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Fullflavour Easy

The London-born chef is back on screens with a new ITV food/travel series and accompanying cookbook of the same name - Ainsley's Caribbean Kitchen ... but not so easy to get

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Full of here. Easy Recipes

From The Major Itv Series

Three recipes from Ainsley's
Caribbean Kitchen

The cook and presenter took some time out the spotlight after the height of his fame but has had a late resurgence with recent

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TV shows Ainsley's Caribbean Kitchen ... that's easy to understand ...

FOOD: Ainsley Harriott explores the Med for his new show and cookbook

1) Pluck and shape eyebrows. It's

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important to take out any stray hairs to create a smooth line. Do this after a shower, when the pores are open. It's less painful. Never pluck from the top of the ...

Easy steps to the perfect face

An Argentinian barbecue, or

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Asado, is both a celebration of the country's superb beef and part of its gaucho culture. One of the things that makes an asado so special is the mix of prime cuts ...

[The world's best barbecue tips for your next cookout](#)

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Add a splash of white wine or vermouth to add extra depth of flavour. Get the recipe for mushroom risotto here Easy ham and rice casserole Egg fried rice Fried rice is a takeout classic but it's ...

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30 delicious rice recipes everyone
will love

There are ten unforgettable
UNESCO World Heritage sites
within easy mooring distance -
the hardest decision is deciding
which to visit first. We asked
some of the UK's top travel

Download Ebook Ainsleys Caribbean Kitchen Full of your share ... Easy Recipes From The Major Itv Series

"I can't recommend this book highly enough. Never pretentious, always fun, it reflects Ainsley Harriott's persona wonderfully." The Telegraph on Saturday The

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stunning official tie-in to Ainsley's major ITV1 show includes all the recipes from the series. Join the nation's favourite TV cook on his food adventure. Ainsley Harriott is going back to his roots to uncover the best-kept secrets and simple dishes of Caribbean home

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Full of your favorite recipes from the major tv series, cooking in this ultimate feel-good cookbook. Among the brand-new, mouthwatering recipes that are featured on the show, there will be over 80 dishes inspired by the diverse culture and the rich food heritage of these much-loved islands. You'll find light dishes

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and snacks such as Crab and chilli cornbread muffins and Chickpea and plantain patties; flavoursome main meals including Grilled chicken roti wrap with mango dressing and Grilled lamb cutlets with green herb yoghurt; not forgetting indulgent desserts and

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cocktails including White chocolate, rum and raspberry crème brulee and Lazy man's long island iced tea. This stunning cookbook will bring exciting new meals to your family table and transport you to the real Caribbean in your own kitchen.

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Fullflavour Easy Recipes

Following on from the success of the first Gourmet Express book, Ainsley is back with a new collection of simple and sensational dishes that are designed for those who love good food, but dont have time to follow

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Fullflavour Easy Recipes
From The Major Itv Series

long and complicated recipes. Whether you need fresh ideas for family meals, or are having friends round for an informal supper, there are recipes here to suit every occasion. For a quick and delicious weekend brunch how about trying Ainsleys

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Pancetta Hash Browns? Or get the morning off to a healthy start with a Pineapple and Coconut

Smoothie. Starters include Crispy Noodle-wrapped Prawns with Rice-wine Dipping Sauce and the delicious Hot Bloody Mary Soup. For the main course, Ainsley has

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a whole host of suggestions from Fresh Charred Tuna Steak with Salsa Verde, to the warming Clares Winter-vegetable Cobbler. And for the perfect end to a fabulous menu, Ainsleys ideas include scrumptious desserts such as Six-minute Soft-centred

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Chocolate Puddings and
Cranberry and Pomegranate
Jellies. Complete with over 40
stunning full-colour photographs,
Gourmet Express 2 is guaranteed
to show that you too can produce
fabulous food without spending
hours in the kitchen.

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Fullflavour Easy Recipes

Ainsley Harriott is the master of fast, flavoursome and fabulous food and he has created a collection of mouth-watering recipes that use a maximum of five ingredients, perfect for the time-short, budget-conscious

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cook. Choosing recipes that burst with flavours from all around the world, television's favourite chef, Ainsley Harriott, has used his flair for creating meals in minutes by taking the simplest ingredients and creating delicious dishes with minimum fuss and expense. Using

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Fullflavour Easy Recipes
From The Major Itv Series

easily accessible ingredients, Ainsley's recipes include fresh salads, succulent fish and meat dishes, healthy pastas, vegetarian delights, sizzling barbecue ideas and tempting desserts; all using just five key ingredients, plus salt, pepper and oil. There'll be no

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more looking at an ingredients list and groaning at all the shopping and chopping you'll have to do.

Ainsley has created an essential cookbook that's sure to be the only extra ingredient you'll need in your kitchen.

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Travel the Med without leaving your kitchen. Join national treasure Ainsley Harriott on his culinary journey through the Mediterranean discovering the very best recipes to cook back home. Ainsley's Mediterranean Cookbook includes all the recipes

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from his major 10-part ITV1 series. Journeying through Spain, Sardinia, Morocco, Corsica and Jordan, Ainsley shows how easy and enjoyable it can be to make fresh, healthy, delicious meals. From simple salads and dips to everyday favourites like pasta

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Full of our Easy Recipes From The Major Itv Series
and risottos, satisfying meats, flavoursome vegetarian mains and light fish dishes, Ainsleys's recipes are perfect for a relaxed gathering of family and friends or hassle-free midweek meal.

Recipes include: Corsican mint omelette Moroccan vegetable and

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sesame seed parcels Courgette,
lemon and pecorino spaghetti
Butternut squash and sweet
potato tagine Nutty pearl
couscous with feta and dates
Aromatic fish pilaf Pasta shells
with sausage, tomato and fennel
sauce Hazelnut and chocolate

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cake Orange and cinnamon hot
chocolate

Warm your cockles and lift your spirits ... Including all the recipes from Ainsley's new ITV show, this book is all about food that makes us happy! Because there's no two

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ways about it – food can definitely raise your spirits. In this uplifting cookbook you will find comforting classics, great food for sharing, recipes for a bit of indulgence, light and healthy dishes to help you feel good from the inside out, easy one-pots that are all

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Full of our Easy Recipes
From The Major Itv Series

weeknight winners, some favourite barbecue dishes to bring sunshine to your table, and delicious desserts because - because we all need a treat now and again. Happy Cooking!

Ainsley Harriott is the hugely

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popular presenter of Ready, Steady Cook and author of the best-selling Meals in Minutes. In 100 Meals in Minutes, Ainsley has chosen his favourite quick, simple but flavoursome recipes to create an essential collection for the modern, time-pressed cook. From

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chicken recipes to pasta dishes, curries, salads and desserts, this is the cookbook that every busy person needs.

Ainsley Harriott is a best-selling BBC author and has sold over a million copies of his books to

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date. As fans of his Meals in Minutes titles already know, Ainsley is the chef who really understands the sort of food most of us want to make at home. Now he's back with his Friends and Family Cookbook, the ultimate reference book to reflect the way

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we cook and eat today. The book covers everything from planning what to eat for the week ahead and shopping, to timing a Sunday lunch and organising a supper party. Ainsley's Friends and Family Cookbook also contains step-by-step sequences to make

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particular techniques even more straightforward, lots of alternatives for everyday recipes like pizza and pasta and plenty of low-fat dishes if you are watching what you eat. The book contains over 230 brand new delicious recipes all using readily available

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ingredients, and with each one illustrated to encourage you to have a go, it is an essential addition to any kitchen shelf.

If there's one chef who can create 100 chicken recipes, it is Ainsley Harriott. In his second book in the

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My Kitchen Table series, Ainsley showcases an incredible range of flavours, cooking styles and dishes using the nation's favourite ingredient, chicken. From an oven-baked harissa chicken with cumin sweet potatoes to chilli chicken burgers and soy-poached chicken

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breasts with pak choi, who knew chicken could be so exciting? This is a must-have cookbook for everybody who likes chicken.

Following the success of his most recent Friends and Family Cookbook, Ainsley is turning his

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culinary attention to feel-good cookery food that makes you feel great. Capturing Ainsley's enthusiasm for making cooking fun, The Feel-Good Cookbook brings us food that is good for the body and the soul: healthy, tasty and easy to prepare. 150 brand-

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Fullflavour Easy Recipes
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new recipes make up a bible of deliciously simple recipes, essential for time-pressed cooks wanting fresh, flavoursome and nutritious food. Chapters range from Light Bites and Quick and Easy Suppers to Mid-week Meals and Substantial Salads, and

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features include handy menu spreads, store-cupboard essentials and a guide to sourcing ingredients.

He's back and hotter than ever!
Levi is getting back to his Roots
with over 100 Caribbean- and

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sunshine-infused recipes for the barbecue and grill. From his first appearance – guitar in hand – in the Dragons' Den, Levi's winning personality and sunny food has brought a taste of Caribbean joy to our dinner plates. In this book, Levi gets back to his Jamaican

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influences with over 100 recipes to conjure up those lazy, hazy summer days. He cooks up feasts for the barbecue and grill with fresh, healthy ingredients that have been given his special West Indian twist – think Chicken with Molasses, Sugar and Lime;

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Calypso Burgers with Tropical Salsa; and Jamaican Snapper Parcels – all washed down with a Sunshine Smoothie. Grill it with Levi brings together all Levi's passions: healthy, quick and flavourful food, cooking outside and eating with friends. All the

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recipes can be cooked on a barbecue – or, if the weather's not so sunny – you can bring the summer inside. Shake that Reggae Reggae Sauce and let's get some soul back into our food!

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