

RANDOM HOUSE  BOOKS



New Hip And Thigh Diet Cookbook

Rosemary Conley and Patricia Bourne

Contents

Cover

List of Recipes

About the Book

About the Authors

Also by Rosemary Conley

Title Page

Introduction

Suggested Dinner Party Menus

Soups and Starters

Fish

Poultry and Game

Meat

Vegetarian

Salads and Vegetables

Desserts

Sauces and Salad Dressings

Useful Hints and Tips

Acknowledgements

Copyright

List of Recipes

Apple and Mandarin Delight
Apricot and Ginger Fool
Apricot Stuffed Lamb
Armenian Lamb Casserole with Rice Pilaff
Austrian Apple and Orange Ring

Bacon and Mushroom Roulade
Baked Fish with Curried Rice
Baked Fresh Tuna
Bean and Mushroom Salad
Beef Carbonnade
Boiled Beef with Horseradish Sauce
Bortsch
Braised Stuffed Liver
Braised Trout
Brochettes of Fish Tandoori
Browned Breadcrumbs
Brussels Sprouts Soup

Côte d'Azur Salad
Cauliflower, Prawn and Crab Salad
Celeriac Paysanne
Chicken and Mango Salad
Chicken and Tomato Bake
Chicken Cicelia
Chicken Livers with Mixed Vegetables
Chicken with Barbecue Sauce
Chicken with Prawns

Chicory and Apple Salad
Chilli Chicken
Cocktail Canâpés
Cocktail Savouries
Cottage and Cheddar Cheese Bake
Courgette and Carrot Timbales
Crispy Courgettes
Crispy Potato Skins
Crudités
Cumberland Sauce

Dry Roast Potatoes
Duck with Oriental Fruit Sauce

Farmer's-style Mange-tout
Fillets of Mackerel in Cider
Fish and Mushroom Timbale
Fishburgers
Florentine Fish Crown
Fresh Tomato Sauce
Fromage Frais and Horseradish Sauce
Frothy Consommé
Fruit Snowballs
Fruit Terrine

Gnocchi Verdi with Fresh Tomato Sauce
Gourmet Salad with Kiwi Sauce
Grape and Mint Jelly
Grapefruit and Kiwi Dessert
Grapefruit Surprise
Grilled Meats with Special Savoury Sauces

Grissini Sticks

Guinea Fowl with Lentils

Guinness Hot-pot

Ham and Prawn Rolls

Herby Mashed Potatoes

Honeyed Pork with Tagliatelle

Hot Vegetable Salad

Hummus

Indonesian Chicken

Italian Vegetable Casserole

Lamb and Red Bean Casserole

Lamb with Crusty Herb Topping

Lemon and Raspberry meringues

Lemon Sorbet

Lemony Cod

Low-fat Salad Cream

Melon Fans

Mexican Tofu and Bean Stew

Microwave Meringues

Middle Eastern Pilaff

Mushroom Pâté

Mushrooms à la Grecque

Oil-free Vinaigrette

Orange and Honey Bananas

Orange and Onion Salad

Oriental Cabbage

Oven Chips

Oven Sauté Potatoes

Party Chicken

Pawpaws with Port

Peach Yogurt Ice

Peaches Aurora

Pears with Parma Ham

Pease Pudding

Pheasant with Orange

Pineapple and Lemon Cheesecake

Pineapple Folly

Piquant Tomato Jellies

Plaice in a Parcel

Pork and Prunes

Pork with Paprika

Potato Quiche

Provençale Kidneys

Provençale Marrow

Raspberry Sauce

Red Bean and Burgundy Casserole

Rice Pilaff

Rock Salmon Basquaise

Sèvigné Tomatoes

Savoury Brown Rice

Savoury Stuffed Cutlets

Scallops and Monkfish with a Vegetable Tagliatelle

Smoked Haddock Chowder

Smoked Mackerel with Pasta

Smoked Tofu Kebabs

Smoky Fish and Vegetable Pie
Spaghetti and Tofu Bolognese
Spiced Beef and Bean Casserole
Spiced Cauliflower
Spiced Lentils and Chick Peas
Spiced Tropical Salad
Spicy Pineapple Lamb Steaks
Spicy Raisin Sauce
Spicy Yogurt Chicken
Spinach Roulade
St Clement's Mackerel
Strawberry and Passion Fruit Pavlova
Stuffed Aubergines
Stuffed Mushrooms
Stuffed Tomatoes and Celery
Stuffed Turkey Escalopes
Sultana Bran Cake
Sweet 'n' Sour Chicken

Three-vegetable Fondue
Tomato and Vegetable Ring
Tomato Oil-free Dressing
Tomato Sauce
Tomatoes Beauregard
Tuna and Tomato Soup

Vegetable and Tofu Salad
Vegetable Broth
Vegetable Couscous
Vegetable Purées

Vegetable Terrine

Venison with Blackcurrants

About the Book

Eat your way to diet success with over 100 superb new recipes.

The Hip and Thigh Diet has revolutionized the eating habits of successful slimmers across the world. Now, with this enticing new cookbook you can eat well and healthily and keep those unwanted pounds and inches at bay. Over 100 brand-new, mouthwatering recipes are included to help you cook for all the family, and any occasion.

- Family favourites, re-created the Conley way
- Quick and simple recipes in under 30 minutes
- Impressive but easy entertaining
- Robust recipes for everyday use
- Sumptuous desserts and party food

Packed with gastronomical delights from the exotic to the economical, there has never been a tastier way to stay slim.

About the Authors

Rosemary Conley CBE is the UK's most successful diet and fitness expert. Her diet and fitness books, videos and DVDs have consistently topped the bestseller lists with combined sales approaching nine million copies.

Rosemary has presented more than 400 cookery programmes on television and has hosted several of her own TV series on BBC and ITV. In 1999 Rosemary was made a Deputy Lieutenant of Leicestershire. In 2001 she was given the Freedom of the City of Leicester, and in 2004 she was awarded a CBE in the Queen's New Year Honours List for 'services to the fitness and diet industries'. In 2012, Rosemary was one of the oldest contestants ever to appear on *Dancing on Ice*.

Together with her husband, Mike Rimmington, Rosemary runs five companies: Rosemary Conley Diet and Fitness Clubs, which operates an award-winning national network of almost 200 franchises running around 2,000 classes weekly; Quorn House Publishing Ltd, which publishes *Rosemary Conley Diet and Fitness magazine*; Quorn House Media Ltd, which runs rosemaryconley.tv, an online TV channel; Rosemary Conley Licences Ltd; and Rosemary Conley Enterprises.

Rosemary has a daughter, Dawn, from her first marriage. Rosemary, Mike and Dawn are all committed Christians.

Patricia Bourne trained in catering and home economics and ran her own catering business for several years, cooking for occasions ranging from small dinner parties to wedding receptions for over 200 people. She joined the staff of the Tante Marie School of Cookery in 1969 and became Head Teacher eight years later and then Principal

in 1981. She is a Fellow of the Cookery and Food Association, a Master Craftsman of the Craft Guild of Chefs and a member of the Surrey Wine and Food Society. Patricia wrote *The Cooks Handbook*, *Tante Marie Book of Traditional French Cookery* and *Sweet Temptation* with Wendy Majerowicz, and since she has retired from teaching has written several other books including *French Bistro Cookery*, *Choice Desserts* and *French Vegetable Cookery*.

ALSO BY ROSEMARY CONLEY

Rosemary Conley's Hip and Thigh Diet
Rosemary Conley's Complete Hip and Thigh Diet
Rosemary Conley's Inch Loss Plan
Rosemary Conley's Hip and Thigh Diet Cookbook(with
Patricia Bourne)
Shape Up for Summer
Rosemary Conley's Beach Body Plan
Rosemary Conley's Flat Stomach Plan
Be Slim! Be Fit!
Rosemary Conley's Complete Flat Stomach Plan
Rosemary Conley's New Body Plan
Rosemary Conle's Low Fat Cookbook
Rosemary Conley's Red Wine Diet
Rosemary Conley's Low Fat Cookbook Two
Eat Yourself Slim
Rosemary Conley's Step-by-Step Low Fat Cookbook
Rosemary Conley's GI Jeans Diet
Rosemary Conley's Ultimate GI Jeans Diet
Rosemary Conley's GI Hip and Thigh Diet
Slim to Win Diet and Cookbook
Rosemary Conley's Amazing Inch Loss Plan
The Secrets of Staying Young

Rosemary Conley's
New
Hip and Thigh Diet
Cookbook

*ROSEMARY CONLEY &
PATRICIA BOURNE*



Introduction

by Rosemary Conley

I have to admit that when my first Hip and Thigh Diet book was published in 1988 I did not anticipate the phenomenal effect it would have on the eating habits and the lives of so many people, not only in the UK but across the world. Perhaps even more significant is the fact that my findings indicate that, unlike with other diet programmes, the vast majority of those who seriously follow my diet do in fact maintain their weight loss in the long term. The Hip and Thigh Diet is not a fad diet – it is undoubtedly here to stay.

The reason for this phenomenal success is simple. Not only have dieters actually acquired the body shape they never even dreamed could be theirs but, just as importantly, their old eating habits were re-educated. People are prepared to make long-term changes to their diet to achieve the desired results. It is a classic case of cause and effect. Remove that which does the damage (fat), introduce that which does the good (healthy eating and exercise), and the effect is a low-fat, healthy body. Using this principle, families changed their eating habits of a lifetime and learned to cook without automatically adding fat.

In 1989 my first *Hip and Thigh Diet Cookbook* was published. Another instant number one bestseller, it has proved extraordinarily popular among Hip and Thigh disciples. My co-author of the original cookbook and now this new one is Patricia Bourne. We first met in 1988 after Pat wrote to me explaining that she had been successfully following my diet. As a qualified chef and experienced cookery writer, she suggested that we produce a cookbook together. I was immediately attracted to Pat because she is so much more than just a cookery writer. Not only does she

create the most delicious recipes, bringing together exciting combinations of foods that I would never have dreamed of, but she also slips in lots of invaluable advice, tips and general information to ensure that even the novice cook achieves perfect results.

On the instructional side you can learn how to bone a chicken, how to make vegetable pureés, why you shouldn't use the skin of plaice when making fish stock (it makes it bitter) and why you should use only small white mushrooms in white sauces (larger ones will make it grey), plus lots more. Pat has given thought to convenience and economy too by suggesting different types of fish or meat if all varieties are not available to you. There's advice on how to microwave many of the recipes, and tips about deep-freezing.

Use this book as a Hip and Thigh Diet friend. It will help you to learn how to cook low-fat style and give you lots of ideas for adapting or creating your own low-fat recipes. It should become a firm favourite on the cookbook shelf! I am sure you will not only enjoy the many exciting recipes but you will greatly extend your knowledge of cooking.

This *New Hip and Thigh Diet Cookbook* is packed full of gastronomic delights from the exotic to the economical. There is a chapter for vegetarians, a wide choice of family favourites and a mouthwatering selection for all those who enjoy entertaining. In addition there is a delightful selection of low-fat canapés for that special event.

The Hip and Thigh Diet has become a way of life for me and my family. It is now seven years on from when I originally started to follow this very low-fat diet for health reasons and I have since improved, fine-tuned and expanded the diet to what I believe is its optimum versatility. For instance, in the original diet egg yolks were on the 'forbidden list' because of their comparatively high fat content, although egg whites, which contain no fat, were always allowed freely. However, because of their

versatility and their high nutrient value, I now allow a maximum of two eggs per week to be included within the realms of the diet. This has enabled a wider variety of dishes to be included here.

Another food that has enjoyed a reprieve is fatty fish such as mackerel, tuna and salmon. Since the fish oils that they contain are so nutritionally valuable, as long as these foods are consumed in moderation, they will enhance the quality of your diet without any detriment to its effectiveness in shedding those unwanted inches.

You will also notice the inclusion of a tiny amount of oil in the vegetarian recipes and, occasionally, quantities of low-fat hard cheese have been included as a source of protein. Readers of my earlier books will know that oil, whether animal- or vegetable-based, and hard cheese are included on the 'forbidden list', and this rule *still applies* to anyone who is *not* vegetarian. But it must also be understood that I do not at any time recommend a 'no-fat' diet. Such a diet would be unhealthy, since fat forms a valuable part of our daily diet. But my 'low-fat' diet still incorporates sufficient fat within the foods that are recommended to supply the nutrients necessary for good health. Some of this essential fat is found in the leanest cuts of meat and poultry and in fish. Therefore, vegetarians who follow a low-fat diet may be eating too little fat and, with this in mind, I asked Pat to include a small amount of vegetable oil in some of her vegetarian recipes. The amount works out at less than a teaspoonful per person when the food is served. In *this* context, therefore, oil *is* allowed within my low-fat diet, but this does not mean you may add it liberally elsewhere!

However, non-vegetarians who are following my diet and wish to select one of Pat's meat-free recipes may do so as a special occasion. Such an occasional break from the rules will do little harm to the overall effect of the diet, and maintenance dieters certainly need have no hesitation in

selecting whichever dish they like from the full selection of recipes included.

For those wishing to embark on a serious weight- and inch-loss campaign, I suggest you refer to my *Complete Hip and Thigh Diet* for the full diet instructions, as it is important to understand these thoroughly. However, the recipes included in this cookbook will offer a greater variety of choice for both Hip and Thigh Dieters and for those on the Maintenance Programme.

I have received a great number of letters from dieters who boast that they serve Hip and Thigh Diet dishes at their dinner parties and no one guesses it is low-fat cuisine. This book is packed full of just such dishes, whether it be Duck with Oriental Sauce (which includes kumquats and lychees - I always wondered how to use these!), Pheasant with Orange, Chicken Cicelia, Red Bean and Burgundy Casserole, Potato Quiche or Guinness Hot-pot, Pineapple and Lemon Cheesecake or Austrian Apple and Orange Ring - your guests will be begging for more! Accordingly, I have included some suggestions for dinner party menus. The following menus are simply a guide to combining some of the many delicious recipes included within this book. As you experiment with different dishes that appeal to you and your family, I am sure you will be able to form your own menus with confidence. Remember to balance the preparation time available with the tastes of your guests and the availability of the ingredients before making your final selection.

In some instances I have made some suggestions for vegetable or salad accompaniments based on Pat's recommendations. Otherwise you may like to select one of the mouthwatering vegetable or salad recipes included [here](#) to [here](#) according to the preparation time you have available, or simply serve new potatoes, peas and carrots!

The menus are listed according to the primary ingredient of the main course: fish, meat, poultry or

vegetarian. Mix and match the starters and desserts as you wish and don't forget to include others from the earlier *Hip and Thigh Diet Cookbook* in order to expand your repertoire.

Within these dinner party menus I have attempted to combine recipes to give maximum nutrition and also to balance out the overall calorie and fat content. Some dishes, for example in the vegetarian chapter, are slightly higher in fat than would be recommended when rigidly following the diet, but it is far better that you include these than have cream in your coffee or cheese and biscuits following the meal!

While several of the recipes included in this book are particularly suitable for dinner parties, there are lots more ideas for delicious dishes for everyday life.

NB In selecting your menus, please remember to restrict egg yolks to a maximum of two per person per week, and that red meat also should be served only twice a week.



Suggested Dinner Party Menus

FISH MAIN COURSES

Stuffed Mushrooms
Rock Salmon Basquaise
Spiced Tropical Salad



Pawpaws with Port
Baked Fresh Tuna with Herby Mashed Potatoes
Austrian Apple and Orange Ring



Mushroom Pâté
Plaice in a Parcel
Lemon and Raspberry Meringue



Pears with Parma Ham
Florentine Fish Crown with Courgette and Carrot Timbales
Apricot and Ginger Fool



Grapefruit Surprise
Brochettes of Fish Tandoori
Peach Yogurt Ice



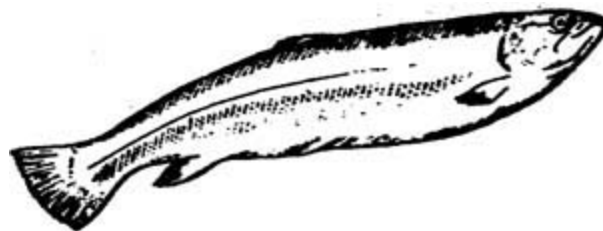
Côte d'Azur Salad
Fish and Mushroom Timbale
Strawberry and Passion Fruit Pavlova



Piquant Tomato Jellies
Braised Trout with Crispy Courgettes and Oven Sauté
Potatoes
Pineapple and Lemon Cheesecake



Sévigné Tomatoes
Scallops and Monkfish with a Vegetable Tagliatelle
Grapefruit and Kiwi Dessert



POULTRY AND GAME MAIN COURSES

Tomatoes Beauregard
Chicken Cicelia with broccoli and sweetcorn
Fruit Terrine



Bacon and Mushroom Roulade
Party Chicken with Gourmet Salad with Kiwi Sauce
Spiced Tropical Salad



Brussels Sprouts Soup
Chicken with Barbecue Sauce with Oven Sauté Potatoes,
Oriental Cabbage, carrots and sweetcorn
Apple and Mandarin Delight



Piquant Tomato Jellies
Chicken and Mango Salad
Strawberry and Passion Fruit Pavlova



Cauliflower, Prawn and Crab Salad
Indonesian Chicken
Peach Yogurt Ice



Tuna and Tomato Soup
Duck with Oriental Fruit Sauce with Oriental Cabbage,
Farmer's-style Mange-tout and Oven Sauté Potatoes
Pineapple Folly

Stuffed Mushrooms
Venison with Blackcurrants with Dry Roast Potatoes,
Farmer's-style Mange-tout
Lemon and Raspberry Meringue



Vegetable Broth
Stuffed Turkey Escalopes with Herby Mashed Potatoes,
Celery Paysanne and carrots
Fruit Snowballs



Bortsch
Sweet 'n' Sour Chicken with rice
Grapefruit and Kiwi Dessert



Mushroom Pâté
Pheasant with Orange with Dry Roast Potatoes, Oriental
Cabbage, baby sweetcorn and french beans
Peaches Aurora



Grapefruit Surprise

Guinea Fowl with Lentils, new potatoes, Farmer's-style
Mange-tout and spinach
Grape and Mint Jelly



Frothy Consommé
Chicken with Prawns with Oven Sauté Potatoes, courgettes,
Brussels sprouts or green beans
Apricot and Ginger Fool



MEAT MAIN COURSES

Frothy Consommé
Apricot Stuffed Lamb with Celeriac Paysanne
Fruit Snowballs



Cauliflower, Prawn and Crab Salad
Pork and Prunes
Grape and Mint Jelly



Melon Fans
Beef Carbonnade with Dry Roast Potatoes, peas, carrots
and runner beans
Peaches Aurora



Pawpaws with Port
Ham and Prawn Rolls with mixed salad
Pineapple and Lemon Cheesecake



Piquant Tomato Jellies
Lamb with Crusty Herb Topping with Farmer's-style
Mange-tout
Orange and Honey Bananas



Fillets of Mackerel in Cider
Honeyed Pork with Tagliatelle with courgettes and peas
Apple and Mandarin Delight

VEGETARIAN MAIN COURSES

Vegetable Broth
Spinach Roulade with Savoury Brown Rice
Grapefruit and Kiwi Dessert



Bortsch
Vegetable Couscous
Apricot and Ginger Fool



Pawpaws with Port
Red Bean and Burgundy Casserole with Herby Mashed
Potatoes and mixed green vegetables
Apple and Mandarin Delight



Stuffed Mushrooms
Tomato and Vegetable Ring with mixed green salad
Fruit Snowballs



Hummus
Middle Eastern Pilaff with mixed salad
Pineapple Folly



½ melon topped with seedless grapes
Gnocchi Verdi with Fresh Tomato Sauce
Peaches Aurora



Gourmet Salad with Kiwi Sauce
Spaghetti and Tofu Bolognese
Peach Yogurt Ice



Bean and Mushroom Salad
Cottage and Cheddar Cheese Bake with salad and crusty
bread
Orange and Honey Bananas



Orange and Onion Salad
Stuffed Aubergines with Chicory and Apple Salad

Lemon and Raspberry Meringues



Mushrooms à la Grecque
Vegetable and Tofu Salad
Orange and Honey Bananas



Pawpaws with Port
Mexican Tofu and Bean Stew with Herby Mashed Potatoes
or Potato Quiche
Lemon Sorbet



Hot Vegetable Salad
Smoked Tofu Kebabs with brown rice
Strawberry and Passion Fruit Pavlova



Hummus
Italian Vegetable Casserole with Potato Quiche
Apricot and Ginger Fool



Vegetable Terrine
Provençale Marrow with Potato Quiche or Herby Mashed
Potatoes
Apple and Mandarin Delight



Soups and Starters

The idea of three-course meals on a diet is hard for some people to believe but with Rosemary's amazing *Hip and Thigh Diet* it is possible not only on special occasions but as an everyday occurrence. In this book, I have found some light, interesting and tasty starters and soups to help you vary your diet. Many of them can be used or adapted by vegetarians and vegans and nearly all of them are suitable to serve as light lunch dishes and these have been noted at the start of each recipe.

There are also recipes in other chapters that can be used as starters or lunches. Look particularly at Scallops and Monkfish with a Vegetable Tagliatelle ([here](#)), Bacon and Mushroom Roulade ([here](#)), Vegetable Terrine ([here](#)), and Spinach Roulade ([here](#)).

The Salad and Vegetable chapter also has plenty of other ideas. The Bean and Mushroom Salad ([here](#)), Gourmet Salad with Kiwi Sauce ([here](#)) and the Chicory and Apple Salad ([here](#)) are all suitable for either occasion and Mushrooms à la Grecque ([here](#)) are delicious as a starter. Have you ever seen Cocktail Canâpés and Savouries in a diet book? I hadn't but I thought 'why not?', and so have included a section which I hope will enable you to enjoy low-fat entertaining.

These are only some of the ideas available to you and I know that you will find others that I hope you will enjoy.

Soups and Starters

- Ⓥ Stuffed Mushrooms
 - Ⓞ Cauliflower, Prawn and Crab Salad
 - Ⓞ Côte d'Azur Salad
 - Ⓞ Sèvigné Tomatoes
 - ⓅⓄ Tomatoes Beauregard
 - Ⓞ Melon Fans
 - ⓋⓄ Mushroom Pâté
 - Ⓞ Pawpaws with Port
 - ⓋⓄ Grapefruit Surprise
 - Fillets of Mackerel in Cider
 - Ⓞ Pears with Parma Ham
 - ⓋⓅⓄ Piquant Tomato Jellies
 - Cocktail Canâpés and Savouries
 - ⓋⓅⓄ Brussels Sprouts Soup
 - ⓋⓅⓄ Vegetable Broth
 - Ⓞ Tuna and Tomato Soup
 - ⓋⓅⓄ Bortsch
 - Ⓞ Frothy Consommé
-

- Ⓥ suitable for vegetarians
 - Ⓟ budget-conscious recipe
 - Ⓞ quick to prepare and cook
-

STUFFED MUSHROOMS

Serves 4

Cooking time 30-40 minutes

Oven temperature 200°C, 400°F, Gas Mark 6

Vegetarians can also use this recipe by omitting the ham, bacon and prawns, and can, if they wish, substitute them with 50-75g (2-3oz) low-fat grated cheese. This recipe makes an ideal dish for lunch.



- 1 medium onion
- 2 cloves garlic
- 150 ml (5 fl oz) cider or stock
- 4 large flat mushrooms, approximately 175-225 g (6-8 oz) each
- 175-225 g (6-8 oz) extra mushrooms
- 50 g (2 oz) fresh breadcrumbs
- 100g (4 oz) lean ham or bacon or prawns
- 150 ml (5 fl oz) extra stock
- salt and black pepper
- ½ teaspoon mixed herbs or Herbes de Provence
- 2-3 teaspoons Parmesan cheese (maintenance dieters and vegetarians only)

1. Peel the onion and garlic. Finely chop the onion and crush the garlic. Place in a pan with the cider or stock and simmer gently until tender.
2. Trim and clean all the mushrooms. Remove the stalks from the large mushrooms and chop these finely with the extra mushrooms.
3. When the onions are tender, drain them, reserving the cooking liquor. Mix the chopped mushrooms with the onions, breadcrumbs and garlic. Trim any fat from the ham or bacon and cut into thin strips. Cook the bacon for 2-3 minutes in the reserved cooking liquor. Again, reserve the liquor. Mix the ham, bacon or prawns into the chopped mushroom mixture and season to taste with salt, black pepper and mixed herbs or Herbes de Provence. Pile on top of the large mushrooms, place in a baking dish and pour the reserved cooking liquor and the extra stock into the dish. Cover with aluminium foil or a lid and cook in a preheated oven at 200°C, 400°F, Gas Mark 6 for 30-40 minutes until the large mushrooms are tender.
4. Maintenance dieters and vegetarians can sprinkle a little Parmesan cheese over each mushroom about 10 minutes before the end of the cooking time.
5. Serve hot on individual plates.

