


RANDOM HOUSE  BOOKS

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Best Ever Recipes  
Slimming World



[cover](#)  
[list of recipes](#)  
[about the book](#)  
[about the author](#)  
[title page](#)  
[cookery notes](#)  
[foreword](#)  
[introduction](#)  
[40 years of Slimming World](#)

## [soups and starters](#)

[watercress soup](#)  
[leek and potato soup](#)  
[pea and mint soup](#)

classic tomato soup  
french onion soup  
creamy mushroom soup  
asparagus with hollandaise sauce  
stuffed garlic and spinach mushrooms  
cheesy baked potato skins with creamy herbed dip  
stuffed tomatoes  
waldorf salad  
houmous with vegetable crudités  
eggs benedict  
devilled eggs  
chicken liver pâté  
coronation chicken  
chicken caesar salad  
barbecue chicken wings  
prawn cocktail  
avocado and prawns  
moules marinière  
smoked salmon terrine  
salmon gravadlax  
smoked mackerel pâté

## british classics

cauliflower cheese  
bangers and mash with onion gravy  
cottage pie  
luxury macaroni cheese  
classic new potato salad  
slimming world chips and best ever mushroom omelette  
pan haggerty  
bubble and squeak  
luxury fish pie  
haddock florentine  
crispy-topped cod  
salmon with parsley sauce

[baked trout](#)  
[grilled dover sole with horseradish cream](#)  
[the ultimate christmas dinner](#)  
[lemon and herb roast turkey](#)  
[pigs in blankets](#)  
[herbed stuffing balls](#)  
[brussels sprouts with chestnuts](#)  
[glazed carrots](#)  
[chicken casserole](#)  
[herbed roast chicken](#)  
[grilled gressingham duck with cherry sauce](#)  
[steak and kidney pies](#)  
[beef stew with dumplings](#)  
[braised beef in guinness](#)  
[roast rib of beef with roasted roots and gravy](#)  
[slow-cooked ham with parsley sauce](#)  
[roast pork with apple sauce](#)  
[gammon with egg and pineapple](#)  
[rosemary and garlic roasted leg of lamb](#)  
[lancashire hotpot](#)  
[shepherd's pie](#)  
[irish stew](#)  
[one-pot lamb shanks](#)

## [global favourites](#)

[spaghetti bolognese](#)  
[tagliatelle carbonara](#)  
[penne arrabbiata](#)  
[cannelloni](#)  
[risotto primavera](#)  
[herbed gnocchi](#)  
[veal saltimbocca](#)  
[beef in black bean sauce](#)  
[sweet and sour chicken](#)  
[peking duck in lettuce wraps](#)

egg fried rice  
chinese vegetable stir-fry  
thai green vegetable curry  
fragrant carrot and mushroom pilau rice  
vegetable pad thai  
spinach dhal  
aloo gobi  
lamb rogan josh  
classic chicken curry  
chicken tikka  
prawn curry  
hungarian goulash  
chicken kiev  
lamb souvlaki  
vegetable stroganoff  
vegetable tagine  
herbed falafels with cucumber tzatziki  
spanish-style garlic cauliflower  
vegetable paella  
spanish-style potato tortilla  
chicken fajitas  
classic new york bacon and cheeseburger  
spicy vegetable chilli with guacamole  
bouillabaisse  
coq au vin  
tuna niçoise

## ultimate desserts and sweet treats

lemon meringue pie  
apple tart  
rice pudding  
classic chocolate mousse  
eton mess

[lemon syllabub](#)  
[mixed berry brûlée](#)  
[rhubarb fool](#)  
[crêpes suzette](#)  
[apple and cinnamon crumbles](#)  
[steamed ginger puddings](#)  
[chocolate and orange bread pudding](#)  
[individual summer puddings](#)  
[grilled peaches](#)  
[poached pears](#)  
[sherry trifle](#)  
[carrot cake](#)  
[lemon drizzle cake](#)  
[chocolate and apricot brownies](#)  
[black forest roulade](#)  
[banoffee pie](#)  
[vanilla cheesecake](#)  
[chocolate chip cookies](#)  
[raspberry and blackberry jellies](#)  
[ultimate fruit salad](#)  
[creamy mango sorbet](#)  
[ice cream](#)  
[strawberry ice cream](#)  
[chocolate ice cream](#)  
[vanilla ice cream](#)  
[mint ice cream](#)  
[summer berry sorbet](#)

[the changing shape of britain](#)  
[food fashions](#)  
[how we work, how we live](#)  
[fats and figures](#)

[index](#)  
[picture credits](#)  
[copyright](#)

# List of Recipes

Aloo Gobi

Apple and Cinnamon Crumbles

Apple Tart

Asparagus with Hollandaise Sauce

Avocado and Prawns

Baked Trout

Bangers and Mash with Onion Gravy

Banoffee Pie

Barbecue Chicken Wings

Beef in Black Bean Sauce

Beef Stew with Dumplings

Black Forest Roulade

Bouillabaisse

Braised Beef in Guinness

Brussels Sprouts with Chestnuts

Bubble and Squeak

Cannelloni

Carrot Cake

Cauliflower Cheese

Cheesy Baked Potato Skins with Creamy Herbed Dip

Chicken Caesar Salad

Chicken Casserole

Chicken Fajitas

Chicken Kiev

Chicken Liver Pâté

Chicken Tikka

Chinese Vegetable Stir-fry

Chocolate and Apricot Brownies

Chocolate and Orange Bread Pudding  
Chocolate Chip Cookies  
Chocolate Ice Cream  
Classic Chicken Curry  
Classic Chocolate Mousse  
Classic New Potato Salad  
Classic New York Bacon and Cheeseburger  
Classic Tomato Soup  
Coq Au Vin  
Coronation Chicken  
Cottage Pie  
Crêpes Suzette  
Creamy Mango Sorbet  
Creamy Mushroom Soup  
Crispy-topped Cod

Devilled Eggs

Egg Fried Rice  
Eggs Benedict  
Eton Mess

Fragrant Carrot and Mushroom Pilau Rice  
French Onion Soup

Gammon with Egg and Pineapple  
Glazed Carrots  
Grilled Dover Sole with Horseradish Cream  
Grilled Gressingham Duck with Cherry Sauce  
Grilled Peaches

Haddock Florentine  
Herbed Falafels with Cucumber Tzatziki  
Herbed Gnocchi  
Herbed Roast Chicken  
Herbed Stuffing Balls

Houmous with Vegetable Crudités  
Hungarian Goulash

Ice Cream  
Individual Summer Puddings  
Irish Stew

Lamb Rogan Josh  
Lamb Souvlaki  
Lancashire Hotpot  
Leek and Potato Soup  
Lemon and Herb Roast Turkey  
Lemon Drizzle Cake  
Lemon Meringue Pie  
Lemon Syllabub  
Luxury Fish Pie  
Luxury Macaroni Cheese

Mint Ice Cream  
Mixed Berry Brûlée  
Moules Marinière

One-pot Lamb Shanks

Pan Haggerty  
Pea and Mint Soup  
Peking Duck in Lettuce Wraps  
Penne Arrabbiata  
Pigs in Blankets  
Poached Pears  
Prawn Cocktail  
Prawn Curry

Raspberry and Blackberry Jellies  
Rhubarb Fool  
Rice Pudding  
Risotto Primavera

Roast Pork with Apple Sauce  
Roast Rib of Beef with Roasted Roots and Gravy.  
Rosemary and Garlic Roasted Leg of Lamb

Salmon Gravadlax  
Salmon with Parsley Sauce  
Shepherd's Pie  
Sherry Trifle  
Slimming World Chips and Best Ever Mushroom Omelette  
Slow-cooked Ham with Parsley Sauce  
Smoked Mackerel Pâté  
Smoked Salmon Terrine  
Spaghetti Bolognese  
Spanish-style Garlic Cauliflower  
Spanish-style Potato Tortilla  
Spicy Vegetable Chilli with Guacamole  
Spinach Dhal  
Steak and Kidney Pies  
Steamed Ginger Puddings  
Strawberry Ice Cream  
Stuffed Garlic and Spinach Mushrooms  
Stuffed Tomatoes  
Summer Berry Sorbet  
Sweet and Sour Chicken

Tagliatelle Carbonara  
Thai Green Vegetable Curry  
The Ultimate Christmas Dinner  
Tuna Niçoise

Ultimate Fruit Salad

Vanilla Cheesecake  
Vanilla Ice Cream  
Veal Saltimbocca  
Vegetable Pad Thai

Vegetable Paella  
Vegetable Stroganoff  
Vegetable Tagine

Waldorf Salad  
Watercress Soup



## About the Book

In 1969 a revolutionary approach to weight loss was launched in the UK. Instead of the deprivation usually associated with losing weight, Slimming World's Food Optimising programme offered freedom from hunger and guilt. With Slimming World, there's no calorie counting or faddy eating - simply the freedom to choose from literally hundreds of healthy, everyday foods - called 'Free Foods' - that can be eaten in unlimited amounts so you need never feel hungry. These Free Foods, such as fresh fruit and vegetables, lean meat and poultry, pasta and rice, are highly filling yet low in energy density, so they help you satisfy your appetite and still lose weight. Thanks to its unique healthy eating plan, combined with warm, friendly group support, Slimming World has helped hundreds of thousands of people over the last forty years to reach the weight they want to be and transform their lives.

*Slimming World's Best Ever Recipes* celebrates 40 years of Food Optimising success. It gives you essential information on this highly effective weight loss programme as well as a fascinating look at how our diet and lifestyles have changed in the past four decades. It also brings together, for the first time, over 120 classic Slimming World recipes, giving a healthy, low fat approach to some all-time favourite dishes.

Inside you'll find:

- Classic starters, such as prawn cocktail, pea & mint soup and chicken Caesar salad

- Traditional British dishes, from beef stew & dumplings and luxury fish pie to the famous Slimming World chips
- Global classics, from chicken curry to spaghetti bolognese
- Tempting desserts - think lemon meringue pie, chocolate mousse and banoffee pie.

With *Slimming World's Best Ever Recipes*, losing weight has never been so deliciously easy!

## **About the Author**

Founded in 1969 in Derbyshire by Margaret Miles-Bramwell, Slimming World is the UK's most advanced weight-management organisation. Every week, over 250,000 people attend one of 6,000 groups around the UK, benefiting from Slimming World's unique combination of healthy eating and group support, with another 15,000 attending free of charge as successful target members.

Slimming World's  
**best ever**  
recipes

40<sup>years of</sup>  
Food Optimising



## 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

At Slimming World we love celebrations. We're famous for them! So imagine how we're marking our 40th birthday - 40 amazing, breathtaking, inspirational years of being able to help people conquer their weight problems for good. For me those 40 years have gone by in a blink, so I don't want a single moment of 2009 to go by without doing something really, really, extra special every single week. This glorious recipe book is a tribute to 40 years of Food Optimising recipes and to you, our readers, who deserve nothing less than the best. Welcome to the party!

When I started Slimming World in Derbyshire in 1969, I didn't even dare to dream that one day I'd be celebrating 40 amazing years as part of our huge, warm Slimming World family. It's thanks to every Slimming World member, past and present, that we've reached this milestone. Their successes have exceeded my wildest dreams!

But 40 years ago I did have dreams of creating a slimming service that was second to none. My personal experience of struggling with my weight for years, with nowhere to turn for help, fuelled me with the passion and determination to turn those dreams into reality.

Along the way it's been my immense good fortune to meet thousands of others who suffered the same diet misery that I did. I've shared with them my conviction that slimmers deserve the best eating plan, the best support and the most exceptional service we can provide. It's a terrific thrill to see our dedicated Consultants, who have all

been Slimming World members themselves, delivering that service, week in and week out, to an ever-growing number of slimmers.

And 40 years on, we're dreaming of even more!

As anyone who has been involved with Slimming World in the past 40 years will tell you, we never stop questioning how we can keep improving our service to you so that it is simply the best.

That passion to give our members the best has led to many exciting innovations over the years. We developed our Green eating plan to offer a better option to slimmers who love enjoying plenty of carbohydrate-rich foods, in line with developments in nutrition science. Since then, we've extended members' choices even further with our super-flexible Mix2Max and Success Express so that everyone can Food Optimise in the way that suits them best.

We've also led the way in offering new methods of accessing our unique Slimming World service, such as our cutting-edge online BodyOptimise programme. And we're not afraid to challenge accepted wisdom, even when the easier path would be to stand back and be cautious. A dream of reaching out to the growing numbers of teenagers and young adults with weight problems led us to introduce our Family Affair programme in 2006. It's already helped over 20,000 young people to manage their weight and avoid the lifetime of ill health and unhappiness that obesity can cause.

We have also pioneered our Slimming World on Referral programme through the National Health Service. This ground-breaking scheme enables health professionals to provide the best weight-loss service available for patients, and at the time of writing we are working with over 40 Primary Care Trusts around the country.

Just after Slimming World was launched, I wrote: 'Sometimes we wish that we had a magic wand to make our members' most urgent dreams come true.' Today it is still

my most heartfelt wish that we could find an instant 'cure' for weight problems. It seems, however, that all the technological 'developments' of the past 40 years have actually made life much more difficult for anyone who is prone to weight gain (and, let's face it, that's most of us!). So 40 years on, I truly believe that Slimming World has more to offer than ever before. This recipe collection, which celebrates over 100 classic dishes with a healthy Slimming World twist, gives you literally a taste of what Food Optimising has in store. We hope it whets your appetite for the complete Slimming World experience!

As you'd expect, at Slimming World we're already getting excited about the challenges of the next 40 years. But meanwhile, it's time to party - and when it comes to having fun, no one does it better than Slimming World! So come along in and join in the fun - you won't find a warmer welcome anywhere. And as thousands of Slimming World members discover every week, you'll soon have plenty of your own reasons to celebrate too!



With warmest wishes

A handwritten signature in black ink that reads "Margaret Miles-Bramwell". The signature is written in a cursive, flowing style.

Margaret Miles-Bramwell, FRSA

Founder and Chairman

# introduction

Forty years ago the world was gathered around the television, watching something most people thought they would never see: a man walking on the moon. It was July 1969, and it felt as if the sky really was the limit.

So perhaps it's no surprise that Slimming World, launched in the same year, embodies that 'sky's-the-limit spirit'. In 2009 we're celebrating our own success story over the past 40 years: a success that has come from reaching for the stars in a different way - through our deeply felt passion for helping people reach their own full potential.

Why mark our 40 years of success with a recipe collection? Well, no Slimming World celebration would be complete without delicious food! So this book is a cook's tour of classic dishes from all over the world that have become Slimming World favourites, prepared the Slimming World way so that Food Optimisers can enjoy them to the full and still lose weight effectively and safely.

Of course, as any Slimming World member will tell you, we're about far more than food. What sets Slimming World apart, now as it did 40 years ago, is our unique approach to slimming.

In the early 1970s Slimming World's founder, Margaret Miles-Bramwell, wrote: 'Although we can generalise about people caring desperately about being overweight, nevertheless each person is different, with specific barriers to losing weight, reasons for failure up till now, particular worries, varied lifestyles. Therefore the Slimming World policy is to get to know each of our members really well

and treat each of their problems individually.’ Forty years ago that approach was as radical as sending a rocket into orbit!

The 1960s also saw the dawn of what parents worriedly called the ‘permissive society’, and this (without advocating free love or communal living!) was another spirit that Slimming World embraced from the outset.

*In 2009 we’re celebrating our own success story over the past 40 years: a success that has come from reaching for the stars in a different way – through our deeply felt passion for helping people reach their own full potential.*



**In 1969 man took his first steps on the moon - and in Derbyshire the first-ever Slimming World group was held.**

Conventional wisdom at the time was that people gained weight because they ate too much, and they ate too much because they could not control themselves. To solve the problem, the theory went, all they had to do was to eat less and allow themselves to be controlled by a diet sheet, a strict routine, or a ‘punishment and reward’ system.

The double genius of Slimming World stemmed from that deep respect for, and understanding of, individual slimmers that Margaret Miles-Bramwell wrote about so powerfully,

combined with an eating plan, based on healthy, unlimited Free Foods, which freed slimmers from the burdens of hunger and guilt (see [here](#) for more information). The mission of the first groups Margaret set up, and of every group since, was to turn conventional wisdom about weight loss on its head and encourage each member to take control of her or his own destiny. Inviting members to give themselves permission to eat, permission to enjoy all kinds of food, and permission to be themselves was very different from the traditional diet approach of denial and deprivation.

Along with that positive, permissive spirit and the liberating power of Free Foods, the third element Slimming World offered from the outset was flexibility. Our eating plan, Food Optimising, has stood the test of time because members have always been able to adapt it to their own lifestyle rather than the other way round.

In 1969 few people could have foreseen all the changes that our family life, diet, work, health and social life would undergo in the next 40 years. And it's probably fair to say that few people in 1969 would have predicted that Slimming World would become the market-leading, hugely influential and successful organisation it is today. And that sky's-the-limit spirit is still going strong, 40 years on! So in celebrating our anniversary, it's exciting to know that there is so much more to look forward to: we're still reaching for the stars, and the best is yet to come.

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For details of a warm and friendly group near you, call 0844 897 8000 or visit [www.slimmingworld.com](http://www.slimmingworld.com)

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# 40 years of **Slimming World**

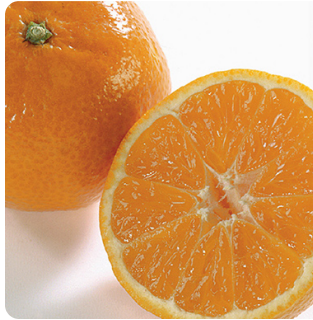
Slimming World launched in Derbyshire in 1969 with just four groups; 40 years on we hold almost 6,000 groups every week, and are proud to be the UK's biggest and most advanced weight-management organisation. From the start, we relied on personal recommendation rather than expensive advertising campaigns to attract new members, and today word of mouth is still our most powerful recruitment tool.

So what is it about Slimming World that first brought new members through the door and delighted them so much that they couldn't wait to tell their friends and family?

Every new member, then and now, finds that at the heart of Slimming World's success is an enjoyable, effective and generous eating plan that takes an entirely fresh approach to slimming. Instead of advising you to cut portions, Slimming World offers you a long list of Free Foods – foods you can eat as much of as you like – and these aren't 'diet foods', such as lettuce or cottage cheese, but proper, filling foods, such as lean meat, fish, fresh fruit and vegetables. Instead of being given a diet sheet and strict rules about what, when and how much to eat, members swap recipes and ideas for meals, write their own menu plans and are encouraged to enjoy them whenever and wherever they want.

Then as now, members who joined Slimming World expecting to be told firmly what to do found that, in a very warm, supportive way, they were encouraged to exercise their own 'choice power' over every aspect of their weight-loss journey. Today taking control still starts from the very

first meeting, when members are invited to choose their own target weight, or to decide not to set a target weight straight away if they prefer. No unreasonable targets are ever imposed.



Being invited to enjoy food again – and plenty of food at that – was a revelation to slimmers who were expecting tiny portions and ‘rabbit food’, just as it is today. And even those who are convinced that a diet with unlimited foods can’t possibly work are amazed and thrilled to find that they lose weight even if they test Free Foods to the max.

It was all very different from the standard fare that slimmers had to endure at the time. At the start of the

1970s nutritionists knew that to lose weight, people had to expend more calories in activity than they took in as food – a fact of life that’s just as true today. But they understood far less about appetite and how to satisfy it, and the reasons why we might overeat, than we do now. Slimming diets typically involved drastic calorie cutting, and while they worked in the short term, they set slimmers up for a vicious cycle of hunger, deprivation, despair, rebellion – and more weight gain.

### **FOOD OPTIMISING: THE POWER OF FREE FOODS**

Having suffered herself from a long-standing weight problem, Slimming World’s founder Margaret Miles-Bramwell had tried many kinds of diet and become disillusioned with them all. From her own experience, she understood the misery of feeling hungry on diets with tiny portions, the shame and guilt of ‘breaking the diet’ and overeating, and the frustration of having to miss out on family meals and a social life because of being ‘on a diet’. And as an intelligent, adult woman, she resented being made to feel like a naughty schoolgirl if she broke the rules.

So Slimming World started with a new philosophy: to empower slimmers to feel free around food and to eat as ‘normal’ people do, without counting or feeling guilty about every mouthful. This way of eating, which has been Slimming World’s approach since day one, is now a highly sophisticated yet very easy-to-follow system called Food Optimising.

By basing their meals on Free Foods, Slimming World members can eat without ever going hungry, and still lose weight every week. Free Foods include healthy, everyday basics, such as pasta, rice, potatoes, eggs, lean meat, chicken and fish, plus fruit and vegetables – a hugely flexible list that can accommodate every lifestyle, every occasion and everyone’s food likes and dislikes.

How can you eat as much of these as you like and lose weight? The answer lies in the science of appetite satisfaction: Free Foods are high in either protein or carbohydrate, the two food groups that are known to be the most satisfying to the appetite and that help us feel fuller for longer. Yet because Free Foods are low in fat and sugar, and some are high in fibre, they are also relatively low in calories compared to other foods. Free Foods are the way that Slimming World members can pile their plates with confidence, even when people comment, 'I thought you were on a diet!'

There's even more to Food Optimising than Free Foods. The second element of the eating plan is Healthy Extras: foods such as cheese, dairy products, wholemeal bread, cereals and dried fruit. Healthy Extras are important because they are either high in fibre or rich in minerals, all of which are essential for a healthy diet. Food Optimisers choose up to four measured servings of these every day in addition to unlimited Free Foods. No wonder many members say they are eating more than ever before and still losing weight!



One crucial part of Food Optimising's philosophy is that no foods are banned and that all foods can be enjoyed, so Food Optimisers are encouraged to enjoy an allowance of foods that have a 'Syn value' every single day. 'Syn' stands for 'synergy' - the power of different elements to work together to create an even more powerful result. Syns are the way that Food Optimisers can relax and enjoy a daily bar of chocolate, a packet of crisps, a creamy sauce with dinner, or a glass of wine if they wish. Many slimmers find that Syns make all the difference between feeling that they are 'on a diet' and have to give up their favourite foods, and being confident that they have found a healthy way of eating they can stick to for life.

In fact, Food Optimising is so healthy that it can safely be followed by pregnant women and breastfeeding mums (with their midwife's approval). Many women every year find, to their huge relief, that Food Optimising helps them maintain their weight for a healthy pregnancy and regain a healthy weight afterwards, while ensuring that their baby enjoys the best possible start in life.