

RANDOM HOUSE  BOOKS



Slimming World's
Four Seasons Cookbook

Slimming World



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roasted leg of lamb with carrots and onions
spiced baby spinach with new potatoes
garlicky broccoli
celeriac dauphinoise
ginger rhubarb with orange custard
orange and saffron cake
mango sorbet

summer

raspberry, melon and cucumber salad
roasted tomato and bulgur salad
potato, fresh bean and herb salad
summer potato, celery and herb salad
italian-style warm fennel salad
bacon-wrapped cod
barbecue plaice with red pepper salsa
chargrilled tuna with herby beans
spicy monkfish stew
red mullet in vine leaves
moroccan-style squid
grilled chicken pinchitos
grilled chicken salad
chicken, pork and bacon burgers
grilled pork steaks with plum and mango salsa
spanish-style meatballs
summer french-style herb cake
broad bean and lemon risotto
fennel and shallot rice
asparagus with minted couscous
asparagus, ginger and noodle stir-fry
tagliatelle with summer vegetables
creamy courgette linguine with mint
mangetout with tarragon
crushed potatoes with chives
savoury summer vegetable loaf

grilled sweetcorn cobettes with lime, chilli and herb
'butter'

french beans with black mustard seeds

custard and mixed berry pavlova

vanilla and gooseberry fools

minted three-melon salad with cherries

autumn

creamy mushroom pâté

sweet potato wedges with creamy herb dip

soufflé jacket potatoes

pumpkin soup

seafood chowder

thai fish cakes with cucumber dipping sauce

roasted sea bass with mixed peppers and shallots

grilled garlic and herb mussels

mint, basil and chilli-seared scallops

curried duck with aubergine

roast soy duck with steamed greens

curly kale with crispy bacon

sage and mushroom tortilla

aromatic beef with pumpkin

stuffed aubergines

aubergine, tomato and lentil stew

lamb and root vegetable casserole

wild garlic mushrooms with polenta

butternut squash, garlic and rosemary risotto

quick wild mushroom rice

quorn and vegetable lasagne

pasta with artichokes and tomato

macaroni and cauliflower gratin

cauliflower curry

savoy cabbage and potato gratin

onion, potato, courgette and tomato bake

creamy cabbage

red cabbage with apple and cranberries
blackberry and pear crumbles
cranberry jellies
apple posset

winter

borscht
lentil broth
mixed bean salad
smoked salmon soufflés
bouillabaisse
oysters kilpatrick
baked haddock with tomatoes and spinach
turkey curry
glazed citrus turkey crown with herbed stuffing balls
luxury shepherd's pie
lamb tagine
steak and kidney pies
daube of beef
pork stroganoff
slow-simmered ham hocks
glazed turnips with chervil
angel hair pasta with chilli and coriander
mixed bean stew with feta
braised red cabbage
kedgeree
tomato and carrot rice
leek, carrot and parsnip purée
roasted spiced beetroot
cheesy potato and tomato pie
fantail potato roasties
colcannon cakes
honey-roasted roots
tabbouleh with pomegranate, clementine and parsley
vanilla pannacotta

coffee, chocolate and cognac mousse
pomegranate and lime granita

food optimising

free foods

healthy extras

syns

group support

body magic

a family approach

your good health

four seasons menus

green menus

original menus

free food selection

syns selection

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List of Recipes

40 garlic clove chicken

angel hair pasta with chilli and coriander

apple posset

aromatic beef with pumpkin

asparagus, ginger and noodle stir-fry

asparagus with minted couscous

aubergine, tomato and lentil stew

baby beetroot and little gem salad

bacon-wrapped cod

baked egg timbales

baked haddock with tomatoes and spinach

barbecue plaice with red pepper salsa

bean and baby spinach salad

beetroot pesto pasta

blackberry and pear crumbles

borscht

bouillabaisse

braised red cabbage

broad bean and lemon risotto

butternut squash, garlic and rosemary risotto

cauliflower curry

celeriac dauphinoise

chargrilled tuna with herby beans

cheesy potato and tomato pie

chicken, pork and bacon burgers

chilli corn bread

coffee, chocolate and cognac mousse

colcannon cakes

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kedgeree

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lamb tagine
leek, carrot and parsnip purée
lentil broth

luxury shepherd's pie

macaroni and cauliflower gratin

mangetout with tarragon

mango sorbet

mint, basil and chilli-seared scallops

minted three-melon salad with cherries

mixed bean salad

mixed bean stew with feta

moroccan-style squid

new potato and apple salad

onion, potato, courgette and tomato bake

orange and saffron cake

orange, red onion and black olive salad

oysters kilpatrick

pan-cooked skate with bacon

pasta with artichokes and tomato

pomegranate and lime granita

pork stroganoff

potato, fresh bean and herb salad

pot-roast chicken with leeks and spring herbs

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pumpkin soup

quick wild mushroom rice

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raspberry, melon and cucumber salad

red cabbage with apple and cranberries

red mullet in vine leaves

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roasted spiced beetroot

roasted tomato and bulgur salad
rosemary rack of lamb with a watercress sauce

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savoy cabbage and potato gratin
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slow-simmered ham hocks
smoked salmon soufflés
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spring green and lentil pilaff
spring vegetable risotto
spring vegetable soup
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stuffed aubergines
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summer potato, celery and herb salad
sweet potato wedges with creamy herb dip

tabbouleh with pomegranate, clementine and parsley
tagliatelle with summer vegetables
thai fish cakes with cucumber dipping sauce
tomato and carrot rice
turkey curry

vanilla and gooseberry fools
vanilla pannacotta
vegetable rice noodles

watercress and baby leaf spinach soup
wild garlic mushrooms with polenta

About the Book

There's a wealth of wonderful fresh food produced on our doorstep, but how many of us really make use of it? In fact, how many of us actually know what's produced and when?

Well, Slimming World have made it easy, and this fantastic new book offers a wide variety of seasonal dishes that make use of ingredients at the appropriate time of year. Now you can simply turn to the section dealing with spring, summer, autumn or winter and find something to cook that makes use of readily available ingredients at the peak of freshness and taste.

During the cold, dark days of autumn and winter, what could be better than warming borscht, soufflé jacket potatoes, roasted soy duck breasts or spiced bean stew with feta? As the days get longer and warmer you can feast on lighter dishes, such as baked egg timbales, pan-cooked skate with bacon, broad bean and lemon risotto, asparagus with minted couscous or any of the delicious salads.

Of course, desserts haven't been forgotten. You can indulge yourself with treats such as chocolate, coffee and cognac mousse, blackberry and pear crumble, gooseberry fool, or orange and saffron cake, secure in the knowledge that these, and all the other recipes in the book, are healthy, delicious, absolutely in season and all part of Slimming World's highly successful Food Optimising programme.

About the Author

Founded in 1969 by Margaret Miles-Bramwell, Slimming World is the UK's most advanced slimming organisation. It manages thousands of groups across the country with over 250,000 members attending every month, and another 15,000 attending free as successful target members.

Each week, around 2000 members reach their personal target weight. Slimming World's unique approach to weight loss is an extraordinary success story.



Slimming World's
four seasons
cookbook

120 recipes to take you through the year



EBURY
PRESS

cookery notes

- Both metric and imperial measures are given for the recipes. Follow either set of measures as they are not interchangeable.
- All spoon measures are level: 1 tsp = 5ml spoon, 1 tbsp = 15ml spoon.
- ⑤ Suitable for vegetarians
- ❄ Suitable for freezing
- Ovens should be preheated to the specified temperature. Grills should also be preheated.
- Use large eggs unless otherwise specified.
- Note that some of the recipes contain lightly cooked eggs. Avoid serving these to anyone who is pregnant or in a vulnerable health group, as there is a small risk of salmonella infection.
- Always use fresh herbs, unless dried herbs are suggested in the recipe.
- Use freshly ground black pepper and sea salt unless otherwise specified.

foreword

Dear Reader

A very warm welcome to the *Four Seasons Cookbook*, the latest collection of wonderfully tasty and deliciously healthy recipes from Slimming World.

At a time when there are so many scare stories about what we should and shouldn't eat, it's a real pleasure to bring you a book that's a celebration of the very best of fresh, seasonal food that we can all enjoy to the full.

And as someone who understands from personal, painful experience how hard it can be to love food and manage your weight successfully, it's an even greater joy to know that all these recipes can help you slim, as they're based on Free Foods, the secret at the heart of Food Optimising, Slimming World's phenomenal eating plan.

By basing meals on healthy, filling, delicious Free Foods, Food Optimisers discover they can lose weight without ever feeling deprived, hungry or guilty – the three enemies of successful slimming. Feeling that you are not just given permission to eat, but actually encouraged to eat (and then to eat a bit more!) is what sets Food Optimising apart from other slimming diets. No more do we have to give up our favourite foods, eating with our family or having a social life – sacrifices that are counter-productive because they feel more like punishments. Gone too is the additional burden of low self-esteem, which can make us feel we somehow don't deserve the simple pleasures in life that naturally slim people take for granted.

When I launched Slimming World 39 years ago, my burning passion was to show that losing weight doesn't


have to be about denying yourself pleasures, making sacrifices and carrying burdens – the very opposite, in fact! Within a warm, friendly Slimming World group, members discover that it's normal to have an appetite, and normal to love good food – and that it's so freeing to eat to satisfy your appetite instead of following what the 'diet rules' say. And Slimming World understands that you have a life too! Food Optimising fits in easily with social life, working life, family life – however you choose to live it and enjoy it to the max.

Belonging to a Slimming World group opens up a whole world of compassionate, constructive support, both from fellow members and from your Consultant, who has not only had top-class training, but also knows from personal experience exactly how it feels to have a weight problem.

Week by week, as they set their own goals, plan their strategies for success and overcome obstacles, members learn that we can 'make our own weather'. Having a laugh with your group and basking in the warmth of their support can be enough to brighten up the bleakest day and help restore your faith in yourself because you are a confident, competent person who can choose your own next step to success. It's not surprising that many members describe Slimming World as a ray of sunshine in their week!

As Slimming World's founder, it's such a privilege to meet successful members who are thrilled to have escaped that demoralising cycle of 'diet at New Year, fail by Easter', and found a healthy lifestyle that makes it easy for them to enjoy good food, stay slim all year round, and never, ever go hungry. As this *Four Seasons Cookbook* shows, the perfect time to start your weight-loss journey is now, whatever the weather or the time of year. And, of course, Slimming World's door is open all year round, and there's always a smile and a warm welcome waiting for you. We do hope we'll see you there soon. Together we really can discover the amazing you!

With warmest wishes

A handwritten signature in black ink that reads "Margaret Miles-Bramwell". The signature is written in a cursive style with a large initial 'M'.

Margaret Miles-Bramwell, FRSA
Founder and Chairman



introduction

We all look forward to seasonal celebrations through the year, and many of them are associated with food. Easter, Hallowe'en, Bonfire Night and Christmas are just some of the milestones that we mark each year with special meals or foods.

But how many of us take that spirit of celebration into our kitchens every day by making the most of the glorious fresh produce that each season has to offer? We may have our particular 'special occasion' favourites, such as satsumas at Christmas, strawberries in June or apples and pears in the autumn, but the rest of the year we may be fairly unadventurous with the range of fresh fruit, vegetables, meat and fish that we buy.

Yet the truth is that there are many great reasons for widening our food horizons – especially if our priority is to eat healthily and manage our weight.

The first is that by basing meals on fresh foods, we know what's on our plate and can control how much fat, sugar or salt we add, which is essential when we want to eat healthily, and not always possible when we rely on ready-made meals and processed foods.

Nutritionists also advise us to 'eat a rainbow' of brightly coloured fruit and veg to ensure that our diet is rich in vitamins and minerals; and eating what's fresh and in season makes this a pleasure. After all, which would you rather have: a vitamin pill or a ripe, red tomato, a juicy orange and a crisp green apple?

Fresh food is terrific value too: a whole basketful of fresh vegetables can cost less than the price of a single-portion

ready meal. And bagging a bargain is also the perfect opportunity to get the family excited about food and engaged in healthy eating, whether you're harvesting your own home-grown veg, enjoying a trip to a pick-your-own farm, or filling your basket at the local market.

Following the seasons with our menus also means more variety in our food, helping to keep boredom at bay, which can be the undoing of all our plans to eat healthily. Getting into a 'food rut' is all too easy when we stick to the same route around the supermarket every week, increasing the temptation to break out of our self-imposed food straitjacket.

And maybe most important of all is the sheer explosion of taste and flavour we can experience by enjoying fresh foods in season. Now that so much imported produce is available in supermarkets all year round, it's easy to forget the taste sensation of the first English strawberries of the summer, the first fragrant Scottish raspberries, the warm, heady scent of local tomatoes, or the earthy, nutty taste of freshly lifted new potatoes.

If you've picked up the *Four Seasons Cookbook* to help you lose weight, you might wonder why we're focusing so much on delicious food! Isn't thinking about food all day just going to make it even harder to reach your target weight?

The answer, if you're losing weight the Slimming World way, is: absolutely not! That's because Slimming World's Food Optimising plan is all about enjoying generous, tasty, everyday meals that make the very most of what each season has to offer.

The secret of Food Optimising is Free Foods – a huge list of foods you can enjoy as much as you like, whenever you like, and still be confident that you'll lose weight each week. And we don't mean 'diet foods' that have no flavour or filling power! As well as all fresh fruit and vegetables, Free Foods include lean meat and fish, pasta, potatoes, pulses, eggs

and very low fat dairy products – so there’s no chance you’ll be eating just a big salad or a heap of steamed vegetables!

With 124 recipes all based on Free Foods, the *Four Seasons Cookbook* shows you how to incorporate the finest and tastiest seasonal foods into meals that family and friends will love all year round, and that you’ll be able to enjoy to the full along with everyone else – including going back for seconds if you like.

If you haven’t yet discovered Food Optimising, these delicious recipes may well whet your appetite to find out more about losing weight the Slimming World way. To read more about the science behind Food Optimising, turn to [here](#).

Yet Food Optimising is just one element of the Slimming World experience: in the *Four Seasons Cookbook* you can also learn more about how Slimming World helps hundreds of thousands of people each year to lose weight and improve their health, energy and self-confidence. In the warm, friendly, supportive surroundings of a Slimming World group, members learn and share all kinds of tips and techniques to help make their slimming journey a success, with plenty of praise, laughter and fun along the way.

If you’re already a Slimming World member, we hope that the *Four Seasons Cookbook* inspires you with lots more Food Optimising ways to celebrate seasonal food in your meals each week.

And if you haven’t yet joined us, we hope you’ll feel that Slimming World is the place where you can start your voyage of discovery to a new love of food and a new slim, healthy you.

Now that would definitely be a cause for celebration, whatever the time of year!

For details of a warm and friendly group near you,
call 0844 897 8000 or visit

www.slimmingworld.com



free food storecupboard

All these ingredients are used in the recipes in this book and are Free Foods for both **Green** and **Original** choices, unless otherwise stated.

CANS AND BOTTLES

Artificial sweetener

Butter beans (**Green** choice only)

Cannellini beans (**Green** choice only)

Capers

Mixed beans (**Green** choice only)

Red kidney beans (**Green** choice only)

Sweetcorn (**Green** choice only)

Tomatoes, chopped (plain and with herbs)



FROM THE FRIDGE

Chillies, bird's-eye, green and red

Eggs

Fresh herbs, e.g.

basil

bay leaf

chervil

chives

coriander

dill

lemongrass

mint

oregano

parsley (standard and flat-leaf)

rosemary

sage

tarragon

thyme

Garlic

Ginger, fresh root

Lemons and limes

Onions (red and white) and shallots

Quark soft cheese

Tomatoes, all kinds

Very low fat natural fromage frais

Very low fat natural yogurt

STAPLES

Bovril stock, beef and chicken

Bulgur wheat (Green choice only)

Celery salt

Couscous (Green choice only)

Dried herbs and spices, whole or ground, e.g.

allspice

black onion seeds (kalonji/nigella)
caraway seeds
cardamom seeds
cayenne
chilli powder (mild, medium and hot)
Chinese five-spice
cinnamon (ground and sticks)
cloves
coriander (ground and seeds)
cumin (ground and seeds)
curry powder (mild, medium and hot)
dried bay leaves
fennel seeds
ground ginger
ground star anise
herbes de Provence
mixed dried herbs: all varieties
mustard seeds (black and yellow)
nutmeg
oregano
paprika (mild, hot and sweet smoked)
peppercorns (black, mixed and pink)
pimenton (mild paprika)
saffron threads
thyme
turmeric
vanilla pods
Dried red chilli flakes
Fat-free dressings, French-style and vinaigrette



Fish sauce
Fry Light
Garlic salt
Gelatine
Lentils, all varieties (**Green** choice only)
Mustard powder
Passata (sieved tomatoes)
Pasta and egg noodles, all types, dried (**Green** choice only)
Polenta (fine and coarse) (**Green** choice only)
Rice noodles (**Green** choice only)
Rice, all varieties: e.g. Arborio, basmati, brown, long grain,
risotto (**Green** choice only)
Sea salt
Soy sauces (dark and light)
Tabasco sauce
Vanilla essence/extract
Vecon
Vinegars: e.g. red wine, sherry and white wine
Worcestershire sauce

spring

WHAT'S IN SEASON

baby beetroot ~ baby spinach ~ chicken
crab ~ new potatoes ~ purple sprouting broccoli ~
rhubarb ~ skate ~ spring greens ~ spring lamb



Recipe List

spring vegetable soup
watercress and baby leaf spinach soup
prawn, pink grapefruit and watercress salad
orange, red onion and black olive salad
baked egg timbales
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new potato and apple salad
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stir-fried purple sprouting broccoli with noodles
bean and baby spinach salad
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