroom Puri, Salted Popcorn Brownies, Strawberry, Watermelon & Rose Jelly Mousse AND MORE!

Everything You Need to Know to Make Fabulous Food
Great Chefs' Best Meals for a Lean & Healthy Body
Gordon Ramsay's Fast Food
100 of Our Super Tasty, Really Easy, Best-ever Recipes
Gordon Ramsay Slipcase

115 Easy Recipes for Low-Calorie, High-Energy Living

Ramsay, a rugby player turned U.K. superchef, has done a rare thing: he's created a chef's cookbook of impeccable yet unfussy food that's truly approachable.

This is fine food at its fastest and fast food at its finest - 100 new incredibly delicious recipes, all clocking in at around 10 minutes. Inspired by his YouTube series, you'll be challenged to get creative in the kitchen and learn how to cook impressive, flavoursome dishes in no time. Whether you're looking to excite the whole family with a tasty One Pan Pumpkin Pasta or some Chicken Souvlaki, or you need something super quick to assemble, like Microwave Sticky Toffee Pudding - these are recipes guaranteed to become instant classics. Plus, with each time you cook, you'll get faster and faster with Gordon's shortcuts to speed up your cooking, reduce your prep times and get the very best from simple, fresh ingredients. 'When I'm shooting Ramsay in 10, I'm genuinely full of excitement and energy because I get to show everyone how to really cook with confidence. It doesn't matter if it takes you 10 minutes, 12 minutes or even 15 minutes, to me, it's about sharing my 25 years' of knowledge, expertise and hands-on experience, to make everyone feel like better, happier cooks.' - Gordon Ramsay Have fun and get cooking! Great food is only 10 minutes away.

Cook with confidence and find inspiration with Gordon Ramsay's fun, delicious recipes for novice cooks and experienced chefs alike. Based on a new cooking show, this book will give experienced as well as novice cooks the desire, confidence and inspiration to get cooking. Ramsay will offer simple, accessible recipes with a "wow" factor. Gordon has travelled the world from India and the Far East to LA and Europe, and the recipes in this book will draw all these culinary influences together to show us simple, vibrant and delicious recipes that reflect the way we eat today. For example: Miso braised salmon fillet with Asian vegetables, Pork and Bacon slider with home made bbq sauce, Curried Sweetcorn Soup, Wild Mushroom Risotto Arrancini, and Baked Lemon Cheesecake with Raspberries. Each chapter will concentrate on a different area of cooking--from the classics to the secret of cooking with Chili and spice, through roasting, baking, and helpful sections on cooking good food for less and cooking for a crowd. Woven into the book will be useful tricks and tips--from ways to save time and money, to cleaning and prepping ingredients, to pan frying like a pro. Stuffed full of delicious recipes, invaluable tips and lashings of Gordon's trademark cheeky wit, Gordon Ramsay's Home Cooking is the ultimate cooking lesson from the ultimate chef.

Everyone thinks they know the real Gordon Ramsay: rude, loud, pathologically driven, stubborn as hell For the first time, Ramsay tells the full inside story of his life and how he became the world's most famous and infamous chef: his difficult childhood, his brother's heroin addiction, his failed first career as a soccer player, his fanatical pursuit of gastronomic perfection and his TV persona—all of the things that made him the celebrated culinary talent and media powerhouse that he is today. In Roasting in Hell's Kitchen Ramsay talks frankly about his tough and emotional childhood, including his father's alcoholism and violence and their effect on his relationships with his mother and siblings. His rootless upbringing saw him moving from house to house and town to town followed by the authorities and debtors as his father lurched from one failed job to another. He recounts his short-circuited career as a soccer player, when he was signed by Scotland's premier club at the age of fifteen but then, just two years later, dropped out when injury dashed his hopes. Ramsay searched for another vocation and, much to his father's disgust, went into catering, which his father felt was meant for “poofs.” He trained under some of the most famous and talented chefs in Europe, working to exacting standards and under extreme conditions that would sometimes erupt in physical violence. But he thrived, with his exquisite palate, incredible vision and relentless work ethic. Dish by dish, restaurant by restaurant, he gradually built a Michelin-starred empire. A candid, eye-opening look into the extraordinary life and mind of an elite and unique restaurateur and chef, Roasting in Hell's Kitchen will change your perception not only of Gordon Ramsay but of the world of cuisine.

Humble Pie

Gordon Ramsay's Healthy, Lean & Fit
Gordon Ramsay Quick and Delicious
Mouth-Watering Recipes to Fuel You for Life
Recipes from the Kitchen

'If you think you can't eat as well at home as you do in a restaurant - think again. I'm going to show you how to cook stunning recipes from Bread Street Kitchen at home.' GORDON RAMSAY From breakfast to dinner and everything in between, this is a collection of 100 fresh new recipes from Gordon Ramsay and the award-winning team at Bread Street Kitchen. Like the restaurant itself, the book is all about relaxed and sociable eating, using fresh ingredients, simple techniques all delivered with the signature Gordon Ramsay stamp so that you know it's going to be good. Recipes include Ricotta Hotcakes with Honeycomb Butter - perfect for a weekend brunch, Sea Trout with Clams or a Crispy Duck Salad for a weekday supper. For a weekend get together, get things off to a good start with a Bread Street Kitchen Rum Punch and Slow Roast Pork Belly with Apple & Cinnamon Sauce, followed by Pineapple Carpaccio with Coconut Sorbet or a super indulgent Coconut Strawberry Trifle. Learn how to cook incredible, flavoursome dishes in just ten minutes with Ramsay in 10, the new book out 14/10/21.

In his outstanding new cookbook, Gordon Ramsay teams up with Mark Sargeant to showcase the best of British cooking. Packed full of sumptuous and hearty traditional recipes, Gordon Ramsay's Great British Pub Food is perfect for relaxed, homely and comforting cooking.

'My rules are simple. Home cooking has to be easy. It got to be fast. It's got to be delicious. If you think you can't cook amazing food at home, think again. I'm going to prove that however busy you are it's still possible to cook stunning food. These are the only recipes you'll ever need.' GORDON RAMSAY Gordon Ramsay's Ultimate Home Cooking is a collection of over 120 delicious new recipes that are infused with Gordon's expertise and skill gleaned from his years in professional kitchens. Divided into chapters to see you through the whole day from weekday breakfasts through to Saturday night dinners, the book is all about the pleasure of cooking and sharing the very best home-cooked food with family and friends. AS SEEN ON CHANNEL 4 Learn how to cook incredible, flavoursome dishes in just ten minutes with Ramsay in 10, the new book out 14/10/21.

Everyone thinks they know the real Gordon Ramsay: rude, loud, driven, stubborn. But this is his real story...

Ramsay's Best Menus
Nadia Lim's Fresh Start Cookbook
Gordon Ramsay's Great British Pub Food
Gordon Ramsay's Ultimate Home Cooking
Gordon Ramsay's Just Desserts
Gordon's Great Escape Southeast Asia: 100 of my favourite Southeast Asian recipes

Throw out the frozen dinners and takeout menus. Who better to show readers how to cook real food, real fast and make it really tasty than Gordon Ramsey, three-star chef and TV celebrity? "Gordon Ramsay's Fast Food" includes over 100 delicious recipes that are super-fast and easy to prepare. The book is divided into short sections: 15 feature fast recipes classified by group, such as starters, soups, fish, meat, pasta, working lunches, and desserts, and 15 more sections contain great menus for everyday and entertaining. Many of the dishes can be prepared and cooked in as little as 15 minutes, and none take longer than half an hour. The menus provided take 30-45 minutes from start to finish, each with a timing plan. There's also advice on essential ingredients to keep in stock for speedy cooking, plus lots of great ideas for shortcuts.

'Monisha Bhardwaj, an Indian cooking authority.' The New York Times This comprehensive guide to Indian cooking explores the myriad regional varieties of authentic, healthy and lesser known Indian recipes. With chapters broken down into: Rice, Breads, Meat, Fish & Seafood, Poultry, Eggs, Dairy, Lentils & Beans, Vegetables, Snack & Sides, Grills, Salads & Raitas, Chutneys & Relishes, Desserts and Drinks, Monisha covers a varied range of dishes as well as providing insights into ingredients, techniques and step-by-step masterclasses to help you recreate classic and popular recipes. Monisha offers a vivid overview of India's colourful traditions and geographical differences, from the earthy lentil dishes of the North to the coconut-based curries which are a staple in the South. Including advice on the building blocks of Indian cuisine, such as how to make a basic curry and how to cook the perfect rice, plus tips on the different varieties of rice and how to shop for the best type for each dish. Monisha teaches you how to make traditional Indian food at home, based on the principles of good health and touching on the values of Ayurveda. The Indian Cookery Course is the ultimate guide to everything you ever wanted to know about Indian food.

SIGNATURE DISHES FROM INDIA'S FAVOURITE CHEF TANDOORI CHICKEN MOMOS THAI CORN BHEL KOLKATA CHICKEN STEW WITH CHILLI MASKA PAO LUCKNOWI MUTTON BIRYANI MITHAI TIRAMISU BOTTLE GOURD AND CARROT WALNUT CAKE Come into My Kitchen is an invitation from Ranveer to join him on a journey from the serpentine lanes of Lucknow to the streets of Boston to the sets of MasterChef. No rules or conventions here, just plenty of colour and texture, aroma and flavour, which merge into one beautiful dish after another. Redolent of Ranveer's love for local produce and spices, and enriched by meditations on tastes and cuisines, this book is garnished with his unique, almost playful, approach to cooking, eating and living.

On the second leg of his Great Escapes series, Gordon Ramsay sets out to discover the flavours of Asia, on a remarkable journey that leads him through Thailand, Cambodia, Malaysia and Vietnam. 100 new recipes are inspired by the tastes and experiences he encounters along the way.

The Sunday Brunch Cookbook
Gordon Ramsay's Playing with Fire
Ramsay in 10

Larousse Patisserie and Baking
Matilda & The Ramsay Bunch
A Chef for All Seasons

Not a sausage. That is what Gordon Ramsay had when he started out as a chef, working 16-hour days, 6 days a week. When he was struggling to get his first restaurant in the black, he didn't think he'd be famous for a TV show about how to run profitable eateries, or that he'd be head of a business empire. But he is and he did. Here's how.

Creativity, hard work, and lots of fun—that's what it takes to cook like a master. Beloved television competition show MasterChef Junior fosters all of this within each of its pint-size home cooks, and what they whip up is truly impressive. This book aims to give any aspiring young chef the tools he or she needs to hone essential cooking skills, with 100 recipes inspired by dishes that the contestants served in the first five seasons, as well as timeless techniques, tips, and advice. With this book, anyone can become an excellent cook.

HEALTH & WHOLEFOOD COOKERY. Lose weight in 12 weeks by eating delicious food? It's true! Follow Nadia Lim's easy and delicious eating plan and you will lose between half a kilo and one kilo every week and feel great in just 12 weeks. And you'll keep that weight off.

These healthy, nutritionally balanced, practical, easy and totally delicious recipes give you sustainable weight loss. They are recipes for life! And these eating habits will last a lifetime. Through her work as a dietitian, Nadia knows that people want specific instructions on how and what to eat. In this book she delivers carefully structured meals and plans that take all the pain out of dieting. Every recipe is well-balanced with carbohydrate, protein, fat and fruit and vegetables to achieve healthy food guidelines. They are also quick and easy to make, and Nadia includes lots of practical tips to make life easier when following the plan. Also included are simple exercises to help you make the most of your eating plan.

'These are my go-to recipes when I want to eat well at home. My great hope is that they will inspire you to get cooking to improve your own health whatever your personal goal.' GORDON RAMSAY The dream combination - a Michelin-starred superchef who is also a committed athlete. Gordon knows how important it is to eat well, whether you're training for a triathlon or just leading a busy active life. And just because it's healthy food you don't have to compromise on taste and flavour. The book is divided into three sections, each one offering breakfasts, lunches, suppers, sides and snacks with different health-boosting benefits. The Healthy section consists of nourishing recipes for general wellbeing; the Lean recipes encourage healthy weight loss; and the Fit section features pre- and post-workout dishes to build strength and energise. This is the ultimate collection of recipes that you'll enjoy cooking and eating, and will leave you in great shape whatever your fitness goals. Learn how to cook incredible, flavoursome dishes in just ten minutes with Ramsay in 10, the new book out 14/10/21.

Gordon Ramsay Makes It Easy
Beautifully Real Food
Tilly's Kitchen Takeover:
Slimming World 30-Minute Meals
Gordon Ramsay's Home Cooking
Come into My Kitchen

Provides an abundance of recipes for high-nutrition foods designed to promote peak performance, offering numerous healthy adaptations of favorite dishes by popular chefs including Seamus Mullen, Eric Ripert and Mark Vetri while sharing advice on topics ranging from healthy eating and barbecuing to faster clean-ups and cooking for crowds.

When you're feeling hungry or in a real hurry, it is so easy to opt for the quickest option. But fast food doesn't have to be junk food. 30-Minute Meals helps you to provide nutritious, wholesome food for all the family, not just those who are slimming, without getting stuck in the kitchen for hours on end. This book is full to bursting with more than 120 recipes based on Slimming World's acclaimed Food Optimising programme. Highlights among the soups and starters are hot and sour seafood soup, chive and mushroom quiches, or pink peppercorn and smoke salmon p à t é . For filling snacks, try the skillet 'pizzas' or Tex-Mex tacos, or for a truly tempting salad choose between tiger prawns and asparagus or grilled calamari and rocket. Meat and fish recipes include roasted citrus chicken and pork and mango parcels, or try oven-baked sea bass with bacon and cherry tomatoes. There are some wonderfully tempting vegetable dishes, such as baked spinach gnocchi or basil and chilli linguini, while the dessert menu includes amaretti stuffed nectarines and cinnamon poached pears. Anyone interested in easy-to-prepare, full-flavoured and healthy food will find this book useful, whether they are slimming or not!

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Gordon gives inspiration, advice and 75 fail-safe and delicious recipes for all occasions over the Christmas period. The stars of the show are 5 Christmas Feasts . suitable for whenever you choose to have your main Christmas meal.

Christmas with Gordon
Delicious recipes for breakfast, lunch and dinner to cook at home
Gordon Ramsay's Healthy Appetite
Roasting in Hell's Kitchen

100 Delicious Recipes To Build Muscle, Burn Fat And Save Time

VEGAN MEALS YOU'LL LOVE TO EAT: Guilt-free, Meat-free Recipes to Indulge In

Inspired by the third series of hit BBC cookery show Matilda & The Ramsay Bunch and the family's adventures around California, comes the first cookbook from Tilly Ramsay, including 60 simple, delicious recipes and nourishing recipes to make at home for family and friends - plus tips and tricks from Tilly's superstar chef dad, Gordon. Start your day the Tilly way, with a nourishing Smoothie Bowl, followed by some Vitamin Packed Power Balls for a late morning pick-me-up. Cool down mid-afternoon with a Fro-Yo Cooler, followed by some Lean Machine Chicken and Super Light Raspberry Macarooms. Impress all your friends with a Green Goodness Picnic or throw a fun-filled Ramsay-style Feast of Pulled Pork and Smokey American Beans, with Surprise Rainbow Cake and Hollywood Raspberry Fizz for dessert! The book will encourage Tilly's fans, tweens & teens to start cooking and have some fun with easy-to-follow recipes, that can be enjoyed by all. Chapters will include: Brunch; Sleep-over Feasts; Cook Your Own Dinner; Health Kick; Big Bakes.

Many of us, for various reasons, are trying to reduce the amount of meat and dairy in our diets but are reluctant to let go of our favourite foods. When chef Sam Murphy decided to change her lifestyle, originally just to lose weight and have a more balanced diet, she assumed that her days of eating pizzas, burgers and brownies were over. But after experimenting in the kitchen, Sam realized that she could still eat all of those irresistibly indulgent dishes while looking after herself and the world around her. Bringing all of Sam's best recipes together, this incredible collection includes delicious, healthy options for breakfast, lunch and dinner, as well as sides, salads, sauces, smoothies and desserts. It features Sam's recipes for: Spaghetti Carbonara Chickpea Chilli Cheese Toasties Loaded Vegan Hot Dogs Salted Caramel Brownies Cookie Dough Cereal The Vegan Big Mac And many, many more. Whether you're looking to go without meat or dairy every day, every week or just once a month, or if you just want to indulge in guilty food without the guilt, Beautifully Real Food is the perfect guide to making meals you can really enjoy.

Meal prep is the best thing to happen to healthy eating-and DAMN DELICIOUS MEAL PREP makes it tastier than ever! It's 6:00 pm, and you have nothing planned for dinner. Again. If you're like many folks, including blogger and author Chungah Rhee, this happens more often than you care to admit! Wanting to regain control of her health and eating habits, Chungah turned to meal prep: the secret weapon that keeps everyone from celebrities and athletes to busy parents and young professionals on-track and eating well. Chungah quickly found that meal prep is an amazing way to save time and money and to keep you and your family eating healthy all week long. By taking the time to plan your meals, prep ingredients, and do some cooking ahead of time, it's easy to have perfectly portioned healthy options at your fingertips for any time of the day. Inside are Chungah's go-to recipes-including some favorites from the blog. You'll find inspiration for delectable protein-packed breakfasts, energy-boosting snacks, and slimmed-down comfort food favorites-none of which sacrifice flavor. Who wouldn't be enticed by a 205-calorie Breakfast Croissant Sandwich or an under-500-calorie Mason Jar Lasagna? She also arms readers with dozens of tools for making habit changes actually stick. This indispensable cookbook is sure to help you live a healthier (and more delicious) life.

"Cooking for Friends" contains more than 100 of Ramsay's favorite recipes that he loves to cook and eat with friends and family--uncomplicated recipes featuring the chef's remarkable feeling for flavor and his extraordinary technical know-how.

125 Super-fresh Recipes for a High-energy Life

Gordon Ramsay Ultimate Fit Food

Cooking for Friends

Indian Cookery Course

Gordon Ramsay's Ultimate Cookery Course

Ramsay 3 Star

A beautifully packaged collection of Gordon Ramsay's iconic tomes, Chef's Secrets, Desserts, and A Chef for All Seasons. The books are newly formatted and designed, three wonderful titles at a great price.

The definitive guide to eating well to achieve optimum health and fitness, by one of the world's finest chefs and fitness fanatic, Gordon Ramsay. Gordon Ramsay knows how important it is to eat well, whether you're training for a marathon or just trying to live healthier. And just because it's healthy food, doesn't mean you have to compromise on taste and flavor. As a Michelin-star super-chef who is also a committed athlete, Gordon Ramsay shares his go-to recipes for when he wants to eat well at home. HEALTHY, LEAN & FIT provides readers with 108 delicious recipes divided into three sections--each one offering breakfasts, lunches, dinners, sides, and snacks--highlighting different health-boosting benefits. The Healthy section consists of nourishing recipes for general well-being; the Lean section encourage healthy weight loss; and the Fit section features recipes to fuel your next workout and post-workout dishes to build continued strength and energy. Whatever your personal goals, these dishes will inspire you to get cooking and improve your own health.

Shows how you can eat great food at home, without breaking the bank or spending hours in the kitchen. This is a collection of dishes featuring flavour combinations and uncomplicated cooking methods. The recipes cater for every occasion - from breakfast through to dinner, informal and formal, for friends and family, for grown-ups and kids.

Larousse Patisserie and Baking is the complete guide from the authoritative French cookery brand Larousse. It covers all aspects of baking - from simple everyday cakes and desserts to special occasion show-stoppers. There are more than 200 recipes included, with everything from a quick-mix yoghurt cake to salted caramel tarts and a spectacular mixed berry millefeuille. Special features on baking for children, lighter recipes and quick bakes, among many others, provide a wealth of ideas. More than 30 extremely detailed step-by-step technique sections ensure your bakes are perfect every time. The book also includes workshops on perfecting different types of pastry, handling chocolate, cooking jam and much more, demonstrated in clear, expert photography. This is everything you need to know about pastry, patisserie and baking from the cookery experts Larousse.

The Bodybuilding Cookbook

100 Recipes to Cook in 30 Minutes or Less

The Hell's Kitchen Cookbook

Temper Tantrums, F Words, and the Pursuit of Perfection

Guy Gourmet

MasterChef Junior Cookbook

"The first official companion cookbook from the enormously popular Fox cooking competition show,"--Amazon.com.

Gordon Ramsay Ultimate Fit FoodMouth-Watering Recipes to Fuel You for Life

The definitive guide to eating well to achieve optimum health and fitness, by one of the world's finest chefs and fitness fanatic, Gordon Ramsay. Gordon Ramsay knows how important it is to eat well, whether you're training for a marathon or just trying to live healthier. And just because it's healthy food, doesn't mean you have to compromise on taste and flavor. As a Michelin-star super-chef who is also a committed athlete, Gordon Ramsay shares his go-to recipes for when he wants to eat well at home. Healthy. Lean & Fit provides readers with 108 delicious recipes divided into three sections--each one offering breakfasts, lunches, dinners, sides, and snacks--highlighting different health-boosting benefits. The Healthy section consists of nourishing recipes for general well-being; the Lean section encourage healthy weight loss; and the Fit section features recipes to fuel your next workout and post-workout dishes to build continued strength and energy. Whatever your personal goals, these dishes will inspire you to get cooking and improve your own health.

The master chef shares his secrets for preparing great desserts for every occasion, using step-by-step instructions for teaching a wide variety of methods, from roasting fruit to rolling classic cookies. Reprint.

Bold Recipes and Essential Techniques to Inspire Young Cooks

Mouth-watering recipes to fuel you for life

Gordon Ramsay Bread Street Kitchen

Delicious Recipes Made in a Flash

The ultimate expert guide, with more than 200 recipes and step-by-step techniques

Mouthwatering Recipes to Fuel You for Life

Getting right to the heart of why Gordon Ramsay is such a celebrated chef, this book shows 50 of his classic recipes presented as they would be in one of his restaurants. It then shows the dishes presented in a domestic situation with full recipes and step-by-step instructions to recreate them yourself.

Create chef-quality food without spending hours in the kitchen -- these are the recipes and straightforward tips you need to make good food fast. With unlimited access to recipes, why does anyone need another cookbook?

Because not all recipes are born equal. Not all of them have been created by a global superstar chef who has built his reputation on delivering the very best food -- whether that's the ultimate fine dining experience at his 3 Michelin-star Restaurant, Gordon Ramsay, or the perfectly crafted burger from his Las Vegas burger joint. Over the course of his stellar career, Gordon has learned every trick in the trade to create dishes that taste fantastic and that can be produced without fail during even the busiest of days. Armed with that knowledge, he has written an inspired collection of recipes for the time-pressed home cook who doesn't want to compromise on taste or flavor. The result is 100 tried and tested recipes that you'll find yourself using time and again. All the recipes take 30 minutes or less and use readily available ingredients that are transformed into something special with Gordon's no-nonsense approach to delicious food.

"I want to teach you how to cook good food at home. By stripping away all the hard graft and complexity, anyone can produce mouth-watering recipes. Put simply, I'm going to show you how to cook yourself into a better cook." GORDON RAMSAY Gordon Ramsay's Ultimate Cookery Course is about giving home cooks the desire, confidence and inspiration to hit the stoves and get cooking, with over 120 modern, simple and accessible recipes. The ultimate reference bible, it's a lifetime's worth of expertise from one of the world's finest chefs distilled into a beautiful book.

If you want to learn how to create healthy, delicious and nutritious meals that are specially designed to build muscle, burn fat and save time, then THE BODYBUILDING COOKBOOK is your answer!

Damn Delicious Meal Prep